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July 2018

Hours of Operation
Monday-Thursday 6:00am-9:00pm
Friday 6:00am-7:30pm
Saturday 7:00am-6:00pm
Sunday 7:00am-4:00pm

July 4th – Club is Closed



ATFC will be closed on July 4th. We hope you have a most wonderful holiday with friends and family. See you at the parade!



Work Completed During June’s 4-day Closure

Much was accomplished during the club closure as five men spent four days working on the club; in addition, a leak detection company was brought in to inspect the spas and pool. Leaks in the spas were repaired and none were found in the pool. The saunas were over-hauled: many boards were removed and replaced; new rocks put in the heaters; the woodwork was cleaned; and sauna doors repaired so they seal more tightly. On the tennis courts all blown lights were replaced; reachable holes on walls of the courts were repaired; a barrier system on roll-up door on the east side of the courts was installed; the water fountain behind court 2 was fixed and is now functional. Needed repairs to the pool were made to bring it into full compliance with county regulations. Woodwork throughout the club was cleaned (and, in some cases, refinished). Once these big tasks had been completed the entire club was deep-cleaned by the professional janitorial service including sterilizing all rubbish containers, deep clean of bathrooms, rugs, mirrors, windows, etc. Those with a discerning eye may notice a multitude of other “smaller” improvements made to keep our club looking fresh and welcoming for its members and guests.



Big Al’s is Coming Soon!!



Southern Oregon’s biggest tennis tournament of the year is coming up July 20-22. Register to play in the tournament at usta.com/tennislink.

Singles, Men’s Doubles, Women’s Doubles, Mixed Doubles – all levels. Tournament number is #600123718. Big Al’s headquarters will be at Hunter Park with other courts being used at ATFC, Lithia Park, Ashland Hills, and Helman School. You really do NOT want to miss playing in the 43rd running of this wonderful event! If you need help finding a partner, check with Gail.



If playing is not in the cards for you this year, there are many volunteer opportunities for you. Sign up with your available days/hours on the Big Al’s Volunteer Sheet at the front desk. If you have questions, you may talk with Gail or with our excellent volunteer coordinator, Su Grossman.

Come support the tournament in any way you can!



Hunter Park Clean-up

In preparation for Big Al’s Tournament there will be a volunteer clean-up at Hunter Park on Saturday, July 14th, from 9-11 am. Gloves, tools and snacks are provided. It would be swell if you could come help us beautify the tennis court area – it’s way more fun than weeding by yourself at home....Please sign up on the Hunter Park Volunteer Sheet at the Front Desk.

Pro Shop

Happy to announce that your ATFC Pro Shop now features women's tennis skirts and shirts, as well as other essential items for swimming and tennis!

Gail's July Tennis Tip

Does your serve need help? Rescue it with **CPR!!**



C: Once you start your swing, use **CONTINUOUS** motion.

P: Point your **PALM** to the target on contact.

R: ROTATION: Finish your swing by rotating your shoulders.

GO TEAM!

Two More Teams off to Sectionals!

The ATFC Women's USTA 18+ 4.0 team, captained by Nora Knox, finished in first place in the bracket including Salem, Corvallis, Bend, Eugene, and Roseburg. The team will be advancing to Sectionals to be held in Vancouver, WA August 10-12 where they will compete against other winners in the USTA Pacific Northwest region (Oregon, Washington, Idaho, Alaska, Hawaii). The August winner will move on to Nationals. Way to go, ladies and good luck at Sectionals! Team members are: Barbara Bailey, Heather Bartlett, Joanne Beckett, Lorrie Brawner, Christie Chiang, Mary Hamilton, Nora Knox, Kathie Lang, Sharon Laskos, Lexi Packer, Melisma Ramos, Victoria Sheadel, Marilyn Tribble, Nancy Walz, Monica Wheeler.

Advancing to Sectionals in Spokane in November is the Women's 65+ 8.0 team, captained by Gail Patton. Team members are: Lorrie Brawner, Jody Hodges, Sally Jones, Sharon Laskos, Sue McCandless, Ellen Miller, Lexi Packer, Gail Patton, Nancy Walz.

Keeping it Cool on the Courts!

To help keep the courts as cool as possible during the summer and to get some air flow, the front desk staff will be opening the roller doors each morning to allow cooler air in; they will be closed as the day heats up to try to keep the cooler air inside. As the day cools down again and you wish to re-open the doors, please ask a staff member for assistance as they now operate a bit differently than before. Also, be sure that the fans (switch is on Court 1 wall) are on as they help pull hot air from the building.



Tennis Court Lights

Please check to see if you really want the lights on before automatically, out of habit, turning them on. The natural light in the summer is usually nicer to play under, will conserve energy, and reduces heat. If you decide to turn on the lights, please, please, please turn them off when you have finished playing.



Ashland Tennis Academy

Summer tennis classes/camps for Juniors have begun; there is still space in most sessions. Check in with the front desk to sign up your child or grandchild!

Balance – by Frank Inn, ATFC Tennis Pro

Balance, like agility and several other skills, is an important part of a tennis player's performance. There are three types of balance situations that a player encounters during point play: the player can be **off-balance**, **in-balance**, or in **ideal-balance**. An **off-balance** situation means that the player is moving away from the intended target and the momentum carries him wide or backward, depending on the opponent's ball. In this situation, players should not go for a big shot, but instead should learn to defend safely and gain time to get back into position. An **in-balance** situation means that the player got the ball early and has time to stop and hit the ball with more accuracy and is able to hit an aggressive or attacking shot. An example of being in an **ideal-balance** situation would be: a player moves to the short ball, organizes steps to get into a good position, and hits a winner or moves in to the net for a winner volley.



When you understand how balance affects your strategy, you will be able to make better decisions in those difficult moments of the match. Players should try to achieve the ideal balance as often as possible to become aggressive and finish points.

T'ai Chi Classes Begin on July 9th

Lilibet Gillespie will teach T'ai Chi on Mondays at 4 and Wednesdays at 11:30 beginning on Monday, July 9th. Cost is \$3/class/ATFC member; \$8/class/non-member. Beginning August 1st members may opt to pay \$20/month; non-members will not have a monthly payment option.

Yoga

One of the corner stones of Yoga practice is: "Practice for a long time without break and in all earnestness." (Patanjali)

And the benefits of practice will be realized. A big thank you to all who come to our classes!! We teachers are very grateful for the community here at ATFC. See you on the mat



Fitness Class Cancellations in July

Due to July 4th, teacher unavailability, and Big Al's Tennis Tournament, the following classes are cancelled:

July 4: all classes

July 13th: Gentle Yoga (8:15-9:15) and Hatha Yoga (9:45-11:00)

July 15th: Hatha Yoga (9:45-11:00)

July 20th: Gentle Yoga (8:15-9:15) and Hatha Yoga (9:45-11:00)

July 21st: Pilates (9:45-10:45)

July 22nd: Hatha Yoga (9:45-11:00)

Curly's Corner

Staying Hydrated During Summer Months



For most of us, staying hydrated is quite a challenge, especially during the summer months. When the temperatures soar and we begin sweating it is very easy to become dehydrated. So...here's a little trick to get those requisite 8 cups of water a day (boring). Twenty percent of our daily water intake comes from our food – so, **try eating your water**. Here are some fruits loaded with vitamins and WATER: **Strawberries, watermelon, pear, orange**. Another source that might surprise you is **Greek yogurt** – it's 80% water.



Yogurt & Fruit Parfait:

Place about 1/3 cup yogurt in a tall glass. Top with a layer of fresh strawberries and a sprinkle of granola. Alternate with yogurt, fruit, and granola to make a lovely parfait and for a yummy way to eat your water.



Refreshing Lemon and Cucumber Water:

1 gallon cold water, 2-3 slices cucumber, 2-3 slices fresh lemon Mix all ingredients and let sit in the refrigerator for at least one hour. For a milder taste, serve immediately.

May's Personal Training Session Winner

Congratulations to Jennie Watt who won May's raffle drawing for a personal training session with the extraordinary Curly Dykstra! You, too, could be a winner – BUT...ONLY if you remember to enter your name (you may do so daily).

New Front Desk Staff Member

Please take a moment to introduce yourself to Gina, a recent SOU grad with a degree in psychology and a minor in Spanish; Gina will begin graduate studies at SOU in the fall. This Tacoma resident loves both her Seattle Mariners and living in Ashland! In her spare time, she enjoys Yoga and rock climbing; and...she has a pet fish named ICHIRO. Welcome to ATFC, Gina!

Ms. Martina Mannerstilova



Dearest MMM: My neighbor recently took her thirteen-year-old daughter and three friends to Emigrant Lake for the day and held (hostage??) their cell phones for four hours; she claims they didn't even come begging for them at the end of the allotted time. What do you think of this withholding behavior? Cruel and unusual? **Sincerely, I Love My Phone**

My Dear ILMP: Sounds like you really deserve a break from the ringing and pinging of your phone. When you are at ATFC, try leaving your phone in your locker or your car. Over time, I think you will come to enjoy this separation (and your club-mates will definitely appreciate not listening to your calls). You can do it! **Always, MMM**

