

735 Jefferson Ave
Ashland, OR 97520
(541) 482-4073
www.ashlandtfc.org
ATFC Newsletter Editor: Jo Wayles



September 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

ATFC Announces Jared Rojo-Meyer as Director of Tennis



It gives me great pleasure to announce and to welcome **Jared Rojo-Meyer** as ATFC's Director of Tennis; Jared will join the club on September 13.

After a nation-wide search, it turns out that the outstanding candidate is an Ashland native. Jared was a well-known figure around what was then called the Ashland Racquet Club, winning his first tournament there at the age of ten! Having a majority of his game molded by our very own **Frank Inn**, Jared became a highly ranked Junior Player and played #1 Singles for Ashland High School.



After being invited to play for the University of



Oregon, Jared went on to play Professional Team Tennis for Melbourne Park, training at the site of the Australian Open. While in Australia he was the hitting partner of all-time major winner (male or female), Margaret Court. In 2005 he was invited to train with Cuba's National Tennis Team in Havana.

Prior to accepting the position of Director of Tennis at ATFC, Jared enjoyed an illustrious and dynamic twelve-year career as a highly-regarded pro at Beverly Hills Tennis. For the past three years he also served as hitting partner for 1987 Wimbledon Champion and current member of the Champions' Tour, Pat Cash, as well as a hitting partner for other professional players and Division 1 college players. His long-time clientele at Beverly Hills Tennis consisted of A-List celebrities, global business leaders, heads-of-state, talented juniors, and amazing people who became weekly fixtures and friends.



Out of 155 applicants in 2017 Jared won the lone scholarship to the Martha Beck Life Coach Training Program, a method incorporating neuroscience's cutting edge research. Using tools learned in the program, he is looking forward to evolving not just your outer game, but your Inner Game, as well.

Welcome, and welcome home, Jared.

Lexi Packer, Owner

Tennis Court Fans

Some members have asked why the ceiling fans aren't turned on in the summer months. It's because they are designed to direct warm air down onto the courts so should be utilized in the colder months. In the summer we want the fans installed on the walls to be turned on as they help pull hot air away from the building – controls for these fans are on the Court 1 wall, opposite the net post.



During colder weather members need to ask staff to turn on the ceiling fans as the controls are not in the tennis center.

Tennis Balls

After practicing your serve or using the ball machine, please be sure to return balls to baskets or the ball machine; please take that extra step to remove them from the ball mowers. Thank you!!



Sectionals Results for Women's 4.0 Team

The ATFC Women's 4.0 team played their hearts out and made a fine showing at Sectionals, held August 10-12 in Vancouver, Washington. They were one of only two teams in their flight to go 2-0 in the initial two matches; Cascade, a Portland-based team, beat them in the third round. Cascade went on to win in the finals and will represent the PNW in Nationals. ATFC's team captain was **Nora Knox**; in addition to Nora, those playing in Vancouver were: **Barbara Bailey, Heather Bartlett, Joanne Beckett, Lexi Packer, Melisma Ramos, Victoria Sheadel, Merilyn Tribble, and Nancy Walz.**

Congratulations to all and thanks for representing Southern Oregon so well!!



ATFC Junior UTR Tournament, September 22-23

Ashland will host a Junior UTR Tennis Tournament September 22-23. **All the courts will be booked for the tournament that weekend** as the Valley's best juniors will be competing with other young players from NorCal and Southern Oregon. This is a great opportunity for local juniors to experience tournament play without having to travel. Instead of playing in your regular weekend match, come on out and support the future of our sport!



Tennis Court Cancellations

Now that school is in session and many people are back from vacations, the tennis courts will have more activity throughout the day. It's especially important during this busy time of year to cancel your court reservation if you find you are unable to play; this opens the possibility for someone else to enjoy playing. A court must be cancelled at least four hours prior to the reservation time; otherwise the person(s) on the reservation will incur a fine of a total of \$12. The goal of this policy is to have as many people able to play at their preferred times as possible. If you are too late to cancel on-line, please call the club; you may leave a message on the Front Desk extension if the club is closed when you call. Thanks very much!



Curly's Corner: Exercising in a Smoky Environment

Exercising is not only bad for your eyes and irritating to your respiratory system, but it can also worsen heart and lung disease. When you exercise, you can increase your air intake as much as 10-20 times over your resting level. As a result, more pollution is introduced deep into the lungsAND...the higher the levels of particles in the air, the higher the risk.

Before engaging in strenuous outside activity during fire season, be sure to check the air quality index locally to see if it is safe to do so.

What's New in the Fitness Area?

Have you noticed our gym now has protective mats under much of the equipment? These heavy-duty mats are designed to provide superior protection to the carpeting and to reduce grime and dirt from high-traffic areas.



While you're admiring the mats, take a minute to check out the new stair stepper! This is a great machine to help you develop cardiovascular fitness and to enhance lower-body strength; it is especially suitable for those who prefer a non-impact workout. If you are not familiar with the use of the stairstepper, please ask Curly for a quick tutorial. Finally, we have added 10 new yoga balls for our upstairs fitness room – these balls can be used for many exercises and for stretches.



Yoga & Meditation

Why do Yoga? Combining a wide range of stretching and strengthening postures (asana) with focused breathing techniques (pranayama) can assist people of all ages and all body types. Yoga is helpful for keeping the body primed for any sporting activity, for everyday mobility, and for nurturing the connections between mind, body, and breath. Come try out any of the classes offered - see the fitness class schedule for specific choices : Gentle Yoga, Level I Yoga (for those new to Yoga), and Multi-level Yoga.



Interested in Meditation? Join us the first Sunday every month . **(Due to Labor Day Weekend, the First Sunday Meditation Class will be held on Sunday, September 9th.)**

Ms. Martina Mannerstilova

Dearest MMM: In a recent column you addressed the topic of cell-phone use, but I think you were perhaps a little too subtle. Could you please share some wisdom about the use of personal phones at ATFC? **Sincerely, Getting Too Much Information**

My Dear Getting TMI: I gather that you find it awkward (and perhaps, a little irritating?) to have the person at the adjacent fitness machine make or receive a call while you are working out. This has happened to me in various locker rooms, gyms, and courts around the world.- I



still blush when I think about a particular conversation I overheard at Wimbledon a few years back... ATFC friends: please assume that your club-mates do NOT want you to be using your cell-phone on the courts, while working out, in the locker rooms, etc. It's always best to take or make that call outside, unless there is an urgent situation. Thank you! **Sincerely, MMM**

