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ATFC Newsletter Editor: Jo Wayles



**October 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

**HERE'S TO THE CLEAN BLUE SKIES OF FALL!!!**



How wonderful to arrive at ATFC under a stunningly clear sky! We are all grateful for the beautiful, clean air and for the beginning of autumn, a lovely time in our town. This is also a time when ATFC starts to hum with activity – USTA league play, juniors returning to the courts, members picking back up with fitness classes, swimming inside, and working out. Welcome back!



**Jared's Jewels**

Thanks again for the warmest welcome to ATFC; I am appreciative, as well, of all the suggestions and input on how to make our great club even greater for all.

What follows is a schedule of clinics/classes which will begin in October – this includes some old favorites and some new offerings, too! We'll have morning Cardio Tennis classes, new clinics for all levels and playing styles, and Live Ball from 3.0-3.5 all the way on up to 5.0 and above mornings and evenings!!!



For those of you who have taken clinics from me already, you may be getting familiar with the action-packed, fun, fast and furious Live Ball! Having been a pro in the tennis mecca of Southern California for the past twelve years, I have never seen anything catch fire like Live Ball. Live Ball maximizes your number of hits while bringing your heart rate and shot-making to a whole other level. This format combines Cardio, non-stop feeds (no breaks!), incredible points, and copious amounts of fun for all levels and abilities. It's super social, too!!

There are even Live Ball tournaments happening right now in various parts of the country. As far as I know we will be the first club in Southern Oregon to offer Live Ball and I'm hoping you will love it as much as I do. But...don't just take my word for it. Check out what Tennis.com has to say about it. Just click on the link below....

<http://www.tennis.com/your-game/2013/12/live-ball-tennis-done-differently-and-better/50024/>

Here are the times and days for our offerings!

**Monday**

**9-10am Live Ball 3.0-3.5**

(Note: For now all Live Ball classes will have an 8-person limit. First 8 to confirm play (by e-mailing Jared at [tennisdir.atfc@mind.net](mailto:tennisdir.atfc@mind.net)). Cost per session will be determined shortly. Same-day cancellations will result in the clinic charge if we are unable to find a replacement. A Waiting List will be offered.)

**10-11 Doubles Drop-in 3.0-3.5**

**6-7:15pm Cardio Tennis 3.0+**



**Tuesday**

**9-10am Cardio Tennis 3.0+**

10-11am Co-ed Drill 3.5-4.0

11am-12 Doubles 3.0-3.5 (Gail teaches)

7:15-8:15pm Drop-in 4.0+

Wednesday

9-10am Co-ed Drill 3.5-4.0

7:15-8:30pm Live Ball 3.5-4.0 (8 player limit)

Thursday

9-10am Cardio Tennis 3.0+

10-11am Live Ball 3.0-3.5 (5 player min – 8 max)

12-1pm Drop-in 4.0+

7:15-8:15pm Co-ed Drill 3.5-4.0

Friday

9-10am Drop-in 3.5-4.0

10-11am Live Ball 3.5-4.0 (8 player limit)

11-12noon Co-ed Class 2.0-2.5

11-12noon Doubles 3.0 (Gail teaches)

12-1pm Skills (Gail teaches)

Saturday

8-9am Cardio Tennis 3.0+

9-10:30am Co-ed Drill 4.0

10:30-12noon Co-ed Drill 3.0-3.5



**Who's That on Court 3??!**



The tennis center at Rogue Valley Country Club (RVCC) will be closed for capital improvements from October 12-18. RVCC's general manager has requested that its members be allowed to use our courts during that time period. While we don't anticipate much use, please be advised that their members **do** have permission to play at ATFC for that week and you may see some unfamiliar faces.

**RVCC members will be permitted to call to reserve a court up to 24 hours in advance of playing; they may, at that time, book any available court. So... over that 7-day period, do be sure to book your courts more than 24 hours in advance.**

At some future point our courts will need resurfacing; we have an agreement with the RVCC general manager for reciprocity for our members at that time.



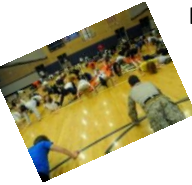
### Riddle Me This

I am a piece of equipment that has hundreds of uses; I can even be used to save a life! I am not a medicine and am non-electric. I come in all shapes and sizes and don't require much specialized training to be used. What am I????

(Answer to be revealed in November newsletter)

### Curly's Corner

#### No Need for Hibernation Mode



With the change in the seasons, most people don't think of starting an exercise program. BUT.....why wait until January to make those New Year's resolutions????

As is typical, ATFC is beginning its new classes this fall, so take advantage to make the most of the season! That way, when all the holiday goodies start hitting the office, you won't be sidelined...



### Tai Chi Classes

Lilibet will begin teaching Tai Chi Classes on October 1<sup>st</sup> and October 3<sup>rd</sup>. **Classes will be at 4 on Mondays and at 11:30 on Wednesdays.** This is an 8-step form of the practice and is just one of the various forms of Tai Chi which she teaches. Class size is limited to 15 and will be on a first-come, first-serve basis.



**Cost for the class is: \$3/class for members and \$8/class for non-members.**

### Want to Add 10 Years to Your Life Expectancy?

In a study reported by the Mayo Clinic in September, **playing tennis regularly added an average of 9.7 years to a person's life** (badminton added 6.2 years, but football, cycling, and jogging had a much smaller effect)! Researchers believe that the social aspect of racquet sports could make them healthier choices.

The study was led by Saint Luke's Health Center (Kansas City) and the were part of a Copenhagen City Heart Study which began in 1975; 8,600 between 20 and 93 were studied over a 25 year period. This finding earlier study of 80,000 Brits which reported that people who play racquet outlive joggers.



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Study author James O'Keefe told the New York Times: "We know from research that social support provides stress mitigation, so being with other people, playing and interacting with them, as you do when you play games that require a partner or a team, probably has unique psychological and physiological effects."

So...if you are a tennis player, keep on playing!! And, if you're not, consider taking it up --- check with Jared about beginning classes.

### Ms. Martina Mannerstilova

**Dearest MMM:** I have a dilemma. There are now **three** great pros at ATFC – when I am playing in a match next to Gail's clinic, everyone is having so much fun; when I am next to Frank, his students seem super happy; and when I am adjacent to Jared's teaching court, I notice people with big smiles. How do I choose from whom to take a lesson or a clinic? I especially don't want to hurt the feelings of any of these fine folks. **Sincerely, What to Do?**

**My Dear WTD:** You bring up an excellent point, my friend. ATFC **does** have an outstanding crew of tennis pros; in fact, I think this trio could be the best teaching staff west of the Pecos! You have, as usual, come to the right person with this question because MMM happens to know Gail, Frank, and Jared quite well; while they have different teaching styles, they have many things in common, one of which is this: above all, each wants every ATFC tennis member to love our great game and to improve his/her skills on the court. Because of their mutual respect they've asked me to encourage you to take each other's clinics and lessons. So...feel free to pop into any drop-in clinics and/or to schedule lessons as you choose. **Sincerely, MMM**

**Dearest MMM:** What is the schedule for the servants in the locker rooms? **Sincerely, Waiting**

**My Dear Waiting:** Perhaps you did not receive the memo: here at ATFC members place their own used towels into the towel hampers; ditto for the used paper towels and the trash bins. We all work together to keep our locker rooms tidy until the cleaning crew arrives after club hours. Also, the large, keyed lockers are only for renters; otherwise, members and visitors must use Day Use lockers (locks are available at the front desk). If storing towels and swim suits in rental lockers, it's important that they be dried off as much as possible so as to avoid a moldy situation. Thanks ever so. **Sincerely, MMM**



### Local Results from September UTR Tournament

The Junior tournament held at ATFC in September was a great success with 36 players participating from as far away as Reno, Nevada and Corvallis and everywhere in between! ATFC juniors had a great showing:

- Draw 1 – Brooks Lerfald – 2<sup>nd</sup> place (Frank's student from Eugene)
- Draw 2 – Courtlyn Lam – 1<sup>st</sup> place (Frank's student from Klamath Falls)
- Draw 3 – Josh Datz – 1<sup>st</sup> place
- Draw 4 – Andy Gurov – 1<sup>st</sup> place
- Draw 5 – Sascha Wells – 1<sup>st</sup> place
- Draw 6 – Titus Stark – 2<sup>nd</sup> place



Frank, who is now turning over the junior program to Jared, said, "I have developed a culture of dedication and hard work, establishing a strong foundation for all of our juniors. The time has come for me to step down. I will truly miss this aspect of my work."

"I will be teaching 4 mornings a week...So, I am still alive and kicking..."

