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ATFC Newsletter Editor: Jo Wayles



NOVEMBER 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

Thanksgiving Closure



The Club will be closed on Thanksgiving Day. ATFC staff wish all of you a lovely day.



Time to Set the Clocks Back



Midnight on Saturday, November 3, is the time to set your clocks back. You will have an extra hour of sleep or coffee sipping before your Sunday



morning match, swim, workout, or yoga class!

Card Swiping Reminder and Tip

Please remember to swipe your green ATFC card every time you come to the Club! And...if you are arriving for a match, please take a moment to tell the Front Desk person the names of people with whom you are playing. If you've brought a different set of keys and don't have your swipe card, just tell the staff member your name. It's been suggested that you take a photo of your swipe card with your smart phone so that you can use that picture to swipe in when you don't have your actual card with you. By doing so you could also avoid paying the \$5 lost card replacement fee, as well!



Congratulations to Dana Yearsley

Hall of Fame



Long-time ATFC member and star tennis player, Dana Yearsley, will be inducted into the Southern Oregon University Raider Hall of Fame on November 3rd.

Dana came to SOU from Pennsylvania in 1977 and shone as an exceptional field hockey player, achieving the high scorer position on the SOU team all four years – 1977-1981. She was selected to be on the Northwest College Women's Sports Association All-Star Selector's Tournament every year. In addition to field hockey, Dana played basketball and tennis at SOU, qualifying for the national collegiate tennis tournament playing singles.

With a degree in literature, Dana has taught and coached in many capacities in Ashland, including youth soccer teams and high school teams.

Dana is an outstanding athlete and individual who certainly deserves the "Hall of Fame" recognition. Let's all give her a high-five!!



Sale on Big Al's T-Shirts

Hurry on over to the pro-shop and buy a 2018 Big Al's t-shirt for ½ price! At \$10 these will fly out the door!

Keeping the Pool Area Spiffy

Swimmers, please take a moment after your swim to put any pool equipment you've used back into its proper bin, e.g. kick boards in the kick board bin. Curly organizes the area every Tuesday, but somehow things



get a little out of hand after a couple of days. If you help keep it neat, your fellow swimmers and the aquatic instructors won't have to dig through equipment to find what they are looking for. Thank you!



Curly's Corner



October's free training winner is Leanne Keieger. Congratulations! You, too, could be a winner, but **only** if you enter your name in the contest bowl at the front desk.



Did you know that as a fitness member you are entitled to a free half-hour fitness orientation with Curly? This is an amazing opportunity to get some questions answered about your fitness routine and/or about particular equipment by our fitness-expert-in-residence!! See Curly to set up an appointment.

Curly's Fitness Tip of the Month

What exactly is cross-training and why is it important?

Cross-training describes an exercise program which incorporates several different types of exercise. While training for a specific sport is necessary in order to excel, cross-training is beneficial in enhancing a high level of overall fitness.

Add some **muscle building** activities to your workouts. Free weights, resistance bands, your own body weight (e.g. push-ups), planks, and squats are all included in our strength training class. To increase **flexibility and range of motion in the joints**, try one of the yoga classes; doing so can help reduce the risk of



injury. Come try an elliptical or the rower – both offer great **cardiovascular benefits** with no impact on the joints. So....stretch yourself out of your fitness comfort zone for improved fitness health!! If you have questions, check with Curly.



Monday Beginning Yoga Class Time Change

As of November 5, Susan's Beginning Yoga class will have a slightly different time: 8-9:15. Same great class!!!

A Tree Grows in Brooklyn

Astute tennis players have probably noticed that there are a couple of places in the back of courts 3 and 4 where the courts are slightly raised. This irregularity has occurred slowly over time and is the result of intrusion of roots from trees in back of the club. Sometime in November work will be done in an effort to minimize any further damage to the courts. Members may hear some noise for a couple of days, but all of the work will be done outside so won't interrupt the normal functioning of the club. The hope is to stop further damage; when the courts are fully resurfaced – probably in 3-5 years – we will get the surface all level again. So, take good care while going for those deep lobs! (We are looking into putting some sort of marking around the raised areas to help bring attention to the bumps.)



January Open House

On January 19th we will have a special day of fun court activities and food at ATFC. From around 9-3 the club will be open to the whole community in the hope that families, including those with children, will attend. There will be tennis-centered events both for adults and for juniors of all ages and levels. Plans are still formulating, so watch for details in the December newsletter. (Courts will be available for members before and after the event and, of course, members are encouraged to participate in the planned activities.)



Jared's Jewels



Anyone longing to wear their Halloween “monster” costume after the holiday has passed?? Try your best “monster” costume on for size again in your next doubles match to put the maximum scare into and pressure on your opponent! “Monstering” is a tactic used by the world’s best doubles teams – e.g. the Bryan brothers – to pressure opponents into playing **their** game and to force them to execute the perfect shot....or else!!!

Start off by “Monstering” when you are the net person on your partner’s serve. Pretend the sound of the ball leaving your teammate’s racquet is the sound of a starting gun going off in a race with the net cord as the finish line. When you hear the sound of the ball leaving your partner’s strings, run straight up to the net, look for the ball, and then move a few steps in the direction of the ball. Make sure your partner who is serving stays back and does NOT come in off



the serve. If your opponent doesn’t hit the perfect shot they will soon know it by the monster (YOU!) eating up their return and devouring it all match long.

Tip: If after you “monster” it looks as if your opponents have a play on the ball, fall back four or five feet and protect yourself against the lob. Have fun, you monsters!!



Good Luck at Sectionals!

ATFC has two teams going to Sectionals in early November. Heading to Tacoma for matches beginning Nov. 1 is the Women’s 65+ 8.0 team captained by **Gail Patton**. Others on the team are: **Sally Jones, Sharon Laskos, Nancy Walz, Lorrie Brawner, Lexi Packer, Sue McCandless, Ellie Miller, and Jody Hodges.**



Joanne Beckett’s 55+ 7.0 Mixed team will be making the Tacoma trek the following week. Other team members are: **Bill Findley, Sally Jones, Steve Frimkess, Laura Winters, John Schleining, Mike Turner, and Val Turner.**

Your ATFC friends will be rooting for you all the way!

Court Lights



With the days a little shorter and the skies a little grayer, court lights will be used more often. And that means more opportunities to practice turning them off after your rousing match!! Please remind yourself and your tennis buddies to take that simple step. Saving electricity is good for the planet and the club! Thank you.

October's Riddle and Answer

"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:



Ms Martina Mannerstilova



Dearest MMM: With the upcoming date for changing of the clocks, I wonder if you might address the whole issue of time, in general. What are your views on time? "The Time Has Come" by the Chambers Brothers or "Time is on My Side" by the Stones? **Sincerely, Curious**

My Dear Curious: Cleverly reading between the lines, I believe you might be addressing the issue of timeliness/tardiness. One of the perks of being an adult is not having to face detention for arriving at Pre-Cal five minutes late three days in a row; that said, doesn't it feel better to arrive on time for your tennis date/fitness class? Everyone is a winner when all show up at the appointed hour (or quarter-hour or half-hour!!). And.. I love both of those songs. **Sincerely, MMM**



Dear Readers: While MMM often receives letters from her ATFC fans about topics which are a bit repetitive, every now and then a pretty darned unique issue comes her way!! Here goes: If you swim/shower/use the spa at the club, please take note: please dry off before perching on the porcelain throne – it can be a bit startling for the "next guest" to discover (too late) that the paper seat cover is soaked. Thanks ever so. **Sincerely, MMM**



Happy
Thanksgiving