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ATFC Newsletter Editor: Jo Wayles



FEBRUARY 2019

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

Open House Update



Thanks to the efforts of our tennis pros, our fitness coordinator, and other staff members, ATFC hosted a successful Open House on January 19. The festive atmosphere was welcoming both to potential new members and to current ATFC'ers.



The motto for this year's Open House was, "**Come join us for a day and gain a sport for life!**" Tennis Director Jared Rojo-Meyer summarized the event: "Those who braved the torrential downpour outside found a tennis paradise inside! Dynamic, fun-filled, elite coaching from Merilyn, Frank, Gail, and Jared – spruced up by Curly's unique approach to fitness on a tennis court – ensured that a great time was had by all. Nothing beats top quality tennis instruction while having loads of fun. Thank you to all who came to enjoy!"



The morning session was designed for children and for those of us who love tennis, there is nothing quite as sweet as seeing the little ones out on the courts. Merilyn, the Pied Piper of the smallest participants, reports: "So much fun was had by the 5-7 year olds who came to participate in the Open House. Because parents were helping work with the children, I was able to supervise each of the many stations which had been set up for them. Balloon volley, bean bag toss, tennis hockey, and even "ice cream" with cones and balls were all part of hand-eye coordination challenges I had created. Using a short red net and small racquets, the children were able to attempt to hit the foam or red balls either on the ground or over the net. At least six of the Open House group signed up for the Red Ball class which runs on Mondays and Wednesdays." (Word on the street is that Merilyn did an amazing job with these youngsters!!) Meanwhile several teenage players received some great individual attention from Jared and Frank.

In the afternoon adults were able to increase their tennis skills under the tutelage of Jared, Frank, and Gail, all of whom had created excellent drills and games. Curly's interesting and challenging fitness activities - all geared to skills needed for tennis - added to the enjoyment on the courts.



Special thanks to Shannon for her organizing, decorating, and culinary wizardry! The smiling front desk staff during the open house were Gina and Jett. Great teamwork by all pros and staff!



Winners of one-hour personal training sessions with Curly: Chuck Thacker (non-member) and Susan Taylor (member)

Winners of one-hour tennis lessons with Jared: Barbara Maynard (non-member) and Aedyn Ikeda (Junior non-member)

Time Change for Yoga

Beginning on Friday, February 1, Susan's yoga class will run from 10:15-11:30.

New Front Desk Staff Member



Please take a moment to introduce yourself to Jettlin who has recently joined the ATFC staff. Raised in Oregon City, Jett moved to Ashland last summer to begin her college career at SOU. A Biology major, she loves hiking and spending time in the outdoors with her friends. Jett is enjoying her early days here at the club and describes members and staff as "friendly and welcoming."

Junior Tennis Tournament

ATFC will be hosting a UTR Junior Tournament on February 23rd and 24th. Come watch ATFC's, NorCal's and PNW's finest juniors compete in this modern tennis tournament format. There is a level for every junior, so if you have a child or teenager in our junior program, please speak either to Frank or Jared for information about entering the tournament. (You may also go to myutr.com for more info.)

Note: Court availability to members will be limited on both February 23rd and 24th.

Fitness Classes Cancelled on February 23rd and 24th

All fitness classes – Pilates, Meditation, and Yoga – are cancelled on February 23rd and 24th due to the Junior Tennis Tournament to be held on those days. Might be a good weekend for cross-training! How about getting on those snowshoes or cross-country skis?? And, of course, working out in the well-equipped ATFC gym downstairs is a great alternative!!



Saturday All-Level Drop-in Clinic: 10:30-Noon

Due to the high attendance level of Saturday's Drop-in, we will now be reserving two courts for the class for even more non-stop tennis action!! Thank you for those who have made the class such a success; and...if you haven't yet attended, this is a MUST to kick off your weekend. Come on down!

Weekly Drop-in Tennis Clinics/Classes

Monday: 11-'12 Strokes, Strategy, and Footwork Skills (All levels) Gail

Wednesday: 6:15-7:30 Live Ball (4.0+) Jared

Thursday: 12-1: Drop-in (4.0+) Jared

Friday: 10-11 Doubles 3.0-3.5 Gail

11-12 Skills (All levels) Gail

Saturday: 10:30-12 (All levels) Jared



Ch..ch..ch..changes!

Fitness members will note that "an old faithful" machine has been retired – it was a duplicate of a more modern version in our gym. We're moving things around a little to create more space for working out!



Curly's Corner



February is Heart Health month – let’s get our pulse racing and spice things up! No, I am not talking about either the great big box of chocolates we get from or give to our partners or the fuzzy teddy bear carrying the chocolates! One recent study found that having an exercise buddy may increase your efficiency, as well as your motivation. Additionally, you will have an accountability factor, something which I, personally, find effective. So....here is the challenge for your sweetie or buddy:

- Sit and stand 10 times at work/home every two hours
- Stair step-up 10 times each hour
- Do wall or floor push-ups 10 times each hour
- Sit quietly and breathe deeply for 5 minutes
- Stand and stretch every hour



Find a buddy – let’s get the most important muscle in the body going! (psst..it’s the heart)

Winner of December Personal Training



Congrats to Toni Helstein for winning a one-hour personal training session with Curly! Enter the contest by putting your name in the raffle jar at the front desk – only one entry per day, please.

Gracias

It's always nice when someone observes a need and goes right out and fills it. Thanks to member Ginny Whitener for securing the ice funnel for small-mouthed water bottles! The funnel works great and prevents lots of ice from flying onto the floor – give it a try!



Parks & Rec Swim Lessons



After having had their first several weeks of lessons, attendees are appreciating the opportunity to work together at our club. All has gone very well. Shannon and Lexi oversaw the first week to be sure everything went swimmingly and it did! Parents are very pleased with the pool and club **and** the kids seem to be having a very fun time.

Towel Talk

Several times a year our club towels appear to sprout legs and flee the confines of ATFC. These little critters are in mighty short supply right now! We would appreciate your checking your locker, gym bag, car trunk, home laundry room, and any other place some of these fuzzy white rectangles might be hanging out. February is Towel Amnesty Month: Bring ‘em back home – no questions asked!! Thanks very much.



Jared's Jewels....True North Tennis



Framework for Self-Coaching, in Your Tennis Game.

"Area of Least Satisfaction"

When a new client steps onto my court or into my office I like to start by asking, "**What is the area of least satisfaction**" for you in your game or in your life? (depending on what they are coming in to receive coaching for).

Perhaps your game is amazing and you wish to reach the next level. Maybe you are having match-meltdown after match-meltdown and are beginning to notice parallel behavior occurring on court and crossing over to what is transpiring off court. In either case, this simple, but powerful, inquiry question can ignite **The Change Cycle** you need in order to create **The Game You Were Meant to Play**.

Essentially, the Framework for Self-coaching to play your best game looks like this:

Circumstances drive our thoughts..

Thoughts drive our feelings...

Our feelings drive our behavior..

Exercise:

Identify your area of least satisfaction in your tennis game

Identify an example of dissatisfaction in your play in a recent match

Using the Framework mentioned above, please take out a piece of paper and write down a Circumstance, Thought, Feeling, and Behavior related to this example.

1. **Circumstance:** Facts or a situation during a match over which you little to no control –e.g .playing against Pete Sampras as you helplessly watch the greatest server tennis has ever known blister aces by time and time again; or, “I’ve hit the last three put-away volleys into the bottom of the net;” or, “I double-faulted that game away!”
2. **Thoughts:** How we internalize our circumstances – what we make our circumstances mean to us! e.g. “I’ll never be as good as Pete Sampras;” “I’ll never be able to hit a winning volley;” “My arm turns into that of a Reptilian Lizard in the most crucial moments!”
3. **Feelings:** Which of the four feelings are you experiencing? Mad, Sad, Glad, or Scared? Before or after that third should-have-been-a-winner volley which you netted, were you afraid? Sad? Mad? Nervous, annoyed, etc...?
4. **Behavior:** Pay attention to how you behaved after the feelings started to come in. How did your body react? Sensation? Tight, Anxious, Liberated?...Did you smash your racquet into pieces? Did you go double fault the next game away? Hit four winners in a row? Yell at your doubles partner? What happened next?

Although we cannot alter the Circumstances or “Facts of Match”, we can shift our Feelings and Behavior by learning how to change and reframe the thoughts which drive them, all while coming to a new understanding about the story these thoughts have the potential to create. Practice this, “Self-Coaching” inquiry and take the first steps to transforming your “Area of Least Satisfaction” into an Area of Strength as you move onto your next great victory, *In Your Tennis Game*.



Ms. Martina Mannerstilova

Dearest MMM: I am grossed out at any time of year when I see used tissues lounging about on public surfaces; somehow the flu and cold season makes my repulsion even worse! What to do?? **Devotedly,**
It Gives Me the Creeps



My Dear Creepster: You have rung a particular bell for MMM – I share your distaste for the unseemly placement of already-been-used Kleenex on counters and chairs. (Don't even get me started on dental floss or Q-tips – one of my doubles partners dressed up as a used Q-tip for Halloween one year....) People, PLEASE use one of the many wastebaskets at ATFC! **Sincerely,** MMM

