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ATFC Newsletter Editor: Jo Wayles



APRIL 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

Getting to the Root of the Problem!

Painted dashes have been placed around the errant root bumps at the backs of Courts 3 and 4. We are hopeful that they will alert you to the slightly raised court surfaces as you run back to retrieve a spectacular lob!



Classes Cancelled on Sunday, April 7th

Due to tennis matches both the First Sunday Meditation and the Hatha Yoga classes will be cancelled on Sunday, April 7th. **The First Sunday Meditation class will be held on April 14th.**

Hunter Park Clean-up

Thanks to all from the ATFC community who helped spruce up Hunter Park on March 30th! A few times a year we get to show our appreciation to Ashland Parks & Rec for the outdoor courts and for allowing us to utilize them for Big Al's! And...it's a good thing that ATFC members are fit and strong because some of the Hunter Park weeds are mighty stubborn....



April Home USTA Matches

April is alive with USTA League Play!

Here is the schedule for April matches to be played at ATFC...(Please check court sheet for available courts on match days.)

Saturday, April 6th: 10:45-1:15 Women's 6.0 55+ team
3:30-6:00 Women's 8.0 55+ team

Sunday, April 7th: 9:30-noon Women's 8.0 55+ team

Sunday, April 14th: noon-2:30 Women's 6.0 55+ team

Saturday, April 27th: noon-2:30 Women's 8.0 55+ team
2:30- 5:00 Women's 4.0 18+ team

Sunday, April 28th: 10:45-1:15 Women's 4.0 18+ team (all courts)
1:15-2:30 (only court #1)



Century Tournament on the Horizon!

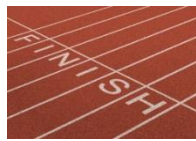


ATFC's annual Century Tournament will be held on May 12th. If your mom plays tennis, invite her to join you for some Mother's Day fun! This great event features mixed, women's, and men's doubles in which the sum of partners' ages must reach or exceed 100; **there will also be a 140 category** . This is one time of the year when it is appropriate to ask a tennis player his/her age.... 😊 Grab a partner and keep your eyes peeled for more info. Sign-up sheets to follow soon...

Jared's Jewels



Your Finish is just as important as touching the ball!



We spend so much time focusing on the hit and then hoping it goes in that we often forget to **finish**. You would be surprised how much time the Pros actually spend holding and reinforcing their finish in practice sessions...

Does your Forehand, Backhand, Volley, or Serve lack identity?

Don't start driving to Vegas only to get sidetracked on the way there, end up forgetting where you are going, and get lost!



Here are four simple – yet extremely effective – tools for reinforcing your finish and thus giving your stroke a destination and an identity that you can count on.

1. **Forehand and Two-handed Backhand “Double Tap”** – Reinforce that Mind/Body Connection by feeling the top edge of your racket tap your back twice on your finish and watch your ball have the same depth in the court almost every time.
2. **Forehand and Two-handed Backhand Racket “Butt Point”** –Find out where you like to finish and build that Signature Stroke by simply pointing the butt of the racket to where your shot lands after you hit it.
3. **One-handed Backhand “Shoulder Blade Squeeze”** – Are you feeling your shoulder blade contract on the finish of your one-handed backhand or backhand volley? If not, then you are not feeling like the Pros who **do** feel this contraction almost every time they strike a one-handed backhand or backhand volley. Simply hold your finish until you can feel your shoulder blades contract and keep the finish there until your ball lands on the other side of the net.
4. **Volleys: “Show Your Target the Strings”** – The easiest way to get that firm, crisp, and accurate volley is simply to “Show Your Target the Strings” until the ball hits the ground for a winner on the other side. 😊 Try showing the net your strings and watch what happens. Then, after picking up your netted ball with a frown, turn that frown upside down by next leaving the strings facing your target and...presto! An accurate volley is born.

Have fun and remember: Finishing is just as important as touching the ball...



Men's Sauna

Due to a member's having introduced paper into the heating unit, as well as having blocked the vents in the sauna door, the men's sauna was out of commission for two weeks.



In addition to the danger of fire, the person's actions left the club's men without a sauna for an extended period while the sauna company worked to determine the cause of the problem. Two blown elements resulted in repair bills exceeding \$600.

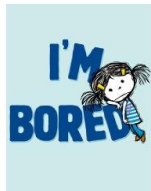
Under No conditions should:

1. Any material ever be placed in a sauna heater
2. Any material ever be placed in the vents in the sauna door
3. Anything other than the spray bottle (located on the wall near the sauna door) be used to put water on the sauna rocks (Please follow instructions about use of the spray bottle)
4. Any sauna rocks be moved
5. Any contact be made with the coils – either directly or with any material

Curly's Corner



Staying strong and fit takes dedication – every day!



Switch it up: To prevent boredom and burnout, consider switching up or varying your workouts. There is a fundamental reason why you should use this strategy: doing the same exercises over and over will cause your body to hit a plateau because your body will have adapted to the repetitive training stimulus. Your body needs to be continuously challenged in order to avoid muscle adaptation.

Some methods to avoid adaptation:

- Change number of sets of repetition
- Change the exercises
- Vary intensity
- Vary the number of days you work out
- Vary the length of your workout



Need ideas for a change-up? Come see me – as the participants in the Women with Weights class can attest, I've got LOTS of tips to help you change your routine and re-charge your workout!



Speaking of Change....

Check out the refreshing new changes in the weight room! We have removed the boxing station and replaced it with a storage rack for medicine and yoga balls- no more need to search around for that wandering blue ball! Also added are two anatomical charts so you can accurately see the muscles you are targeting in your workout.



If there is a particular piece of equipment you can't find, please come see me. Chances are, we have a new home for it.

Ms. Martina Mannerstilova

Dearest MMM: When I am reorganizing my closets at home I sometimes dump everything on the floor so I can start fresh with completely empty shelves and racks. Lately I've been wondering if this is the approach utilized by some members in the locker rooms. Is this a reaction against the new de-cluttering trend? **Sincerely, Can't Find the Floor or the Bench**



My Dear CFFB: I think that some ATFC'ers may not be aware that they are able to use day lockers to store all their gear whilst they are swimming, rowing, taking classes, showering , or playing tennis! Folks, please remember to leave the locker room floor and benches clear to allow easy passage through the narrow spaces and to accommodate people wanting to sit on the benches. Kindly place your gear in a locker. **Sincerely, MMM**

