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www.ashlandtfc.org
ATFC Newsletter Editor: Jo Wayles



JUNE 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

REMINDER!!!!

Club Closing for Super-cleaning and Maintenance!

ATFC will be closed from the beginning of Saturday, June 15th, through

Monday, June 17th, for a super-duper deep cleaning and for needed maintenance for our facility. Take these three days to enjoy the great outdoors: hiking, biking, shot-putting, sky-diving, waterfall exploration, butterfly spying, etc.!! If you want to venture to play

outdoor tennis or hop into your neighbor's pool, don't forget to grab your racquet and/or swim goggles from your locker on the 14th...



When you return to the club on the 18th, be prepared for a spiffy and sparkling facility!

USTA League Team Updates

Both the women's 6.0 55+ and 8.0 55+ teams have wrapped up their seasons, each team ending up in the middle of the pack. Twenty-two ATFC women participated on these two teams and enjoyed the spirit and competition of team tennis. Way to go!

The women's 3.5 18+ team is currently in second place with two matches to go; the women's 4.0 18+ team is also in second place and has three matches left in the season.

The women's 8.0 65+ team is currently in first place with 2 matches remaining.

Congrats to all team members! We appreciate your representing ATFC at home and away matches, sometimes traveling as far as Salishan to play for your club.



Remaining Home Matches

June 1:	Women's 3.5	18+	Noon
June 8:	Women's 3.5	18+	Noon
June 22:	Women's 4.0	18+	Noon
June 23:	Women's 8.0	65+	1:15



Come to the club and root for the home team; plan your weekend tennis bookings with league play in mind!



ATFC Juniors Take Home High School Tennis Awards

The Ashland High School Girls' Tennis Team, comprised of many players from the ATFC Junior Program, walked away with the District Championship Trophy May 10-11 in Coos Bay. Sophomore Alyssa Retiz* won the singles title by defeating AHS freshman Sascha Wells in the finals. Sophomore doubles duo Jessica Hitchcock and Zoey Zapf earned a 3rd place finish.

The following week these four represented AHS at the 5A State High School Tournament. Alyssa earned a 4th place finish; Sascha reached the quarter finals; Jessica and Zoey won the consolation final after losing to the #2 seeds in the first round. The girls combined to earn a 2nd place state finish for the AHS team.

Congratulations to these fine young athletes and their excellent coach, Gail Patton!

*Alyssa is the daughter of Val Retiz, ATFC's Member Relations and Bookkeeping staff person. ☺



44th Annual Big Al's Tennis Tournament

July 19-21, 2019



Conveniently scheduled between Wimbledon and the US Open, Big Al's is quickly approaching and registration has begun. You can register - for a maximum of two events - on the USTA website (**tournament # is 600123719**) or on the ATFC website: **ashlandtfc.org** Let's represent ATFC tennis prowess and participate in droves! For three days Ashland's tennis courts will be filled with happy tennis players from Oregon, Northern California, and other parts of the country. It is always great to see folks come back year after year to enjoy the excellent tennis and the convivial atmosphere of this well-run tournament.

If you are not competing but are interested in being part of the fun, please contact tournament director, **Gail Patton**, at the club (**541/482-4073**). Volunteers are needed before and during the event: if you are a tennis player, a tennis fan, or someone who would like to spend a few hours in an entertaining and helpful way, we want YOU!! Don't miss out on being part of one of the year's most memorable weekends!



Junior Summer Tennis Camp

ATFC's outstanding junior summer camp runs from June 25th-August 15th with 2 sessions per week; sign-ups are flexible - a junior may participate in any number of sessions for any number of weeks. The summer camp is designed for juniors (ages 5-18) of all tennis levels. If you have children, grandchildren, friends, friends of friends, or young visitors, please help spread the word about this wonderful opportunity for young people to learn to play tennis or to improve their skills in this life-time sport! Register at the front desk or by phone.





Jared's Jewels

"Time and Space"

No, this isn't a Stephen Hawking essay on the ever-changing, expanding universe, but it is an essay on how important Time and Space are when playing tennis!

How to Get Time for Yourself and Take it Away from Your Opponent

Time is your biggest asset while playing tennis and space is the key to getting it. If you feel like you never have any time when you hit that approach shot, two things are probably going against you.



1. You are setting up too close to the bounce!
Practice giving yourself an extra five feet of space while still achieving your desired contact point. Most players get too close to the bounce and lose all their time.
2. You aren't taking your first step to the ball or seeing the ball early enough. No, you don't need Andre Agassi's eyesight to take an early first step to the ball (although that wouldn't hurt!). The artform of taking an early step in order to give yourself more time and, naturally, more space is to access your Inner Eagle Eye.

Tool: Make your Hawk-like vision laser-focused the moment the ball connects with your opponent's strings. You will see the ball go left or right. Become like a sprinter at the sound of the gun going off in a race and time your first step toward the direction you see the ball leave the strings.

The earlier you can see where the ball is going, the earlier you will be able to take your first step, your first hand move, and maybe your first feeling of having all the time and space in your tennis universe. ☺

Curly's Corner



Yoga Announcements

On Sunday, June 2nd, Shannonn will be teaching Susan's Hatha Yoga Class.

First Sunday Meditation class will be held on June 9th, instead of on June 2nd.

Beginning on Monday, June 3rd, the 8 am Yoga class will be an hour long, ending at 9 am.

New Year's Resolution in June??

Okay, what??? Doesn't **January**, "new year," "new you" make more sense?

Think about it. It's mid-January. Don't you still have that tub of truffles Aunt Becky sent or that \$85 box of gourmet macaron cookies you **meant** to take to the Christmas party sitting in your pantry? Well, they aren't going to get eaten without your help.





Winter means hibernating. No one is thinking of the sleeveless tops or shorts, right? It's too cold! It's too dark! You don't want to go to the gym after work! Did you know that only 8% of people manage to keep their **January resolutions**?

June, however, is a perfect time to resolve to improve your fitness and health. First of all, the sunshine is luring people out to walk their dogs, tackle new trails, and go biking; that means that the fitness equipment for which you had to wait in line in January is now at your beck and call. In addition to joining your friends in the outdoors, how about making a commitment to yourself to attend yoga classes, fitness or swim classes, or to begin a weight routine in the air-conditioned fitness room at ATFC?? An extra advantage to a summer resolution is that eating healthier in the summer is easier, too - so many fresh fruits and veggies.

Join me in making a fitness resolution this month; let's be part of a group that succeeds in reaching its goals. We can do a LOT better than 8%!!!!

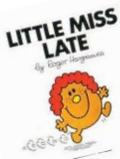


Check with me if you'd like some ideas. And...remember...fitness members are entitled to a free half-hour consultation. Make an appointment through the front desk or email me:

fitnessdir.atfc@mind.net

Ms. Martina Mannerstilova

Dearest MMM: I am new to the area and have been a bit surprised by the casual approach to being on time that some people here appear to have. For example, I arrived at 11:55 for my noon doubles match and it wasn't until 12:11 when the last person in our group arrived. After this had happened a few times, I concluded that being fashionably late was part of the culture in Ashland. Wanting to fit in to my new town, I arrived at "Hairspray" at 8:15 for an 8 pm performance and they wouldn't let me in! Same thing when I got to MFR at 6:15 for a 6 am flight. What's the deal?? Sincerely, **Early or Late?**



My dear EOL: Marilyn Monroe once said, "I am invariably late for appointments - sometimes as much as 2 hours. I've tried to change my ways but the things that make me late are too strong and too pleasing for me." Shakespeare, on the other hand, believed, "Better 5 hours



too soon than a minute too late." I think many people try to "cut things too close" when it comes to arriving at appointments. As most of us live very busy lives, it is easy to try to fit in one more task (or pleasureable pasttime) before getting to the club. Please know that arriving late for a time-limited court session definitely throws off your court-mates. While Shakespeare's five hours might be a bit of over-kill, I would encourage all of you lovely ATFC tennis players to aim to arrive for your matches 5 or 10 minutes early. Be more like William and less like Marilyn. You will be amazed how happy this will make your tennis friends!
Sincerely, MMM

Happy Father's Day!



