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ATFC Newsletter Editor: Jo Wayles



MAY 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

It's May, it's May!!!

Spring has sprung in Ashland and ATFC is blooming with wonderful flowers, the excitement of the new season, USTA matches, and lots of events at the club!



Chamber Music Concerts



After the club closed for the day on Friday, April 26th, the Chamber Music Concerts catered a reception at ATFC for its higher contributing patrons. More than 50 people from Ashland and other parts of the Valley attended and were able to enjoy our facility; ATFC's owner, who is also President of the Board of Directors for the Chamber Music Concerts, was happy to host the event. (Note from Lexi: If you aren't familiar with this wonderful organization, check out CMC's website: www.chambermusicconcerts.org) Each season brings in 8 outstanding chamber music groups from around the world.)

Reaching out into the Community

The long-term health and well-being of the club require our continuing to reach out into our community to remind people of our existence and to keep growing our membership. Members may begin to notice that we are revising the way we market the club a bit.



Instead of focusing on our being primarily a tennis club, we plan to let folks know that we have a fully outfitted fitness center and gym with a personal trainer, fitness classes, a 2 lane indoor lap pool with a swim instructor, and 4 indoor tennis courts with a pro shop and 3 pros.



We also want to let people know that they can "choose one or join all three" - someone may join just as a fitness member, just as a swim member, or just as a tennis member OR may choose to join all three.



Help us stay vibrant and whenever the opportunity presents itself, please let your friends and neighbors know how versatile we are!!



Ashland Parks & Rec Use of ATFC Pool - Last Day May 1

The pool will be used from 5:45-6:45 pm on Wednesday, May 1, for Parks & Rec's final children's swim class at our club. We are glad to have been able to help out our community by sharing the pool after some of last summer's Daniel Meyer Pool swim classes had to be cancelled due to smoke.

Welcome Wagon

We have recently signed up for a one-year trial membership with Welcome Wagon. Created in 1928, Welcome Wagon is a business which contacts new homeowners after relocation and provides them with coupons and advertisements from local businesses. ATFC will be featured under "Health and Fitness."



Each month all new homeowners in the Rogue Valley will receive Welcome Wagon's booklet; a couple of months later they will receive follow-up advertising. In addition, the club will receive each resident's name and address so we can personally reach out to them.

Our ad will offer the new homeowners a tour of our facility; when they visit, they can pick up a one-day guest pass to check out the club and, with proof that they found us through Welcome Wagon, they will receive 50% off of the join fee.



We've also opted to participate in the social media component to Welcome Wagon's program.

Thank You, Tennis Members!



Thanks to tennis members who have jumped on board and are properly using the new garbage cans on the courts only for trash and the recycling containers only for recyclables! Please keep up the good work and remind your tennis mates to follow your lead. It only takes a second or two to make the correct choice. (And...it is truly ~~unpleasant~~ -well, **gross** - for the front desk staff to have to separate out trash that lands in the green recycle container.)



Annual Closure for Maintenance and Repairs

The club will be closed June 15, 16, and 17 (Saturday, Sunday, and Monday) to take care of maintenance and repairs and to complete a deep cleaning of the club.

Accomplishing this serious work requires an empty facility. Expect to see a sparkling clean club when we reopen on June 18th!



Lost and Found



Can't find your favorite fuzzy fez? Lost your leopard leotard? Missing your magenta maillot? Check out the new and improved **Lost and Found** section in the hallway between the members' lounge and the pool. We love it when stray items are reunited with their owners!





Curly's Corner

National Physical Fitness & Sports Month

May is National Physical Fitness & Sports Month! The President's Council on Sports, Fitness, and Nutrition is excited to encourage everyone to go play and #MoveinMay. Let us celebrate the month by becoming more active - encourage your family/friends to join you at the gym, on a hike, for a bike ride, or a neighborhood stroll.

Grab a ball, hit the track, pick up a racquet, take a swim, do a swan dive - whatever inspires you to play! There are so many ways to get active in sports. Choose one and have fun!!!



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

April Personal Training Session Winner

Congrats to Anne O'Connell who was April's winner of a personal training session with Curly.

Upstairs News

We now have a new weight shelf/rack in the upstairs fitness room. Not only does this create more room for our fitness classes, but also it looks neater!

Free Personal Training Consultation for Fitness Members

Did you know that fitness members are session with Curly?? See Curly to

free

entitled to a free one-half hour schedule your consultation!!

Personal Training with Curly



Home Fun Art WWW.FunnyGusta.com

Great news!!! Curly has a few openings for people who are interested in personal training. Perhaps you need some extra motivation to get yourself working out; maybe you need some guidance in developing a personal fitness program; or maybe you thrive under the tutelage of a fitness expert. In all of these cases, Curly can help you! Not only is Curly a most excellent personal trainer, but also she is personable and charming and can inspire you to achieve your fitness goals. \$50 per hour; 10 sessions for \$400. See Curly to set up your first appointment. You will be glad you did!

Tennis News

Summer Camp Sign-ups are Now Being Taken!

If you or anyone you know has children ages 5-18 - from total beginner to advanced tournament level - we have a specialized summer class just for them! Please ask front desk for details.....



To all the grandparents out there: consider enrolling your grandkids in a tennis class while they are visiting you this summer! They will have a great time learning tennis or improving their game.

ATFC's Century Tournament has a NEW DATE!

After a little more consideration, we have decided to move ATFC's Annual Century Tournament to May 18th and 19th. Matches will begin at 1 pm on Saturday and then continue all day Sunday.

There will be two age divisions and three gender divisions:

Men's, Women's, and Mixed will participate in either of the following combined age categories:

100 years - 129 years or 130+ years

Come join us for some food, laughs, and age-defying tennis!

Sign-up and details are at the front desk. Please extend an invitation to your friends, as well as RVCC members to join us in this classic event! Cost: \$25 for one event entered; \$40 for two events

Big Al's - Save the Date!



Ashland's (and ATFC's) Annual Big Al's Tennis Tourney is just around the corner! Don't even think about going on vacation July 19th-21st: it's all happening then!

ATFC Represent 

May USTA Home Matches

May 11: Women's 3.5 18+ Noon

May 25: Women's 4.0 18+ 12:30

May 26: Women's 4.0 18+ 11:15



Root, root, root for the home team!!



Jared's Jewels

Flight Navigation in Doubles

They say the most dangerous part of flying is the take-off and the landing. But who doesn't love the feeling of lifting off and the surge of energy when we all don't perish on a landing gone awry!



Experience the rush of joy when winning points and matches by working how well you can ascend the ball and how keenly you can descend it during a point. Mastering the Vertical Plan of rally ball flight in doubles can be the key to the winning volley, passing shot, or lob.

Most players like to send their balls on East/West flights, but the ones who use shifty high/low elevation gains and descents really send their opponents on a turbulent and uncomfortable ride.



Get your ball to travel East, West, North, South all in the same point and witness the smile of your copilot reflect that of your own as you navigate the friendly skies of Directional Point Structure.

Ms. Martina Mannerstilova

Dearest MMM: Okay, I admit that I am, perhaps, a bit obsessed with fitbit and step-counting. When I am assigned Court 3 by the front desk staff I walk along the path behind the curtains, turn on the Court 3 light switch (if needed), and proceed to one of the doors to Court 3. When my court-mates and I are warming up people sometimes cut across our court to get to theirs. It even happens when I am taking a lesson on Court 2. Why? **Sincerely, Court 3 Occupant**

My Dear C3O: I'm pretty sure MMM has addressed this issue previously. Some folks think that if you are "just" warming up that it is just fine to "do cutsy" behind you. Let me say definitively that they are **WRONG!** Doing so is impolite; it is distracting; and it is not demonstrating tennis etiquette. It's kind of like having someone walk through your living room to get to a neighbor's house a little quicker. **Sincerely, MMM**

