

735 Jefferson Ave  
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www.ashlandtfc.org



JULY 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

ATFC Newsletter Editor: Jo Wayles



May you have a wonderful 4<sup>th</sup>! As the club will be closed for the holiday, it will be a great day to watch the parade, be in the parade, or leave the crowds behind and make your own parade in the hills!



### USTA Teams Update



ATFC has two women's teams heading to Sectionals! Congratulations to the 18+ 4.0 team for ending the regular season in first place - they will play in Portland in August. And cheers to the 65+ 8.0 team who have advanced to the next round and will play in Sunriver in September. Special kudos to the four captains: **Nora Knox, Joanne Beckett, Sharon Laskos, and Nancy Walz**. In addition, here's a shout-out to those who are participating on both teams: **Lexi Packer & Kate McInerny**, the teams' two energizer bunnies!!



### Report on Accomplishments during the 3-day Club Closure

Five professionals worked tirelessly during the June 3-day closure. Once the repairs were completed, our janitorial service sent three men who spent 9 hours each deep cleaning the club.

Here's a brief run-down of some of the completed tasks:

- The laundry room got a much needed remodel/makeover; new commercial-grade washer/dryer was installed.
- Both spa pools received new pumps, new housing filters, and were deep cleaned.
- All of the machines in the fitness center were cleaned.



- Paint was touched up and woodwork refinished, as needed, throughout the club.
- A spine board was installed in the pool center.
- Lights were replaced in the tennis center; holes in the walls were repaired in the tennis center.
- TV in the fitness center was repaired.
- Urinal in the men's room was repaired.
- Commercial grade rugs were purchased and installed in the lobby.
- Water fountain behind the curtains on the lobby side of court 2 was repaired; great to have this done before the really hot weather settles in!



### Membership

The long-term health of the club depends on a vibrant membership. Toward that end:

1. On June 1<sup>st</sup> we went live with a one-year program with Welcome Wagon so all people buying homes in Ashland, Talent, and Phoenix will receive information about the club; the club will also be provided with their mailing addresses. Additionally, we purchased Welcome Wagon's social media package - new community members will not only find out about us the old-fashioned way, but also via social media.
2. We are now included on Asante's provider list of businesses offering corporate membership rates for their employees.
3. In late summer/early fall we will begin a 4-month digital advertising campaign with Rosebud Media. Part of what they will do is to produce a short video for our website, so you may see camera crews around.
4. Keep your eyes out for some much-needed signage soon to be installed at the corner of Highway 66 (Ashland Street) and Washington Street....hopefully, **before** Big Al's.
5. Hope you saw our great ad in the "Community Playguide" summer edition put out by Parks & Rec of the City of Ashland.
6. If not, perhaps you saw the ad we ran in the "55 Things to do in Southern Oregon"!!



Please help us assure the club's future. You are our most outstanding ambassadors and can help by letting people know about ATFC. Many people believe that in order to be a member, one needs to play tennis; be sure to let your friends and neighbors know that we are not just a tennis club. People can join as fitness members, swim members (which also includes fitness classes and use of the fitness facility), tennis members, or full access members (who are able to enjoy all of what the club has to offer).



## Reminders

If you find ATFC towels in your car, locker, or laundry room, **please return** these wandering critters to the club. They want to come home!!



**The tennis courts will stay cooler in the summer** if court lights are turned on **only** when the natural light isn't sufficient to play.

There are two bins for **un-wanted tennis balls**, both located at the door just inside the tennis center. One is for those with a little life left in them - these can be utilized in the ball machine; the second is for dead balls which are given away to dog owners and physical therapy offices. The remainder are recycled by shipping to a facility in the Midwest.

## Yoga Class Day Change

Susan's yoga class (formerly held from 8-9 on Mondays) has permanently moved to a new time slot: Wednesdays from 8:15-9:30. Please make a note of this change on your calendar!



## Big Al's!! July 19-21

We are now galloping towards the biggest tennis tournament in Southern Oregon: the **44<sup>th</sup> annual Big Al's event**; excitement is in the air ! Players from as far north as Portland and as far south as Oakland have registered, with many more on the way. Now it's time for local folks to step up to the plate and sign up to play. You may enter up to two events: Women's, Men's, and Mixed.



**Need a partner?** Check in with **Gail Patton, Tournament Director**. She will happily help you find a great match. See her in person or leave her a message at the club (541/482-4073).

If you are a tennis player, a tennis fan, or just someone who loves to be around amazingly positive energy, come on out for a few hours or a few days!

**Note: For three days tennis courts at Hunter Park, Lithia Park, Ashland Hills Hotel, and ATFC will be used for Big Al's. By Sunday there may be some courts available at the club - check in with the front desk.**



## Fitness Classes Cancelled July 19-21

Due to the use of ATFC's tennis courts for Big Al's, fitness classes will not be held on Friday, July 19<sup>th</sup>, Saturday, July 20<sup>th</sup>, and Sunday, July 21<sup>st</sup>.

### Hunter Park Clean-up

Please sign up at the front desk if you would like to participate in the Hunter Park clean-up on **Saturday, July 13<sup>th</sup> from 9-11am**. ATFC adopted the area around the tennis courts some years ago and members spend a couple of hours weeding and gardening every few months. Tools, gloves, and snacks provided!



### Tennis News



**Summer tennis action** at ATFC is heating up and we can look forward to the Junior tennis players to provide the kindling for our tennis flame! Summer camp/classes kicked off on June 25<sup>th</sup>. There is a fun, skillful, and perfect fit for every junior at every level; we would love to have any child of any level for a summer full of skillful fun at the club!



Classes are held on Tuesdays, Wednesdays, and Thursdays and are on a drop-in basis. Schedules with all the details are available at the front desk. Jared would be happy to assist in any way to assure the best possible fit for your child or grandchild!

### US Open Tennis Social/Mixer

Keep **September 7<sup>th</sup>** open on your calendar for a festive social/tennis mixer to celebrate the US Open Tennis Championships. Watch for more information and sign-ups at the front desk as the date nears. And...Yvonne Endrikat is looking for your suggestions/ideas for future ATFC tennis events! Please contact her at [yjendrikat@gmail.com](mailto:yjendrikat@gmail.com). Let's have some fun around our favorite pastime!!



### Jared's Jewels



**"Be a Follower! - But, Be Willing to Cross the Line"**

Anyone ever watch Doubles at the Pro level? Most people don't! But, for those of you who do, you will notice some very consistent positioning on most points...And that often involves both doubles partners' feet in the same service box - or close to it. Whether it be Culture, Society, or our parents, we have been conditioned to not cross boundary lines! To not get in another person's personal space!

In Shadowing Doubles Movement Drills I tell both players to play from the same side of the court often, depending on from where the ball is being hit; but time and time again - **even though** the entire point of the exercise is to get one foot in the same box as your partner, in order to cut off the middle - people refuse to **CROSS THE LINE**. They treat that line like the Berlin Wall. But for those who are brave enough to cross the service line, their reward is a geometric certainty that the

ball will almost always come to them and they will be in the perfect position to hit that winning volley.

Imagine there is a rope tied from your waist to the ball. Wherever that ball goes, it pulls you with it. Simultaneously, there is a rope tied from your waist to your partner's waist and wherever your partner goes he/she pulls you with him/her.

Cross the line and be a follower in the art of doubles and create a masterpiece.



### Curly's Corner



#### 4<sup>th</sup> of July Fitness Tips

July usually signals the beginning of many, many BBQ parties. And that means endless bowls of potato salad, hot dogs, chips, and soda. Here are 5 tips that could help you keep on your healthy path:

1. Try having an open-faced burger -bread only at the bottom. This can cut roughly 250 calories.
2. Eat a healthy snack before you go. You will be less tempted to overeat.
3. Wear something a bit snug around the middle. Nothing feels worse than wearing a pair of tight jeans after a big meal!
4. Think patriotic when choosing dessert: blueberry, strawberry, and pear salad.



5. Go Green! Fill you plate with bright green veggies; there will be less room for potato salad.



Hope these tips will help you enjoy your summer parties, while staying healthy!

### Ms. Martina Mannerstilova

**Dearest ATFC Fans:** I love it when I can heap praise on some of my favorite people and right now I have the opportunity to do just that! What I'm hearing is that many of you have been making a special effort to get to your tennis matches on time. Happiness abounds! Thank you. **Sincerely, MMM**

