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ATFC Newsletter Editor: Jo Wayles



SEPTEMBER 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

### Labor Day

The Club will be open for normal hours on Labor Day - come take your swim, play your match, participate in your favorite fitness class, and work out as usual!



### US Open Social/Mixer - September 7



If you haven't yet signed up for the first big club social of the fall, there's still time! Join other club-mates for an afternoon of entertaining social tennis, food/drink, and US Open matches on the lounge TV.



Yvonne Endrikat, well-known for organizing energetic and fun-filled events, is in charge.

- September 7
- 12 noon - 4:30pm
- \$10 (includes balls and beverages)
- Please bring: an appetizer-type dish to share, your racquet, and your readiness to have a great time
- Sign up at the Front Desk

### ATFC Gen Gap UTR Tournament

September 21-22



ATFC is holding its first Gen Gap UTR Tennis Tournament September 21-22. UTR (Universal Tennis Rating) is a level-based system in which there is no gender or age basis in tournaments. Gen Gap (Generation Gap) is a tournament in which both adults and juniors may enter. To join UTR, go to [myutr.com](http://myutr.com) and sign up for free; you can then look up our tournament and sign up. If you don't have a UTR rating, you can self-rate, and we will put you in your appropriate level, regardless of gender and age. If you enjoy singles, this is your tournament! You are guaranteed 3 matches regardless of the outcome. Thanks to Yvonne Endrikat and Frank Inn for being tournament organizers for this event. If you have questions, contact Frank at 541/227-1693 or [adinn@charter.net](mailto:adinn@charter.net) .



## Pro Shop



Forgot your goggles? Need a new tennis wrap? How about a vibration dampener? Your ATFC pro shop has just what you need! Stop by and stock up!



## Good-bye to Gina

be missed!

September 5 will be Gina's last day at the Front Desk. We wish Gina much success as she heads out to do her internship for a Master's in Counseling from SOU. Gina, you'll

## New Recycling Opportunity!!

Try to imagine how many new cans of tennis balls are popped open each day in the United States. Just in our small club we estimate there are at least 20 cans on a daily basis. For us tennis players, the sound of the pop of a brand new can of balls is music to our ears; at the **US Open 23,333 new cans will be opened** - a giant symphony!!



While the plastic cans themselves have been recycled by ATFC for a while now (after staff



members cut off the metal rim), we can now do even more for our environment.

Heretofore, the nasty metal lids with the ring attached ended up in the landfill;

however, we are now able to recycle them! Now it is up to you, our members, and we need everyone's help.

Here is the plan: as you enter the courts you will see a bright green tub on the left. Please, please, please...every time you open a new can of balls, be sure that the whole metal lid - with the ring attached - is placed in that receptacle. If one of your tennis pals opens a new can, you might offer to take the metal lid to the recycling bin after the match!

Our sincere thanks to long-time member **Su Grossman** for bringing this opportunity to our attention and for offering to take the lids from the club to the recycling center. Hip, hip, hooray!

## Curly's Corner



It is hard to believe that fall is just around the corner and for those folks who prefer the long, hot summer days, it is a tough time of year. The days get shorter, colder...so easy to roll over and hit the snooze button.



Here are some tips for staying in shape during fall and winter:

**Climb those stairs!** While we love having you in the fitness center at ATFC, we know that sometimes the rain or snow might keep you away. You don't need to go to the gym and use the stair stepper; instead, use the real thing in your home. Try to walk up and down those stairs 5 times. Rest. Repeat. Try for 2-3 sets.



**Chair squats:** Choose a chair such that your knees and hips are parallel when you are in a seated position. Place your arms across your chest. Stand up and sit back down 12 times. Try for 2-3 sets.

**Wall or regular pushups:** Face the wall with your feet about 8-10 inches from the wall. Palms are at shoulder height. Bring your chest to the wall and then back to starting position for a set of 12. Try for 2-3 sets.



**Abs:** Sit forward in a chair, lean back and bring both knees towards your chest. Lower your feet to the floor, but don't allow them to touch the ground. Try for 50 reps.

Don't let the darkness and the cold keep you from staying fit!

### Ms. Martina Mannerstilova

**Dearest MMM:** I love the ATFC pool and I love all the swim accessories that are available pool-side; however, sometimes everything is a mess. How can we make sure things are ship-shape? **Sincerely, I Like it Neat**



**My Dear ILIN:** I have some great news for you: if you like it neat, you can make sure that's what you get! It's up to the swimmers to put away their pool toys after their workout. You can help by picking up after yourself and reminding other swimmers to do likewise. **Sincerely, MMM**

### Tennis News



Back to school and back to tennis-in-the-evenings for our talented Juniors! We are hoping to carry the success of the summer into the fall as we welcome back all the elementary, middle school, and high school players into our dynamic, top-shelf Junior Program. If you know of any Juniors looking to play tennis in a fun, educational, and progressive environment with other dedicated kids, please send them our way!!



We encourage your child or grandchild to participate in the **UTR tournament (September 21-22)** described above if he/she is looking for some competitive action. This is a terrific gender-free and age-free format based solely on a player's level.



A big thanks for making ATFC the first to offer "Life-Coaching Tools Through Tennis" this summer. True-North Tennis thanks you as Ashland continues to be one of the most cutting-edge and progressive mindfulness communities in the country; ATFC is one of the first, maybe even the first, in the country to hold such a workshop learned through tennis. Adults, you're next!



### Jared's Jewels

Meditation has become a staple of the best tennis players and athletes in the world. Look at the mindfulness Eastern approach that Novak Djokovic has adopted at the heart of how he trains his mind and body. Other players have followed suit and meditation is quickly becoming the norm, overtaking the old Western approach.



Meditation relaxes the body as you learn to stop self-identifying with your thoughts. The more you meditate, the more you focus on the body, rather than on the story that's keeping the tension or the anxiety you can feel while playing a match. Becoming a "watcher" of your thoughts and returning to the feeling of just breathing can be an association which can do wonders for attaining a relaxed feeling state in the body, a state which is essential for playing the best tennis.



Since I began meditating twice a day I believe this practice has cut my unforced errors by 30%. Next time you see our talented Junior, Sascha Wells, congratulate her. We recently had a 20-minute long, 705 ball rally.

Thank you, meditation! Try it. It works.

