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ATFC Newsletter Editor: Jo Wayles



OCTOBER 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

UTR Tournament Update

ATFC was a happening place on the weekend of September 21-22! Our UTR singles tournament featured players from Roseburg to Redding and from the Oregon coast to Klamath Falls! The non-gender, all-ages format - with entrants playing in their UTR rating division - made for some really interesting match-ups. We had four compass draws with eight competitors in each; this allowed for each participant to



play three matches regardless of winning or losing. Many ATFC adult and junior members competed in the tournament with **Andy** and **Alex Gurov** being finalists in their respective divisions. Members coming in third or fourth were **Casey Barriteau**, **Molly Milligan**, **Darin Souza**, and **John Dix**. Congratulations to all!

Thanks to **Frank Inn** and **Yvonne Endrikat** for running a smooth tournament. Keep an eye out for the next UTR event.

US Open Social

Many tennis players enjoyed some friendly competition, fine food and beverages, AND the US Open on September 7th. **Yvonne Endrikat** organized this fun event.

New Faces at the Club

Two people have recently joined the ATFC staff: **Kyle Curran** and **Terry Pettinger**.

Kyle, who is working at the front desk, grew up in Ashland and is very familiar with ATFC, having played at the club through his high school years. An SOU student, Kyle is in the Human Services program and hopes to have a career as a counselor or advocate for survivors of trauma. Meanwhile, he is enjoying his work at ATFC - meeting members and learning about how things operate here. Please be sure to introduce yourself to Kyle.



Terry will be handling day-to-day maintenance and repair issues for the club. Should you notice anything that might need Terry's attention, please let the front desk staff know and they will communicate your concern to Terry.



Curly's Corner



Benefits of Using the Stair Stepper

We all know how popular the ellipticals are - seems like there is always someone on them! But...did you know that the stair stepper is a beast at burning calories, toning your legs and glutes (bum, hiney, tush), and pretty much all lower body muscles **without any impact on your joints???** Not to mention, the stair stepper gives you a serious cardio workout!



Let's go back to calorie burning: an example would be Jezebel, a 40 year old woman weighing 150 lbs. Jez could burn close to 250 calories in a 20-minute workout session.

That may not sound like a lot; however, if she were to do this daily, she could potentially lose 2-3 lbs/month. Remember Rocky? Who doesn't? He made running up and down those stairs look like child's play. He didn't have a stair stepper - he had steps. Go, Rocky!!



Not sure how to use the stair stepper? Come see me and I'll be happy to give you a 5-minute tutorial.

Tennis News



Back to School Junior program is rockin' and ATFC is loving having our talented juniors back on the courts. We've still room for more students, so if you know anyone looking for the best junior program in the Valley, please don't hesitate to send them our way!

USTA Leagues

Leagues are in full swing, so don't forget to cheer on our champions. The October home match schedule follows - please plan your court reservations with this schedule in mind.

October 5: Women's 6.0 55+ 1:15-3:45

October 6: Women's 6.0 55+ 12- 2:30

October 12: Mixed 8.0 9:30-12

October 19: Women's 6.0 55+ 12-2:30

October 26: Mixed 8.0 9:30-12

Women's 8.0 55+ 1:15-3:45

October 27: Mixed 8.0 9:30-12



Two is better than one!

We are changing the **Thursday noon 4.0** drop-in class to an **All-levels Drop-in Cardio Class**. This will be in addition to the very popular and fun **Saturday 10:30-noon All-levels Drop-in**. You now can get double the smiles, double the fun, and double the sweat by playing both Thursday from 12-1 and Saturday from 10:30-12. Hope to see you twice a week beginning in October.



Jared's Jewels



Volley Training: Fact vs. Fiction

Fact: Most of the volleys at the club level will occur one-two feet in front of the service line. You won't get lobbed there as easily as if you'd decided to position yourself too close to the net - especially if you haven't put the ball away by the first or second shot.

You will, however, get some short floaters from a deeper volley-ready position; you need to be alert and ready to burn rubber, treating the net as "Finish Line" - you definitely want to be the first to cross for the win!

Try these two quick drills to master the art of 1) hitting back a hard groundstroke from a deeper volley-ready position; 2) "closing" the net for a "floater".

Drill: 1) Have your hitting partner or coach feed you a series of six hard balls with pace to your forehand at a ready position one-two feet in front of the service line.



2) Then have your partner/coach feed you six floaters - your objective is to get as close to the net as possible with a contact point higher than the net tape. Between feeds, make sure to get back to your ready position just in front of the service line.

Your goal in the first exercise is to control the volleys with pace; in the second, the goal is to put the floater away!

3) Finally, have your partner alternate one hard feed with pace and then one floater six times.

Repeat the drill on the backhand side.

Tip: Focus on getting your body below the ball on the hard feeds and keeping your feet moving! Just a hard punch will do.

Tip: For floaters, focus on keeping the racket head up high and lining the racket hand/racket up to the ball as you attempt to get your body all the way up to the net.

Practice these two common and very important volleys using this drill and watch as your net game becomes your "A" game!



Ms. Martina Mannerstilova



Dearest MMM: I think the ATFC swimming pool is one of Ashland's best-kept secrets!! That said, I've never really liked Joni Mitchell's "Circle Game". Every once in a while when I am at the pool I am asked to swim in a circle so that others may also enjoy the pool; however, I am not comfortable with this circular swimming pattern. What should I do?? **Signed: Prefer Straight Lines**

My Dear PSL: I appreciate your concern (even though that is one of my all-time favorite songs). It is true that occasionally the pool can get "crowded" and we want to accommodate all of our members' schedules and desire to swim. If swimming in a circle doesn't work for you, I'd suggest getting out of the pool til the crowd goes away. Generally, things will change every 10 minutes or so. If you don't have time to wait, perhaps you could try to come at a different time of day. There is signage in the pool area that lists "Swimming Etiquette" for ATFC. Please check that out. And....thanks very much for your question. **Sincerely, MMM**



December Luncheon

Yvonne is planning a holiday luncheon in conjunction Barbara Vasquez's annual cookie drive for the Foster Children's party. Be on the lookout for information for this festive occasion!

