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ATFC Newsletter Editor: Jo Wayles



FEBRUARY 2020

Hours of Operation
Monday-Thursday 6:00am-9:00pm
Friday 6:00am-7:30pm
Saturday 7:00am-6:00pm
Sunday 7:00am-4:00pm

Weather Reminder



Sometimes the weather out there can be frightful! This is the time of year in Ashland when the skies can be unpredictable and a storm can pack a sudden wallop! For that reason, it's important to review the club procedures regarding delayed openings and early closures.

For the safety of members and staff, hazardous conditions may cause a delayed opening or an early closure of the club. In extreme weather conditions, please call the club before venturing out. If, after several rings, a staff person does not answer the phone, please wait a minute or two and call again. If a live person still does not answer the phone, you can assume that, in the interest of everyone's safety, the club has either delayed its opening or has closed early.



In extreme conditions even if the club is open, please consider whether or not you think it's advisable for you to make the trip; always make your safety your first priority.

In slippery conditions, whenever the club is open, the staff does all it can to make the parking lot as safe as possible, but, please do watch your step and use extra caution when walking to and from the front door.



February Fitness Class Cancellations

Due to the UTR tennis tournament there will be no fitness classes on Saturday, February 22, or Sunday, February 23. Could be a weekend to hit the slopes, take a swim, or make use of our great fitness room!

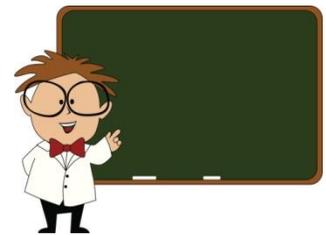


Len's Lesson

How is tennis a mental game?



A tennis player's performance depends on what he/she does mentally during the times when not actually playing (between points and during the change overs). During these times (which amount to about 75% of a total match) tennis players who are prepared mentally are able to perform highly sophisticated mental tasks such as focusing their attention only on their court, figuring out their opponent's game patterns, and maintaining their minds only on the present moment or just on the



next point. Using a variety of mental techniques can help maintain an optimal intensity level, stop self-doubt, or curb over-confident thinking, just to name a few.

See you on the courts! Len

Ashland UTR Tournament: February 21-23



The tournament is for all ages (adults and juniors) and levels. Limited to 48 players, each participant is guaranteed 3 matches. Please note: the tournament may start as early as 5pm on Friday, February 21.

You can register for this tournament at MyUTR.com using the link provided.

Even if you are not playing, take some time over that weekend to come and watch some exciting matches that are not restricted by age or gender!

Tennis Ladders are Coming!!

Please be on the lookout for ladder information. To begin, we will offer Men's and Women's singles ladders. We'll be adding junior ladders soon, as well. This will be an online ladder through TennisRungs.com - we'll let you know how to get signed up and how the ladders work via email shortly. Time to get your game face on and have some competitive fun with your ATFC friends!!



Adult Tennis Social: February 15th, 3-6pm



First tennis party of the year! Director of Tennis, Len Spencer, will be on hand to organize matches throughout the event. Let's have a big turnout for Ronda's first event at ATFC - maximum of 28 players (16 will play tennis while the remaining 12 socialize). ATFC will supply a variety of beverages, while attendees will bring either an appetizer or dessert to share.



\$10 members

\$15 non-members

Sign up at the front desk by February 13th, please.

New Tennis Members



It is a pleasure to welcome many new tennis members to ATFC! All of the club staff - especially the tennis pros, headed by Len - want to make sure you have a fulfilling and positive experience here at the club. Don't hesitate to check in with Len or his staff members if you would like suggestions of people with whom to play. We want you to be happy!! And....remember that new members are entitled to one free clinic!!



Lights Off, Please!!

To save the planet AND to cut down on super high utility bills, **please** take an extra few seconds to turn off court lights after your match; if others will be using your court after you've finished, they can easily turn the lights back on. Thank you for your attention to this important action.

Curly's Corner



February Fitness Tip

Ever wondered how long it would take to burn off that slice of pizza you just ate? Even if you haven't, perhaps your curiosity has been piqued enough to keep reading this micro-article!!!

Here are some commonly eaten foods along with the "cost" of each in terms of gym time needed to negate the calories consumed.

Food

Rough Estimate of Gym Time Needed

Slice of cheese pizza
4 Oreos
Ben & Jerry's - 1 cup
Snickers
Medium French Fries

59 minutes (who eats 1 slice???)
23 minutes of jogging on a "dreadmill"
1 hr + 22 minutes (legs might fall off)
250 pushups (1 calorie per push-up!)
Intense cycling - 52 minutes



Please understand that some of these foods are eaten for purely medicinal purposes ☺
For example, we know that when our blood sugar is low, we need a pop of sugar to regulate it: Snickers bar to the rescue!

It's extremely challenging to avoid these foods altogether - that's why I spend most of my time at the gym!!

New Fitness Members



It's great to see new faces in fitness and swim classes and in the gym! Remember that your membership includes one free half-hour consultation with our Fitness Coordinator, Curly Dykstra. You can ask to schedule an appointment with her at the front desk or email her at fitnessdir.ATFC@mind.net Curly is a dynamic teacher and a highly motivating personal trainer - take advantage of this opportunity to meet her one-on-one and ask how she might be helpful to you in achieving your fitness/health goals.



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Ms. Martina Mannerstilova



Dearest MMM: Do you believe in teletransportation? I used to be a skeptic, but with various hand weights and other pieces of gym equipment moving between the free-weights room downstairs and the upstairs studio, I am starting to believe. **Sincerely, Frustrated in ATFC Paradise**

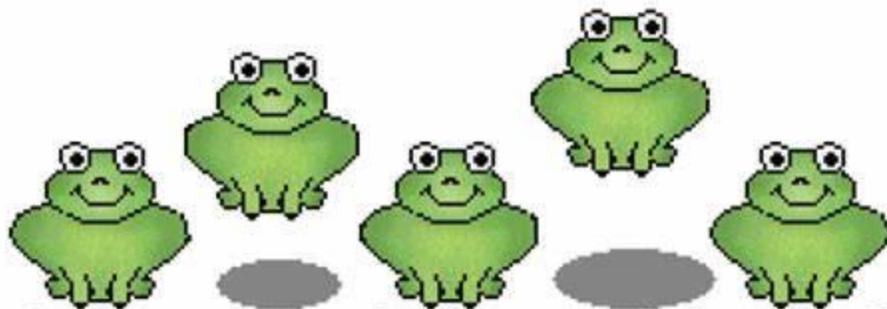
My Dear FIAP: I understand your frustration. The phenomenon you describe occurs when eager gym rats take equipment from one venue to the other and fail to return the borrowed items. Club members and their guests need to be mindful that each piece of equipment has its own home base - this ensures that everyone will know where that favorite jump rope, medicine ball, 8 lb weight is when they want it. Also, folks need to keep the upstairs studio tidy - if you use a piece of equipment, kindly remember to put it away after your workout. Thanks ever so. **Sincerely, MMM**

Riddle Me This

What did the paper clip say to the magnet?



January's riddle: How does a polar bear build its house? **Answer:** Igloos it together.



Happy Leap Year!

