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ATFC Newsletter Editor: Jo Wayles



APRIL 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

Message from the Owner

I hope the April edition of our newsletter will be a reminder that brighter days are ahead.



As you know, we are typically closed for a few days in late spring to take care of maintenance and repairs that can't be accomplished while the club is open. We are taking advantage of this current closure to complete these tasks. Some of the work we hope to get done includes: repairing leaks in spa pools; repairing tears in the walls in the tennis center; power washing the pool decks; disinfection and, with a bit of luck, some refinishing to the saunas. All the equipment in the gym will also be given a good cleaning.

Once the repairs are made, the paint throughout the club will be touched up and, finally, a professional company will arrive to deep clean the entire club.



I look forward to reopening and hope it won't be too long until we are able to do so. **We will reopen as soon as we are given the green light.** In the meantime, stay well, enjoy the April newsletter, and all the best to you and yours.



Lexi Packer

Len's Lesson



How do you make the best of it when you're unable to get on the tennis court?

It goes without saying that the best way to improve your tennis game is to play consistently, but carving out time to make a trip to the court is not always an easy thing to do. Sometimes the weather may be prohibitive; other times it's just the hectic pace of everyday life that squeezes the playing time right out of our schedules; or the Coronavirus hits. Below are some handy drills you can do at home to help keep your game sharp, even when you're off the court.

1. Shadow Swinging

Most of us are familiar with the term "shadow boxing", where a boxer will practice his/her punches in front of a mirror to perfect their form. The same principle can be applied to your tennis strokes. Stand in front of a mirror (leaving room for your swing, obviously!) and practice your ground strokes, both forehand and backhand. Feel free to



swing at a slightly slower and more deliberate pace, so that you can assess every aspect of your stroke. Take note of important technical details such as foot placement, hip and shoulder movement, and proper weight transfer during the swinging motion. If you have a decent grasp of the difference between good and bad form, you will be able to properly analyze your stroke and pinpoint any areas where you might need to improve. You can even take things beyond shadow swinging if you've got access to a wall and some space. (Be careful around the Faberge eggs!)



2. The String Catch

This drill will really help you refine your “finesse” when it comes to handling your racquet and judging ball velocity. With racquet in hand, toss a ball up in the air with your free hand and attempt to “catch” the ball on your racquet strings, with as little bounce as possible.

Your goal is to completely stop the momentum of the ball to where it ends up resting on your strings, almost as if the racquet is a “safety net” that catches the ball. Most of the time you will need to lower your racquet in sync with the speed of the falling ball in order for you to catch it without it bouncing off the strings. This drill will help you understand the “soft touch” needed for more specialized shots such as drop volleys. If you've never tried this before, it will definitely be challenging at first, but becoming proficient at this simple drill will do wonders for your hand-eye coordination and overall dexterity.

3. Practice Your Ball Toss

Your serve is one of the most important parts of your game, and it is the only stroke in tennis that is completely within your control. Most pros will tell you that a good serve comes from a good ball toss, so practicing your serve toss is extremely worthwhile. Make sure to use visualization, so that you treat each ball toss as if it's actually happening on the tennis court (even though you may be in your living room). It may even help you to place some masking tape on the oriental carpet to create a mock “baseline” for practice.



Using the above tips can help you not only improve your tennis game, but also build your confidence as a player. Many times it is the dedication that you show off the court that determines your on-court effectiveness. Put these tips into practice and watch your tennis game go to the next level!

Ronda's Roundup

We hope you are all well and keeping occupied....maybe Spring cleaning or reading a book or 2 or 3 that have long been on your list? We are looking forward to getting back to the club as soon as possible.

Although events for March and April have been cancelled, we have May events for which to look forward.

- **May 2: Adult Social – Cinco de Mayo theme**
- **May 16: Junior Event (tbd) – This will happen only if High School Districts are cancelled.**
- **May 29-31: UTR Tournament – All ages and levels welcome.**



We'll update you with any changes we need to make along the way. We're staying hopeful that this will end sooner rather than later.

"Sometimes we're tested not to show our weakness, but to discover our strength."

FR. Wishabh S



Curly's Corner

Winners: Congratulations to Janet Lofthouse and Jane Van Dyke, the successful treasure hunters who found the golden tickets and won a free training session with Curly!!

Spin City

Some research shows that taking time off from a sport provides an opportunity for sore, stiff, and, likely, micro-torn muscles to heal. Your body needs rest; your brain needs rest. Use this time away from the pool or the courts as a break from your normal routine.

Here's a short, stay-at-home, no-equipment-needed workout:

Warm up before starting exercises by jogging in place or a 3-5 minute walk outside. Then do 12-16 reps of everything:

- Pushups
- Squats
- Lunges
- Wall squats
- Planks
- Balance on one foot
- Crunches
- Side Planks
- Superman



Stretching

Perhaps even more important than aerobic or floor exercises is stretching. I recommend that everyone takes at least ten minutes a day for this essential aspect of staying in shape. Because "how to stretch" varies depending on one's flexibility, it would be wise to check out a couple of on-line videos to determine what is best for you.



Other activities

Many of you are taking advantage of all you learn in the club's fitness classes and are incorporating this knowledge in your daily practice at home. And there is dancing! Always wanted to learn how to



salsa? Now's your chance! Follow along with a youtube video and show off your moves at the next dance!

Movie Time!



Here are some movie titles in **Fitness**, **Swim**, and **Tennis** categories. Some are serious, some are silly, and some are entertaining. Suggestion: check out a review or two **before** settling down with the popcorn!

Fitness: "Pumping Iron", "Perfect", "Karate Kid (original)", "Million Dollar Baby", "Vision Quest", "GI Jane"

Swim: "Pride", "On a Clear Day", "The Swimmer", "Alex", "The Guardian", "Swimming Upstream"
note: not included are films which apparently have the very best "pool scenes"!!

Tennis: "Battle of the Sexes", "Match Point", "Borg vs. McEnroe", "7 Days in Hell" (mockumentary)

Ms. Martina Mannerstilova

Dear ATFC Friends: As you know, the APD has requested that I go incognito due to crowd control issues when I am in beautiful Ashland. Well, I arrived here about 10 days ago to ride out the novel virus. This has given me the opportunity to observe you - I have been most impressed by your diligence in maintaining the 6-foot rule! Several times I have seen ATFC members on the opposite sides of the street simply giving each other a hearty wave instead of immediately coming together to do the traditional ATFC members' greeting. I realize this requires a lot of restraint and I thank you for putting the health needs of the community at the fore.



Now that the topic has been broached, however, I am wondering if we could put on the table the idea of amending the official greeting. I think specifically of the mandatory do-si-do maneuver (the Shop'n Kart aisles are quite narrow), as well as the bunny ears flapping move (it can be a little awkward at serious events.)



Please continue to take good care, my friends! **Sincerely, MMM**

Riddle Me This



I struck up a conversation with a spider. She seemed nice. Turns out she's a web designer.

Last month's riddle: What do you get when a green onion begins to sing hip-hop?

Answer: a rapscallion



Have a favorite riddle? Send it to: jowayles@gmail.com