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ATFC Newsletter Editor: Jo Wayles



JUNE 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

### Welcome Back!!



We look forward to being able to open for Tennis and Fitness members this Monday, June 1st. We are not yet permitted to open the pool; as soon as we are able to allow you to swim, we will let you know.

In case you didn't have a chance to read it, the email that was sent to members last week is attached to the newsletter. Please take the time to read it through before you return to the club.

Since announcing the reopening of the club a number of members have asked for specific ways to stay safe when using the gym, fitness room, and tennis courts. On your first visit back you will be handed a short information piece on staying safe when using the different areas of the club.

When you first return you will see the many steps we have taken to make the environment as safe as possible. Additionally, all staff members have attended an in-person training on the specific procedures that the club has instituted. Please feel free to ask any of them any questions you may have.

If we all do our part, it will go a long way to making the environment as safe as we can. We look forward to seeing you again and to being able to invite our swim members back to the club. Continued good health to you.

Sincerely,

Lexi Packer

### Club Opening Preview



The club will be open from 10:30-2:30 on Sunday, May 31<sup>st</sup>. Whether it is just to become familiar with the procedures we have put in place for everyone's safety, to enjoy a first workout in the gym, or to play a game of tennis, you are welcome and we will be there. As our way of saying, "Welcome Back," there will be no charges or court fees on the 31<sup>st</sup>. (Kind of like a film trailer at the movies..)

If you'd like to play tennis on the 31<sup>st</sup>, you must call the club and leave a message; you will receive a call back the same day. Courts may be reserved at 10:45, noon, or 1:15. As only 12 court times will

be available, be sure to call as soon as possible. If you have a question about how to play tennis safely or want to talk "anything tennis," Len will be at the club from 10:30-12!



### While You Were Away

Both saunas have been totally redone! On the women's side, a new heater was installed (the men's sauna got its new heater about a year ago). Taking a sauna will be something to look forward to once we get the green light - perhaps in Phase 2. Cleaning, painting, and all manner of other work also took place during the club's hiatus - beyond that, there is just too much to mention! Suffice to say we think you'll be happy to see your club looking pretty darned spiffy!

### Note from the Billing Office



Those members who have lockers will be billed for the annual fee in the June billing cycle; swimmers who have lockers will not be charged the fee at that time, but will be charged a prorated annual fee based on when swimming membership is activated.

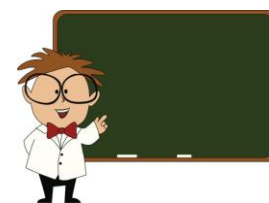
### Len's Lesson

Welcome back everyone! Looking forward to seeing you all on the court!

The junior and adult summer programs begin June 1<sup>st</sup>; you can find the schedule attached to the newsletter and online at [www.ashlandtfc.org](http://www.ashlandtfc.org). Please let me know if you have any questions about the programs or if you want to schedule private lessons. Text me at 541/517-0546 or leave me a voice mail.

### **GETTING BACK INTO THE GAME AFTER TIME AWAY**

Many of us are forced to take time off of tennis for a variety of reasons. Who would have thought it would be a pandemic that would force us off the courts for the past couple of months?!



I wish playing tennis were like riding a bike. After three years of not riding on a bike, I can hop back on and ride just fine. Unfortunately, after two months off of tennis, my game seems to need some serious fine-tuning.

Once you return to the court, you might find that your strokes feel pretty good, but your timing is still slightly off and your reaction time is too slow, forcing more errors than usual.

Reaction time, touch, timing, and instinct are all things that will be lacking when you return to the court. Here are three tips that can help you get your game back.

## Playing the Basics

Try to keep the points simple and smart by sticking to the basics of tennis in your first few matches after a long hiatus.

If you stick to the basics, you'll hit more balls in the court. When you're still rusty, it's a bad idea to aim for the lines or try your once tried-and-true special shots. Remember, if you're struggling to hit the regular shots in the court, going for the fancy shots will only lead to lost points.

## Practice

It's a good idea, especially for those of us who are extremely competitive, to get at least one or two practice sessions in before playing a first match. Hitting with a partner, hitting on the wall, or hitting with the ball machine are all great ways to help you find some of your timing and feel for the ball.



## Be Patient



Patience can be hard to come by when you first return. It's easy to get frustrated on the court pretty quickly; however, the more you focus on being patient and working through the strokes, the better you'll play. Be patient with our game and give it time to come around. Try to be happy that you're on the court again!

## Ronda's Round-up

Hope you are all well and as excited to be back to the club as we are!



Although our events planned for June have to be rescheduled, please know that we will be working hard to find a way to make them happen as soon as possible. We are going to schedule a few small one-day tournaments or events where there will be a maximum number allowed, in order to comply with the Governor's orders. Once we have these scheduled, we will send out an email detailing the dates and information. The dates and timeline depend on the Phase 2 orders which have not yet been issued.

## Big Al's

Our plan is for Big Al's to still be held. We do not know if we will be able to run it on the scheduled July dates. We may have to move the date out further to comply with safety protocols. We will keep you posted.

## Ladder

We have posted a new ladder to start June 1<sup>st</sup> and run through August 31<sup>st</sup>. Participating is a great

way to get in some extra tennis matches, while socializing distantly. Women's and Men's Singles and Doubles ladders are available.

Even if you signed up for the previous ladder, you will still need to sign up for this new one by logging into your account at <https://app.tennisrungs.com/Player> .

If you are new to the ladder, you will need to register and then choose which ladder(s) you would like to sign up for. Register at:

<https://app.tennisrungs.com/Public/Register/69406337> .



### Curly's Corner

Hello, hello, hello!

We are often inspired to get into shape when summertime rolls around. This year, however, we've lost two (three?) months since we've been able to get to the gym. Here are a few tips to get back into the swing of things without getting injured.



### 50% Rule



When returning to the gym after a long break, follow the 50% rule: however many sets, reps, and days you'd been doing prior to COVID-19, cut that down by half. It will feel a bit off, but pay particular attention to execution of each move and to how you are progressing - instead of getting back to your same old "automatic" hustle.



Any feelings of regression are very natural because of the slight decrease in muscle tone. Pay attention to how you feel physically: it's the best way to monitor if it is safe to continue your workout. **Stop if your form becomes compromised or if you begin to feel weak.**

### Muscle memory...it's real!!



But wait....the "good" aspect of this back-pedaling is (indulge me for a moment with a bit of science): before you start increasing the size of your muscles, they must begin producing more nuclei - facilitating the transition from muscle into protein. Once you have produced nuclei in your muscles, they sit there even when you stop working out. When you do start lifting again, the nuclei are reactivated; it's then easier for them to get back to their size than it was to build them up the first time. Isn't that amazing??

I look forward to seeing you in the gym again!

Curly

