

735 Jefferson Ave
Ashland, OR 97520
(541) 482-4073
www.ashlandtfc.org
ATFC Newsletter Editor: Jo Wayles



MAY 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 Lexi Packer

The pros, the fitness instructors, the staff, and I are eager to see you all back in the gym, in the pool, and on the courts!

With luck it won't be too long now until we can all enjoy the club again. As soon as we get word that we can reopen, we will inform you; please know that we will scrupulously put safeguards in place to help assure the safety of all in the building.



While You've Been Away



© Can Stock Photo

During the club's closure, our facility has been a hub of activity of a sort different from the typical athletic adventures it hosts. All maintenance and repairs have been completed! The saunas are in the process of being REDONE! The two-day deep cleaning will soon be accomplished.



We are also looking into converting all of the lighting - tennis courts and all - to LED. Depending on the cost and how long the club remains closed, this conversion may also be done.

Notes from Len re. Suspension of USTA Pacific NW and So Oregon Tennis



The USTA National office made the decision to cancel all 2020 National Championships. More details and FAQ are on the USTA websites:

<https://www.usta.com/en/home/usta-covid-19-updates.html>

<https://www.usta.com/en/home/stay-current/national/usta-faqs-regarding-coronavirus-and-covid-19.html>

The Pacific Northwest Section also decided to cancel all 2020 Section Championships and to cancel the remaining part of the 2020 local league competition. For our Pacific NW statement, go to:

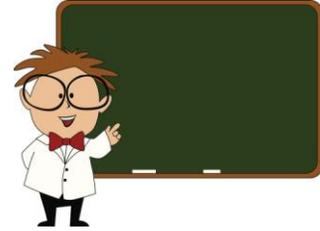
<https://www.usta.com/en/home/stay-current/pacificnw/usta-pnw-coronavirus-covid-19-update.html>



You can find more information on the PNW's website or you can call Len if you have any questions: 541/517-0546

Len's Lesson

Building on last month's column about tennis drills/activities that you can do at home (Shadow Swinging; String Catch; Ball Toss Practice), here are a few more ideas!



Weight Lifting



It is no secret that the most successful tennis players in the world routinely work out with weights in order to target and strengthen certain muscles that are frequently used during game play. If you have a basic set of dumbbells, you can do the following exercises to help improve your strength and athleticism:

- **Dumbbell rows:** Great for strengthening your rear shoulder and upper back muscles, as well as your biceps.
- **Dumbbell squats:** Build your quadriceps, hamstrings, and glutes, all of which help you to execute explosive movements on the court.
- **Crunches & planks:** Both of these exercises increase the critical core strength needed to stabilize your body when performing a wide range of movements.
- **Push-ups:** Much of the power behind a strong forehand can be attributed to the triceps, chest, and front shoulder (anterior deltoid) muscles, all of which are targeted and strengthened by regularly performing push-ups.
- **Plyometric jumps:** Will help you to perform explosive movements from a static position, a critical factor during matches.
- **Dumbbell curls:** Strengthens the biceps, which will help improve your swing speed.



Stretch, Stretch, Stretch

Flexibility is an absolute must if you want to be a solid tennis player. Top-ranking, ultra-flexible tennis pros may stretch three or four times a day, averaging 30 minutes per stretching session. Not only does stretching increase flexibility and strengthen your connective tissue, but it also helps to prevent injuries.



Become a Student of the Game

Unfortunately, this is one of the most overlooked aspects of player development. If you want to excel at playing tennis, you must study the players who have achieved greatness in the game. Watch videos of seasoned pros and study their playing habits. Take note of how they vary their approach based on their opponents. Read online tennis



guides, study various tennis strategies, and learn from those who have years of experience under their belts. This is more of a mental exercise, but any accomplished player will tell you that the mental aspect of tennis is the most important element to develop.



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 to practice and watch your tennis game go to the next level!!

Stay well and hope to see you on the courts soon.

Len

Ronda's Round-up

With the uncertainty of the club's reopening, we have cancelled/postponed the May events. Hopefully, you will be able to celebrate Cinco de Mayo within your quarantine pack!



Be assured that we will have some great activities planned for the summer months! Keep an eye out for a new schedule.

Looking forward to seeing you back at the club. Stay well and take care.

Ronda

Curly's Corner



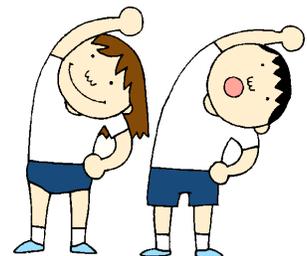
It seems like an eternity since we've had a great, heart-pounding workout together or a challenging game of tennis. Let's not forget how awesome we feel after a workout in the pool.

If you're like a lot of other regular gym goers, you're anxious to get back in there and shake things up again! We've been trying to stay as active as possible given our current situation - walking, biking, hiking, using stationary bikes; all that effort is great, but it's just not the same as what you were doing in the gym.



With that in mind, here are some tips to ease back into your exercise routine once the club reopens:

1. Don't overdo it on the first day.
2. Form. Go for form - not the amount you lifted a month ago.
3. Begin with what works for you.
4. Start with a warm-up and end with a relaxing stretch.
5. Stay hydrated.



6. Don't forget to take rest days.

Now let's talk about a difficult subject: the so-called "quarantine 15". There are many memes and jokes about weight gain during this time of "Stay Home; Stay Alive", yet this is a serious topic.



Many people are experiencing loneliness and isolation during this period; these feelings could increase the longer we are in quarantine. This situation can trigger disordered eating for some who find themselves dealing with being alone and not knowing when to eat/how much to eat. Food can temporarily ease anxiety, but the extra eating can result in feelings of guilt and shame. And so begins the cycle. The abundance of food, the lack of structure, and the isolation can put you in a bad place mentally.



It is very important to make your mental health a priority. Engage in activities - whether it's reading a book, meeting someone for a "physical distancing" walk, or Face-timing with friends. Reach out to people; check out on-line groups of people who also are struggling. Remember that this is a stressful time for most people - try to be kind to yourself and cut yourself some slack. Stay focused on your physical **and** your emotional well-being.

I send my very best to you and your family; it will be wonderful to see you again at the Club!

Curly

Ms. Martina Mannerstilova

Dear ATFC'ers: With all of you wearing masks, it is getting a bit more difficult to recognize you when you are out practicing physical distancing activities. I am glad you are taking the guideline precautions seriously!



Some of you may know that in the old days in the WTA we used to hold informal "Brain Bowl" competitions in the Players' Lounge. I remember one particular game in which my team dominated: Mary Jo (she is an Art History encyclopedia!), Chandra (a British Lit specialist), and I (a Science & Math whiz) rocked it. As I love words and word problems, I thought I'd share one with those of you who have a little extra time and want a challenge that will bring you back to Algebra 1! **Sincerely, MMM**



Problem: A swimming pool has 4 faucets. The first can fill the entire pool in 2 days; the second can fill the entire pool in 3 days; the third faucet can fill the entire pool in 4 days, while the fourth faucet can fill the pool in 6 hours. How long will it take to fill the pool if all 4 faucets are turned on?



Answer: The first person with the correct answer will win a cool little prize! Send your answer to my editor: jowayles@gmail.com Have fun!

