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ATFC Newsletter Editor: Jo Wayles



JULY 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

We're Back in Full Swing!

With many safety precautions in place, we are so happy to have the club back in action! With tennis, swimming, fitness, and spas all up and running, it has been great to see so many members return after the COVID-19 mandatory close; folks seem to be quickly getting the hang of the new entry/egress patterns and the other safety procedures. The only outliers now are the saunas - government restrictions continue to prevent us to open them for use.



July 4<sup>th</sup> Club Hours



Typically, ATFC is closed on July 4<sup>th</sup> as there are so many activities in town on the holiday. Alas, 2020 is proving to be an unusual year and Ashland has had to cancel the parade and the other traditional events that provide a lot of enjoyment for our community. **ATFC will be open from 9-2:30 this July 4<sup>th</sup>** to give members a chance to get a little exercise before their family barbecues later in the day. **Pilates class will be held on the 4<sup>th</sup>. Saturday morning cardio tennis clinics (9-10 and 10-11) will be held** on that day.

~~VRBO/AIRBNB~~ ATFC POOL RESERVATIONS

Swimmers, soon you will be able to reserve your swimming lane on-line! On-line reservation access will begin at 7:30am on Wednesday, July 1<sup>st</sup>. Keep an eye out for an email which will give detailed instructions. As is currently the case, you will be able to reserve a lane for one or two half-hour slots per day up to 7 days in advance - by reserving on-line, by calling the club, or by stopping by the front desk. (Please note that front desk staff will be unable to book a lane for you until 7:30am.) As you know, we went to this system of reserving pool times slots because Governor Brown is mandating no more than one swimmer per lane during this phase of re-opening; thus, we can have only two swimmers in the pool at a time.



Wait Til the Midnight Hour? Not Any More!!



Tennis members, excellent news!! Soon you will not have to stay up to midnight (or for some of you, set your alarm for midnight!) in order to reserve courts on-line. Beginning on Wednesday, July 1<sup>st</sup> the new reservation system will allow

reservations for a week in advance beginning at 7:30 am. Each morning you may reserve a court on the ATFC website, by stopping by the club, or by calling in. Please note that front desk staff will be unable to book courts for you until 7:30 am.

### Ronda's Round-up of Events

Welcome Back!

While we are not completely back to "normal" yet on the courts, we are open and very happy to see people enjoying their favorite sport AND observing the protocols of safety. We feel very lucky, happy, and excited to be back. Kudos to Lexi and her staff for all their hours of hard work to get the club ready and safe for all the members and staff. The club looks amazing!!! **Thank you, Lexi!**



Unfortunately, part of the "not normal" is that we cannot run indoor events at this time due to physical distancing requirements. Although we could potentially run events outside with social distancing protocols in place, the City of Ashland has decided to cancel all special events through July. So...all tennis events - at the club AND on Ashland's public outdoor courts have been cancelled through July. Please read on regarding Big Al's!



### Big Al's

Big Al's has been rescheduled to August 14-16. Currently we are working on locations/procedures to maximize the safety and health of both participants and spectators. We are hoping to be able to hold the 45<sup>th</sup> annual Big Al's and looking forward to hosting a great tournament!! To register, go to the USTA Tennis Link site: <https://m.tennislink.usta.com/login> or to the events page on our website: [www.ashlandtfc.org](http://www.ashlandtfc.org) . Note: if the City determines that Big Al's cannot be held on these dates, all entrants will receive a full refund.



Please be assured that we will update you as soon as we are able to schedule other socials and tournaments. We are eager to gather when it is deemed safe to do so! It just may be that we have a combination St. Patrick's/Cinco de Mayo/July 4<sup>th</sup> tennis event sometime this fall!! We will be ready to go!

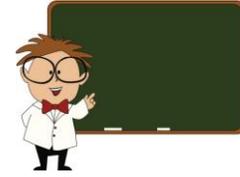
### Tennis Ladders

The summer ladder is now active and runs through August 31<sup>st</sup>. Options are: Men's and Women's Singles & Doubles. This is a great way to get in some matches safely during this period when there are no local tournaments. Reminder: if you signed up for the previous ladder, you 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 select which ladder(s) you'd like to join. Register at <https://app.tennisrungs.com/Public/Register/69406337>.

### Len's Lesson



So glad to be back on the ATFC courts!

The junior and adult summer programs are up and running. You can find the full schedule on-line at [www.ashlandtfc.org](http://www.ashlandtfc.org) under the "tennis" tab.

Please let me know if you have any questions about the programs or if you would like to schedule private lessons. Text me at 541/517-0546 or leave me a voicemail. (Note: if you are more comfortable having a lesson outdoors, please let me know and I will try to accommodate that need.)

### Pro Tip

#### TENNIS FOOTWORK

**Good tennis footwork affects everything: your timing, balance, power, and consistency.** The main focus of proper tennis footwork is to allow you to reach any ball that comes your way, and this will require you **always to stay on your toes**. Running around the court with just your heels causes you to be a step slower when compared to staying on your toes; preparation is vital in such a fast-paced sport. It's the difference between getting to the right position in time or having the ball fly right by you, each and every time.



Being able to get into the correct position gives you options - and having options can give you the lead over your opponent by putting you on offense. If you observe a tennis match, you'll notice that tennis players are not taking long strides to reach the ball. It's actually the exact opposite. **Light, quick, short steps** are key to reaching the ball early because these precise movements are what allow you to get into just the right position. So, always, **always** stay on your toes.

Because of this, strong legs are a must in tennis. If your legs happen to be weak, it will affect your entire performance on the court, wasting most of your valuable energy just to get to the ball. If staying on your toes constantly isn't enough to tone your legs, you can always strengthen your leg muscles through exercising. Some amazing exercises you can use for stronger leg muscles include: jogging, performing lunges, running up incline surfaces, or doing typical tennis drills which focus on the legs. If you routinely exercise, you will notice a vast improvement in your stamina, too!



## Curly's Corner



*Variety is the spice of life....*



If you've heard that expression once, I'm not talking about switching it up from lap swimming to spinning (although if you know me, that has always been one of my mantras)! I'm referring to things like **varying the amount of weights** you lift, **lengthening or shortening your ROM** (range of motion) to almost micro movements. Doing tiny, micro-movements works your muscles in a different way from doing an exercise at full-range. Here's my suggestion: one day, go heavy on your weights, but cut down on your reps; the next day, go lighter on the weights, but increase your reps.

you've heard it a million times - but



The changes do not have to be major. For example, when doing the leg press, varying the position of your feet on the plate will recruit muscle fibers in different ways. Another example: when doing squats, having your legs wide apart OR close together, will make a difference in how your muscles are engaged. And..there are so many different ways to execute a bicep curl --- you get the picture!!

Keep in mind that whenever you change your routine, it will feel "off" for a bit, but you will see and feel the difference. Challenge yourself! You can do it.

Need some ideas? Come and see me, and we can make some small changes to your routine. Contact me by calling the front desk and asking to be transferred to my voicemail.

## Ms. Martina Mannerstilova.

**Dearest MMM:** Did you ever read the book Up the Down Staircase? **Sincerely, Swimming Upstream**



**My dear SU:** I'm inferring that you are talking about the new one-way pedestrian traffic pattern at the club. Habits built on decades of experience are definitely hard to break - it is so very tempting to go right into the locker rooms after checking in at the front desk. Try to remember that the whole goal of the green arrows is to allow for 6 foot physical distancing - that safety behavior just isn't possible if people are going in opposite directions through a doorway. And.. I must admit that just yesterday MMM got (deservedly) scolded for taking a shortcut and going down the up staircase at the library. Let's all aim for 100% consistency in playing it safe! **Sincerely, MMM**

**Dearest MMM:** One of the greatest inventions of all time was the self-cleaning oven! I didn't know they had also come up with self-cleaning gym mats and balls. **Sincerely, How Does That Work?**

**Dear HDTW:** ATFC gym rats have been great about cleaning machines before and after use, but some folks have been forgetting also to spray and wipe off the mats and large balls. All they need is a friendly reminder and here it is!



**Sincerely, MMM**

**p.s.** There was little response to the probability question I posed in the June newsletter. For the record, the answer to the 1<sup>st</sup> question is: 1 in 2520; and to the 2<sup>nd</sup>: 1 in 40,320. Haywood Norton gets a prize for feigning interest!

### Riddle Me This

What amount of room does it take for fungi to grow??

