

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



SEPTEMBER 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

### Summer is Slipping Away

While it has been an unusual summer, we have been very fortunate to have had ATFC fully open since June! This makes a huge difference to all of our members - swim, tennis, fitness - to be able to exercise and to see our club friends. Virtually all club members have been pretty darned great about adhering to the masking and other safety rules established; unfortunately, some of our Jackson County residents have not been as diligent and our county is currently on the governor's "watch list" - kind of the opposite of being on the Honor Roll. Let's continue to do our part and be very fastidious about adhering to safety precautions at the club and when we are out and about. It would be a shame if we had to revert to business closures and stay-at-home orders.

### Ronda's Round-up

September already? Despite being such a different kind of summer, it still went by incredibly fast!

### Tournaments and Events

While it was sad to have to cancel Big Al's this year, we were lucky to be able to run a tournament on the weekend of August 14<sup>th</sup>. Though the temperatures were in the triple digits for much of the weekend, participants still had a lot of fun. If you would like to see the results, go to <https://app.myutr.com/events/25755>

**ATFC will be holding another UTR Tournament September 18-20.** You can register at <https://app.myutr.com/events/14915>

We hope to be able to add some small tennis mixers to the calendar in accordance with social distancing policies. There will be small groups of players in an all-tennis format! More information will soon be sent out.

### Hunter Park Clean Up Day - September 26<sup>th</sup>



Our clean-up day had to be postponed due to COVID. The new date is scheduled for Saturday, September 26<sup>th</sup>, from 9-11am. Please email Ronda ([events.atfc@mind.net](mailto:events.atfc@mind.net)) if you would like to sign up. It's always more fun to weed at Hunter with tennis pals than it is to do so alone at home! Tools, gloves, and refreshments will be provided. For social



distancing reasons, the group is limited to 10 gardeners.

### Junior Tennis



We had a great summer of tennis despite the restrictions in place.

The juniors worked hard during these warm months, so we are looking forward to a great fall with them, as well.

The Fall Junior Tennis program starts on September 8<sup>th</sup>. There have been a couple of changes in the schedule posted last spring, so be sure to take a look at the new schedule on-line or by picking up a current flyer at the club.

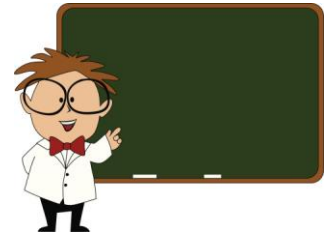
**There will not be any junior tennis from September 1<sup>st</sup>-7<sup>th</sup>. Enjoy your break!**

### Len's Lesson



#### Pro Tip: How to Beat a Lefty

Left-handers are among the most challenging opponents you'll face. But, with a few adjustments, you can make the experience less painful and improve your odds of winning.



The way you play is probably instinctive and grooved from years of practice; however, when you face a lefty, the ball doesn't do what you expect it to do, so you have to change your habits. You need to start over and think about how the ball is going to bounce. If you know you are going to face a lefty, the first thing you should do is find a left-handed practice partner to warm you up. Secondly, and most important, you must adjust your game plan to neutralize your opponent's advantages. Here are four ways to do that

#### **1. BE READY FOR SHORT-ANGLE SHOTS TO YOUR BACKHAND**

Few right-handers have really good sharply-angled backhands. Consequently, most players aren't used to handling short, wide balls on their backhand sides. But lefties are often very adept at hitting hooking forehands that take right-handers off the court, forcing them to stretch for backhands. Be prepared for this shot and develop a reply to it. Don't do too much with the ball; try to send it back deep and crosscourt.

#### **2. ADJUST YOUR RETURN-OF-SERVE POSITION**

Move a couple of feet left for return of serve. Because lefty's spin breaks to the left, this puts you in a better



position to return their favorite serve. It also tempts left-handers to try their least-used serves - the kicker out wide in the deuce court and the delivery down the T in the ad court - and chances are their success rate won't be as high. Plus, it sends a message that you're thinking out there.

When lefties swing you out wide, cut off the angle on your returns by hitting the ball early and aggressively. Move forward to make contact before the ball spins too wide and get your weight into the shot. This is an advanced play that requires excellent timing, so be patient and keep trying.

### 3. SHIFT YOUR LOB PLACEMENT

Many club-level players rely on their lobs when their opponents come to the net, and most have learned to keep their lobs over their opponents' backhand sides. Against lefties, those same lobs will go straight to their forehand sides, and you'll second guess yourself on the receiving end of strong smashes. So, practice your lobs before you play a lefty. Rather than having your partner feed you an easy ball and lobbing it back, do drills in which your partner hits normal approach shots and volleys and practice your lob off of those.

### 4. HIT YOUR BACKHAND DOWN THE LINE



Right-handers like to hit their backhands crosscourt because it plays into their opponents' backhands, often the weaker side; however, against lefties the best shot for a right-hander is the down-the-line backhand since it goes to your opponent's backhand side. Spend time on that shot when you know you're going to play a lefty. But....be careful: lefties often have good slice approaches off their backhand wings, so if you hit your

down-the-line shot short, you might be in trouble!

### Fitness Equipment in the Time of COVID



Curly and the rest of the ATFC staff have been impressed by the diligence of members in wiping down equipment, including weights, before and after using them. That's the good news.....the not-so-good news is that some members are cleaning in a way that is damaging to the machinery. It's important that you spray disinfectant onto the cloth and then clean the equipment; **do not spray the disinfectant onto the machinery!** The enthusiastic spraying is causing damage to the gears. If you see someone using a wrong method, please let a staff member know so the person can be shown how to clean the equipment correctly.





## Curly's Corner



### **Iliotibial Band Syndrome**

No, this phenomenon doesn't relate to having a poorly-tuned clarinet in the band! IT band issues are common in athletes - they may manifest as tightness, soreness, or just plain pain.

So, what is Iliotibial Band Syndrome and how do we get it?

The iliotibial band is a thick, fibrous band of tissue which runs from the outside of the thigh muscle all the way down to the shin bone. When this tissue is over-used, it becomes inflamed and tight. Activities that can potentially cause this are hiking, running, and cycling, but other sports and repetitive actions can be the culprits, as well.

The actual pain is caused by excessive friction from a tight IT band rubbing against bone. Ouch! If you think you might have this affliction, please see your doctor for an official diagnosis.

### **Some Palliative Suggestions**

Here are some of the stretches and other methods I recommend for my clients dealing with this issue. Be prepared: you will need to be patient and diligent as it can take a few weeks or a couple of months to experience relief.

#### **1. Avoid Foam Rolling**



Wait, what?? Foam rolling is probably the most prescribed method of all, but the IT band needs gentle and small motions in order to release the tightness. I believe putting your entire weight onto an already inflamed tissue will only exacerbate the problem.

If you're a firm believer in rolling, I suggest getting a muscle stick roller so that you can be in control of how much pressure you're applying to the inflamed band.

#### **2. RICE Method**

Rest. Ice. Compression. Elevation. A simple and effective self-care method.



#### **3. Seated Hip and IT Band Stretch**

In a seated position (you can use a chair), place the ankle of the affected side on top of the opposite knee. Gently lean forward until you feel a pull on the outside of the leg. Hold for 30 seconds, uncross the leg, and repeat up to 5-6 times.

#### 4. Standing IT Band Stretch

Stand upright near a wall, desk, or anywhere you can get some support. Cross the affected leg behind the opposite leg. Lean away from the affected side and feel a stretch along the IT Band. Hold for 30 seconds. Uncross the leg and repeat 4-5 times.

**I hope these suggestions will be helpful!**

#### Ms. Martina Mannerstilova

**Dearest MMM:** At the risk of beating this topic into the ground, could you please remind me of when/where masks are required at ATFC? **Sincerely, Still a Little Confused**

**My Dear SALC:** The only places masks are NOT required are: in the pool, in the shower, on the courts when playing. I'm actually glad you asked because I think a lot of people are still unclear. I've been particularly aware of folks not masking up in the locker rooms while changing clothes, drying hair, washing hands, etc. So....please do your part to protect yourself and others during this era of COVID-19. Thank you. **Sincerely, MMM**



#### Riddle Me This

How did the lumberjack keep track of the number of trees she cut?



**Last month's riddle:** What was Gail Patton left with when she told her suitcases they wouldn't be going on vacation this year?

**Answer:** Emotional baggage....

