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ATFC Newsletter Editor: Jo Wayles



NOVEMBER 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

Thanksgiving



The club will close at 5 pm on Wednesday, November 25, to allow staff and members time to peel the potatoes, catch a turkey, and set the table! As usual, the club will be closed on Thanksgiving Day. We wish you a safe and happy

Thanksgiving in this atypical year and hope that zooming with family and friends might prevent the annual wrestling over who gets the drumstick! Use your best china - you won't have many plates to wash by hand... 😊



Thanks for the Attentiveness and a Caveat About Face Shields



We all appreciate the conscientious effort being made by members to be masked! Not many noses are being observed... One gentle reminder: masks are required in the spas. Please note that the Oregon Health Authority now recommends having a face covering/mask instead of a shield.

Also, everyone is doing a great job of wiping down equipment in the fitness room before and after use. Good work! Tennis players: excellent masking! Please be sure to wipe down chairs, ball mowers, and any other surface you touch prior to leaving the court - this might mean you need to stop play a minute early in order to do so. Thanks!

Ronda's Round-up

Happy FALL, everyone! Wishing you all a Safe and Happy Thanksgiving!

UTR Tennis Tournament - November 20-22

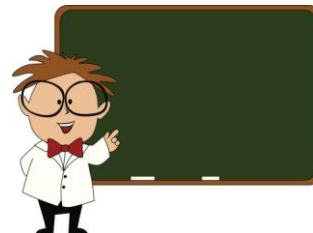
This event will most likely be held only at the club (no outdoor courts) due to the weather; we'll have to make some changes on how and when participants will be allowed in the facility in order to adhere to COVID social-distancing restrictions. We will post all social distancing information on the tournament website as the date approaches. You can register anytime by going to the following link: <https://app.myutr.com/events/14920>



Hunter Park Clean-up Day

ATFC Hunter (Adopt-a-Park) clean-up day will be rescheduled for Spring 2021. Just as a reminder, the clean-up days are our way of giving back to the City of Ashland for allowing us to use the Hunter Park and Lithia Park tennis courts for our tournaments (in non-COVID times).

Len's Lesson



TOP 10 REASONS TO PLAY TENNIS, the sport for a lifetime

GET FIT

Lose weight, burn calories - an hour of singles play can burn 580-870 calories.

LIVE LONGER

Playing just 3 hours per week will reduce your risk of heart disease by 56%.

STRENGTHEN HEART, MUSCLES, and BONES

Compared to enthusiasts of other sports, tennis players have the lowest incidence of cardiovascular disease.

DEVELOP HAND-EYE COORDINATION

Playing tennis involves several skills all of which contribute to good hand-eye coordination. You can improve your agility, balance, coordination, reaction time, and more.

ENJOY FAMILY and FRIENDS

Great for the whole family, no matter what your age! With minimal equipment needed and plenty of courts nearby, it's easy to bring a friend or family member to the courts.



DEVELOP TEAMWORK and SPORTSMANSHIP

From doubles play to team and league play, tennis develops your ability to communicate and to work together.

IMPROVE SOCIAL SKILLS

Tennis outperforms all other sports in developing positive personality characteristics.

REDUCE STRESS

Tennis helps you deal with physical, mental, social, and emotional challenges, increasing your capacity to deal with stress.

INCREASE BRAIN POWER

From alertness to tactical thinking, tennis enhances the neural connections in our brain. Kids who play tennis regularly get better grades.





LEARN to PROBLEM SOLVE

Tennis is a sport that is based on evaluating angles and using both geometry and physics to get the best results; this translates into better problem-solving off the court.

Curly's Corner



The Downside of Always Lifting the Same Amount of Weight

Most of us tend to gravitate towards routine - whether it's the way we dress, comb our hair, or choose what foods to eat. But...experts say we are losing out on big benefits by lifting the same amount of weight or using the same routine for months or...for some...even **years**. There's nothing inherently wrong with maintaining this familiar pattern: it is comforting to lift our "regular" amount of weight because we know we can do it! And...this is especially true if we are at the gym and others are watching. It's human nature to want to be successful.



That said, there is one big benefit we are losing out on by maintain this routine - muscular endurance. This describes your muscles' ability to produce force over a long period of time; muscular endurance is crucial to intense and long-duration exercise. It also helps us to get through our busy days with more energy, better posture.

To change your routine, you might try 4-6 reps with heavier than usual weights; 8-12 reps with medium weights; 10-15 with lighter weights. The heavier weights will help increase muscle size; the medium weights will assist in gaining muscle strength; the lighter weights will help improve muscle endurance.

So...mix it up in the gym! Need some ideas? Come see me for a change in your workout routine. (And, you also might want to try wearing different colors and changing your hairstyle! Surprise your fellow gym rats... 😊)



How to Cancel Swim Reservations

If you find you must cancel a reserved lane, please call the club to do so. Unfortunately, deleting a reservation on-line prevents another swimmer from popping in to your slot; if you call in your cancellation, the front desk staff can open up the session for another eager dolphin. Thank you!

Fitness Classes Cancelled November 21 and 22

Due to the tennis tournament, fitness classes will be cancelled on November 21 and 22.

Ms. Martina Mannerstilova

Dearest MMM: I'm trying to figure out what goes where on the tennis courts. To be honest I was pretty grossed out by all the trash that had been placed in the green courtside recycling bins. There are now many receptacles both on the courts and outside of court #1. Could you deftly describe the division of detritus???

Sincerely, Need Some Help Here

My Dear NSHH: Good item to review! **At each court there are three bins:** 1) the covered trash can is for trash 😊; 2) the gray plastic-bag-lined bin is for the rags used to disinfect surfaces; 3) the green recycling bin is only for items that are clearly recyclable: empty plastic bottles and empty aluminum cans. **Outside of Court 1, there are four types of receptacles.** One is for used tennis balls that aren't good enough for playing a match but still have enough life left in them for the ball machine - this container is a large blue bucket. If you have tennis balls that are.....well...dead, they should instead be put in one of the large cardboard containers. These will be sent to be recycled. In addition, there is a small container for the aluminum tops of tennis ball cans; and...there is a big blue bin for empty tennis ball cans. (Please note that the plastic tops of cans should go in the trash.) Got that?? Thanks for asking for clarification. MMM would surely appreciate your helping out your mates as they figure out what to put where!

Sincerely, MMM



Riddle Me This



A lumberjack went into a magic forest to cut down some trees. As he went to take a big swing at a big maple tree, the tree suddenly said, "Hey, don't cut me down - I'm a talking tree!!!)

What did the lumberjack reply?



Last month's riddle:

A zombie, a mummy, and a ghost bought a house. It had all the usual rooms except one. What room was it lacking? **Answer:** A living room. (Congrats to Pat and Dale Bibee for being the first to come up with the answer to this very challenging riddle!)

