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ATFC Newsletter Editor: Jo Wayles



OCTOBER 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

### Thank You

Everyone at ATFC rallied around two front desk folks who lost their homes in the September 8<sup>th</sup> Alameda fire. Here are thank-you notes from Shannon Armour and from Kyle Curran:

*Dear ATFC Community:*

*I've always been more comfortable on the "giving" end of things, rather than on the "receiving" end, but the crisis of losing my home and neighborhood has let me gratefully accept the generosity of so many of you. Your financial donations have amazed me. Thank you from the bottom of my heart. But even more, I am so grateful for your kindness and support during this very tough time. I appreciate you more than I can say.*

*Warmly,  
Shannon*



*Dear ATFC Staff and Members:*



*I want to say thank you from the bottom of my heart. I am blown away by the kindness, compassion, love, and support you've shown me. Words cannot express how grateful, appreciated, and honored I feel. Mary (my partner) and I may have lost our house, but you've given us another opportunity to rebuild our home and our way of life. Thank you very much. I really do feel your love.*

*Kyle*

**Note:** A shout-out to **Samantha, Manager of the Ashland branch of U.S. Bank**, for arranging to have the pre-paid Visa cards given to Shannon and Kyle available to us without an activation fee.

**Thank you, Samantha!** Thanks also to **Merilyn, Sydnee, and Vika** for taking many extra shifts to cover for Shannon and Kyle after the fire, and to **Ronda** for working some shifts, too.

### Smoke/COVID

When the air quality outside was hazardous, many of our favorite ways of exercising were off the table - just not safe to hike the Wonder Trail, to practice SUP at Lake of the Woods, or to hang-

glide at Emigrant Lake. Fortunately, by installing higher grade air filters, we were able to keep the club open and members active. While the tennis courts were open, we did have a few mighty smoky days which curtailed most play.

With the wildfire and the smoke being the disaster-du-jour, COVID kind of took a backseat. It certainly felt like the purpose of mask-wearing was to protect our lungs from the wretched smoke - maybe we got a little careless about wearing masks inside. Please remember that the COVID pandemic continues to be in a critical state, particularly here in Jackson County where each day seems to reveal new cases in the double-digits.



It is imperative that masks be worn inside at the club - except when swimming, playing tennis, eating, or drinking. **Masks are required in the spas.** And...in order to be effective, masks must cover the mouth and nose. For some reason, we are tending to forget about the NOSE FACTOR!!

### Ronda's Round-up

Can't believe it is October already!

Our hearts and prayers go out to all who were affected by the fires - we wish you all the best.



### TOURNAMENTS

Despite all the devastation in the Valley, we were able to hold our UTR tournament in September. You can follow the link included to see the results (<https://app.myutr.com/events/14915/draws>). While several players were not able to make it due to road closures, we still had a good turnout. We were happy to have been able to have a weekend of normalcy - well, as normal as possible during this uncertain time.

We are looking forward to another UTR @ ATFC in November.

<https://app.myutr.com/events/14920> All ages and levels are welcome.

Here is a schedule of upcoming UTR tournaments. Register by finding the tournaments at <https://app.myutr.com/events> These tournaments are for all ages and are level-based.

- October 2-4 Redding, CA
- October 9-11 Medford, OR
- October 23-25 Roseburg, OR
- November 13-15 Redding, CA
- November 20-22 Ashland, OR
- Decembe4 4-6 Medford, OR





### Women's Tennis Exchange in Redding

We will be having an exchange with **Sun Oaks Tennis & Fitness** in Redding on October 17<sup>th</sup> from 2-5. Levels: 3.0-4.5. You will be matched with players at your level. Please RSVP to Ronda ([events.atfc@mind.net](mailto:events.atfc@mind.net)) by October 12<sup>th</sup> so that Sun Oaks has time to match our level of players.



Spots for 10 players! Should be a pretty day for a drive over the Siskiyou Pass!



### Hunter Park Clean-up Day

It's time again to volunteer to help out at Hunter Park! As you know, the area around the Hunter courts is ATFC's designated adopt-a-park responsibility. Here are the details:

October 17<sup>th</sup> 9-11am

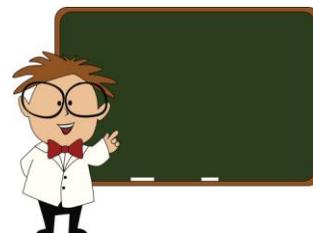
Tools and gloves provided (but you may want to use your own favorite pair of gloves!)

Due to COVID, the work party on the 17<sup>th</sup> is limited to 10 people, so better sign up soon by emailing Ronda: [events.atfc@mind.net](mailto:events.atfc@mind.net)

### Len's Lesson

**Tennis Tips for Senior Players (good for other ages, as well!)**

1. Get a good warm-up. If you prefer playing in the morning, allow plenty of time for a light breakfast and to get to the courts early to warm up. If you are playing at an indoor club, hit the sauna (not open at ATFC right now due to COVID) for a few minutes just before you step onto the court.
2. Start inside the baseline. Sometimes your opponents will use **you** as a target rather than the baseline and they will gauge the depth of their shots based on where you are standing. You can always move back if they don't go for it; however, try this at the very start of the match to possibly entice your opponents to hit short. Try this plan on your return of serves at the start of your match, too.
3. Keep points short. Your serve and returns become even more important as you get older. Body serves work well against senior players, but mix it up with serves to their backhand, as well. Attack any weak return with a short angle



to the open court for a two-shot winner. Be alert and aggressive when returning second serves. Include fitness bands (rubber exercise tubing) and stretching in your daily routine for upper-body strength and flexibility.

4. Use the drop shot often. Many senior players still move well side to side, but not as well back to front. Don't hate me for this, but....a deep shot followed by a drop shot followed by a lob (if necessary) is a good three-shot combination for a senior player.
5. Use the lob! If you detect a weakness in your opponent's serve, they will likely also have trouble hitting an over-head smash. You can use the lob any time to break the rhythm or catch your breath and you may get a weak reply that you can attack. Your lobs must be just out of their reach (height) and land deep in their back court to be most effective.
6. Keep the ball low. Use your slice backhand often to keep the ball low. Bending down for those low, short midcourt balls is not easy for any age.
7. Happy feet. If your feet feel good, your whole body feels good. Good, comfortable shoes are a must.
8. Stay well hydrated.
9. Good diet
10. Stay loose and flexible. Stationary/recumbent bike, Pilates, yoga, and stretching will pay off greatly and add to your tennis longevity.



### Curly's Corner



### Hard Core Workout

Core workouts are important to include in your fitness routine as they enhance the muscle strength around your waist and lower back. Here are some exercises you can do almost anywhere...AND...they require no fitness equipment - so: **no excuses!**

1. Standard Plank: Plant hands directly under shoulders (slightly wider than shoulder width) as if you're about to do a push-up. Ground toes into the floor and squeeze glutes to stabilize your body, being careful not to hyperextend your knees. Look at a spot on the floor about a foot beyond your hands, keep your head in line with your back. Hold for 15 seconds. Don't hold your breath! As you get more comfortable, hold your plank for as long as you can. If you feel your form is being compromised, take a break and start again.
2. Forearm Plank: This variation, one of the most common ways to perform a plank, is slightly easier than holding your body up with just your hands. Place forearms on the floor with elbows stacked directly under your shoulders and arms parallel



to your body at about shoulder width. Clasp your hands together to avoid hurting your wrist. Hold for 15 seconds, building up to one minute or more.

3. Side Plank: This variation is a bit more challenging because it engages the obliques, the side muscles of our core, better than a standard plank. Lie on your side with one leg stacked on top of the other; then prop your body up on your hand or elbow while keeping feet stacked. Make sure the elbow is stacked right under the shoulder. You can make this plank more difficult by raising the opposite arm or leg (or both) in the air. You can make it easier by crossing the upper leg in front of your body for additional support.



4. Wall Plank: This one is the toughest one of all. But...I'll bet you're up to the challenge!!! Get into plank position with your feet against the wall and your arms directly under your shoulders with fingers spread wide. Bring your feet up and press the soles of your shoes (or bare feet) against the wall. Breathing normally, tighten your core and hold yourself horizontally. Maintain this position for 10 seconds.



**In all variations of the plank, maintain "Quality over Quantity"!! If you find yourself sinking in the middle or lowering your hips to the floor, stop and give yourself a break.**

**Ms. Martina Mannerstilova**

**Dearest MMM:** Where should I wait until it is my time to play tennis? I think it would be nice if staff put some chairs behind the open curtain on each court so I could hang out there with my tennis buddies before we take the court. Whaddyathink? **Sincerely, Raring to Go**

**My Dearest RTG:** Well, negative on that idea. Best place for you to relax and prepare for your match is in the lobby. Please don't perch behind "your" court before it IS your court. Check the official digital clock on Court 4 as you enter the courts. Should take less than a minute to arrive on time! **Sincerely, MMM**

### **Riddle Me This**

#### **October'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??

#### **Last Month's Riddle:**



How did the lumberjack keep track of the number of trees she had cut down? (Answer: She kept a log...)

