

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



DECEMBER 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

Latest on Club Temporary Closure Due to COVID-19

It was confirmed today (December 2) that, according to the new framework put in place by the governor, we are required to keep the club closed for at least another 2 weeks. If the spike in Jackson County cases drops sufficiently in the next 2 weeks, we will be allowed to re-open the club on or about December 17. Believe me, all staff is really hoping that this will come to pass! We miss you! In the meantime, we suspect that dedicated club members are staying active – walking, hiking in the mountains in search of the perfect (imperfect) tree, running up and down any staircase available, practicing swimming strokes in the hot tub, playing (at) tennis in multiple layers and fighting the wind, and, of course, enjoying the requisite jigsaw puzzle, card game, or alphabetizing of the spice drawer (again)!

Effective December 1st we will be suspending all dues again until the club is allowed to open.

(Note: The bill you will be receiving in the next few days will be only for services and products you purchased in November.)

More complete information on the new framework is available on the governor's website:

<https://govstatus.egov.com/or-covid-19>

We will update you whenever there is relevant information and will re-open as soon as we are permitted to. Until then, take good care.



ATFC Holiday Hours

The club will be closed on Christmas Day and on New Year's Day; on Christmas Eve and New Year's Eve the club will close at 5pm.

ATFC Holiday Traditions

Usually at this time of year many ATFC bakers are producing many dozens of cookies for the Foster Children's Holiday party; alas, the children will be unable to gather and many festive cookies will remain unmade. We will miss seeing the mountain of delectable delights filling every counter and flat surface in the club! However, knowing how generous you all are and how much you love to bake, we suspect that a lot of gingerbread people, stunning stars, dazzling dreidels, and cute camels will still find their way into cookie jars across the valley!



COVID is also complicating the annual Giving Tree. Over the years club members have brought happiness to dozens of very needy families – we are happy to say that this will still be possible this year! The Talent elementary school folks will be helping out the non-fire victims with the most need and have about 18 families on their list. Cheryl, the school secretary, will be accepting donations in the form of gift cards to such places as: Fred Meyer, Walmart, WinCo, Food4less, local restaurants, and Chevron & Union76 gas cards. These can be mailed to: Talent Elementary School

Att: Cheryl
307 Wagner Creek Road
Talent, OR 97540



Alternatively, they could be dropped off at the school's office.

Thank you, in advance, for your generosity.

Len's Lesson

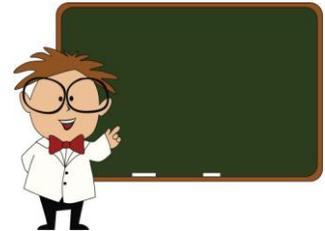
Helpful Tips for Cold Weather Play

1. Warm-Up

It takes a bit longer to warm up in low temperatures. Give your body a chance to warm up with a **10-minute stretching routine** before you begin playing. Your muscles will thank you the next day!

2. Stay Hydrated

Just because it's cold doesn't mean you can cut back on your water intake. You **won't feel as thirsty** playing in the winter, but your body still needs water to stay strong, fast, and healthy. Drink plenty of water before you go outside and bring a bottle of water with you. If freezing is a problem, use a **wide-mouthed bottle** and store it upside-down.



3. Wear Shades

Sunglasses are a **touchy topic in the world of tennis**, but one thing is clear; the winter sun hangs lower in the sky, and the snow makes its glare even worse. If you have a personal rule against wearing sunglasses, you might make an exception for winter tennis!



4. Switch to Softer Strings

The lower the temperature, the stiffer racquet strings become. High-tension strings are prone to break in the cold. Softer string compositions, like multifilament or natural gut, perform better in the winter.

5. Adjust Your Play Style

Frigid weather has an interesting effect on tennis balls. The rubber hardens and the air pressure inside the ball drops. The result? The ball feels softer in hand, but much harder on impact – which makes for a very different kind of tennis.

Since the ball has far less bounce and the racquets are less elastic, you must aim deeper and hit harder to get the ball over the net. Topspins lose their edge; drop shots, slices, and flat serves are deadly. Winter tennis demands even more movement than summer tennis, with players traveling deeper in the court to catch the low ball.

It's practically a whole new game!

6. Protect Yourself

Are you brave enough to venture out in freezing weather? Your dedication to the sport is admirable, but without proper preparation, exercising in sub-zero temperatures can be hazardous to your health. Any exposed skin can be at risk of freezing, **which leads to frostbite**; wearing sweat-soaked clothing can increase the risk of hypothermia.



Proper winter tennis attire consists of a lightweight, moisture-wicking base beneath layers of insulating fabrics. Be sure that the outer layer is water-repellent. Gloves are important, even if they hinder your grip. Finally, don't forget to wear a hat – you lose about 50% of your body heat from your head.



Welcome to New Tennis Pro, Zach Matthews

Born in Medford, Zach began his tennis life there in the late 1990's with the Frank Inn, Jr. School of Tennis. He won his first USTA Junior Champs tournament at the age of 16 and later went on to compete in the State championships, for three years finishing with a USTA Pacific Northwest top 20 ranking in singles and top 5 in doubles. Prior to joining ATFC Zach served as the Director of Tennis & Pickleball at Peak Tennis in Hayden, Idaho, and at the Hayden Lake Country Club; at both facilities he expanded programming, USTA Leagues, and held tennis and pickleball tournaments. The 2011 Spokane Open champion, Zach has competed on traveling 5.0+ teams in Pacific Northwest area tournaments and has held USPTA/USAPA/PTR/PPR credentials.

Zach enjoys working with all levels and abilities and is happy to be back home in the Rogue Valley! To reach Zach or to schedule a lesson with him, please call the club: 541/ 482-4073.

Curly's Corner



Two Fitness Strategies That Actually Work

Variety



I know that “variety workout” is probably the most over-used workout tip there is, but I’m not talking about cross-training or switching it up from swimming to spinning (though that’s a good plan, too). I’m referring to varying the movements on the most fundamental level – things like varying range of motion or weight. Doing tiny micro-movements, slowing down eccentric portion works your muscles in a different way than going at something at full-range. Do shorter sets with heavier weights one day and longer sets with lighter weights the next. Even little changes such as turning your legs **out** versus **in** on squats or doing lifts with **pointed** or **flexed** toes makes a difference you can feel. I hate these changes in the moment, because it’s so much easier to do a set of basic squats and be done with it. BUT...I feel so much better when I know I’ve challenged my body to try a little harder.



Do What You Love

Something important I’ve learned over the years: just do something you love instead of forcing yourself to get up at the crack of dawn to go to a 7am boot camp or lift weights when you actually cannot stand doing so. That’s why I’ll swim or go to a fun class at my gym – things I actually look forward to; then working out isn’t so much of a task!



Ms. Martina Mannerstilova

Dearest MMM: When you were on the tour, did you stay in touch with your tennis partners and opponents during the off-season?? **Sincerely, One is the Loneliest Number**

My Dear OITLN: Oh, my, YES! Chrissie and I had a chess game going for several months between the Australian Open and the French in 1981. This was before e-mail so playing required mailing our moves to each other. Took a LONG time. (I was quite the better player, as you have surely surmised.) Reading between the lines, I am gathering that you are missing your tennis pals, your clinic-mates, your fitness class friends, your swimming session partner, and, of course, the instructors and Front Desk staff! If you have their contact info, I encourage you drop a quick note and say, "Hi"! I suspect everyone is feeling a little lonely right about now. Sending you all my very best wishes. **Sincerely, MMM**



Riddle Me This



December Riddle: What does Santa do in his garden?

Last Month's Riddle: A lumberjack went into the magic forest to cut down some trees. As he went to take a big swing at a huge maple tree, the tree suddenly said, "Hey, don't cut me down – I'm a talking tree!!"



And.....the lumberjack replied: "Yes, and you're going to dialogue..."
(Note: no correct answers on this one!!)

