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ATFC Newsletter Editor: Jo Wayles



JANUARY 2021

Hours of Operation
Monday-Thursday 6:00am-9:00pm
Friday 6:00am-7:30pm
Saturday 7:00am-6:00pm
Sunday 7:00am-4:00pm

Happy New Year!

Greetings from us all. We wish you and yours a happier and healthier 2021 as we turn over the last of the 2020 calendar. PHEW! We have missed you and hope to get to see each other soon.



As you know, the Governor's office has extended the closure of Jackson County's indoor recreational facilities through at least January 14th. Currently our county is in the "extreme risk" category; let's hope we can improve to at least "high risk", as five counties have done in the last weeks. If sufficient improvement occurs, we may get the green light to reopen on January 15th!

While You've Been Away

Furnaces



The bad news: right after the club closed in mid-November, THREE heating furnaces broke! All three, including the pool's heater, have been replaced. Swimmers would have needed wet suits in order to do their laps without heated water!



Tennis Center

Tennis players, you will return to a thoroughly renovated tennis facility!!

1. New nets have been placed on all the courts.
2. LED lights have been installed in all four courts.
3. The tennis courts have all been resurfaced! They were a couple of years away from needing resurfacing and the ace resurfacing expert was about to retire, so Lexi made the decision to resurface them during this period of club closure. The raised areas in the back of Courts 3 and 4 (caused by aggressive tree roots) have been eliminated.
4. We have new colors! The playing area is a gorgeous, custom color (we hope you will love this surprise!); the "out" area is green. We will all have to adjust and to learn NOT to hit in the green! With the new color combination, we hope you will agree that the lines just "pop" - it will be pretty hard to make a bad call... 😊



Once the newly resurfaced courts are broken in they should play very similarly to our old courts in terms of bounce and speed. On most hard courts, the ball skids when it hits a line. Not on our courts!! The same amount of sand as is in the court material was added to the paint for the lines, so when the ball hits a line it plays the same as when it hits anywhere else...sweet!

FOR A SNEAK PEEK AT THE NEW TENNIS CENTRE, GO TO THE ATFC WEBSITE:

ashlandtfc.org

We think you will be thrilled!

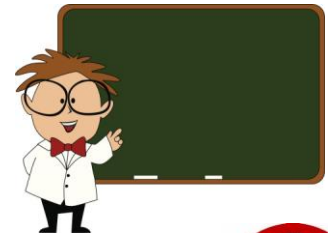
Deep Cleaning

All club carpets have been deep-cleaned and sanitized; in addition, the flooring under the tiles in both bathrooms was lifted, scrubbed, and disinfected. Just before we re-open, the rest of the club will undergo a thorough cleaning and paint touch-up.



Tennis Directory

An updated tennis directory will soon be available and will be emailed to you. The directory will include contact information and USTA ratings for all adult tennis members who have opted to be included.



Len's Lesson

Tennis Match Day Nutrition: Eat the Right Foods

- Don't skip meals or eat junk food - doing either will negatively impact your performance.
- Load up on healthy whole foods that will give you both energy and focus before your tennis match.
- Eating healthy all the time will help improve your fitness and strengthen your tennis practice.
- You definitely do not want to eat a giant, heavy meal before a tennis match; however, you do want to make sure that you consume enough calories to keep up your strength and speed throughout a lengthy match. Eating a mix of healthy whole carbs and protein is a good choice.





Curly's Corner

Fitness Activity in the New Year

Deciding to be more active is the first step in reaping the benefits of better sleep, mood improvement, and boosted self-confidence. So, congratulations on making that decision!

GOOD NIGHT



Here are some basic moves that you can do in your home to get you started. Perform these exercises once or twice a day - I've chosen movements that are gentle enough for most people to perform.

Standing Knee Grabs

Bring one knee up and hug it to your chest for 1-2 seconds. Repeat with the other leg. Do this 10 times on each leg. This movement is good for warming up the body and for balance.

Statue of Liberty

Stand with legs shoulder-width apart and hips aligned with shoulders. Extend one leg to the back; stay on your toes, keeping the knee as straight as you can. The standing leg is straight, but the knee is not locked. Raise the opposite arm to the ceiling (like the Statue of Liberty holding the torch) - hold for 1 seconds and repeat with other side. Do this 8 times on each side. This is good for upper and lower back, flexibility, and balance.



Superman



Get on all fours, making sure your knees are stacked under your hips and your wrists are stacked under your shoulders. Extend one arm parallel to the floor while extending the opposite leg. Hold for 1-2 seconds, then lower. Repeat 8 times each side. This is good for core strength.

Hip Bridge

Lie on the floor with the small of your back pressed firmly against the floor, arms lying to your sides, and knees bent, with both feet on the floor. Slowly raise hips off the ground and squeeze glutes (bum); hold for 1-2 seconds, then lower to the ground. Do this 10-12 times. This is great for glutes, lower back, and for quad strength.



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Dearest MMM: I cannot wait to play on the new courts at ATFC! As soon as the club reopens I am planning a big party on Court 4 - I've been working on the menu. So far, I've got pizza, ice cream, soda pop, and, of course, enough gum for everyone! Want to be on my guest list? **Sincerely, The Gooier the Better**

My dear TGTB: How shall I say this in the politest way possible? Hmm. Negative on that one. Nyet. Uh-uh. NO!!!! **Only water is allowed on our spiffy new courts.** Capiche? Comprendre? D'accord? Got it? **Always, MMM**

Riddle Me This

January riddle: How do you make antifreeze?



Bonus math riddle: A small number of cards has been lost from a complete pack. If I deal among 4 people, 3 cards remain; if I deal among 3 people, 2 remain; if I deal among 5 people, 2 remain. How many cards are in the deck? (Note: there is more than 1 correct answer.)

Last month's riddle: What does Santa do in the garden?

Answer: Ho, ho, ho.

Congrats to Jack Wiens for being the first to guess correctly!

