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ATFC Newsletter Editor: Jo Wayles



APRIL 2021

Hours of Operation  
Monday - Friday 7:00am- 9pm  
Saturday - Sunday 8:00am-5pm

### It's Great to be Open!



Staff members have been seeing lots of smiling faces during the past few weeks as members come to work out, swim, and/or play tennis! I hope members are also noticing the delight that staff has in having gym rats, pool porpoises, and tennis fanatics back in the facility. We all thank you for your cooperation in wearing masks, keeping physical distancing, and washing hands!

### Rental Locker Renewal

If you have a rented locker please note that your account will be charged the annual renewal fee of \$96 (\$8 per month) on June 1<sup>st</sup>. Are you tired of shlepping fins, water bottles, racquets, and balls to and from the club? Check with the front desk staff to see what lockers might be available for you to rent!



### Food, Glorious Food!!



Alas, food out of place is not so glorious.... With the courts having been resurfaced and repainted, it's very important that tennis players bring **ONLY** water onto the courts. No lattes, no margaritas, no green smoothies. Negative on the gum, granola bars, Sammiches' Ruben. Here's an easy way to remember if what you're taking into the tennis facility is okay:

Think "Flow Chart":

- |                 |      |                                     |
|-----------------|------|-------------------------------------|
| 1) Is it water? | Yes? | You may take it onto the court.     |
| 2) Is it water? | No?  | You may not take it onto the court. |



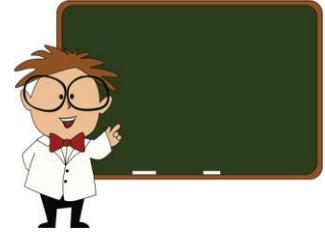
We're happy to be able to bring drinks and snacks back for sale for those moments when you need a little pick-me-up.....BUT....please remember that these may be consumed only in the lobby or outside. Thanks so much.

**HAPPY SPRING!**



### Len's Lesson

As I write this Ronda and I are on a spring break trip with junior players - the kids are having a great time! LOTS of tennis, sore muscles, and tired kids! We've been playing in Redding, Sacramento, and Auburn. Attending are: Sascha Wells, Stephen Wisnovsky, Cian O'Neil, Lucien Muck, Hannah Poisson, Molly Milligan, Veronica Miller, and Soleia Rutter.



### Ronda's Round-Up

**UTR Tournaments at ATFC: April 9-11 and May 21-23**

To register for the April 9-11 tournament, go to the following link:

<https://app.myutr.com/events/42419>



A UTR tournament is level-based, meaning you could be playing against players older or younger than you. UTR can be gender based or non-gender based, depending on the tournament; our tournaments are most often non-gender based, so you could be playing against almost anyone (but they would be as close as possible to your level each time). In most of our UTR tournaments, you will play a guaranteed 3 matches in a round robin or compass tournament format, depending on the number and level of players.

Please note: the staff cannot register you for any of our tournaments; all players must register themselves through the UTR. If you have never played at UTR, you will need to create a profile ([www.myUTR.com](http://www.myUTR.com)) before registering for any tournament. If you need any help creating a profile or registering for any tournament, please email me at [Eventsatfc@mind.net](mailto:Eventsatfc@mind.net). I am happy to help.

### **Big AI's ---July 16-18, 2021**

Time to mark your calendars for this Ashland classic! Whether you're a singles specialist, a doubles devotee, or a fabulous fan, this event is just up your alley. Be there or be square!

### Junior and Adult Class/Clinic Schedule

Be on the look-out for an email with new schedules for Junior programs and for adult clinics. You will receive it shortly after you receive the newsletter.

## Curly's Corner



### **Why women should cut down on cardio and start lifting weights:**

Ask 50 women what their fitness goals are and, chances are, the majority will say, "weight loss."

Whenever I'm in the gym, I rarely, if ever, see women lifting weights. Most of them are on the treadmill or the elliptical. They will spend up to 5 days/week on cardio, believing that is the only way to lose weight. Yes, cardio can produce some weight loss for these women, but the minute they stop moving, their calorie expenditure plummets. That's because their muscle tissues are not metabolically active. Research has proven over and over that adding resistance training as part of their workout routine is a successful method for increasing lean body mass and reducing body fat for women.



Let's look at three common myths about women and weight lifting:

### **Myth #1**

#### **Lifting huge weights is required.**



When you look around the gym - you can spot them - usually men, lifting these ginormous weights. Looks scary, doesn't it?

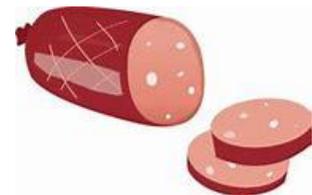
First of all, heavy lifting with low reps is just one style of strength training; secondly, if you're just trying to tone up and have no desire to look like a bodybuilder, lifting heavy weights is not necessary.

The good news is you don't have to curl dumbbells the size of your head or squat a small car in order to reap benefits. Strength training at whatever level you're comfortable with gives you positive results; if an attractive, toned look motivates you, you will be able to work towards that goal with low/moderate resistance exercise.

### **Myth #2**

#### **I am too old to lift weights.** Baloney, I say!

Sarcopenia is the gradual loss of muscle mass that begins for most women after age 35. Contrary to popular belief, that decline is not due to aging, but rather is due to inactivity. Unfortunately, this myth of "aging out" keeps most women from engaging in a strength training program. The truth is that resistance training is the best way to prevent and even reverse loss of muscle for older adults. For women, in particular, resistance training is an effective way to preserve muscle and develop positive changes in body composition.



### Myth #3

#### Weight lifting will bulk me up.

You can probably count on gaining weight, BUT...that's perfectly okay, and here's why: if the gains you experience are gains in lean body mass, this means your weight might stay the same - or even increase - but you will look more lean and toned.



Muscle is denser than fat, meaning it takes up less space in your body. By losing fat and gaining muscle, you can actually be smaller than you were before. The more muscle you have, the more calories (and fat) your body can burn.

Does the thought of lifting weights intimidate you? Don't know where to begin? Let me help you. I will design a program that will help maximize your time at the gym and get the results you've always wanted.

#### Ms. Martina Mannerstilova

**Dearest MMM:** Okay, I'm a little shy about bringing up this particular topic. How about if I give you a few words and maybe you can figure out my question? Here goes: *locker room, bench, behind*. Please help! **Sincerely, A Little Gressed Out**



**My Dear ALGO:** Oh, I love a puzzle! Sounds like you're asking how I feel about a clubmate sitting "starko" directly on one of the locker room benches. I must say I agree with your sentiments. My friends, please take a towel from home to the club so you may place it **between** you and the bench! Thank you. **Sincerely, MMM**

#### Riddle Me This

**Last month's riddle:** What is Irish and only comes out in warm weather?



**Answer:** Paddy O'Furniture (GROAN.....)



**This month's riddle:** What was left after a French factory explosion?

