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ATFC Newsletter Editor: Jo Wayles



MARCH 2021

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

### New Hours/Facility Use Update

Due to the decline in Jackson County COVID-19 cases, the governor has eased the restrictions for indoor recreational facilities, allowing us to admit up to 50 members at a time. If you haven't yet been back to the club, we encourage and welcome you to stop by and see all of the safety protocols we have put in place. Most people, once they've checked out the club, have felt comfortable beginning to use it again.



All of the instructors and staff are so pleased that the club is able to expand its hours of operation and to increase opportunities for members! Beginning on Monday, March 1, the club's new hours will be:

**Monday through Friday: 7:00am - 9:00pm**

**Saturday and Sunday: 8:00am - 5:00pm**



Please be sure to print out and read the 2 attachments to the newsletter at your earliest convenience.

### It's That Time Again!



Speaking of time change, Oregon is about to go on Daylight Savings Time. Please set your clock ahead before you hit the hay on Saturday, March 13<sup>th</sup>. You wouldn't want to be an hour late for your tennis match, workout buddy rendez-vous, or lane time!

### Welcome to Our New Pilates Instructor



We are happy to welcome our new Pilates instructor, Ali Leonard. Ali completed her Pilates training in the Bay Area, relocating last summer to Ashland where she has been busy teaching private Zoom and in-person mat classes. She is looking forward to sharing her love of Pilates with you and to meeting everyone!

Beginning this Thursday, March 4, Pilates classes will resume in the upstairs fitness room on Mondays, Thursdays, and Saturdays. Classes will be held from 10am-11am.

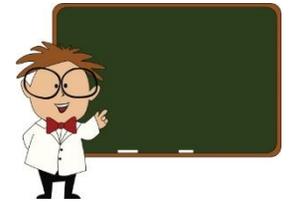
Masks and social distancing will be required until further notice.



## Len's Lesson

### 8 PRACTICAL TENNIS TIPS FOR INSTANT IMPROVEMENT WITH A PLAN

Tips 1 through 4 were included in the February newsletter - here are Tips 5 through 8!



#### Tennis Tip #5 - Train for Stamina

When you're facing an opponent with similar experience and training, sometimes the only way to win the match is by outlasting them.



This is where stamina comes in. If you can't keep your energy going for the whole match, the other player will win.

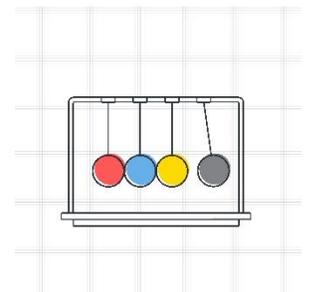
To that end, your tennis training should incorporate exercise that boosts your aerobic resistance, such as running or swimming.

#### Tennis Tip #6 - Play for the Momentum of the Match

Of course, while you should always strive to keep your focus at a higher level, you shouldn't forget to play the opponent in front of you.

In other words, if you're losing a match by a few points to that guy at the club you normally annihilate, it's probably because you're not playing at the momentum of the match.

It's a typical pattern for amateurs. You play someone you know you can beat, so you go in relaxed. That means you're sloppy, which allows them to get a few points scored on you. Then you get panicked about making up those points and become even more disorganized...again neither playing to your strengths nor sticking to a simple pattern of play.



Instead, take the time between points to read the match. Get organized and figure out your opponent's pattern and momentum. Or, if you're ahead, figure out what you can do to actively keep that momentum going.

And if you want to practice changing up your momentum to suit the match at hand, try playing with several different players who play matches at different tempos. This will help you practice changing up your own matches.



## Tennis Tip #7 - Check Your Serve



Serving requires diligent focus and repetition.

There are no two ways around it: if you have a weak serve, you're going to struggle through the whole match. After all, many would argue that the serve is the most important shot in tennis.

Because of this, many novice tennis players think that the key to a good serve is whaling on the ball as hard as you can without much thought of accuracy. This is flat-out wrong!

In fact, one of the best things you can do to boost your serve is to pull back on your serve speed. Instead of hitting at 100% velocity, aim for 80% - pulling back in power, even just a little bit, will give you enough space to actually plan your shot and hit with accuracy.

If you're improving serve speed but losing accuracy, that's your indicator to pull back on speed and focus on where you want the ball to go.

## Tennis Tip #8 - Hit to Your Opponent's Weaknesses

Finally, if you really want to improve your tennis game, it's important to remember that tennis is, well, a two-player game.

In other words the game isn't just about you. You're playing against another person, and that person has strengths and weaknesses, just like you do. Novice players focus solely on their own game, but expert players learn how to identify their opponent's weak points and attack them.

The best place to do this? The five-minute warm-up before your match. You're focused on getting ready to play, yes, but this is also a golden opportunity to test your opponent. Hit forehands and backhands to see what they're worse at returning and use that to theorize their weaknesses.

### Ronda's Round-up

#### Tournament Update

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

These events are for all ages and levels. For more information, go to [myutr.com](http://myutr.com)



**Big Al's** is on the schedule for **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!

## Curly's Corner



### Tips to Help You Achieve Your Health/Fitness Goals for the Year

**Language creates reality!!** Write down your goals in the areas of weight, body fat, strength, and any other areas of improvements you'd like to see in the rest of 2021. Now divide these numbers by 3 - that's roughly your 90-day goal - to get you a third of the way there.

If you're new to a fitness routine, start with two 15-minute sessions or three 10-minute sessions weekly to help ease into things.

Train with a buddy who's at about your level of ability and who has similar goals. You'll be far less likely to skip your workout when you have some accountability. It's also more motivating when you push each other ..... and...having a workout buddy will make it less tempting to cut your sessions short.

When weather permits, take your workout outdoors once or twice a week. Mix it up! Variety is the spice of life.

Try not to compare yourself to how you **looked** last week. Instead, check in with you **feel** this week: a little stronger? have a little more stamina walking up that hill?

If you make every week better in some way than the preceding week, your goals will be more attainable. If you can feel 10% better this week than you did at this time last year, that's a great accomplishment!



And..try not to compare yourself to some athlete who has been training for years (and for many hours each day!). Instead, use your fitness idol as your motivation to keep going. What you both have in common is the decision to improve your fitness levels, one day at a time. The key is to keep coming back day after day.

Don't stop! You can do it! Give me a call if I may assist you in achieving your fitness/health goals.

### Ms. Martina Mannerstilova

**Dearest ATFC Members:** Because I am able to travel exclusively first class I have been in many tennis venues during the last year. Without a doubt, you and the club staff are at the top of the heap in terms of keeping each other safe during the pandemic. That 100% of you are wearing masks (properly!!) and honoring physical distancing is a testament to you all! Thank you. **Sincerely, MMM**



### Riddle Me This

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

**Last month's riddle:** What happened to the man who shoplifted a calendar on New Year's Eve??

**Answer:** He got 12 months....

