

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



JUNE 2021

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

Thank You from the Front Desk!



Tracie Dailey would like to thank all of you for your kindness and patience as she is making the transition to her position as Front Desk Manager.. By the way..... Tracie, we think you are doing a swell job!

Rental Locker Renewal

If you have a rented locker please note that your account will be charged the annual renewal fee of \$96 on the June 1st billing cycle. 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!



Reminder to Swimmers re. Cancelling Lane Reservations

Please be courteous to your fellow swimmers by cancelling reserved swim lanes at least 4 hours in advance. The governor's restriction to one swimmer per lane is still in effect and we have many members wanting to swim.

REMINDER #1:

A \$10 fee for each $\frac{1}{2}$ hour reservation not cancelled at least four hours in advance will be billed to your account. Repeated failure to cancel in a timely manner will result in losing your right to reserve a lane.

REMINDER #2:

Using the on-line system to attempt to cancel a lane reservation removes the possibility of another swimmer being able to sign up for that lane. The **only** way to cancel a swim reservation to assure that another member will be able to reserve your cancelled lane is by calling the club to cancel it.

PLEASE: Do not try to cancel any swim reservation on-line. A \$10 fee for each half hour reservation that is cancelled using the on-line system will be billed to your account.



Review of Tennis Court Reservation/Cancellation Rules

You may reserve up to 2 courts (for 1.25 hours each) per day (on-line, by phone, or in person). If a court is cancelled fewer than 4 hours in advance of the reservation, a \$10 fee per court session will be charged; the fee will be divided among only the persons listed in the court reservation.

Curly's Corner

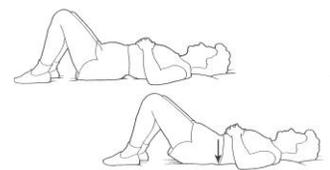


How many times have you said or heard someone say, "Oh, my back is killing me!"?



As we age, our spines will often experience degenerative changes - there is less space between the vertebrae, which can increase back pain. When the spine is flexed (bending forward), pressure is off-loaded. Because of this, a flexion exercise program is often used to help relieve symptoms of lower back pain. Here are four stretches for lower back pain that almost everyone can do.

1. **Prayer Stretch** - Sit on the floor with legs bent underneath you; sit back on the heels and bend forward at the waist, extending arms out over the head onto the floor in front. (The goal is to get length in the lower back muscle.) Hold for 30-60 seconds and sit back up. Repeat 3-5 times.
2. **Single Knee Stretch** - Tight hips will often cause lower back pain. In order to stretch the hamstrings, lower back, and glutes, lie on your back with one knee bent and one leg straight. Place hands behind the bent leg and pull towards your chest until a light stretch is felt down the back of the leg. You can also place hands **over** the bent leg on the shin or the knee and pull towards your chest. Hold for 30-60 seconds; switch legs and repeat the same action. Repeat 3-5 times for each leg.
3. **Piriformis Stretch** - The piriformis is a small muscle that runs diagonally through the glutes. It is one of the external rotators of the hip and will become tight in people who spend significant time sitting, driving, or climbing stairs. An inflamed piriformis can irritate the sciatic nerve which runs through it. To perform this stretch, lie flat with one knee bent. Cross the ankle of the opposite leg to be stretched over the bent knee. Pull knee across towards the chest and hold for 30-60 seconds. Switch legs and repeat the same action. Repeat 3-5 times for each leg.
4. **Pelvic Tilt for Core Stability** - Lack of core control and stability is a key player in lower back pain. When the abdominal muscles are not performing, the muscles of the lumbar spine have to work harder to stabilize the body in balance.



An excellent way to improve core stability is to lie flat with the knees bent up. Tighten abdominal muscles (as if bracing for a punch in the stomach) and press the small of the back into the floor. Hold this contraction for 10 seconds and repeat 10-20 times. You can either have your arms resting by your sides or behind your head, depending on which is more comfortable. With this stretch is important to remember:

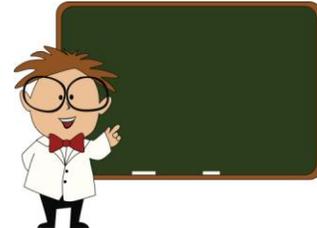


it

- Keep your feet flat on the floor
- Keep your shoulders pressed to the floor, but relaxed
- Do not hold your breath as you perform this exercise

Lower back pain is not something you have to live with every day. Improving hip flexibility and core stability, as well as lengthening the back muscles through stretching can help reduce the symptoms of lower back pain. If your back pain is chronic, the above stretches may help; however, for chronic back pain, additional treatment may be warranted.

Len's Lesson



Cool Down Exercises for Tennis Players

Whether you have just finished playing a 5-setter at the humid Australian Open or have just hit recreationally with your friends, it is important to allow your body the opportunity to "cool down". A "cool down" is a general term used to describe the initial phase of recovery after strenuous activity. It is crucial to give your body the chance to decrease stress gradually, rather than stopping the stressor abruptly.



While playing tennis, your body is constantly working to meet the demands of every shot, while also handling the environment. When the match or practice session is over, the body tries to return to its normal comfortable state. At this time the body gets an instant "shock" because it is no longer under continuous stress - the body ends up decreasing adrenaline and tightens up in order to start recovering. Therefore, adverse events such as cramping, joint stiffness, muscular tightness, or even sensations of lightheadedness/dizziness may occur. At times, you may feel excessive coldness in your extremities because all the blood is racing back to your vital organs.

So....it is important to stay well nourished, to keep moving and to stretch your joints and muscles after playing. Just remember: **N.M.S. (Nutrition, Movement, Stretching)**

- **Nutrition**
 - In order to replace the nutrients and water lost through playing tennis, you can follow these simple steps within the first 2 hours after playing

- Have a sports drink directly after playing to replenish lost electrolytes
- Eat a meal full of healthy carbohydrates with a source of lean protein in order to start the process of repairing damaged/sore muscles, while replenishing the body's energy system
- Continue to hydrate to replace the fluid lost. In general, for every pound of water lost while playing, you should drink about 24 ounces of water.....all within 2 hours of playing



○ **Movement**

- Directly after playing try to keep moving, so that your muscles and joints do not stiffen up via an accumulation of lactic acid which can contribute to soreness. It is recommended to gradually decrease the amount of movement during your "cool down" in order to ease your body back into its normal state. Therefore, directly after playing you can go for a short (10-20 minute) walk/jog at a comfortable pace that does not cause you to be short of breath. If available, a stationary bike can also be utilized (at minimal to zero resistance) after playing; this will allow for increased circulation in the body which will decrease soreness.



○ **Stretching:**

- Once you finish the "movement" portion of the cool down, it's important to stretch your muscles and joints in order to prevent increased stiffness thereby improving the recovery process. (30 second hold x 3) (You can find these stretches on YouTube if you don't know how to do them.)

- Quadriceps Stretch
- Hamstring Stretch
- Butterfly stretch for the groin
- Calf stretch
- Knees to chest
- Pec Stretch
- Bear hug
- Wrist/forearm stretch



- Foam Rolling can also be incorporated in the stretching section of your program to further decrease muscle soreness and stiffness
 - Do not hold your breath while stretching/foam rolling. Focus on slow, deep breathing in order to achieve a deeper stretch.

Your "cool down" routine should take about 20-30 minutes from when you step off the court. In that time you could have a sports drink to replenish lost electrolytes, have a light jog/bike ride, and foam roll/stretch, all while staying hydrated. After your cool down you can look forward to a nutrient-filled meal to replenish your body and further aid in the recovery process.



Ronda's Round-Up

May's UTR tournament had a great turnout. Other than wet courts to start the day on Saturday, everything went smoothly. Apologies to those who had signed up for Cardio but who did not get to play as the tournament had to be moved indoors for part of Saturday morning. We appreciate your sacrifice and so did the players!



Big Al's: July 16-18

Big Al's is coming soon! After having missed last year due to COVID, we are so looking forward to hosting this event again, the 45th year of Big Al's. Let's represent ATFC tennis prowess and participate in droves! For three days all of Ashland's tennis courts will be filled with happy tennis players from Oregon, Northern California, and other parts of the country. It's always great to see folks come back year after year to enjoy the excellent tennis and the convivial atmosphere of this well-run tournament. And.....this year there is something new: in an effort to bring more people and families to Big Al's, we have added a junior division at the same time as Big Al's, but as a separate UTR event.

Adults can register for Big Al's at the following link:

<https://playtennis.usta.com/Competitions/ashlandtennisfitnessclub/Tournaments/Overview/924768d7-5215-46cb-b8bc-6afa4f6173c1>

Juniors can register for the UTR event by using the following link:

<https://app.myutr.com/events/53689>

Please feel free to contact me should you have any questions about these tournaments at events.atfc@mind.net .

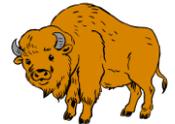
Ms. Martina Mannerstilova

Dearest MMM:



Sincerely, Whaddya Think?

My Dear WT: Yes, a picture is worth a thousand words! I agree with you: I am seeing lots of smiles behind the masks among your pals at ATFC. Love it! **Sincerely, MMM**



Riddle Me This

Last month's riddle: What did the buffalo say to his male offspring as he headed off to college?

Answer: "Bye, son!" (*I'll bet you saw that one coming!!*)

This month's riddle: What's the problem with some long fairy tales?



"For Father's Day, I'm giving my dad an hour of free tech support."

