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ATFC Newsletter Editor: Jo Wayles



AUGUST 2021

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

### Welcome to Lisa Huff

Lisa is a new member of the awesome Front Desk staff! Please give her a warm welcome as you come into the club.



Lisa moved to the Rogue Valley at age 2 and liked it so much she has lived here ever since, attending Medford schools and playing a lot of sports. Basketball rose to the top of her sports list.



With parents supportive of Southern Oregon sports teams, Lisa attended high school football games, Medford A's games, and Big Al's. Family friends from Eugene regularly participated in Big Al's and Lisa remembers those annual visits fondly; after Big Al's Lisa could be found riding her bike to Bear Creek Park for some tennis. 😊

Lisa worked part-time at a gym while attending college - she loved the atmosphere and appreciated the positive attitude members had when they came through the door. So...she is really enjoying her early days at ATFC.



After earning a degree in Criminal Justice, Lisa had a daughter - now a senior in high school. She treasures their time together. Fortunately, they share a passion for horses and have acquired an off-the-track thoroughbred race horse; with his racing days over, he now has a slower-paced life with light casual riding and a big pasture on which to graze.

Lisa looks forward to getting to know everyone at ATFC. Got questions? Ask Lisa!

### To Mask or Not to Mask?

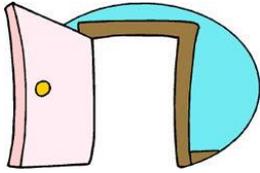
The Club continues to adopt CDC and OHA recommendations for mask wearing. Currently the recommendation is that all persons - vaccinated and unvaccinated - wear a mask in public indoor settings in those parts of the country where there is a high or substantial risk of spread of the Coronavirus. Two-thirds of the US is now in one of those two categories; Jackson County is not in the high risk category at the moment, but is in the "substantial risk of spread" category.



Jackson County Public Health strongly recommends that everyone 5 and over return to wearing masks in indoor public spaces, even if they are vaccinated.

### Do I Leave the Door Open or Closed?

Friends, this is one of those rare situations in which the correct answer is: **OPEN!!**



A note to anyone who utilizes the showers at ATFC: After you have finished showering and have exited the stall, please leave the door open! An open door allows air to flow; a closed door causes the moisture in the shower to - well - just hang in there AND begin to smell musty.

Here's a simple way to remember: if you're in the shower, keep the door closed. If you're not, keep the door open. Clubmates, should you spy a closed shower door in one of the locker rooms AND it is clear that the shower is unoccupied (!!!), please do us all a favor and pop the door open. Thank you!!

### Ronda's Round-up



Big Al's and the Junior UTR were great fun! It was wonderful to see adults returning to Ashland for Big Al's - we had some long-time players participate this year and it was nice to see a lot of familiar faces. Tennis players were happy to be back on the Ashland courts after having missed the event last year due to the COVID-19 cancellation. In addition, it was a treat to have so many young folks participate in the UTR.

Thankfully, the intense heat took a little bit of a break, allowing for some amazing tennis matches on all levels. The three venues - ATFC, Hunter, and Ashland Hills - hosted lots of spectators.

Thanks to all who made this dual tournament a success with special thanks to: Mark Schroeder, Sally Jones, Kristianna Woods, Nancy Morrow, and Jade Yang.

If you would like to see the results for the tournaments, you can follow the links below:

Big Al's: <https://playtennis.usta.com/Competitions/ashlandtennisfitnessclub/Tournaments/draws/924768D7-5215-46CB-B8BC-6AFA4F6173C1>

UTR: <https://app.universaltennis.com/events/53689>

Planning for Big Al's 2022 is already in the works! We are so looking forward to this event - can't wait to see what the next year brings!

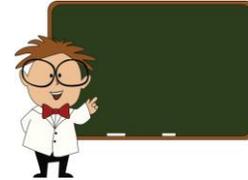
## Upcoming Tournament

UTR for all levels and ages: October 1-3

For more information and to register, click the following link:

<https://app.universaltennis.com/events/51332>

### Len's Lesson



## Tips for Mental Toughness in Tennis (Part I)

### 1. Envision Being Strong



When you have a strong image, you subconsciously get your body to live up to that image. The body is in the habit of fulfilling whatever images you have in your head - that is the power of the subconscious.

If you see yourself as a weak player, you will be one. If you see yourself as a strong player, you will be one.

In tennis, this means that you should be envisioning the last time you won the point or hit a good shot. Remember it and feel good about it!

### 2. Have a Ritual

Having a simple ritual that you perform before each point helps condition your mind to link that ritual to a successful point, and also prepares your body for the point. This helps clear your mind and makes you more focused.

It's a self-reinforcing feedback loop - the more you do the ritual, the more your mind associates it with success; and the more success you have, the more effective the ritual becomes.

It's such an effective technique that all professional players have one - be it bouncing the tennis ball or twirling hair before a point. (Think Rafa!) In other sports, rituals can be longer - it's been said that Michael Phelps has a morning-long ritual from the time he wakes up until the time he's done training for the day.

Having a ritual gets you ready to play and perform.

### 3. Keep Your Eyes within the Court

The human mind has the tendency to latch onto points of interest, perhaps a bystander waving a flag in the crowd or the glow from a smartphone sitting on a court-side chair.

Whenever this happens, we end up using a small percentage of our mental energy and attention to process what we see - and this can often distract us from focusing on what we're currently working on.



In tennis, the way to overcome this is to keep our eyes on the court - and not be waylaid by outside distractions.

### 4. Don't Over-think

A common problem in tennis is overlooking the obvious by making things overly complicated. It's that analogy of being too deep in the forest and all you can see are the trees.



By over-thinking, we tend to generate errors and mistakes in what we do. We get a form of "analysis paralysis". The simple preventative measure for this is to think about something simple.

In tennis, this can be simply to look at the ball, staying on it, so that other random thoughts stay out. In a game like tennis, it's all about minimizing errors - because he/she makes the most mistakes, loses.

### 5. Don't Be Swayed by the Opponent or Crowd

If you let yourself be swayed by the opponent or the crowd (if there is one!), you end up playing a reactive game, rather than a proactive one. You essentially end up playing someone else's game, rather than your own. The net result of this is a decrease in focus and an increase in errors. This means that you may end up making shots and plays that you normally wouldn't. To avoid being swayed by your opponent or spectators, you need to: 1) have a ritual; 2) keep your eyes within the court.

Part II of Tips for Mental Toughness will appear in the September newsletter.



## Curly's Corner

**Your day is jam-packed with too many things to do....so, you skip your workout.**

It's usually the first thing to go. But...do you really have to skimp on your workout? Instead, try a workout that will be very efficient, requiring only a short amount of time. I'm talking about the **AMRAP** workout - "as many rounds as possible".

An **AMRAP** workout is the way to go because you are maximizing your time while getting a full-body workout. Rest only when you need it, becoming a little competitive with yourself: try to complete the number of rounds you did in your previous workouts and then adding a bit more.

The exercises below are suggested because they hit the entire body, incorporate multiple planes of movement, and improve endurance and strength.

### **15-minute AMRAP workout**

**1. Body weight hip-hinge:** Stand with one foot slightly in front of the other. Turn your hips slightly toward the front foot. Keep your knees soft with a slight bend. Push your hips and hamstrings back as far as you can (as if closing a door with your butt) until your trunk is parallel to the floor, with a slight natural arch in your lower back. **8-12 rounds**

**2. Body weight prisoner squats:** Stand with your legs slightly wider than hip-width apart, keeping feet parallel. Lift up arms and place both of your hands behind your head. Making sure your elbows are pulled back and your chest is lifted, bend from your hips and bend your knees, lowering down to a sitting position. Straighten back up and repeat. **8-12 rounds**

**3. Seated alternating reverse crunch:** Sit on the floor with your arms straight down by your sides, palms pressed into the floor. Begin by bending one knee so that your foot is flat on the ground, while straightening your other leg completely and elevating it off the floor by an inch. Tighten your abs and rock back onto your shoulder blades while bending both knees. Legs should come over your head from the momentum of the roll. Press your hands into the floor behind you for support. Rock forward to the starting position, returning to the original leg position with one leg bent and the other fully extended. Use both your abs and arms to lift your hips slightly off the floor. Then return to the starting position. **8-12 rounds**



**4. Plank push-up:** Start in a prone plank position, resting on your forearms with your body forming a straight line from shoulders to feet. Then push up from the ground, one arm at a time, into the elevated press-up position, all while maintaining your rigid plank form. **8-12 rounds**



**Done!! As always, come check with me if you have questions.**

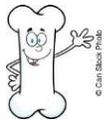
Ms. Martina Mannerstilova

**Dearest MMM:** Did you know that they are now making WD-40 in a very pretty pink liquid form?  
**Sincerely, What Will They Think of Next**



**My Dear WWTToN:** I understand your assumption as I have also witnessed many ATFC members generously spraying the "pretty pink liquid" onto and into the machines in the fitness room. Instead of making the machines run more smoothly, however, this action is causing some serious damage to the tender gears of these important workhorses! The disinfectant (aka "pretty pink liquid") should be sprayed onto the rag; then the rag can be wiped onto the parts of the machine that receive human touch.

I would surely appreciate your alerting your gym rat buddies to this significant fact. **Sincerely, MMM**



Riddle Me This

**Last month's riddle:** What do you get when you boil a funny bone?

**Answer:** A laughing stock (GROAN....) And...isn't that humerus?



**This month's riddle:** After a shop assistant fought off an armed robber with his labeling gun, what were the police looking for?

