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ATFC Newsletter Editor: Jo Wayles



JULY 2021

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

### Happy July 4<sup>th</sup>!



We wish you a happy holiday and hope you find ways to stay safe and cool - this is certainly a challenging beginning to summer weather-wise. The club will be open on July 4<sup>th</sup> from 8:00am until 2:30pm. We invite you to come enjoy the club before preparing the caprese, poaching the salmon, or broiling the burgers - vegan or meat!

### Ronda's Round-up

#### The BIG News is: Big Al's - July 16<sup>th</sup>- 18<sup>th</sup>

During the first part of July the big news is - and rightly so - Wimbledon. We'll all be focused on the grass courts - eyes peeled on those areas which "turn brown" as the tournament progresses, the spots where the balls are pounded repeatedly and the players land or skid. Then....ultimately, there is the major letdown after the winners have been named and have curtsied.

Fortunately, just as Wimbledon is fading from memory, we have Big Al's to look forward to! The action on the hard courts of Hunter, ATFC, and Ashland Hills will be equally as exciting and the crowds just as enthusiastic!

**Have you signed up for Big Al's yet? There's still time!**

Registration deadline is July 7<sup>th</sup>. Registration link is:

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

#### **Looking for a partner?**

You can register without a partner. We want you to play! Please contact Ronda for help finding a partner. 541/517-9764 or [events.atfc@mind.net](mailto:events.atfc@mind.net)

#### **Big Al's Volunteers Needed**

As always, we couldn't run this annual event without great volunteers!!



IT'S NOT A DOUBLES MATCH - YOU'RE MY OPPONENT!

We are looking for volunteers in the following areas:

- **Tournament Desk & T-shirt Sales** - 3 hour shifts
- **Runner & Snack Bar Back-up** - (runner = help the tournament desk find players and be a back-up for the snack bar volunteer)
- **Snack Bar** - 3 hour shifts
- **Set Up/ Take Down** (help set up and take down the tournament tents each day) Set up about 7:15 each morning and take down about 7:45 pm each evening
- **Shopper** (for snack bar items) - a list will be provided. Food will need to be purchased on Thursday, July 15<sup>th</sup>, and delivered to the concession stand at Hunter Park. Ronda will meet you there to help unload.

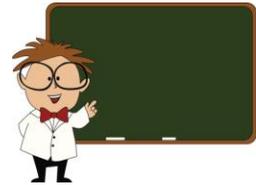


The volunteer sign-up sheets are at ATFC on top of the Pro Shop glass display case for all shifts except the shopper; if you are willing to shop, please contact me directly.

If you are eager to volunteer but can't make it to the club to sign up, please let me know and I will sign you up for your shift of choice.

Thank you so much for any help you are able to provide AND please reach out to me with any questions you might have.

### Len's Lesson



### Tips to Stay Cool in the Heat

So how can you safely get through the heat and keep winning points? Here are 10 suggestions to keep you cool.



#### 1. **Stay Hydrated**

The number one rule is to take on as much liquid as you lose through sweat - that's about 32-85 oz during an hour of play.

#### 2. **Keep Your Drinks Cold**

Cold drinks are absorbed by the body faster and they're more refreshing on hot days. So bring a cooler to your match and fill it with ice and the drinks of your choice.

#### 3. **Drink Before You're Thirsty**

Thirst is not an effective warning system - in fact, your performance will have been suffering before you feel thirsty at all. Drink at regular intervals whether you feel like it or not.

#### 4. **Cut Alcohol and Caffeine**

Drinking alcohol the night before the game puts you at higher risk of dehydration. Coffee has a similar effect on the body, so skip your morning jolt of coffee and stick to water.



### 5. Play in Breathable Clothing

Letting your skin breathe is one of the most effective ways to stay cool. Mesh panels on our tops and shorts let air flow through them and breathable fabric means you don't overheat.

### 6. Keep the Sweat from Your Eyes

You could go for the sweatband or try out a tennis cap - like Coco Vanderweghe and Steve Johnson sport - that also blocks dangerous UV rays (if you're playing outside!).

### 7. Minimize Your Running Game

Baseline players, beware: all that running from side to side will tire you out faster. Consider bringing your game closer to the net and end points quickly.

### 8. Start Out Slowly and Acclimate

Your first few matches in the heat will be a real shock, but if you start out slowly, your body should be able to acclimate. Be sure to stay hydrated throughout, though, even if your body is responding to the hot weather.

### 9. Play at Night

A long tennis game outside on a warm and starry night is one of the joys of summer. Find a court that has floodlights (Hunter!) and play after dark. It's a comfortable way to get your game in for the day without running the risk of sunburn.

### 10. Use Ice Packs

Cool down faster by putting ice packs against areas where important arteries are located, such as the groin and armpits. Doing so will cool the blood and boost blood flow to your muscles.

**Keep your cool on the courts and be mindful of how your body is adapting or reacting to the heat while you play or train. Plan on competing in the heat this year? Share these tips with your friends and teammates!**

## Curly's Corner



### Hip Strengthening Exercises



As we age, many of us experience hip pains - mostly due to the weakness of hip muscles. Strengthening your hips through exercises is vital to prevent or reduce severe pain, especially for seniors. Acute hip pain usually causes abnormal gait, forward posture, and/or the inability to stand for long periods without losing balance; any of these can affect our daily activities. Lower back, IT band, and neck pain may also be involved. All of this is to a large extent due to the weakness of the hip stabilizers.

Hip muscles are divided into four groups:

1. **The adductor group**
2. **The gluteal group**
3. **The illoпсоas group**
4. **The lateral rotator group**

These muscles work synergistically to maintain a standing posture. They enable us to stand in a correct posture with supporting muscles of the spine and the muscles of the lower leg, core, neck, and shoulder.

Here are some hip strengthening exercises to relieve aches in order to help with easier movements:

### **Standing Hip Flexor**

- Stand with your feet apart and hands on your hips.
- Step your left foot forward about 18 inches.
- Slowly bend your left knee; lift your right heel off the floor.
- Lean forward and squeeze your right glute in this position; hold for 30-90 seconds.
- Repeat on the other side, this time with right foot forward.

If balance becomes an issue while performing this exercise, holding onto a chair will make it easier.

### **Butterfly Pose**



The butterfly pose works on both your flexors and adductors, enhancing flexibility in your lower back and loosening up your groin, hips, and inner thigh muscles which draw your legs together. All of this helps to maintain stability and balance, as well as stimulating blood flow.

- Sit tall on the floor. Envision a string attached to your back, causing you to sit up straight with great posture.
- Bend your knees, ensuring the soles of your feet touch each other at the center in butterfly position.
- With an erect spine, grab hold of each foot with your hands.
- Inhale to prepare and then exhale while lowering your torso forward. Hold when you feel the stretch.
- Maintain this pose for 60 seconds.

If this stretch feels to easy, bring your feet closer to your body to further extend the hip muscles.

## Hip Extension

This exercise targets the gluteus muscles, ensuring pelvic alignment and giving support to the lower back. It improves the strength and stability of your glutes.

- Stand with your shoulders wide apart, keeping your back straight.
- Make sure your knees are straight and locked.
- Keep your hands on your hips for stability. Extend your right leg back, keeping your toes on the ground. Your legs will create a triangle-like position.
- Gently extend your right hip backwards without arching your back.
- Return your foot to the initial position and repeat exercise 10 times.
- Repeat for the other hip.

## Hip Marches

Hip marches activate the glutes and hamstrings. They're also ideal for increasing core stability and for enhancing the ability to walk without shuffling. In addition, they relieve hip and knee pain.

- Sit on a chair with feet flat on the floor. Press your back against the back of the chair, maintaining a good posture and avoiding slouching. Your hands can rest at the side of the chair.
- Lift your right knee as high as is comfortable; then lower it.
- Alternate lifting your knees for a total of 10-15 reps.

*Strive to maintain proper breathing while performing these exercises.*

### Ms. Martina Mannerstilova

**Dearest MMM:** Will you be in town at all this summer? I would love to hear more stories from your glory days! I especially enjoy hearing about the pranks you all pulled while sitting out rain delays at Wimbledon. **Sincerely, All Ears**

**My Dear AE:** Oh, gosh. I was so disappointed when Big Al's had to be cancelled last summer and I absolutely plan to be in Ashland from beginning to end of this year's tournament! You will find me courtside or under the big shade tree next to the tournament desk, though I haven't yet decided on this year's disguise. I will happily regale you with more tales...**Sincerely, MMM**



### Riddle Me This

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

**Answer:** They drag-on. (Ha,Ha!)

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

