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ATFC Newsletter Editor: Jo Wayles



NOVEMBER 2021

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

### Holiday Hours

Please note that the club will close at 7:30 on November 24<sup>th</sup>, Thanksgiving Eve. All Junior classes that day (beginner, pre-Ascension, and Ascension), as well as the 6:15-7:15pm 4.0+ class will be held as usual. ATFC will be closed on Thanksgiving Day; we'll be open with normal hours beginning Friday, the 26<sup>th</sup>.

Staff wishes you all a happy Thanksgiving!



### Time to Change the Clock!

It's that time of the year again.....Please turn your clocks back one hour on Saturday, November 6, before you head to bed. You wouldn't want to miss your swim time, your date with your work out buddy, or your favorite tennis match....



### A Warm Welcome to Two New Staff Members



**Gogi Villanueva:** Gogi is a new member of the esteemed Front Desk staff! Already familiar to tennis players, Gogi is looking forward to meeting swim and fitness folks. Here's a brief message from her:

"I like to have fun! "Fun" refuels me so I can meet the stressors of life head on. Being active is just part of my nature: I play tennis at the club at every opportunity and I love being the coach for the North Medford Girls Tennis Team. I enjoy leading a discussion group for Community Bible Study. When not working with people, I am out daily with my herd of llamas. If I **have** to sit down, I knit. Having fun and being creative fuels my energy! "

We are thrilled to have Gogi on board!

**Jane Mallowney:** Jane is joining ATFC as a Fitness Instructor and Personal Trainer.

Jane is a certified personal trainer, senior fitness specialist, and Parkinson's exercise specialist; she is yoga certified, as well.

Beginning in 1990 she pursued her personal training passion and earned certificates from A.C.E. and in Iyengar yoga; she is ISSA-certified. Focuses include senior fitness, strength training, function and balance training, and periodized sports-specific training programs.

**To make an appointment with Jane for a personal training session, please call the club at 541/482-4073.**



While addressing the issue, we know that the overwhelming majority of our swim members enjoy having a lane to themselves; in addition, the club continues to be concerned for the safety of all in our facility while COVID cases in the county continue to rise daily and availability of hospital and ICU beds in hospitals statewide remains at less than 10%.

We are aware that each option we considered has its trade-offs. That said, here is the revised policy:

Beginning November 1, the following policies will be in effect:

- We will continue with our reservation system and will continue to restrict pool use to one swimmer per lane.
- Each swim member can reserve up to a total of 4 hours/week. ((Our software program requires that lanes be reserved in  $\frac{1}{2}$  hour increments (up to a maximum of one hour per day)). In addition to the 4 hours, drop-ins are permissible if a lane is free.
- Swim members wanting more than 4 hours/week may become swim premium members. **Swim premium members will get an additional 3 hours/week and will be charged an additional \$26/month.**
- Due to the limited availability of indoor pools in the Rogue Valley and the number of people wanting to swim in the winter, there will be a limited number of Swim Premium memberships available. ATFC reserves the right, in its sole and absolute discretion, to accept or reject each request for a premium swim membership.
- We strongly encourage **only those who truly need a full hour each time they swim and who need to swim more than 4 hours/week to complete their exercise program** to request an upgrade to their membership. If you are interested in upgrading to a premium swim membership, please contact Val at the club: Monday-Friday from 8:30-12:30 (541/482-4073) or [billing.atfc@mind.net](mailto:billing.atfc@mind.net)
- As of November 1, we will no longer be lax in enforcing the club's policy of charging a \$10 fee for each half hour reservation not canceled at least 4 hours in advance of the reservation time. Please be aware that the policy will be strictly enforced.



### Len's Lesson



#### HOW TO PLAY TENNIS IN THE COLD

*This information is for both outdoor and indoor play in cold weather - you will need to adjust the tips depending on the severity of the temperature and the location of play.*

#### **Dress as Warmly as Possible**

Playing tennis when it's 30 degrees outside is completely different from playing when it's in the 70's and 80's. Obviously, the single most important thing you need to do is to dress appropriately - and warmly. We suggest you wear a few thin layers of clothing so that you can take some off after you warm up. Besides wearing your usual clothes, try adding a shirt with long sleeves under your t-shirt. Perhaps you could try a warmer tracksuit or something to wear under your shorts. Thick socks and sweatshirts are a must! You may think that one thick jacket will warm you more than three thinner ones, BUT if you wear only that one serious jacket, you won't be able to take it off and you CAN take off the thinner ones one-by-one.



## Your Best Friends this Winter: Gloves and Sunglasses!

While it is very difficult to feel your hand on the racket while wearing gloves - no matter how thin the material is - it is still easier than trying to play without gloves. While you can keep your hands warm when you're playing, gloves might be a good solution for when you are warming up or changing sides. Remember that the colder your hands are, the harder it is to establish a proper grip. Try to imagine how difficult it would be to play with *frozen* hands. Our



hands are a unique part of the body and are not easily warmed by physical activity while exposed to the outside (and sometimes inside!) cold. Better to play with gloves than without them!

Sunglasses can help you a lot while playing cold-weather tennis, because the winter sun is lower in the sky and more likely to be disturbing than in the summer. Of course, playing tennis while sporting sunglasses is a whole new challenge. Consider this adjustment part of your training: if you master the art of wearing sunglasses while playing you will have an advantage over your opponents. At the end of the day, how will you be able to play if you do not even see the direction in which the ball is moving?



## Warm-up before Even Taking the Racket in Your Hands

Remember to exercise and stretch well when warming up. When it's cold outside, your muscles

require more time to relax and to reach a working temperature. You certainly do not want to hurt your muscles or other body parts because you have not properly warmed up. If it's cold out there (or *in* there!), take around five to ten extra minutes to warm up. Give your body time to adapt to the new conditions and temperature; if you do so, your play will be easier and better, for sure!

## Tennis Balls Work Differently in the Cold

Without the heat and humidity you face when it's 80 degrees, you may be able to play longer without feeling as if you will pass out; however, it's important to keep in mind that cold weather has an effect on both your game and on the ball. The colder the weather, the less the ball will bounce; just being aware of that will already give you an advantage over your opponent. Try to use the conditions to gain more skills and experience while playing in colder weather.



Since tennis balls don't bounce as much in the winter, the most effective cold weather shots are:

- Drop Shots
- Slice Shots
- Flat and Slice Serves

## How to Adjust Your Game

You must accept that shots with topspin will be less effective in the cold. Be aware that if you have a high kick or top spin service, the ball will not have as much kick and bounce, giving your opponent an opportunity to attack the return. Flat and slice serves will be more effective in the cold and will force your opponent to run on a lot of low balls. It also means that the ball will bounce low for you, as well; but do not let that scare you - just focus on controlling your shots as much as possible.

## Final Thoughts

- Try to keep the ball low, because the ball will not have bounce you are used to when playing summer tennis. That way you will earn more control over the ball.
- Try to customize your serves while playing: in the cold, slice serves are better than kick serves.
- Dress warmly, but wear several thin layers of clothing because your body needs protection while playing.
- Do not underestimate the importance of warming up and exercising. Without sufficient warm-up, you will get hurt easily and your play will not be at a high level. Warm up well before the match or training set.

### Ronda's Round-Up

**Pro Shop News:** Please see the attachment at the end of the newsletter to learn all

about what your ATFC Pro Shop has to offer! You might get some great ideas for holiday gifts. 😊



### Curly's Corner

I am in the mood for another quote from a favorite person! This month I look to Michael Jordan, one of the all-time great basketball players.



*I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty-six times I've been trusted to take the game winning shot and missed. I've failed over and over in my life. And that is why I succeed.*

To me this means **showing up and trying**, not letting the fear of failure take us out of the game. **I admire his attitude of being conscious of pressure and still going for it, regardless of the outcome.** Let's focus this month on looking for ways to challenge ourselves and to try new things - been saving a new serve til you really have it? How 'bout just throwing in a couple in your next match? Curious about yoga, but embarrassed to put yourself out there? How about taking one of the great classes at the club? Never thought you could do the butterfly stroke? Why not take a lesson?

Remember - losing, failing, not succeeding - all of these are way better than not participating at all.

### Ms. Martina Mannerstilova

**Dearest MMM:** In looking at recent utility bills from the City of Ashland I am amazed by how much my water usage has gone down in the past few months! I am saving a lot of money. Anyone else noting such a trend? **Sincerely, Thinking of Putting My Lawn Back in**

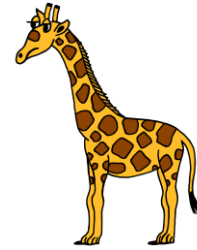
**My Dear TOPMLBI:** Thank you for bringing this issue of water to my attention. Perhaps your home water bill is going down because ATFC's is going up? Please be conscious of the length of time you spend in the shower at the club. Remember that we are still in a drought situation even though we've gotten some nice rain in the last couple of weeks! **Sincerely, MMM**



Riddle Me This

**Last month's riddle:** Why are giraffes so slow to apologize?

**Answer:** It takes a long time to swallow their pride....



**This month's riddle:** What happened to the turkey that got into a fight?

