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ATFC Newsletter Editor: Jo Wayles



JUNE 2022

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

Reminder: Club Closure for Annual Deep Clean

ATFC will be closed for three days: **Friday through Sunday, June 17-19**, for our annual deep clean and maintenance. This closure allows us to take care of needed cleaning and repairs that would be impossible to complete while the club is open.



Plan on some fun outdoor activities on this weekend! When you return for action at ATFC on June 20th, you will find your club looking sparkly and spiffy!

A Tribute to Frank Inn from the Club's Owner

It is with a heavy heart that I write this column to say goodbye to my friend and tennis pro, Frank Inn, as he retires from full-time teaching.

I can still remember the day when I showed up for my first lesson with Frank who, at the time, was the Director of Tennis at Southern Oregon Tennis Club, a position he held from 1982-2004. Thus began our 25+ year journey together. I have always respected Frank for how seriously he took me and my desire to become a better player. He treated me not like the run-of-the-mill club player I was, but rather as someone with as much potential as a talented aspiring pro.

When I showed up for my weekly lesson, it was apparent that Frank not only had a plan for that day, but also a master plan to help me improve. At times the work was no easy job for either of us as I was a bit of an older player. And...we lived through many injuries (mine)! I can remember showing up one time and having to play left-handed; another time all I could do was stand and hit some simple volleys. Frank was always happy to adjust the plan for the day - I could see his brain working to figure out how he would pivot to deal with the unexpected circumstances I had brought to him that day.

As I had been a largely self-taught player, my strokes were somewhat unconventional. In those early days with Frank, I didn't play games or compete at all for over a year as I did not want to pick up bad/old habits between lessons. When I did re-enter competition, we agreed that I was a 3.5 player. My goal was to reach 4.5 by my 70th birthday. While I didn't quite make that, I remember my pleasure in reporting to him, as well as the look on his face, when by my 71st birthday my USTA rating was 4.5! While we were both thrilled about this result, what I most love and respect is that Frank was always first and foremost all about the process and finding enjoyment in the game.

In 2004 Frank moved across town to become Director of Tennis at Rogue Valley Swim & Tennis Club where he remained until the club closed in 2016. When there was a distinct possibility that Ashland Tennis & Fitness Club was also going to close, I began researching the option to purchase it. Frank went over and above what anyone would reasonably hope for by sharing his time and expertise with me as I navigated a world which was very new to me. After I purchased the club, I was thrilled that he wasn't

quite ready to retire and he agreed to come on as a part-time teaching pro. In addition, Frank continued to mentor me in my first years as the club's owner and was instrumental in helping me hire tennis directors.

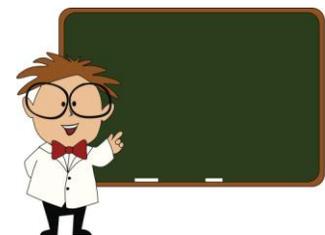
I feel very fortunate to have had so many years on the court with Frank. Our Rogue Valley tennis community has been lucky to have had a professional of Frank's stature and character for forty years. He holds a USPTA Elite Teaching credential and was inducted into the USTA/PNW Hall of Fame in 2009. During his teaching years, Frank has worked with novice adults up to Wimbledon champions; novice juniors up to US Open Junior champions.

I and all whom Frank has touched here at ATFC and in other settings will dearly miss him, but we wish him only the best in whatever ventures to which he next chooses to give his energy.

Here's to you, Frank.

With affection and appreciation,

Lexi



Len's Lesson

A note from Sascha Wells, a senior Ascension student

"My name is Sascha Wells and I will be playing tennis at Whitman College next year.

"I began playing tennis in Arizona when I was 9, but really started to play more when I moved to Oregon at age 10. Frank was my coach - I learned so much from him and he has been a guiding influence in my life!

"I began working with Len when he moved to ATFC a couple of years ago and introduced Ascension. Being part of Ascension has been an immense help in my growth as a player and as a person. Team Ascension is an environment which encourages a strong work ethic and the desire to be better every day on and off the court!

"In addition to having improved a lot, I have met so many great people through my tennis journey thus far. I am looking forward to playing at Whitman, working hard, and having fun!"

All our best to you, Sascha. We will miss you and we look forward to hearing all about your adventures at Whitman!

Ronda's Round-Up

SOCIAL

Tennis Round Robin Doubles Mixer - All Levels: Saturday, June 25th

5:00 - 7:00 pm

Free for members

\$15 for non-members if space is available (members have priority; non-members may sign up beginning June 22).



- **No need to find a partner**
- All levels welcome
- Format is a Round Robin Partner-changing Mixer
- You will play with a different partner each round (different levels)
- A fun, friendly competition and an opportunity to meet other members
- As many rounds as possible in two hours
- Each round a total of 6 games with no ad scoring

Sign up at the front desk. Twenty players maximum (4 different players will have a bye each round).

Sign -deadline is June 24th.

TOURNAMENTS

June 10-12: UTR Singles and Doubles Tournament

To register please go to:

<https://app.universaltennis.com/events/82379>

BIG AL'S: July 8-10



We are so excited to be able to host Big Al's 47th Annual Tennis Tournament this year. The 47th is in memory of **Kent Cohee**, a longtime local tennis enthusiast. And...we have some exciting changes for this year:

- Every player will receive a complimentary t-shirt (make sure to include your size when you register)
- There will be a minimum \$3k prize money for Open men's and women's singles division - you will get to watch some top players in action!
- Food will be available on-site.

This year's tournament will be operated through the UTR platform (no longer USTA). **If you have not yet played a UTR tournament, you will need to create a player profile before registering.**

For more tournament information and to register, please go to:

<https://app.universaltennis.com/events/82381>

You may also register by using the QR code on the attached tournament flyer.

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!

Sunday Hatha Yoga is Moving Outside!

Beginning June 5th

Sunday Hatha Yoga, taught by Susan Jacques, is moving to Hunter Park beginning June 5th. The class will be held 9:45-11am. In the event of smoke or rain, we will revert to meeting via Zoom. See you on the grass!



Focus on Fitness

Water Talk

With summer just around the corner and the days heating up, the topic of water consumption is particularly relevant. While everyone agrees that drinking water is, well, pretty darned essential to human life, there are clearly different schools of thought about the "right" quantity.



The **U.S. National Academies of Science, Engineering, and Medicine** suggest 15.5 cups of fluid per day for men and 11.5 for women. Twenty percent of this intake comes from food. Some foods have a 90-100% water content: e.g. cantaloupe, strawberries, watermelon; others fall in the 70-80% range, including lettuce, cabbage, celery, and spinach.

In a 2015 **New York Times** article emphasis is made that virtually all liquids ingested count towards the desired total: fruits, veggies, juice, beer, tea, and coffee. Their research concludes that coffee, in fact, does NOT cause dehydration. The gist of the article is that there is not a clear answer to the question of how much water to drink and that some authorities place way too much emphasis on advising a very high goal.



The **Academy of Nutrition and Dieticians** reminds us that 60% of our body is made out of water and that water plays a major role in keeping all systems working well. When we lose more water (e.g through urine/sweating/etc.) than we take in, dehydration will occur. Mild dehydration may result in headaches, dizziness, digestive problems, along with changes in mood and memory. Along the same line, **Heathline** reports that people who are dehydrated often have reduced blood pressure or lower blood volume. When this happens, blood may not reach the brain in the needed manner and may cause feelings of dizziness or vertigo.



Is there such a thing as drinking too much water? The **Mayo Clinic** states that over-hydrating is rarely a problem for healthy, well-nourished adults. Water intoxication tends to develop among endurance athletes and soldiers. To the query, "can you drink too much water," the **Cleveland Clinic's** response is: "Yes, but it's hard to do."

Some of our professional staff gave brief opinions on water consumption:

- **Len Spencer:** Drink at least 16-20 oz of water or an electrolyte-enhanced sports drink 2 hours before a tennis match. Then continue drinking water throughout the day.
- **Frank Inn:** About a gallon of water a day, depending on how much you exercise. In a dry climate such as ours it can be difficult to gage how much water you are losing so hydrating before you feel thirsty can be a good approach. Pros mix some sort of energy drink with their water. Stay hydrated!
- **Gail Patton:** While I don't make a concerted effort to drink water throughout the day, I do drink cold water during exercise, sports and yard work. Forty-eight hours prior to tennis competition, I increase my water intake. During the actual competition I drink fluids with electrolytes, as well as water. And...after competing, I drink more fluids - often, chocolate milk. 😊
- **Zach Matthews:** I try to drink twice my body weight in ounces each day. Doing so keeps me at the top of my game!
- **Shannon Rio:** I am guessing I am the least in the category of water drinkers. I just drink water when I am thirsty; I drink water while playing tennis, but not usually before or after.
- **Jane Mallowney:** To me, drinking water is the most important component to being healthy. While I don't have a particular target amount each day, I do drink water steadily throughout the day because I find that I feel much better when I do so. When I teach classes I encourage my students to drink throughout the session.

So....while there are different ideas about quantity, there is firm agreement that being well-hydrated is always a good state!



Ms. Martina Mannerstilova

Dearest MMM: Is Lexi considering putting a race track in front of the club? **Sincerely, It's Kind of Scary!**



My Dear IKOS: Well, when I was last at ATFC my favorite Roland Garros hat blew off in the parking lot as a car whizzed by. My friends, I love your enthusiasm about making it to your match on time, getting your children to a lesson, coveting every minute of your swim time, savoring each instant of your favorite fitness class, but..... please think of the safety of club members who may not see your speeding Edsel in time to jump aside, as well as the safety of you and your passengers. We all would greatly appreciate your slo-o-o-w-i-n-g down.....**Sincerely, MMM**

Riddle Me This

This month's riddle: How did the fish get from one lake to another lake?



Last month's riddle: Patient: "I can't get 'Dancing Queen' out of my head."

Doctor: "You have 'Tom Jones Syndrome'."

Patient: "Is it common?"

Doctor: "?????"



Answer: "It's not unusual...." (Big GROAN!!)

(First correct answer: **Janet McGlaughlin** ; runners-up: **Mark Schoenleber** and **Kate McInerney**)

