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ATFC Newsletter Editor: Jo Wayles



AUGUST 2022

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

Len's Lesson



Ascension Team Member Molly Mulligan

"I started tennis at the age of 8 and played at various clubs until I was about 10 when I took a break to do other sports. Gradually, I got back into tennis as I approached turning 14; when the Ascension program began, it was full steam ahead! Ascension has helped me so much: I am a better player, teammate, and all-around person because of this program and I could not be more thankful for it. I've developed lifelong skills and created lifelong friendships through Ascension; in addition, I've been able to think about my goals on and off the court a lot more than I would've been able to without having participated in this program.

"This fall I'll be attending the University of Oregon where I'm planning on majoring in some form of science, most likely Biology. My dream is to become an ER doctor. During college, I'm still going to play tennis – most likely intramurals or club – and, of course, I'll be visiting ATFC when I'm back in town."



Thanks, Molly! We will miss you and look forward to hearing about your education, tennis, and adventures in Eugene.

Best, Len

Ronda's Roundup

Big Al's Wrap-Up

On behalf of everyone at ATFC, we want to thank all those who supported Big Al's 47th Annual Tennis Tournament. We had a great turnout for both players and spectators all three days. The weather was perfect – no excessive heat and no smoke – YAY!



Some great additions to this year's tournament included goodie bags and shirts for all players, as well as food trucks on Saturday. We plan to continue these into next year and will also include food trucks for all three days of the tournament.

Congrats to all who played this year, especially those for whom this was their first-ever tournament! A special shout-out to **Champions & Finalists from ATFC, including:**

- Alex Gurov – Singles Group 1 Champion
- Alexis Uschold – Singles Group 3 Champion
- Max Herron – Singles Group 5 Champion
- Mina Schepmann – Singles Group 6 Champion
- Ben Smith – Singles Group 6 Finalist
- Olivia Uschold – Singles Group 7 Champion
- Henry Smith – Singles Group 7 Finalist
- Cooper Uschold – Singles Group 8 Champion
- Anika Stadtmueller – Singles Group 8 Finalist
- Cian O’Neil/Sascha Wells – Doubles Group 2 Finalists
- Milo Smith/Brian Cohee – Doubles Group 3 Champions
- Reid & Darren Ravassipour – Doubles Group 3 Finalists
- Mina Schepmann/Ian Bower – Doubles Group 5 Champions
- Max Herron/Aarov Sheoran – Doubles Group 5 Finalists
- Kelly Ravassipour/Robb Mayers – Doubles Group 6 Champions
- Denise Poisson/Kallen Rechberg – Doubles Group 6 Finalists
- Cooper Uschold/David Kibler – Doubles Group 7 Champions



For complete results, go to the club website: www.ashlandtfc.org and click “Tennis” and then “Events & Tournaments”.

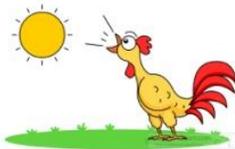
We’re already looking forward to Big Al’s 48th!

Upcoming UTR Tournament: September 23-25

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

Focus on Fitness

As this goes to press, it is REALLY hot out there! Much as you might want to continue your regular exercise routine, this is seriously a time to make adjustments. Exercising in the morning or in an air-conditioned setting such as the ATFC fitness center* are good choices. Hydration is essential. And...sometimes it is wiser for us to visualize exercise – particularly, **outdoor** exercise – than to do it. If you find yourself needing some inspiration, motivation, relaxation, entertainment, perhaps watching a film in a cool spot is just the answer.



Here are some film suggestions in various fitness categories: some are serious, some are silly, and some are entertaining. **Suggestion:** check out a review or two **before** settling down with the popcorn!

Fitness: "Pumping Iron", "Perfect", "Karate Kid (original)", "Million Dollar Baby", "Vision Quest", "GI Jane"

Running: "The Loneliness of the Long Distance Runner", "Chariots of Fire", "The Jericho Mile", "Personal Best"

Rowing: "The Boy in Blue", "Miracle at Oxford", "Eight Girls in a Boat", "Oxford Blues", "Losing Sight of Shore"



Swim: "Pride", "On a Clear Day", "The Swimmer", "Alex", "The Guardian", "Swimming Upstream"
note: **not** included are films which apparently have the very best "pool scenes"!!

Tennis: "Battle of the Sexes", "Match Point", "Borg vs. McEnroe", "7 Days in Hell" (mockumentary)

Mountain Climbing: "Free Solo", "The Dawn Wall"

Mountain Biking: "North of Nightfall", "Riding the Tatshenshiri"



Cycling: "Breaking Away", "Wadjda", "A Sunday in Hell", "The Greatest Show on Earth", "Slay the Badger"

LGBTQ Sports Films: "Personal Best", "Handsome Devil", "Flag Football", "Alone in the Gym", "Guys and Balls", "Out in the Lineup", "Battle of the Sexes"

Films for Motivation!!!: "42", "Billy Elliot", "Cool Runnings", "Bend it Like Beckham"

(note: if you have reviews of these suggestions or recommendations for other films, please contact jowayles@gmail.com)

*Note to tennis-only members: you can upgrade your ATFC membership to include fitness for \$20/month; alternatively, you may pay \$5 at the Front Desk to use the fitness facilities for a day.

Ms. Martina Mannerstilova

Dearest MMM: This is awkward. Recently I charged a Gatorade to my club account; when I reviewed my statement, I noted that I'd been under-charged. What to do??? **Sincerely, Should I Bother Contacting the Billing Office about Fifty Cents**

My Dear SIBCTBOAFC: Oh, my! You have no idea how spot on your question is! And....MMM knows **EXACTLY** how to handle your query. The simple answer is to send an email to billing.atfc@mind.net explaining your situation.



Here's why this is a way better choice than to pop in to the billing office or to call in with your question:

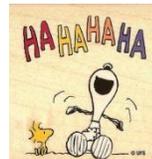
- The billing office needs to have a document trail of issues that members have on their accounts, as well as the resolution.
- Receiving the request by e-mail allows the billing office both to address the question in the order in which it receives inquiries **and** it does not interrupt the billing office when staff is dealing with something of higher priority (however, all billing issues are handled and resolved as promptly as possible, keeping in mind that **for you** the issue is of the utmost importance.)
- Perhaps, most importantly, receiving the question by email allows the billing office to do the necessary research on your issue and then respond to you as soon as possible by email. It is important to keep the phone lines open for the Front Desk staff instead of tying up the lines with lengthy conversations about billing. This is a win-win for all. The billing office (Valerie) is...well...one of the most efficient folks I've met on the tour! There have been numerous times when I've wished she were running the whole show at the Australian Open, in particular. 😊

I so appreciate your honesty, my friend! **Sincerely, MMM**

Riddle Me This

Last month's riddle: How do sea horses, octopuses, and fish get high?

Answer: They eat seaweed.



This month's riddle: Why does no one wake up before noon in Athens?

