

735 Jefferson Ave  
Ashland, OR 97520  
(541) 482-4073  
[www.ashlandtfc.org](http://www.ashlandtfc.org)  
ATFC Newsletter Editor: Jo Wayles



SEPTEMBER 2022

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

### Labor Day



The club will operate during regular business hours on Monday, September 5. You'll be able to keep your normal swimming, fitness, and tennis beginning-of-the-week routine!

**Strength Training and Pilates classes will be held**

**Note: Junior tennis and adult clinics will NOT be held on Labor Day**

### Len's Lesson

We are happy to announce a couple of additions to our tennis staff: Partheev Weerakoon and Cian O'Neil. Tennis players are likely already to have seen, met, or taken some type of lesson from both of them; now we are officially welcoming them as part of the ATFC tennis staff.



### **PRATHEEV WEERAKOON**



Ever since his parents signed him up for his first lesson when he was seven years old, tennis has been a passion of Pratheev. He has always enjoyed playing the sport; recently, however, he has found great satisfaction in helping to improve the skills of other players. More importantly, he has found joy in the friendships and memories created along the way. He feels lucky to be a part of this club and the community to which tennis has introduced him. Please give a warm welcome to Pratheev in his new role at ATFC!

### **CIAN O'NEIL**



While Cian started playing tennis only a few years ago, he has found a love of and dedication to the game which is inspiring to everyone he meets. He wants not only to grow as a player, but also as a coach – since he enjoys meeting new people and introducing them to tennis, this is a natural step. Cian feels honored to be able to teach and to help grow the sport of tennis, making it fun and enjoyable for all ages and levels. He's grateful to be a part of ATFC and the Ashland community and is looking forward to a fun and exciting career in tennis. Let Cian know you are glad to have him on board!



## **RONDA'S ROUNDUP**

**Upcoming UTR Tournament: September 23-25**

**Singles and Doubles**

**All Ages and Levels**

**Registration Deadline: September 18th**

**<https://app.universaltennis.com/events/82380>**



## **FRIDAY NIGHT JUNIOR PLAY**



We will be starting Friday Night Play for juniors in September! The cost will be \$10 per player and includes pizza and drinks. There will be some fun games and match play – a totally great way to practice what you are learning in class. 24 player maximum

- **Beginner and Intermediate**

**September 16: 6:30-8:30 pm**

**Register at the front desk by 9/14 so we are able to plan accordingly.**

- **Advanced and Ascension**

**September 30: 6:30-8:30 pm**

**Register at the front desk by 9/28 so we are able to plan accordingly.**



## **ADULT TENNIS EVENTS IN THE WORKS (beginning in October)**

We are working on a once-a-month “Match Play” event for adults, as well as a couple of week night “Work Up” events for Doubles and Singles. We will send out information and registration details for these events soon.

## **Fitness Class Schedule Updates**

**Stretch and Balance** will resume this Thursday, September 1, at 11:30. The regular schedule thereafter will be Tuesdays and Thursdays at 11:30.

**Strength Training** is cancelled for Wednesday, September 14.

### Personal Training Special Offer

Jane Mullooney is offering a great opportunity for anyone interested in individual attention and the creation of a personalized program. If a member purchases a personal training session (fee is \$50), **Jane will provide a free 30-minute follow-up appointment.** What a great deal! To schedule a session, please contact the front desk staff.

### Focus on Fitness

#### **Balancing Act**

Balance is defined as “the body’s ability to maintain its center of mass over the base of support.” Research increasingly supports the importance of balance in our lives – a Brazilian study which was reported in June found that 20% of tested adults could not balance on one leg for 10 seconds. That inability was associated with a two-fold risk of death from any cause within 10 years. Yikes!



Many of the causes of difficulty balancing are age-related. Decreased vision and/or hearing impairment can contribute; in addition, if people aren’t getting out and aren’t walking or exercising, muscles become weaker. Weak muscles are a risk factor for falls and falls are the second leading cause of unintentional injury deaths.

What if you are unable to pass the 10 second test? Well, a couple of things are true:

- For many of us it’s possible to practice in safe ways and achieve that goal
- A lot of healthy folks are unable to pass the “balance test” and there are plenty of ways to improve balance. These include yoga, weight training, dancing, aerobics, mountain climbing, etc.
- Any type of exercise helps (however; walking on a smooth surface with no side-to-side movement won’t particularly help with good balance)

#### **Simple Exercises to Help Improve Balance (do 2-3 x/week)**

##### **1. Single Leg Stand**

Stand behind a chair, holding on with both hands. Lift one leg off of the ground, bending your lifted knee towards your chest; stand on the other leg for 5 seconds.

Repeat 5x and switch to the other leg.

**Note: If it is too easy: release one hand; release both hands; close eyes**

##### **2. Body Weight Squats**

Stand with feet hip-width apart. Bend knees and lower until thighs are parallel to the floor, keeping weight on heels. If you need extra help with balance, extend your arms in front.

Repeat 10x.

**Note: If it is too easy, squat lower or hold onto a dumbbell.**

##### **3. Bird Dog**

Start on hands and knees, being sure to keep your back flat. Lift one leg straight behind you and

hold for a few seconds; then raise the opposite arm straight in front so you are balancing on one knee and one hand. Hold for 10 seconds. Repeat on the other side.

**4. Lateral Leg Lift**

Stand behind a chair, holding on with both hands. Lift one leg to the side, trying to keep your body as still as possible. Repeat with the other leg. 5x/side

**Note: Increase intensity by letting go of chair or holding leg up longer**

**5. Tandem Stance**

Stand up straight with one hand on a chair, if needed. Put one foot directly in front of the other with heel touching toe. Keep equal weight on both feet, with knees slightly bent. Hold for 30 seconds; switch feet. Repeat 3x.

**Note: Increase difficulty by closing eyes**

(Most of this material was culled from a recent New York Times article.)

**Ms. Martina Mannerstilova**

**Dearest MMM:** I noticed that you were watching Serena in her first match at the US Open this week. I'll bet you didn't have to show any identification to get into Arthur Ashe stadium! Why do I have to swipe in at ATFC? **Sincerely, Everyone Knows My Name** p.s. I like your dog.

**My Dear EKMN:** Even when I go to my favorite club – ATFC – I am proud to swipe my green card! Why? My checking in the correct way allows the front desk staff to take care of important things like saying hi to me and also taking care of other responsibilities. And....sometimes there are several members checking in at about the same time so if everyone swipes, folks are able to get to their lane, their class, or their match on time! A couple of reminders:

- Each member needs to have a swipe card – no sharing
- You may take a photo of your card and use that photo to swipe
- The sign-in sheet is for non-members only

So, EKMN and other club members, please remember to swipe when you arrive at the club. Your cooperation is greatly appreciated! **Sincerely, MMM** p.s. Thanks for your comment about Lulu.

**Riddle Me This**

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

**Answer:** DAWN is tough on Greece..... (**serious** groan)



**This month's riddle:** Why do waiters hate tennis?

