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ATFC Newsletter Editor: Jo Wayles



DECEMBER 2022

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



Holiday Hours

Please take note of ATFC's holiday hours. On Christmas Eve and on New Year's Eve (both Saturdays), the club will be open for its regular hours: 8:00am-5:00pm. **We will be closed on Christmas Day; on New Year's Day we will be open from 9-2.** Since we will be open for a good chunk of New Year's Day, you will have the chance to jump-start your 2023 fitness routine!



Giving Tree

'Tis the season for gratitude and sharing! The Giving Tree, a long-time tradition at ATFC, is an opportunity for club members to give directly to local children in need. For many families, this holiday season finds them in especially difficult financial straits.

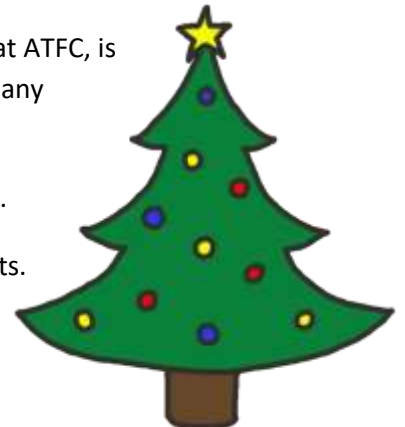
Once again there will be ornaments on the tree from two different organizations.

Talent Elementary School is requesting gift cards this year, rather than actual gifts. Tree ornaments indicating each child's age and gender will soon be on the tree; desired are gift cards from Target, Walmart, Dollar General, and Old Navy. Deadline is December 13th.

The Kiwanis Club will also be placing ornaments on the Giving Tree, with the focus on providing gifts for especially needed students from Ashland's Walker School. Each ornament will indicate the age and gender of the child and a list of requested items. Please take an ornament and purchase the gifts, returning both the ornament and your unwrapped gifts to the club by December 13th.

Your overwhelming generosity over the last 20 years has provided much for children who have very little. Thank you.

P.S. Thanks to **Haywood** for setting up the tree again this year! And...thanks to **Gogi** for doing the holiday decorating!



welcome

Please give a warm welcome to our newest Front Desk staff member, Zachariah (Zach) Smith.

“I moved back to Ashland in August of 2021. Originally from Sonoma, California, I have worked at several fitness clubs over the years, enjoying the healthy lifestyle they provide. While my particular jobs have varied from maintenance to membership, a common thread has been the happy memories and friendships made.

“I’m already enjoying my time at ATFC and look forward to meeting more club members.”

RONDA’S ROUNDUP

Adult Events:

Adult Holiday Social – December 10



- 5-8pm
- Bring a light snack or dessert to share; drinks will be provided.
- \$5 members/\$14 non-members
- There will be one court of drills and 3 courts of match play set up by Len.
- Sign up at ATFC by December 8th.
- 40 players maximum



(I wonder if there will be a prize for the best “ugly holiday sweater”?)

CLUB LADDERS ARE HAPPENING!

Registration has begun; challenges became possible on November 21.

Women’s Doubles (3.5 and below; 4.0 and above)

Women’s Singles (3.5 and below; 4.0 and above)

Men’s Doubles (3.5 and below; 4.0 and above)

Men’s Singles (3.5 and below; 4.0 and above)

These ladders are points-based:

- Each match participant will receive 2 points.
- The match winner will receive 5 points.
- Each set won will earn each player 1 point.
- Going three sets will earn each player 2 points.
- Winning in straight sets will earn a player 1 point.



The ladders will be run through an online site called TennisRungs.com. On this site you are able to register for ladders, challenge your opponents, record your scores, and see how many points you are racking up.

We will also post an update of each event's rankings on the tennis bulletin board every 10 days or so.

More ladders to come, including Junior Ladders and Mixed Doubles.

The link below will take you to the registration page:

<https://app.tennisrungs.com/Public/Register/69406337>

Cost is \$6 per person or \$12 per team, per ladder, and is paid through TennisRungs.com when you register.

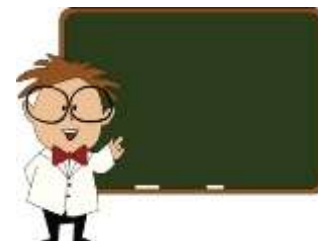
Prizes will be given to the player with the most points in each category at the end of the season. These will be gift certificates that can be used at various Ashland businesses.

Len's Lesson

Pro Tips for Cold Weather Play – Inside or Outside



Clothing: Wear several thin layers of clothes so you can take off a layer or two as your body warms up during the game.



Warm up: Before hitting the court, doing some warm-up and stretching exercises is as necessary as having the right tennis gear. Doing so allows your body to loosen up and get ready for the cold temperature. And...in cold weather, your warm-up exercise routine should be longer than usual because muscles are tense and take longer to loosen up in the winter.

Hydrating: Just because it is winter doesn't mean you can reduce water intake! Staying hydrated in winter is just as important as it is in the summer. In fact, cold air holds less moisture than warm air; as a result, you may get dehydrated more quickly on the winter court.

Adjust Your Game: Some of your tennis shots are not as effective in winter as they are in summer. For instance, cold weather takes some of the bounce out of the tennis ball, resulting in a less effective topspin. On the other hand, both flat and slice serves are enhanced in cold weather, giving your opponent a tough time. In simple words, tennis balls move flatter in cold weather; as a result, we need to focus more on flat, slice, and drop shots.

Tennis in Mallorca, Anyone?



Come join **Gail** for a tennis camp vacation in Mallorca next May, with the option of a second week in Paris during the French Open at Roland Garros! Play tennis in the morning, swim in the ocean or explore the island in the afternoon. The camp hotel is within walking distance of the



beach and offers free bike rentals to guests; daily breakfast and dinner are included in the package

- Mallorca: May 23-30, 2023
- Mallorca and Paris: May 23-June 4, 2023

For more information, please contact Gail at the club or at patton50@ashlandcreek.net ; you may also contact Steve Vaughan at www.wildwesttennis.com for details.

Focus on Fitness

Shoulder Pain

Friends seem to be mentioning shoulder pain quite a bit these days. For young people, shoulder issues tend to stem from injury, while for older folks the causes tend to be arthritis or other inflammation. Tension and stress are also factors; fortunately, irritation caused by stress can be helped by relaxation methods, yoga, and stretching.

Stretching: By getting your blood flowing safely, stretching can gradually improve motion. Doing shoulder exercises strengthens your muscles and encourages proper function, helping to:

- Improve flexibility
- Increase range of motion
- Stabilize the joint
- Prevent future injury
- Reduce muscle soreness

Because most club members are either swimmers or tennis players, ATFC shoulders are pretty darned important! Here are a couple of stretching exercises to help keep you in the pool/on the court:

- **Pendulum:** Lean forward, placing your right hand on a table for support; allow your left arm to hang relaxed at your side. Gently swing your left arm forward and backward, side-to-side, and in a circular motion. Repeat the motion 10 times; switch arms and repeat
- **Crossover arm stretch:** With your shoulders relaxed, gently pull your left arm across your chest; hold your upper left arm with your right hand, pulling it until you feel the stretch at the back of your shoulder. Hold for 30 seconds and then release for 30 seconds, performing the stretch a total of 4 times. Repeat with the opposite arm. (Avoid putting pressure on your elbow.)
- **Table slide:** Place both hands on a long table in front of you while sitting down and upright. Slide your hands forward together along the table to gently stretch overhead as you lean forward. Hold the movement for 5 seconds once you reach your maximum stretch; then slowly return to the upright position. Perform 3 sets of 10 slides.



Next month we will look at shoulder strengthening exercises.

Ms. Martina Mannerstilova

Dearest MMM: I think some of the swimmers might be trying to decorate the sides of the pool. **Sincerely, Please Leave the Decorating to the Front Desk Staff**



My Dear PLTDTFDS: Oh, my! I think it might be possible that a swimmer or two has entered the pool sporting a band aid, perhaps from a recent vaccination or blood test. Here's a plea to all the Greg Louganis and Janet Evans emulators: please be sure to remove all band aids, even your favorite Mickey Mouse accoutrements **before** hopping in the pool! It's pretty unattractive to see a used band aid on the pool wall. Thanks ever so. **Sincerely, MMM**

Riddle Me This



Last month's riddle: Why was Pavlov's hair so soft?
Answer: Because he conditioned it!



This month's riddles: Did Rudolph go to school?

What's the difference between a knight and Santa's reindeer?

What do reindeer say before telling a joke?

