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ATFC Newsletter Editor: Jo Wayles



JANUARY 2023

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

New Year's Eve and New Year's Day

Please take note of ATFC's holiday hours. On Saturday, December 31st, the club will be open for its regular hours: 8:00am-5:00pm. **On Sunday, New Year's Day, we will be open from 9-2.**



Giving Tree



Wow! A giant thank you to all who contributed gift cards and gifts to children whose "ornaments" were on this year's Giving Tree. It was truly heartening to see the bags and boxes of clothes, toys, arts and crafts, stuffed animals, and other presents for very needy Ashland children; in addition, the gift cards for the Talent kids were plentiful.

Please know how much the Talent schools and the Ashland Kiwanis Club appreciate your generosity towards the deserving children they serve. Thank you. (Special thanks to Valerie for organizing the ATFC side of the event, as well as for encouraging members to participate!)

Congratulations



Gail Patton had a fabulously successful tennis tournament over the holidays! Gail and her partner, Heather Fiscalini (Modesto/Palm Desert), came in second at the USTA National Grass Court Championships at the Mission Hills Country Club in Palm Desert, California. Because this was a USTA Category 1 tournament (the highest level of USTA tournaments), Gail's success is particularly impressive. Gail and Heather beat the #2 seeds in the quarter-finals and the #3 seeds in the semis, finally succumbing to the #1 seeds in the finals (6-3, 7-5).

Gail and Heather had not played together before AND this was Gail's first grass court tournament. Amazing! We are so proud of you, Gail. Congratulations!



RONDA'S ROUNDUP

Adult Events:

Reminder about Adult Clinics

If you'd like to take one of the many terrific adult clinics, please be sure to sign up (either on-line or through the front desk) at least 24 hours before the scheduled session. Clinics with fewer than three people will be cancelled.

CLUB LADDERS ARE HAPPENING!

You can register on the website (see below) without signing up and paying for a ladder. This way you can see who is signed up for each ladder for which you qualify before you sign up.

This session will include the following ladders:

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, see who's registered, 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 sign up for a ladder (as noted above, you can register without signing up for a ladder).

If signing up for a doubles ladder, your partner must be registered before you can choose them as a partner.

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.



Note: The current ladder season has been extended until June in order to give players ample opportunity to arrange matches with a variety of club members. (Ladders open only to ATFC members.)

Northwest Washington Senior Tournament: January 12-15, 2023

We have just received information about a high quality tournament to be held at Central Park Tennis Club in Kirkland, Washington from January 12-15. This is one of the few Senior National level tournaments in the PNW. The tournament will include events for 35+, 45+, and 55+ players. The tournament is intended for 5.5, 5.0, 4.5, and 4.0 players.

The tournament code on the USTA Tennis Link (Tournament) Site is **23-96103. Check it out!**

Junior Events

Friday Night Junior Tennis Play, January 20

- Beginner/Intermediate
- The cost is \$10/member; \$15/non-member and includes pizza and drinks
- Games and match play
- 24 players maximum
- 6:30-8:30 pm



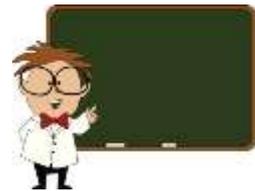
Register at the front desk by January 18th so we may plan accordingly.

Len's Lesson



2023 USTA League Information Meeting

Tuesday, January 10th at 6:15 pm



Len will be hosting a meeting for anyone interested in playing on a USTA team and for those interested in captaining a team.

The leagues that are coming up soon and have team registration deadlines in the next three months are:

- **Adult 40 & Over Men: Deadline: January 20 (one weekend play: Feb.17-19,Eugene)**
- **Adult 18 & Over Men: Deadline: February 10 (March 10-June 18 play)**
- **Adult 18 & Over Women: Deadline: February 10 (March 10-June 18 play)**
- **Adult 65 & Over Men: Deadline: March 10 (March 31-June 18 play)**
- **Adult 65 & Over Women: Deadline: March 10 (March 31-June 18 play)**

All other league deadlines are April or after. **If you are interested in any of the USTA leagues, it is a good idea to attend this meeting regardless of the deadline of leagues in which you are interested.**

Please sign up in the lobby if you plan on attending.



Focus on Fitness

Shoulder Issues

Last month we talked about effective ways to **stretch** your shoulders before hitting the pool, courts, workout machines. Today's focus is on methods to **strengthen** your shoulders. We want to pay attention to the large shoulder muscles, the shoulder blade muscles, and the small rotator cuff muscles.

(Be sure to use last month's tips for some shoulder stretching before beginning the following exercises. **Pendulum*** and **Crossover Arm Stretch**** are good choices for stretching. **See below for instruction reminders!**)



The first three exercises require the use of free weights; choose light dumbbells that allow you to perform the minimum number of eight repetitions in a set. **As the exercises become less challenging, progress to three sets of 12 repetitions. When 3 sets of twelve becomes easy, add weight in 1 lb increments, up to 5 lbs. Each time you increase weight, begin with three sets of 8 reps before progressing to 12.**

- 1. Elbow Flexion:** Stand tall with light dumbbells in each hand; keeping your elbows close to your sides, bring the weight toward your shoulders; hold for 2 seconds and slowly lower to the starting position. Repeat. **Perform 3 sets of 8-12 reps on each side.**
- 2. Lateral Raise – Thumbs Up:** Start with arms by your sides, choosing a weight you can lift for a set of 8 reps; keep your hands in "thumbs up" position. Raise the weights, with your arms straight at about a 45 degree angle; hold for a few seconds and then slowly return to starting position. **Perform 3 sets of 8-12 reps on each side.**
- 3. Forward Elevation Strength:** Hold light weights in both hands with arms outstretched in front of you; slowly raise both hands to a slightly overhead position; slowly return to resting position and repeat. **Perform 3 sets of 8-12 reps.**
- 4. Trapezius Strengthening:** Kneel with your right knee on a bench, leaning forward to support your body with your right hand on the bench; with your left hand palm facing your body, slowly raise your left arm and rotate your hand to the "thumbs up" position. Stop when your left hand reaches shoulder height and your arm is parallel to the floor. Count to five as you lower your left arm to the original position. **Perform 3 sets of 20 reps on**



each side, starting with no weights; you can add very light weights (2-3 lbs) to increase the difficulty as the exercise gets easier.

***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.)

Ms. Martina Mannerstilova

Dearest ATFC Members: I have been called early to the Australian Open so am very sad not to be able to make the deadline for this month's newsletter. Be good! **Love, MMM**

P.S. Perhaps I shall invite Margaret Court to tea! **(Ha, ha!)**

Riddle Me This

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

Answer: No, he was "elf taught"!

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

Answer: One is "sleighbing" a dragon and the other is "dragon" a sleigh!

Riddle: What do reindeer say before telling a joke?

Answer: This one's going to "sleigh" you!



This month's riddle: What happened to the woman who shoplifted a calendar?

