

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

ATFC Newsletter Editor: Jo Wayles



## FEBRUARY 2023

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

### Happy February!

While February is the shortest month of the year, it is also one of the most historically interesting. Did you know that:

- February has been around since 713 BC when Julius Caesar remade the Roman calendar.
- The length of February kept changing over time, at one point having as few as 23 days.
- February is one of the most misspelled words in the English language.
- February comes from the Latin “februum” which means “purification”.



### Locker Room Reminder



Staff is working on getting the ceiling fans in the locker rooms repaired. In the meantime, it is essential to keep the floor fans on in order to prevent the buildup of moisture. So....**please do not turn off the fans!** Thanks.



### RONDA'S ROUNDUP

#### Adult Events:

#### Adult Mixed Doubles Match Play, February 25

A great opportunity to meet other members and to find people with whom to play!

- **3.0-4.0 players**
- The cost is \$10 per member/\$15 per non-member
- Different partner each round
- Format will depend on the number of participants
- 16 players maximum
- 5-7pm (ish)



Register at the front desk by February 23<sup>rd</sup> so that we may plan accordingly.

## **Junior Events**

### **Friday Night Junior Tennis Play, February 10**

- **Advanced/Ascension**
- 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 February 8th so we may plan accordingly.**

### **Friday Night Junior Tennis Play, February 24**

- **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 February 22 so that we may plan accordingly.**

### **LEN'S LESSON**

### **2023 USTA Leagues**



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



- **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)**
- **Adult 40 & Over Women:** **Deadline: April 7 (one weekend May 5-7, Eugene)**

We have also just received word that there will be a new Coed 18+ Flex League this summer; the format will be similar to that of World Team Tennis. We will keep you informed as we learn more.

## Tennis Doubles Strategy

With doubles, there's obviously the added complication of having to work as part of a team, making things a little more tricky; however, this also means there's an even greater chance to collaborate on your tactics.

**Communication is the key to doubles, and the better you are at it, the more success you're going to have.**

### **Always Meet with Your Partner after the Point**

- Doubles allows you to share the load, both mentally and physically.
- You should make the most of this by meeting up with your partner after each point at the back of the court.
- Not only is this great for deciding your tactics going forward, but it's also a chance to give each other encouragement and keep building that team spirit.
- The mental side of tennis is difficult. If you're having a few bad points, your partner is the one person who can give you encouragement. If, however, you just walk straight to the other side ready for the next point after having missed a couple of shots, the disappointment tends to fester, the teamwork breaks down, and things continue to get worse.
- It's MUCH better to have a chat with your partner, clear your head, and get ready to dominate the next point.
- When you throw in the fact that you get to talk about what you're going to do on the next point, it's a no brainer!
- You get 20 seconds between each point, so make the most of your time and make sure you're working as a team.



### **Take Control with the Serve**

- When you're serving, you have a huge advantage. It's a chance to get the first strike in and to get your team on the front foot, so use it wisely.
- Take your time to choose where you're going to serve and, most importantly, let your partner know. It's much easier for the net player to get involved in the point when they know where the serve is going.
- The serve is a massive advantage in doubles and you want to maximize it any way you can.

### **Focus on Serve Percentage over Power**

- Even for top players, the difference between their first serve and second serve is huge.
- When you make the first serve in doubles, you're putting yourself in an excellent position to win the point; however, when you have to rely on your second serve, the odds become much more even.
- When you've got your partner at the net covering one half of the court, your opponents have very little margin for error when returning your first serve.



This means you can afford to take a little pace off and focus on placement and percentages.

- Once you start relying on your second serve, your opponents can start taking bigger cuts at the ball, taking your partner out of the game and putting you under pressure.
- If you get your first serve in, the odds of holding your serve are going to go up dramatically.

### Work as a Team to Cover the Angles

- Naturally, when you have an extra player on your side of the court, angles are going to change drastically. Everyone recognizes this and splits the court accordingly, but what most people fail to account for is the fact that the angles change completely after ever shot.
- To meet this reality, your positioning needs to be fluid: adapting depending on where you are on the court, where your partner is on the court, and where your opponents are hitting from.
- This means that when your partner gets dragged out to one side, you've got to move to cover the open space.
- While it's easy to think the best way to do this is by splitting the court down the middle, this is not necessarily the case. It all depends on the angles your opponent has available to them, so you want to make sure you're splitting the court evenly based on the angles.



### Practice the Return

- A good return is one of the most important parts of a good doubles game.
- While the serve is always a big advantage, it is even more so in doubles when the returner has to get the ball past the person at the net.
- The best way to improve your return is to keep on practicing! Find someone to serve from the service line to you and really make it difficult for yourself. You'll find you're forced to use a short swing and almost block the ball back; the more comfortable you are doing this, the easier you're going to find it in the match.
- A nice spot to aim for in doubles is where the service line meets the inside tram because this avoids the net player and means the server is likely to have to play a low volley. Consistently hitting this return, however, isn't easy - and that's where practice comes in.
- It's really hard to break serve if you're constantly giving away free points by missing the return, so one easy way to make yourself more competitive is to work hard on this area of your game.



### Takeaways

- There are a lot of small things you can do to improve your chances of winning on the doubles court, but it all starts with working as a team. With good communication and some simple tactics, you will see an improvement in your results and pull off victories you didn't think were possible.
- The more you practice these tips, the better you will get, but you can start to implement them today.

## Focus on Fitness

### **Why ATFC's Swimmers Are Making a Good Choice**

Ever wonder why the club's swimmers are so dedicated to their preferred exercise choice? There are a lot of benefits to swimming, including:



- Providing a full body workout and is helpful not only for legs, but also for the upper body and core, and especially for lats and triceps.
- Burning calories
- Lowering the risk of heart disease, stroke, and type 2 diabetes
- Increasing energy

Research shows that swimming 30 minutes 3x/week is one of the very best ways to stay fit. Because the water supports 90% of body weight, doing those laps is one of the safest ways to stay active.

How about the benefits of swimming vs. running? Most experts agree that swimming is a better choice. Because there is greater resistance in water than in air, it takes more effort to kick as you butterfly than it does to take a step running.



In addition to the obvious physical benefits, swimming has been shown to be helpful in improving one's emotional well-being. One of the reasons we see club members appearing mellow after their workouts is because swimming is meditative. The sound of your breathing and the movement of the water help you focus inward and drown out other distractions, lowering stress and depression. The released endorphins encourage "hippocampal neurogenesis" (the growth of new brain cells in the part of the brain that atrophies under chronic stress).

Research shows that children who swim regularly master language development and math skills quicker than those who don't. And...a longitudinal study (42 years) by the University of South Carolina (40,000 men ages 20-90) concluded that those who swam regularly had a 50% lower death rate than runners, walkers, and those who didn't exercise.

So...if you are one of the club "pool rats", pat yourself on your well-toned back! If it's been a while since you "hit the pool", why not give it a try?

### Ms. Martina Mannerstilova

**Dearest MMM:** I am in a sticky situation. **Sincerely, Finding it Hard to Move My Feet**

**My Dear FIHTMMF:** Thank you for bringing up this topic! I can assure you that there is nothing wrong with your clodhoppers, so you can cancel that appointment with the podiatrist. What is going on here is gum on the courts. My ATFC tennis friends: please remember that the only thing allowed in the tennis center is water. No Cherry Garcia, no KFC, no chocolate frappe, and.....NO GUM! Thank you. **Sincerely, MMM**



**Riddle Me This**

**Last month's riddles:** What happened to the woman who shoplifted the calendar?

**Answer:** She got twelve months.... (GROAN!!!)



**This month's riddle:** What do you call the woman who sketched the defendant as he was found guilty?



*Happy  
Valentine's  
Day*

