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ATFC Newsletter Editor: Jo Wayles



APRIL 2023

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

### ATFC Welcomes Massage Therapist, Joshua Masters, BA, LMT

Did you know that you can get a massage at ATFC?



Having graduated from Ashland Institute of Massage in 2009, **Joshua Masters** has been practicing as a Licensed Massage Therapist in Oregon for 13+ years. Primarily working in clinical settings (Chiropractic offices), as well as spa and alternative healing settings, Josh has trained in many different modalities; he has cultivated a dynamic practice that integrates Deep Tissue, Thai Bodywork, Biodynamic Cranial Touch, and Acupressure to create an effective and deeply therapeutic experience tailored to individual recipients' needs.

Josh specializes in sports and therapeutic massage, focused on addressing specific soft tissue issues and musculoskeletal abnormalities within the body and is experienced in working with a wide range of ages, body types, and health conditions.

Massages are 30, 60, or 90 minutes. **Josh is available for massages by appointment on weekdays and select weekends**; he accepts payment by cash or check.

**To schedule an appointment please contact Josh directly at 541/787-1404.**

Contact information is also available at the front desk and on the club website under the massage tab.

#### **Massage Services Menu:**

Any number of massage modalities may be used throughout a session, including Swedish, Deep Tissue, Myofascial Release, Thai Massage, Acupressure, Sports Injury Recovery, Biodynamic Craniosacral, and Neuromuscular Therapy, depending on the needs of the individual. For this reason, there is a flat fee for massage services varying by the length of the session:

- 30 minutes: \$40
- 60 minutes: \$70
- 90 minutes: \$100

To introduce himself to club members, Josh will occasionally be in the lobby offering free 5-minute chair massages.

Josh replaces longtime ATFC massage therapist, Lori, Rogers, who recently moved out of state

Welcome, Josh!

welcome

### Installation of New Bike Rack

In addition to the bike rack with the awning located on the left side of the building, another one has been installed which is more visible to staff and members coming and going from the club.



### Thanks for the Quick Response!



In mid-March the sensor on the pool heater broke; when a sensor breaks, it doesn't take long for the water temperature to decline. Quick research and the use of overnight delivery resulted in a new sensor being installed within 24 hours .....making for very happy and appreciative swimmer members!

### Recycling Recycling Protocol on the Courts!

There continues to be a little confusion about which items go in which receptacles court-side. We are always happy to review the bidding to help get all the little critters in the correct spots!

For tennis ball cans and balls: **in the best of all possible worlds, players would deposit items in the designated receptacles just outside of Court 1:**

1. The metal pop lid in its special bin
2. The empty tennis ball can in its bucket
3. Tired tennis balls in the large cardboard recycling containers
4. Plastic tennis ball can lids in their bin (alas, these will end up as trash)



If you are pressed for time after your match, please feel free to recycle at the court! There are 3 receptacles on each court:

- **Gray** is for used rags –tennis players are getting A+ on this one!!
- **Green** is for recycling: empty plastic bottles, empty tennis ball cans, metal pop-tops, super tired tennis balls, empty tissue boxes
- **Purple** is for trash: anything non-recyclable!

Perhaps one person per match could take a few seconds to ensure that everything is in its proper place! We really want to do our best to maximize the benefits of recycling. Thanks so much.

### RONDA'S ROUNDUP

#### Ashland UTR Tournament – April 28-30

- Singles and Doubles
- All Ages/All Levels
- Registration Deadline is April 24<sup>th</sup>
- Register by scanning the QR code or online at <https://app.universaltennis.com/events>



## Big Al's Tournament – July 6-9

**Time to get registered for this Ashland classic!**

Please see the attached flyer for details.



## Junior Events

### Friday Night Junior Tennis Play, April 28

#### **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 April 26 so that we may plan accordingly.**

### Home USTA Matches

**It's super fun to come out and cheer on your club-mates as they play home USTA matches. Here's the schedule for matches at ATFC in April:**

- **Saturday, April 8<sup>th</sup>: Women's 4.0 Noon**
- **Saturday, April 15<sup>th</sup>: Women's 4.0 Noon**
- **Sunday, April 16<sup>th</sup>: Women's 4.0 9:30am**
- **Sunday, April 16<sup>th</sup>: Women's 3.5 1:15pm**
- **Saturday, April 29<sup>th</sup>: Men's 4.5 Noon**
- **Sunday, April 30<sup>th</sup>: Men's 4.5 9:30am**

### LEN'S LESSON



### **TENNIS SINGLES STRATEGY: 8 TACTICS TO HELP YOU WIN!**

**Continued from March newsletter...Strategies 1-4 were in last month's newsletter; you can find them on the ATFC website: <http://ashlandtfc.org> at the bottom right hand side of the homepage.**

#### **STRATEGY #5: Attack the Net**

Putting pressure on the opponent by charging the net is a very useful strategy when playing consistent opponents, or opponents who have a weak side. It's also a great way to take time away from the opponent.



In many cases simply charging the net will be enough to force an opponent's mistake. You don't even have to hit a volley.

When you follow this strategy it is important that you attack the net to your opponent's weakness as much as possible; however, approaching down the line or through the middle are good variations. You can use this strategy by serving and volleying, returning and volleying, or by approaching on short balls during the point.

#### **DRILLS TO PRACTICE ATTACKING THE NET**

1. Play points where the server has to serve and volley on first serves and the returner has to return and volley on second serves. When returning and volleying, make sure that you start moving towards the net as the server tosses the ball in order to hit the return close to the service line.
2. Play points crosscourt where players can only hit down the line if approaching the net. In this drill the player will rally crosscourt until one player gets a short ball attack. After the down-the-line approach shot, the point is played out.



#### **STRATEGY #6: BRING THE OPPONENT TO THE NET**

Many players do not feel comfortable at the net, so forcing them to come in will place them in a vulnerable position.

This strategy is especially useful against very consistent players who do not hit the ball hard but who rarely miss from the baseline.

In this strategy you will play consistently until you receive a short ball that you can counter with a drop shot or a short, low ball. Hitting the short balls with slice will always be more effective..

#### **DRILLS TO PRACTICE BRINGING THE OPPONENT TO THE NET**

1. **Drop shot winner:** Play games where a drop shot winner is worth 3 points and winning the point against a player at the net is worth 2 points.
2. **Only slice:** Play points from the baseline where both players are only allowed to hit with slice. In this game the players are not allowed to hit the ball in the air, forcing them to move up and back during the point.

#### **STRATEGY #7: USE VARIETY TO CREATE ERRORS OR SHORT BALLS**

Having to continually adjust is much more difficult than returning similar shots over and over. Variety is a great way to force mistakes or short balls that you can attack.

The factors that can vary are:

- **Spin:** topspin, slice, and flat
- **Depth:** long and short
- **Height:** high, medium, and low
- **Direction:** right, middle, left
- **Speed:** fast, medium, slow



Of course, you can also combine these options to make variety an even more effective strategy.

### **DRILL TO PRACTICE USING VARIETY**

1. **Never the Same:** Play points where players are not allowed to hit the same type of shot twice. Players have to change the spin, height, and depth every shot.

### **STRATEGY #8: OPEN THE COURT**

In general, the player who has to move more will lose. Opening the court with angles is a great way to move the opponent, force mistakes, or create opportunities to hit winners.

For this strategy you will hit deep and consistently until the opponent hits a short and wide ball that you can angle back to pull the opponent wide, off the court. Once you pull the opponent off the court, step forwards into the court and try to hit the next shot early and on the rise to the open court.

### **DRILLS TO PRACTICE OPENING THE COURT**

1. **Angle to down- the- line:** Play crosscourt points on half the singles court. The goal of the drill is to wait for an opportunity to angle the opponent off the court. As soon as one of the players succeeds in forcing the opponent outside the doubles line, they have to step into the court and play the next shot down the line. The point is played out.
2. **Off the court:** Play points where players are not allowed to move past the doubles sideline, extended past the baseline. If one player forces the opponent over the line, the point is over. The drill is a great way to work on angles and at the same time on catching the ball early to avoid stretching over the doubles sideline.

### **COMBINE ALL 8 STRATEGIES TO BECOME AN ELITE SINGLES PLAYER**

Tennis strategy can seem complicated, but focusing on these 8 strategic concepts will help you stay on track and win more singles matches. After all, there are not many other ways to win points.

Most players will only use three or four of these strategies over and over in every match and some of the other strategies sporadically to keep the opponent off balance.

Take a look at all the strategies and pick the ones with which you feel the most comfortable. They are probably the ones that fit your game best. **Those should serve as your strategic fundamentals.**

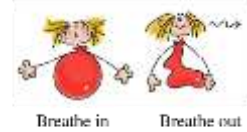
However, it is important for you to practice all 8 strategies in order to be able to use them when needed. Each one of them will be needed in specific situations and against specific types of singles players.

Make sure you are absolutely clear what strategy you will use before you start each point. After a while, your fundamental strategies will become habitual, but it is always good to review during a match and make sure you are playing with optimal strategy.

### Focus on Fitness

#### **Better Breathing for Better Living**

A March article in the New York Times focused on the need for many of us to learn to breathe differently. While we breathe in and out roughly 25,000 times each day, experts believe many of us are doing it “wrong” – i.e. too quickly and too shallowly.



At rest we ought to be breathing in a slow and steady manner (think “tortoise”!) at a rate of about 12-20 breaths/minute. If we consciously slow this down to 5-7 breaths/minute, research shows we can help reduce our blood pressure, regulate our heart rate and lift our moods.

Here are three simple recommended practices for learning to breathe in a more healthy manner:

1. **4-4-8 Breathing** – This is a good practice if you are feeling anxious or scared.

Take in a breath for four counts; hold for four counts; exhale for eight counts.

This will quickly slow your heart rate and reduce blood pressure.

2. **Alternate Nostril Breathing** – This can help you improve focus.



Close your right nostril and breathe in through your left for a count of 4; repeat with the other nostril.

One theory supported by limited evidence suggests that the right nostril is connected to the sympathetic system – fight or flight, while the left is connected to calmer parasympathetic system. At the very least, consciously switching between the two nostrils helps you to tune out racing thoughts.

3. **Box Breathing** – This technique is used by the US Navy SEALs before training.

Breathe in for a count of 4; hold for a count of 4; exhale for a count of 4; hold for a count of 4.

This can help you focus your breath in a steady rhythm.



**“For breath is life, so if you breathe well you will live long on earth.”** Sanskrit Proverb

**“What can we do but keep breathing in and out, modest and willing and in our places?”** Mary Oliver



Ms.Martina Mannerstilova

**Dearest MMM:** It's happening again, **Sincerely, What Is Going on Behind Court 4**



**My Dear WIGOBC4:** This mysterious multiplication of tennis balls behind Court 4 occurs a few times a year. Last week before I flew to Miami for the Open, I went behind the curtain on Court 4 in search of an errant ProPen3 . I felt like I had landed in a tennis ball Bouncy House. Friends, if you use a bucket of balls for practicing your serves, PLEASE make sure you have gathered ALL of the balls from behind both curtains. I can assure you that doing so will be appreciated to the max! **Sincerely, MMM**

Riddle Me This

**This month's riddles:** What do you call a rabbit with fleas?



What did the dirt say to the rain?

**Last month's riddle:** A boy came home from school and reported to his dad that kids were calling his family fire setters. How did the dad respond?

**Answer:** The father replied, "We arson." Big Groan!!

