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ATFC Newsletter Editor: Jo Wayles



MARCH 2023

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

Daylight Savings

Before you retire on Saturday evening, March 11th, be sure to set your clocks ahead an hour. You wouldn't want to be an hour late for your Sunday morning tennis lesson/match, your reserved swim lane, your fitness class, or your date with your workout buddy!



Welcome!

welcome

ATFC warmly welcomes **Maya Thomas** as our newest front desk person. To gain a little insight into Maya, here are a few words from her bio:

"Hi everyone. I'm so happy to be here at ATFC. I love swimming, yoga, Pilates, and dancing. I thoroughly enjoy our tucked-away oasis of health.

"An Oregon native, I am a singer, actor, and dancer, having earned my BFA from The Juilliard School of Drama; in addition, I studied dance at Alvin Ailey American Dance. Years ago I was a company member of OSF. I'm happy to be back in the Rogue Valley as an "empty nester", enjoying all the beauty Ashland offers. Besides working at ATFC, I also teach private acting and dance lessons.

"I look forward to meeting all the lovely club members."

Locker Room Update



New fans, duct work, and dehumidifiers have been installed above the ceilings in both the men's and women's locker and bathrooms to address the problem of excessive humidity when we have an abundance of rain

More Time Slots Available for Swim Members!

To make more times available for swim members, we have added a 3rd swim lane. Swimmers continue to enjoy a private swim lane and the ability to reserve a lane on-line, by calling the club, or by stopping by the front desk. We are hearing lots of positive feedback about the additional lane availability from our avid swimmers. 😊



Reminder to Swimmers

Please remember not to cancel a lane reservation online. Due to a shortcoming in the software program, attempting to do so will remove your name from that time slot; however it will not allow another swimmer to sign up for that space. Please be considerate to other swim members by either calling or stopping by the front desk anytime you need to cancel a lane reservation. Thank you.

RONDA'S ROUNDUP

Big Al's 2023

Big Al's will be held July 6-9 this year. Please see the attached flyer for details!

Junior Events

Friday Night Junior Tennis Play, March 17

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 March 15 so that we may plan accordingly.

LEN'S LESSON

2023 USTA Leagues



The leagues that have team registration deadlines in the next three months are:



- **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 Singles Strategy: 8 Tactics to Help You Win

STRATEGY #1: OUT-RALLY THE OPPONENT

The goal here is to win the point by keeping the ball in play until the opponent misses, so consistency and depth are essential. Your task is to avoid any unforced errors by playing safely and retrieving all of your opponent's shots, while at the same time hitting the ball deep enough to prevent the opponent from being aggressive.

For this strategy to work you will need to:

- Hit the ball at a pace that you can control.
- Pick large targets on the court.
- Hit high over the net and away from the lines.
- Be ready to run down the ball.



Additionally, you will hit mostly cross court since cross court shots allow you to hit over the part of the net and into a longer hitting area. In other words, you become a human ball machine, outlasting your opponent.

Here are a few drills to help you hone this skill.

DRILLS TO IMPROVE YOUR CONSISTENCY

1. Rally with a Partner

One of you hits cross court and the other down the line. Try to see how many balls you can hit without mistakes; then change roles.

2. Play "No Winner" Points

Play points against your partner with the rule that no player is allowed to hit an outright winner. If a player happens to hit a winner through a series of placed shots, it counts; however, at no time should either player try to blast the ball past the opponent.

3. No Net Mistakes

In order to practice hitting with more clearance, play points in which a net mistake counts double or triple.

4. Keep it Deep

To practice hitting with depth, play points in which the ball must not bounce in the service boxes. If it does, the player loses the point.

STRATEGY #2: PLAY AGGRESSIVELY

This strategy is the opposite of Strategy #1 and involves being very aggressive from the start of the point, hitting the ball hard, and trying to catch the balls early.

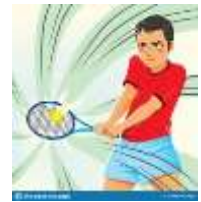
The goal here is to force the opponent to play defensively from the start of the point. That is, you need to start the point with an aggressive serve or return and then continue to attack by stepping into the court, catching the ball on the rise, and driving it back with force. You will continue pushing the opponent backwards until you force a mistake or hit a winner.

Of course, if the opponent hits a good defensive shot, you may not be able to continue to attack that shot, but you will certainly continue looking for the next opportunity.

DRILLS TO IMPROVE YOUR AGGRESSIVENESS

1. 3 Serves

The server has 3 serves (2 first serves) but has to win the point in three shots, including the serve. If the returner manages to hit the ball into the court after the server's 3rd shot, the returner wins the point.



2. 1 Serve

The server has one serve and the returner has to finish the point in 3 shots, including the return. If the server manages to hit the returner's third shot into the court, the server wins the point.

STRATEGY #3: PLAY YOUR STRENGTHS

The easiest way to improve your performance without changing much is to hit your best shots more often. In this strategy, if your forehand is better than your backhand you will have to run around your backhand as much as possible and hit your forehand. Similarly, if your net game is better than your baseline game, you have to try to get to the net as soon as, and as often as, possible.

DRILL TO IMPROVE YOUR STRENGTHS

1. Only Your Best

Play half court, including the doubles alley (if needed), or mark the court so that the playing area measures about 2/3 the normal size of the singles court. Play points using only your best shot. That is, run around your weaker shot. If the opponent gets the ball to your weaker side, you lose the point. Typically, your best shot will be your forehand, but that is not the case for everyone.



STRATEGY #4: ATTACK THE OPPONENT'S WEAKNESS

Forcing the opponent to hit their weaker shot as much as possible will definitely give you an advantage.

Play relentlessly to the opponent's weakness, trying to break it down. Do not be fooled by an open court. In many cases a player with a real weakness would much rather have to run towards their strength than hit their weakness from a standing position.

DRILL TO PRACTICE ATTACKING SOMEONE'S WEAKNESS

1. Play points where one of the players has to hit everything to one side of the court while the other one can hit into the whole court. This includes the serve. Start the point to a specific target. A good way to do this is to have the returner play every shot back to the side where the serve came from.

Stay tuned....Strategies 5-8 in the April newsletter

Focus on Fitness

What's the Right Amount of Exercise Anyway?

Current HHS recommendations for adults are 150-300 minutes per week of moderate physical activity or 75-150 minutes per week of vigorous activity.

Examples of **moderate physical activities** are:

- Very brisk walking
- Mowing the lawn
- Playing tennis doubles



Examples of **vigorous activities** are:

- Hiking
- Jogging
- Playing soccer

Despite these numerical recommendations, most experts have concluded that “more is better”. A 2022 study published in the American Heart Association’s journal Circulation reports that people who did more physical activity lived longer. Specifically, after analyzing the activities of 116,000 people over 30 years the conclusion was that people who did two to four times as much as the recommended amounts did the best. The biggest reduction in early death was found in people who either doubled their moderate activity level or their vigorous activity level (or a combination of both).

What does that look like on a daily basis?

For those who tend towards moderate activity, it is better to double the recommend 21-42 minutes a day to 42-84 minutes a day. For the hard core vigorous exercisers, the numbers go from 10-21 minutes/day to 20-42 minutes a day.

Can one exercise too much?

Men's Health reports that chronic extreme exercise training and competing in endurance events can lead to heart damage and rhythm disorder.

What's a good rule of thumb?

In January of this year Men's Health reported that most fitness and health experts agree that walking 2 miles/day is "enough for overall health and to reduce the risk of lifestyle diseases such as obesity, hypertension, heart disease, and certain cancers."

How can I succeed in my exercise goals?

There is general agreement among experts that these three elements are helpful in achieving one's desired exercise:

1. Planning
2. Getting reminders
3. Offering oneself incentives

How does being a member of ATFC help?

Tennis players and swimmers need to reserve courts and lanes in advance, so those activities need to be planned in advance. Fitness classes are scheduled in a regular pattern, so it is easy to plug them into our schedules. And...having a personal training appointment is ideal!

For tennis, there is definitely the knowledge that not showing up is letting other people down. Not an option! For swimmers, there is the knowledge that leaving their reserved lane unoccupied is a definite "no,no". For fitness class members there is less of a personal responsibility to others, so the burden is on one's own intention and discipline.

In this day and age many of us receive reminders of our daily activities on our smart phones; sometimes we get reminders from friends with whom we've made dates to play tennis, walk, attend fitness class with, etc.



As to incentives, well, that's a pretty subjective topic! Most of us who spend a lot of time at the club see ATFC as our community and we enjoy seeing friends and other club members regularly. That can be quite an incentive. In addition, most members who swim, work out, and/or play tennis seem to be having a lot of fun! Fun – now THAT is a super incentive!

What motivates **you** to exercise when you don't really feel like it? Answering that question is likely the key to meeting your fitness goals.

Ms. Martina



Mannerstilova

Dearest MMM: What do you do when you find only one sock? **Sincerely, Surely Would Be Nice to Have Two**



My Dear SWBNTHT: I feel your pain! Just yesterday I was visiting ATFC and found singleton 8# and 10# weights in the fitness room. Please, fitness members, please put free weights back in their spots in pairs after working out. Thank you! **Sincerely, MMM**

PS: I have noticed that you all are driving more slowly in the parking lot. That's great!

Riddle Me This

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



Answer: A con artist..... (once again, Pat Bibee is the first correct guesser!)

This 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?



"Oh my God! It's from Connie! She's written me a 'John deer' letter!"

