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ATFC Newsletter Editor: Jo Wayles



MAY 2023

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

Club Closure for Deep Clean

ATFC will be closed for three days, June 16, 17, and 18 for serious cleaning!



The closure allows us to take care of needed cleaning and repairs that would be impossible to complete while the club is open.

Please mark your calendars and make a plan to do some fun outdoor activities on that weekend. When you return to the club on June 19th, you will find it sparkling clean!

New Snacks Available

Your attentive and responsive front desk staff members have heard your pleas for some additions to our snack offerings. In the protein department, we are happy to offer Korean BBQ Pork Jerky, as well as original Beef Jerky. In addition, we have a sea salt bar with almonds, cashews, pecans, and a cocoa drizzle. No need to be hungry at the club!



Cell Phone Etiquette at the Club



We try not to have too many rules at ATFC, trusting that members will use their good manners to make wise and responsible choices about their activities at the club. Recently, some members have expressed dismay at folks' chatting continuously on their phones whilst in the workout room. Please be considerate of anyone else who might be in the fitness room and take your phone to the beautiful outdoors to have a conversation. Thank you.

Musical Chairs



Please know that the club owner and staff have been listening to tennis and swim members regarding the need for replacing the tired plastic chairs on the courts and at the pool. Alas, the first shipment of the ordered bright and sturdy chairs arrived defective. Recently the replacement shipment arrived and....these chairs were also of poor quality and had to be rejected. Please be patient - we're working on it!



RONDA'S ROUNDUP

Big Al's Tournament – July 6-9



Time to get registered for this Ashland classic!

48

It is hard to believe that Big Al's will be held for the 48th time this summer! While the event has changed over the years, one constant factor is the great fun that participants and spectators enjoy. This summer should be even more fun! Singles and Co-ed Doubles will be level based UTR (all levels/all ages); Men's and Women's Doubles will be level based UTR (18+).

Registration will include a **complimentary tournament t-shirts** for each player AND a **complimentary Saturday evening dinner** for each player. In addition, there will be an exhibition match during the Saturday evening dinner.



To register for the tournament, as well as for more information, please go to:

<https://app.universaltennis.com/events/147115>

Stevenson Memorial Tennis Tournament, June 2-4

This tournament is organized by the **Stevenson Memorial Foundation** and **Margo Stevenson Herron**, whose mother and older sister were lost in a traumatic event when Margo was 13. Margo found tennis to be a sanctuary as she had to deal with the void in her life during this formative period. The tennis community rallied around her and her father, helping her to heal. Through tennis, she was able to learn important values such as hard work, organization, professionalism, leadership, community, joy, and honesty.

Margo's love of tennis began at a young age, has flourished, and has been passed on to her two tennis-playing children. **With the money raised through the Stevenson Memorial Foundation, we can give the gift of tennis to underprivileged youth in the Rogue Valley.**



The **Stevenson Memorial Tournament** will be held at Hunter Park and is a **Level Based Tournament** for **All Ages and All Levels**. Hosted by the **Stevenson Memorial Foundation**, the tournament will be run **solely by volunteers**.

Tennis + A Great Cause = Win/Win

Please register by May 29th online at:

<https://app.universaltennis.com/events/158472>

Len's Lesson

Len's recent lessons for the ATFC newsletters have been mighty meaty! This month he is suggesting that you review some of the previous lessons. He will be back with more of his curriculum next month!



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 May:

- Saturday, May 6th: Women's 8.0 (65+) 2:30
- Sunday, May 7th: Women's 8.0 (65+) 9:30
- Saturday, May 14th: Women's 4.0 Noon
- Saturday, May 20th: Women's 3.5 Noon

Focus on Fitness

Ch-ch-ch-changes

If you've watched any MLB games this year, you have learned that there is now a time-limit for pitchers. When there is no one on base, a pitcher has 15 seconds to throw a pitch; with a runner on, the pitcher has 20 seconds. This change has resulted in the shortening of the average game by about 20 minutes.



If your work-out routine has become ho-hum, perhaps this spring is a good time for you, too, to change things up!

Here are a few ideas for creating new fitness routines:

- If you do machines, try altering the order. If you love the elliptical, try the rowing machine.
- Haven't been in the free-weight room for a while? Mosey on over!
- Reluctant to attend classes after years away? Give yourself a simple goal of attending one in the next two weeks.
- Don't see yourself as a tennis clinic kind of a person? Sign up for one and give it a try!
- Are you a swimmer and **only** a swimmer? Check out the fitness rooms!



As the weather improves, many of us are adding more exercise to our schedules. If you are doing so, you may need to tweak your diet. Dietitians recommend you eat more of these foods when you increase your work-outs:

- Oatmeal
- Berries
- Beans
- Almonds
- Yogurt
- Chocolate Milk



Ms.Martina Mannerstilova

Dearest MMM: At my last club there were about 20 signs in the fitness room and the locker rooms making it clear what the “rules” were. I have an idea of a sign to put in the pool area. **Sincerely, Gressed Out in Lane 3**

My Dear GOIL3: I trust you have read the first page of this month’s newsletter which references the club’s policy of not having lots of signs and rules. That said, you raise a very legitimate concern – the very occasional exuberant swimmer who expectorates. Please, my dolphin friends, remove yourself briefly from your lane when such a need arises. Many thanks.
Sincerely, MMM



Riddle Me This

This month’s riddle: Why does it take so long for pirates to learn the alphabet?? (this month’s riddle courtesy of Lulu)



Last month’s riddles: What do you call a rabbit with fleas?

Answer: Bugs Bunny!!

What did the dirt say to the rain?

Answer: If you keep this up, my name’s going to be “Mud”!

(**Bill Walz** came up with the best guesses last month!)

