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ATFC Newsletter Editor: Jo Wayles



JULY 2023

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



### July 4<sup>th</sup> Club Closure

The club will be closed all day on Tuesday, July 4<sup>th</sup>. However you choose to celebrate the holiday – as part of the community, with your family, or on your own – we wish you a happy and safe day!

### Club Closure Report

Thirteen people worked over the three days of the annual club closure – a larger than normal crew for our professional janitorial and window cleaning service, painters, a contractor, 2 handymen, 4 staff, and a professional carpet cleaning company!



In addition to the deep cleaning and maintenance, the little deck and steps outside of the upstairs fitness room were redone: sanded and repainted; in addition, the steps were shored up and the fencing outside the pool was cleaned, repaired, and repainted.



Finally, and in an effort to improve the air flow during the hot summer months, we installed screening in the back of court 1 which we hope will allow more air flow, while reducing glare.

The scrubber for the courts is still on order – we will update you in the August newsletter!

### MESSAGE FROM THE OWNER:

#### Let There Be Light! (But ONLY When Needed)



There are 708 lights in the tennis center! Please help us conserve electricity, control expenses, and keep the courts a little bit cooler during the summer by not using the lights when they aren't needed; please be sure to turn them off when you've finished playing. Thank you!

## A Review of the Club's Membership Hold Policy

**Hold status request will be approved only for:**

- Verifiable medical reasons
- Military service
- A member lives at least 45 miles from the club for a minimum of 3 consecutive months a year
- Juniors may also go on hold if they are attending college or participating in another sport



**Once approved for this status members are charged 25% of their regular monthly dues during hold status.**

A one-time \$35 administrative fee for adults and \$25 for young adults and juniors will be charged at the time of the hold request.

\*Members are required to contact the club in writing to re-activate their accounts by completing the form or by emailing: [billingatfc@mind.net](mailto:billingatfc@mind.net)

\*\*Members on hold for injuries may “try out the club” once while on hold to determine if they are ready to return, but must notify the club in advance and will be charged a fee for that “try out”.

## RONDA'S ROUNDUP

### Big Al's Tournament – July 7-9

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**Big Al's is an annual Ashland tradition, going back to 1975!** While changes have occurred over the years, what has been consistent is great tennis in a beautiful setting.



This year's tournament is a UTR level-based co-ed tournament, allowing entrants of all ages and levels to play. All draws are either compass or round-robin brackets, giving each player 3 guaranteed matches for each singles and doubles event.

Food trucks will be on-site at Hunter Park all three days; in addition, ATFC's own Josh Masters will be at tournament headquarters to offer massages.



Come on out, watch some fun tennis, and enjoy a bite to eat! If you're not playing in the tournament, come cheer on your fellow club mates -your support will be appreciated as they play their hearts out!

This year, the tournament is hosting a dinner for players, as well as exhibition matches on Saturday night at Ashland Springs Hotel. The exhibition matches will begin at about 7:15 pm.

## Len's Lesson



### PLAYING TENNIS IN THE HEAT

So how can you safely get through the heat and keep winning points? Here are 10 suggestions to keep you cool!

1. **Stay Hydrated:** The number one rule is to take on as much liquid as you lose through sweat – that's about 32-85 ounces during an hour of play.
2. **Keep Your Drinks Cold:** Cold drinks are absorbed by the body faster and they're more refreshing on hot days. So...take a cooler to your match and fill it with ice and the drinks of your choice.
3. **Drink Before You're Thirsty:** Thirst is not an effective warning system – in fact, your performance will have been suffering before you feel thirsty at all. Drink at regular intervals whether you feel like it or not.
4. **Cut Alcohol and Caffeine:** Drinking alcohol the night before the game puts you at higher risk of dehydration. Coffee has a similar effect on the body, so skip your morning jolt of caffeine and stick to water.
5. **Play in Breathable Clothing:** Letting your skin breathe is one of the most effective ways to stay cool. Mesh panels on tops and shorts let air flow through them and breathable fabric means you don't overheat.
6. **Keep the Sweat from Your Eyes:** You could go for the sweatband or try out a tennis cap like Coco Vandeweghe and Steve Johnson that also blocks dangerous UV rays.
7. **Minimize Your Running Game:** Baseline players beware: all that running from side to side will tire you out faster. Consider bringing your game closer to the net and end points quickly.
8. **Start Out Slowly and Acclimate:** Your first few matches in the heat will be a real shock; but if you start out slow, your body should be able to acclimate. Be sure to stay hydrated throughout, though, even if your body is responding well to the heat.
9. **Play at Night:** A long tennis game on a warm and starry night is one of the joys of summer. Turn on the lights and play after dark. It's a comfortable way to get your game in for the day and you don't run the risk of sunburn.
10. **Use Ice Packs:** Cool down faster by putting ice packs against areas where important arteries are located, such as the groin and armpits. This will cool the blood and boost blood flow to your muscles.



Keep your cool on the courts and be mindful of how your body is adapting or reacting to the heat while you play or train. Plan on competing in the heat this year? Share these tips with your friends and team!



## Focus on Fitness

### Shady Walks

Maybe it's 2pm and you realize you would love to take a walk, but...it is just too hot! Here are a few suggestions for walks that are reliably (mostly) in the shade!

### Standard Lithia Park Walk

- Begin at the plaza and walk the path past the playground til you reach the road to the old Parks & Rec Office; cross the road and continue on the path; when you reach the last bridge, cross it and wend your way back onto the trail heading back. (If you want more of a workout, don't cross the bridge; instead, continue on a few yards and head left up the hill; then continue to the right til you reach the reservoir. You can return along the road and then cut back into the Park for a shady return to the plaza.)

### Strawberry TID Trail

- From Nutley, take a left onto Alnut, then a right onto Strawberry. Park on the left. For a short flat walk take the trail on the opposite side of the street. Continue to its end and turn around. For a longer stroll, head up the short incline on the other side of the street and follow the trail to its end; then turn around. There are stretches where your dog might well enjoy walking in the water next to you. Be careful as there is some mighty healthy poison oak on this trail.
- If you'd like to get a little cardio in, you can add Nature's Heart Trail. Park at the upper parking lot in Lithia Park (the one closest to the Ashland Parks & Rec work building). Walk up Granite – just opposite the road to the old Parks & Rec office, you will see a driveway with the Nature's Heart Trail sign. Follow the trail up and up and up to the TID trail – take a left and follow it to its end and turn around; you can then proceed in the opposite direction til you reach Strawberry Lane. Here you have some choices: you can turn around and proceed back down Nature's Heart; you can proceed across Strawberry to the other part of the TID trail and then return; you could walk down Strawberry and at the T take a right and walk back down Strawberry to Granite and into the park.



### Cottle-Phillips Path to TID Trail

- **Park on Herbert Street** just at the trailhead to the Cottle-Phillips property. Proceed through the field up the trail to the TID. Take a left and enjoy the lovely path as it meanders across town. You'll cross several streets and driveways. When you reach Morton, take a right and then a left onto Lisa Lane to continue to the TID trail (you'll see a trail sign). Proceed to the end and turn around.

## Oredson-Todd Trails

- From town, take a right onto Tolman Creek; turn right onto Morada, left onto Greenmeadows, and then a right onto Lupine; you will find a small parking lot. Check out the trail map (head for the little waterfall!) and be sure to take a glimpse at Gizmo, the large pig wandering about!



## Ms.Martina Mannerstilova

**Dearest MMM:** Did they have a ball machine you could use at Wimbledon? **Sincerely, If So, Who Picked Up the Balls Afterward?**

**My Dear ISWPUTBA:** Well, the short answer is, “no”. And..it has been a month of Sundays since I or any other tennis star has picked up a tennis ball! That said, it is fortunate the club has a ball machine you can use! And...it is YOUR job to follow the few ball machine rules:

- Always allow 6 or 7 minutes at the end of your session to gather **all the balls**, being sure to check behind the curtain
- Put away the ball machine, winding the cord neatly
- Use the sweeper to clean up the yellow fuzz from the court



**Sincerely, MMM**



## Riddle Me This

**This month's riddle:** What amount of space does it take to grow fungi?

**Last month's riddle:** Why were folks fearful when they saw the math teacher with a piece of graph paper??

**Answer:** They thought she might be plotting something...

