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ATFC Newsletter Editor: Jo Wayles



JUNE 2023

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

Club Closure June 16,17,18

Reminder: The club will be entirely closed for these three days for super-duper cleaning. If there's something in your locker that you'll be needing during that time, please be sure to grab it no later than the 15th.



We hope you will be pleased with your sparkly clean club when you return on Monday, the 19th!

MESSAGE FROM THE OWNER:

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



Attention Tennis Players: Did you know that there are 708 LED light bulbs in the tennis center? In order to keep the courts slightly cooler AND to keep the ever-rising utility costs down, **PLEASE, PLEASE turn off the lights** when you've finished playing or if you don't need them when playing. Thank you!

New Benches!

The new benches have arrived and are a terrific addition to the tennis court center. Not only do they look great, but also are quite comfortable!



Court Cleaning

The club is in the process of purchasing a specialized machine that washes the court; owning this will enable us to deep clean our lovely Plexipave courts without having to bring down a team from Portland. We are hoping that this new piece of equipment will be a great addition to the machine we currently use to clean the courts on a weekly basis.

Parking Lot 101

We value the creative spark of our members who find their own special ways of being/staying fit.....**HOWEVER**, when it comes to the parking lot....

- Please use one parking spot for your vehicle unless you are arriving by Cesna
- Importantly, please remember that the parking lot is, for safety reasons, one-way. You might think it's okay – just this once- to flout the rule, but it's not.



Reminder About Annual Fees on June Statement

June 1st is when two annual fees are posted on member statements:

1. **Locker Rental Fee:** If you have a personal locker, the annual fee of \$96 will be charged on your June 1st statement.

Note: If you are interested in renting a locker, please contact the front desk staff – there are a few available in each locker room. Wouldn't it be nice not to have to schlep all your gear every time you come to the club? Just think of the time you'd save if you had your racquet, extra tennis balls, goggles, flippers, ear-pods, etc. ready-to-go in your very own little "closet"??



2. **Tennis Ball Recycling Fee:** Each tennis member is charged an annual \$5 fee to pay for shipping of tennis balls to be recycled. You will find this charge on your June statement.

How Are They Using the Recycled Tennis Balls Anyway?

- **Tennis Ball Courts:** Perhaps not surprisingly, tennis courts are constructed using recycled tennis balls for the surface; reviews suggest that this court surface provides excellent playability, along high durability factor.
- **One Coat Stucco Replacement:** We are working to promote a revolutionary stucco replacement that will use our "Green Gold" recycled tennis balls. This product has several unique advantages: approximately ½ the price of stucco, is extremely durable, and will not crack!
- **Natural Pebble Rubber Mulch:** This product is ideal as a natural rubber mulch or ground cover and is metal and dye free. It provides a unique and natural looking ground cover that can be used in a number of applications, such as plant and garden mulch/cover, as well as equestrian footing and playgrounds.
- **"No Trash" Dog Balls:** We are the first organization to provide "No Trash" dog balls, allowing folks to purchase dog balls and then recycle them back to us at no cost. Our balls are sold on eBay.
- **Wearables:** We are continuing to do Research and Development of new products that would use our recycled tennis ball material. (Okay, we are eager to hear/see more on this front! Very interested in member designs....!)



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RONDA'S ROUNDUP

Big Al's Tournament – July 6-9



Have you registered for Big Al's 48th Annual Tennis Tournament yet? It's getting closer!

48

While the tournament runs July 6-9, we will only schedule Thursday night matches if necessary and will try to schedule local players only, if possible. Please be prepared to play on Thursday evening when registering.

REGISTRATION DEADLINE: June 22

Registration deadline is earlier than usual to allow us to order the shirts to size and to plan for the dinner.

This year's tournament includes:

- Every player will receive a complimentary t-shirt (make sure to include your size when you register).
- Free Saturday evening dinner and tennis exhibition (players TBA) held at Ashland Hills Hotel at 7pm Saturday night. Friends and family are invited to attend, but will be charged a dinner fee (more info to follow regarding the dinner).
- Every player will receive a goodie bag.
- Food truck(s) will be available at Hunter. Times TBD



Note: The tournament will be operated through the UTR platform. **If you have not played a UTR tournament yet, you will need to create a player profile before registering. Please contact Rhonda Spencer: events.ATFC@mind.net if you'd like help creating your UTR profile.**

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+).

If the tournament must be cancelled due to smoke, all players will be refunded the entry fees.

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

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

VOLUNTEERS AND SPONSORS NEEDED FOR BIG AL'S

Volunteers: Can you help during Big Al's? There are sign-up sheets located at the club. Please know that there are several ways to help and that signing up doesn't mean you are locked into an all-day event. In addition to shifts at the tournament desk, behind-the-scenes assistance will also be needed. And...it is super fun to be part of the tournament action!



Sponsors: We are also in need of sponsors to help purchase or donate items for the goodie bags – items such as chap stick, sunscreen, protein bars, etc. If you have any suggestions of particular items, please let me know. All sponsors will have their business name and/or logo put on the tournament shirts.

Please contact Rhonda Spencer with any questions. Events.ATFC@mind.net or 541/517-9764

Len's Lesson

Here is a letter from **Andy Gurov**, junior tennis member:



“Tennis has always been an important part of my life. I first started playing tennis at Rogue Valley Swim & Tennis Club when I was 6 years old. There have been many changes to the local tennis scene since then, but the major turning point for me was when Team Ascension was created.

“Ascension has provided me with a constant source of motivation and has lifted me up to new heights. The countless hours spent on the court, the many matches I have played, and the relationships I have made with my fellow teammates and coaches have shaped me into the player and person I am today. Ascension has taught me more than just the technical aspects of the game; it has also instilled in me important values such as resilience, determination, and sportsmanship. The club has provided me with a supportive and nurturing environment, allowing me to develop not only my tennis skills, but also my character.

“I am grateful for the friendships I have forged here, the teamwork we have embraced, and the unwavering support from each and every member of this community. I will begin the next chapter of my life at Arizona State’s Barrett Honors College where I will be majoring in Finance.”



Thanks, Andy. We will miss you!

Focus on Fitness

Let's look at a few myths about fitness:

1. Stretching before a workout will prevent injuries and soreness

Studies comparing injury rates of people who stretch before exercise and those who don't found little benefit to stretching before a workout. In fact, stretching cold, tight muscles before exercise may cause more harm than good. Conclusion: save the static stretching til after your workout.



2. Muscle weighs more than fat

Well, as they say, a pound of feathers weighs exactly the same as a pound of iron.... The truth is that because muscle is denser than fat, it takes up less room in your body than a pound of fat. (a 5'6" woman who weighs 150 and has 20% body fat will appear smaller and more fit than a 5'6" woman who weighs 150 lbs and has 30% body fat)

3. Muscle turns to fat if I stop working out

Nope. Muscle and fat are two different tissues, so one can't be converted to the other. Because muscle mass will be lost when you stop weight training/working out, you might have slower metabolism and weight gain.

4. Running will make you fit

Some body types are predisposed to running long distances; the rest of us may be able to force our bodies to perform like this, but we will likely sustain injuries in doing so. The human body is more designed for walking great distances or for the occasional sprint.

5. More exercise=better results

Here's a life situation when "too much" is, well, too much!! The body needs time to recover after a workout. Overtraining can cause fatigue, decreasing effectiveness and decreasing muscle strength.

Ms.Martina Mannerstilova

Dearest MMM: When you were on the tour, was it considered okay to thank the ball kids and the referee? **Sincerely, Wondering**



My Dear W: Heck, yeah ! And....yes, I think the staff would enjoy hearing from you that they and their work are appreciated. I have been to **A LOT** of clubs around the world and I can attest that Val,Kathleen, Zach, Maya, Dara are in the tippity-top tier of service. I try to offer my gratitude every time I am at ATFC! **Sincerely, MMM**

Riddle Me This

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



Last month's riddle: Why does it take so long for pirates to learn the alphabet??

Answer: Because they spend so many years at "C"

