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ATFC Newsletter Editor: Jo Wayles



AUGUST 2023

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

Important Note to Sauna Users

YOUR HELP IS NEEDED!

Pouring water directly onto the rocks has resulted in damage to the heaters every few months, causing very expensive repairs.

If you want to put water on the rocks:



DO NOT POUR WATER DIRECTLY ONTO THE ROCKS.

USE THE SPRAY BOTTLE PROVIDED IN EACH SAUNA.



To help assure that the club is able to continue to offer saunas as part of each person's membership, each sauna user is asked to respect this request.

Thank you.

Sale at the ATFC Pro Shop

Hurry on down to the big event: **CLEARANCE SALE AT THE ATFC PRO SHOP!**

The Sale of the Century will begin on August 7th and continue until August 11th.



Shirts! Towels! Water Bottles! Bags! Socks!



Adult Tennis Camp

Come join **Gail** and fellow tennis pro, **Steve Vaughn**, September 15-17 for a Wild West Tennis Camp at Hunter Park! Work on your strokes, court positioning, and mental toughness during fun, fast-paced drills. For more information, contact Gail or go to

www.wildwesttennis.com





RONDA'S ROUNDUP

Big Al's Tournament – July 7-9

On behalf of everyone at ATFC, we want to thank everyone who supported Big Al's 48th Annual Tennis Tournament by playing or watching

We had a great turnout for both players and spectators all three days and the weather was great! All enjoyed the food trucks which were available throughout the 3-day tournament.

In addition to giving out goodie bags and t-shirts to all players again this year, we added a player dinner and tennis exhibition on Saturday evening at Ashland Hills Hotel. Everyone had a wonderful time.



ATFC Member Successes at Big Al's:

- Singles Group 1 Finalist: Alexis Uschold
- Singles Group 2 Finalist: Olivia Uschold
- Singles Group 6 Champion: Cooper Uschold
- Singles Group 7 Champion: Matt Oliva
- Doubles Group 1 Champions: Cian O'Neill/McKenzie Hilmer
- Doubles Group 1 Finalists: Dana Smith/John Dix
- Doubles Group 2 Champions: Milo Smith/Andrew Schleinitz
- Doubles Group 2 Finalists: Mike Todd/Peter Finkle
- Doubles Group 3 Finalists: Aarav Sheoran/Anshuman Nehra
- Doubles Group 4 Finalists: Carys Chamberland/Ben Smith
- Doubles Group 5 Champions: Olivia Uschold/Henry Smith
- Doubles Group 5 Finalists: Cooper Uschold/Kellen Cleveland

Special thanks to our generous sponsors:

Charles Point; Cataract & Laser Institute; Southern Oregon Neurosurgical; Ashland Hills Hotel

And to our phenomenal volunteers:

Carol Yirak, Kristianna Woods, and Hannah Poisson

Next Tournament

UTR Tennis Tournament: September 8-10

Level-based Tournament: All ages/All levels - Singles and Doubles

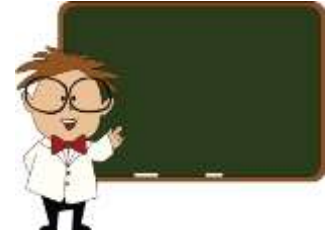
Register by September 4th online at: <https://app.universaltennis.com/events/189046>

Reminder: if you have not yet played a UTR tournament, you do need to create a profile before you are able to register. Contact Ronda with any questions (cell: 541/517-9764)

Len's Lesson

Summer is flying by with tournaments, family travels, junior get-togethers, etc. The Ascension junior tennis team has gone on a couple of outings so far: a rafting day on the Rogue River and a boating day on Lost Creek Lake.

Here are a few photos of the kids having a great time and creating great memories!



Focus on Fitness

Often we forget the important last part of an exercise routine: cooling down. We tend to get so focused on the exercise that we neglect taking care of our body after our workout.

Cooling down is essential for:

- Regulating our heart rate and reducing stress to the heart
- Reducing build-up of lactic acid
- Preventing injuries

Cooling Down for Swimmers

- Cool down by gradually slowing down. Do about 5-10 minutes of slower-paced laps until you reach a leisurely pace



Cooling Down after a Cardio Workout

- After you have finished your regular workout, continue for 5 minutes, but at a slower pace
- After a brisk walk, walk slowly for 5-10 minutes
- After a run, walk briskly for 5-10 minutes



Cooling Down after Tennis

- Take 5 minutes at the end of a singles match to simply rally with a joint goal of hitting 25-50 consecutive balls between the service line and the base-line. It's all about cooperation and not trying to hit winners.
- After a competitive match, do a combination of light cardio and stretching

Ms. Martina Mannerstilova

Dearest ATFC Members: As you can imagine, it was difficult for me to make the decision to retire from my amazing tennis career – hard to give up the glorious days on the courts be they clay, grass, or hard! Happily, I have been able to build a new career as a commentator and, of course, as a guide to all of you for many years. **Now the time has come to bid you adieu!** You are all doing wonderfully with your manners and consideration to each other and to the fabulous ATFC staff, so my work here is done. I will miss you. Be well! **Love, MMM**

Riddle Me This

This month's riddle: Where do bad rainbows go? (Thanks to Ellie Miller for this one!)



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

Answer: As "mushroom" as possible! (That's a good one!!!!)

