

# OJAI VALLEY ATHLETIC CLUB



**JUNE 2010**

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Ojai, CA 93023  
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**WE  
LOVE**



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**KRONIES!**

### LIVE BAND ON JUNE 25<sup>TH</sup>!

Get out your Hawaiian shirts and plan to join us on Friday, June 25<sup>th</sup> for a Hawaiian Luau Party! We will feature live music from Party of Five, plus Joanne Terry will be leading hula lessons for the **whole family**. Don't forget to stop by our café where we will be offering special Hawaiian entrees at a discounted price. We'll be giving away prizes for the best Hawaiian shirt, so plan on dressing for the occasion! The music starts at 6pm and goes until 8:30pm. This party is free for members.



### OVAC'S MOST POPULAR PERSONAL TRAINER HAS A SGT SPOT WAITING FOR YOU!

Appointments with certified personal trainer Val Poulos are coveted and extremely hard to come by. So be the first to jump on this rare opportunity...a limited number of spaces are being offered to members in Val's 2:45pm Monday and/or Wednesday Small Group Training. Reserve your spot today by contacting Val directly at 218-1499. Cost per session is only \$30 (5 session minimum).

**VAL GETS RESULTS!**

### NEW DYNAMIC MOBILITY CLASS!

Join Brooke Atkins on Wednesdays at 10:45am for this amazing new class geared towards all fitness levels. Flexibility, mobility and stability are powerful components to any fitness practice. Come develop your core and learn to move your body correctly so that you can realize your strongest, fittest potential.



### SUMMER SWIM LESSONS!

#### Jr. Swim Team & Stroke Development

**New!!**

#### Jr. Lifeguard Component

June 21st to August 20th

M W F 10:00am - 11:00am

\$Cost:

Whole Session: \$150.00 (\$30.00 savings)

June 21st - June 30 **only** \$40.00

July 1st - July 31st **only** \$80.00

August 1st - August 20th **only** \$60.00

Daily drop in fees (if space is available) \$10.00

To sign up, call Jen at 6467213 ext 106 or sign up at the lessons table in the pool lobby

## BE A RECYCLED READER!

### BOOK EXCHANGE EVENT

Monday  
June 28th  
7:00- 8:00pm

Beginning June 1<sup>st</sup>  
Bring books that you would like to swap with other members  
at our first  
OVAC

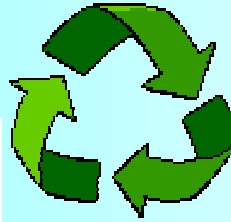
### Book Exchange Event!

Books will be collected at the front desk.

On Monday June 28  
7:00-8:00 pm

Join us in the lounge for dessert and coffee while you  
browse the collection and select some pre-owned tales and treasures  
to take home.

*(Free to members)*



## JUNE'S MEMBER OF THE MONTH

Mitnee Duque sure makes 75 look great! Each year Mitnee, our June member of the month, celebrates her birthday by swimming one lap for each of her years. This year coach Rick and all of Mitnee's swimming buddies planned a special swim challenge to honor Mitnee's 75<sup>th</sup> years. 75/ 25's on 40 second lengths. Rick and the entire class joined Mitnee for her swim while family and friends cheered her on from the pool deck. She felt truly honored.

Mitnee says that even after participating in Rick's Technique Class for 23 years (Yes, she said 23 YEARS!) she still learns something new with each session. She appreciates Rick's passion in how he teaches as well as his ability to streamline his workouts and bring something new to each session.

Mitnee became a member of Ojai Valley Athletic Club in 1984 when she came to Ojai and became the editor of the Ojai Valley News. In 1986 Mitnee began what she described as her dream job. She opened a book store, The Ojai Table of Contents. The book store was a place she could share her passion for reading with all ages.

### MASTER'S SWIM SCHEDULE

#### MONDAY-WEDNESDAY-FRIDAY

6:00 am Masters

9:00 am Technique

12 Noon Lunch Bunch Masters

4:30 pm Masters

#### TUESDAY-THURSDAY

8:00 am Masters I

9:00 am Senior Swim

#### SATURDAY

7:30 am Masters I

In 2001 Mitnee was diagnosed with a brain tumor. She is gratefully fully recovered and attributes her recovery and continued good health to her commitment to "self" and regular exercise. She admits that exercise is a bit of a love/hate relationship but she is convinced that it is one of the most important components in overall health and wellness. She is grateful to the Club for the many opportunities it offers the members. Besides her swimming routine Mitnee does circuit training for strength. For the past nine years she has played on a local golf league called The Front Nine.

Spending time with family and friends is high on Mitnee's list of healthy lifestyle habits. Mitnee's commitment to exercise and good health have served as a great example to her two grown children and 5 grandchildren.

Thank you, Mitnee! You are an inspiration for all of us. It is an honor to have you as a member of our Ojai Valley Athletic Club Family.

## OVAC SUMMER TENNIS CAMPS 2010

PEE WEE CAMPS	FUTURES CAMPS
Time 9:00am – 11:30am <span style="float: right;">Cost \$95.00</span>  June 14-18 July 12-16 August 2-6  Camp for Ages 5-7. We want to get kids excited about tennis by playing fun games all the while learning the correct technique and fundamentals of the game. Your kids will love it!	Time 9:00am – 12:00pm <span style="float: right;">Cost \$125.00</span>  June 21-25 July 19-23 August 9-13  Ages 8 & Up. We are getting more into fun drills and competition. Proper technique takes a high priority.



ADVANCED PLAYERS CAMPS
Time 9:00am – 12:00pm <span style="float: right;">Cost \$125.00</span>  June 28-July 2 July 26-30 August 16-20  Camp designed for players interested in Tournament Play. Should be at a certain level to compete in this camp. Good times and good competition!



All Camps End  
 The Day With  
 Swimming!!!!

**TENNIS NEWS**

Summer is just a few days away and it looks like we are going to have a great time here at OVAC Tennis! We will be having great camps for juniors throughout the summer so please get your kids signed up at the tennis board in the lobby. I want to take some time to thank all the Interclub Ladies on another great season! Special thanks to TaraLee, Jamie and Tracy for handling the Captains role for their teams. You guys are great! I want to give a heads up to new players that we will be having an additional "C" team next season so if you have any interest in playing tennis and would like to join a great group of ladies contact me and I can get you on your way! On a side note, as you read this we will be having a \$50,000 ATP Men's Pro Tournament being held at the club. Please drop by and see some great tennis.  
 See ya on the Court!  
 Ryan

<b>SUMMER TENNIS CLINICS</b> <b>Pee Wee Clinic</b> Ages 5-7 Thursdays 4:00 – 4:30pm Cost: \$8.00
<b>Beginning/Intermediate Clinic</b> Ages 8 & Up Tuesdays 4:00 – 5:00pm Cost: \$14.00
<b>Advanced Clinic</b> Contact Ryan Mondays & Wednesdays 4:00 – 5:00pm Cost: \$14.00
<b>High School Clinic</b> Contact Ryan Mondays 5:00 – 6:00pm Cost: \$14.00



## LEARNING NEW SKILLS

By Danielle Williams, PES, CPT, CES

*"Whether you think you can or think you can't, you're right."-Henry Ford*

Are feelings of self-consciousness keeping you from trying a new class, exercise, or activity? Do you find yourself looking around to compare how you are doing compared to others? Maybe you've witnessed something at the gym and concluded that would be way too hard for you? Well, you are not alone. Many people believe good skills are something you are born with, rather than something acquired with practice. But don't forget that all elite athletes were at some point beginners too. Most accomplishments evolve from hours and hours of practice. "Athletic" people are actually not better at trying new things; ironically, they are often worse! If they have always been good at sports, they may get frustrated when trying a new exercise because they are not good at it right away. As people age they seem even less liking to try new things. Fears, feelings of embarrassment and nerves all come into play. They don't want to look funny or get injured. These fears need to be overcome because learning new skills is good for both your body and your brain. Plus, they allow you to have fun and be active. Don't let your fears keep you from trying a class, exercise or activity. All it takes is a little focus, patience and practice.

Start by acknowledging that you are a beginner. It's ok! Look for beginning level classes or instructors. Let your instructor know you are nervous, but eager to develop new skills. Nervousness is normal, but don't let it get in the way of your learning or performance. Clear your mind by focusing on the positive, breathe deeply and listen carefully to the instructor. Avoid letting negative thoughts distract you ("I can't do this") and focus on the here and now. As you watch your instructor perform a new skill, imagine doing the movement. Observe what different body parts are doing and how they work together to accomplish the movement's goal. And definitely ask questions! Then, try the skill yourself...over and over and over. You will get better. Really focus on what you are doing and try not to talk (or think) too much while performing the movement. Keep adjusting your performance as you practice. Listen to the feedback from your instructor. Focus on this feedback and notice the results. Finally, try to avoid comparing yourself to others.

Some skills you may acquire quickly and others may take a l-o-n-g time. Getting new exercises right takes practice and patience. But, as with most things in life, perseverance pays off with huge dividends. As Fitness Director at OVAC, I am dedicated to helping you achieve your fitness goals. I welcome the opportunity to help guide you through the many wonderful opportunities we offer to all fitness levels. Please feel free to contact me at any time to discuss what classes or programs we offer that will help you to achieve your goals. Direct line (818)219-4845. Voicemail (805)646-7213 ext. 221.