



OJAI VALLEY ATHLETIC CLUB

Don't miss our annual Halloween Party and Haunted House, October 30th
From 5-7p.m.!



OCTOBER 2010
409 S. Fox St Ojai, CA 93023
805-646-7213
Fax 805-640-1530



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

IT'S NOT TOO LATE FOR SWIM LESSONS!

Did you know that our fabulous Jen Scarminach teaches swim lessons year round? That's right...our pool is heated and you can get the same quality swim lessons you got in July right now in October. Call Jen today to get started or to jump back in! 805-646-7213

JUNIOR SWIM TEAM & STROKE DEVELOPMENT

Mondays-Wednesdays-Fridays

3:30 to 4:30pm

Cost \$60.00/Month

Or

\$10.00/Drop In

Non members welcome for Stroke Development
 Junior Swim Team participants must be members
 See membership for our special Junior Swim Team memberships!



USED RECUMBENT BIKE PRICE SLASH!

We have lowered the price of the used recumbent bikes we are offering for sale to \$300. Contact the front desk for details.

**GET READY! GET SET! LET'S PLAY TENNIS!
SUNDAY, OCTOBER 10th, 2010
11th Annual Ojai Tennis Marathon**

(A benefit for the Ojai Valley Youth Foundation)

OVAC and Libbey Park

Breakfast, 50 games of tennis, courtside massages, goody bags, prizes, gourmet lunch, live auction--irresistible!

Contact Holly Roberts at ovyftennismarathon@gmail.com or phone 646-3641 to register.

Tennis Marathon Kick-Off Party a Success!

Thank you to all the players who made it out to the celebration that was all about YOU! Thank you to our Sponsors! Thank you to all the volunteers who helped out at the party too! Thank you to our tennis pros (Ryan, Jim, Rick & Helen) who made the games fun!

****For those of you who couldn't make it out to the Kick-Off on Saturday, here's what you missed....**

Yummy apps (fruit, cheese, crackers, chips, guacamole to die for)

Beer on tap, wine by the glass, lemonade, soda, water (thank goodness because the first hour was pretty darn HOT!)

Entertaining Tennis Games (see below for winners--prizes included flying monkeys (yes, I swear), fanny packs, racquet strings, golf tees and a giant bottle of Heinekken beer (adult winner)! See what you missed out on!) **LIVE MUSIC with Soul Machine** (okay, they were a bit late but once they set up, they jazzed up the place and it felt like a 'Hot August Night Jamfest,' except in September, of course)

50/50 Raffle (Dakota Schoen and friend, who spent the evening hawking these tickets, won half the pot (about \$100), much to the chagrin of her mother, Taralee, who bought arm lengths of tickets and gave Dakota just one which turned out to be "THE ONE!")

Interclub Team Basket Raffle (4 amazing and diverse baskets full of goodies, including a "Eat, Love, Pray" theme, a "Gourmet" theme, a "Bootylicious" theme and a "Mexican Fiesta" theme. Each winner was the envy of the crowd--this raffle earned \$525 and will help offset the cost of the party--great job!)

FREE Sponsorship Money awarded (10 lucky players walked away with scholarship money (a collective purse of \$925) to go toward their sponsorship goals--reason enough to attend the party!)

DANCING (Well, SOME of us danced while others watched with envy--you know who you are!)

LAST, BUT MOST DEFINITELY NOT LEAST--Decorations & DESSERT (Jen Scarminach surpassed herself by providing **festive sunflower centerpieces** for our tables and the **TASTIEST CUPCAKES on the planet**--seriously--**THANK YOU JEN!**)

A Big Thank you goes out to the Ojai Valley Athletic Club for donating the use of the club for this party and also for the facility on 10-10-10--we wouldn't be able to host this event anywhere else!

Okay, so that's it in a nutshell... We are looking forward to the big event in 2 weeks and hope you are too!

TENNIS GAME RESULTS--

Target Shot Contest (Best out of 5 balls served in each of forehand and backhand courts)

Youth Winner: Calvin O'Dair (2 points--way to go Calvin!)

Adult Winner: David Gonzalez (2 points--Some say that Dave Jones tied, but we'll never know for sure...)

Serve Speed Contest (Best of 2 attempts)

Adult Male winner: David Gonzalez (speed--94 MILES PER HOUR--yes, it's true)

Adult Female winner: Lea Gonzalez (speed--something really amazing which we'll leave up to your imagination)

Youth Female winner: Mackenzie Eccles (speed 61--WOW!)

Youth Male Winner: Fabio Lauretta (speed 69--WOW AGAIN!)



Mikel Elizalde strikes one up the middle at the target during the Ojai Tennis Marathon Kick-Off party recently. He will play 50 games of doubles tennis in his first Tennis marathon on October 10th.



Stacy Margolin-Potter, Host of the 11th annual Ojai Tennis Marathon to benefit the Ojai Valley Youth Foundation, welcomes players, sponsors and guests at the recent Kick-Off party and celebrates their efforts in fundraising for the event.



Cooper Greenfield focuses on nailing the target during the Ojai Tennis Marathon Kick-Off party recently. Cooper hopes to be a top money raiser at over \$1000 this year.

OVAC IS GIVING TO THE DOGS IN OCTOBER!

If you are ever buried under a ton of rubble, trapped where no one can find you, or caught in the aftermath of a storm... who you *gonna* call?

THE SEARCH DOG FOUNDATION!

Founded and based in our very own town of Ojai, the

Search Dog Foundation's mission is to *strengthen disaster response in America* by providing the most highly trained Canine Disaster Search Teams in the nation.

OVAC will devote the entire month to ways you can help this very unique and worthy cause concluding the

fundraising drive with a **SILENT AUCTION**

Monday, October 25th - Monday, November 1st

Be Part of the Search!





TENNIS NEWS

I am very excited with all the fun things happening here at OVAC Tennis. Our Interclub Ladies have been going great this season. It has been great seeing their matches every Wednesday morning here at the club. We also had a great time with our Friday Night Tennis, Wine & Dine held at the courts last week. It was great having such a fun and entertaining group to hang out with on a Friday Night. We hope to have more of these fun events in the near future. I hope everyone has a great and cool October (that last week was a doozy!!!)

See ya on the courts!

Ryan

FALL CLINICS AT OVAC Junior Tennis

PEE WEE CLINIC

Ages 5-7

Thursdays 4:00 – 4:30pm

Cost: \$8.00

FUTURES CLINIC

Ages 8 & Up

Tuesdays 4:00 – 5:00pm

Cost: \$14.00

ADVANCED CLINIC

Contact Ryan

Mondays & Wednesdays 4:00 – 5:00pm

Cost: \$14.00

Contact Ryan for more information or to sign your junior up.



HAVE A LOOK AT THE NOOK!

When you purchase an item from **The Nook** in October you will be entered in a drawing for a

\$50 GIFT CERTIFICATE

towards your next purchase at **The Nook**

We are now carrying

AVENTURA

eco-friendly clothing

and

OJAI YOGA WEAR

organic classic collection created to enhance your yoga practice and beyond

Look in The Nook often for new arrivals!

KIDS CLUB TO TENNIS MARATHON!

Holly Roberts, our October OVAC Member of the Month, believes that kids should be exposed to fitness at an early age.

Holly's own fitness journal is interesting and inspiring. She was a competitive soccer player in college and was a Strict Curl competitor. She earned a 1st degree black belt in Tae Kwon Do. Holly has maintained her interest in exposing kids to sports and fundraising by coaching Girls Varsity soccer and as co-coordinator of the Quick start Tennis instructors program.



Love and marriage to her husband, Badaoui, was followed by babies in the baby carriage. Her son Kadin is now 8 and daughter Maya is 4. Holly became a member when her son was 6 months old and she discovered OVAC's wonderful Kids Club! Her children were safe, happy and well cared for and she started playing tennis! Holly had found a way to keep fitness in her life and found a social outlet of new like minded friends in the gym, on the court and with other young mothers. As the children have gotten older they still enjoy the arts and crafts projects that our fabulous Kid's club director, Regina, provides for the older kids.

Holly's background is in sales and marketing and she is a freelance writer and photographer. These qualifications have certainly come in handy with the marvelous job she has done recently as the co-coordinator for the 11th annual Ojai Tennis Marathon benefiting the Ojai Valley Youth Foundation. We are proud to have Holly as a valued member of The Ojai Valley Athletic Club. Read all about this exciting event also in this newsletter under Get Ready! Get Set! Lets Play Tennis! Wow! Holly! Great job!

FRIDAY FAMILY FUN RUNS

Kick off your fall running season and stay in shape through the holidays. Bring your family and friends out for a 6-week running series starting October 15th at 5:30pm. There's a 2 or 4-mile out-and-back loop to choose from; \$5 per person per run (10 and under are free). Join the group at the club Café afterwards to celebrate your achievement! For more information, email triojai@att.net. See you on the 15th!



WHAT IS FASCIA ANYWAY?

By Fitness Director Danielle Williams, PES, CES, CPT

Fascia is the connective tissue that runs throughout our body much like a giant net or spider web. It performs a vast array of duties in the body – it provides a setting in which muscles can slide and glide, it suspends the organs in place, and it provides the necessary components for an electrical system throughout the body. Fascia also offers a supportive, yet mobile, wrapping for nerves, blood vessels and lymph vessels as they travel amongst the muscles of the body.

It is amazing to realize that the fascia in our bodies is actually one continuous piece of tissue. This means that any one part is attached to every other part in the body. You may become aware of this connection after an injury, which if not addressed properly, can start a domino effect of problems. Even if only a small area of fascia is damaged, the damage will eventually spread throughout neighboring tissue. You will start to notice problems arising nowhere near the site of the original injury (for example, a C-section scar/restriction/adhesion being the actual cause of low back pain).

Our bodies will compensate any which way to keep you standing upright and functioning. But, your power and endurance becomes compromised, your recovery time takes longer, and your risk of injury increases as the fascia becomes restricted. Restricted fascia means decreased range of motion. Without this full range of motion, every movement you make requires more energy from the body. Restricted fascia will place pressure on circulatory vessels, hindering recovery time. Such pressure limits the delivery of nutrients needed for cellular healing and limits the ability to remove damaged cells.

Exercise creates stress for the body and/or damages the fascia. This stress leads to tension in the muscles and along full lengths of fascial sheets. The damage will rear its ugly head in the form of adhesions. This leads to constant pulling from the tight areas of fascia and thus the body must compensate and use other muscles to perform all day long. These compensations then lead to other problems causing the body to make further adjustments – it becomes a vicious cycle.

As the importance of fascia and its effects on the body start to gain recognition, fitness professionals will continue to stress more and more the importance of self myofascial release (“foam rolling”) and stretching. If you would like further information, please contact me at 818-219-4835. And, I highly recommend the book *Anatomy Trains* by Thomas W. Myers (2nd edition) for a fascinating explanation of our bodies connective tissue.

HEART PUMPING NEW CLASSES

Fit Fun w/Amy Mondays 9:45am Amy is an incredible new instructor here at OVAC who has started teaching a popular strength building and toning class, with some cardio thrown in to spice things up. Amy is an experienced instructor with a lot of enthusiasm that makes this call truly special.

Cardio Dance w/Joanne Wednesdays 5:00pm Joanne is one of OVAC's long standing superstar dance instructors. She has an amazingly broad background in so many different areas of dance (remember the fire dancing at the Happy Hour party?). Join her for an hour that is sure to entertain as well as instruct.

