

Ojai Valley Athletic Club

July 2011



OVAC SUMMER TENNIS CAMPS!!

PEE WEE CAMP

Ages 4-7 Time 9:00-11:30

Cost \$95

We always have a great time with our Pee Wee Camps! Kids will learn the basics while having a great time playing games and having fun! Kids will play tennis and swim for the last 20 minutes.

JULY 25-29 AUGUST 8-12



FUTURES CAMP

Ages 8 & up Time 9:00-12:00

Cost \$125.00

A step up from the Pee Wee Camp. Kids will learn more technique and skill games. Kids will be grouped with others in their skill/age level. It will be a great time with of course some swimming at the end of the day!



JULY 11-15 AUGUST 1-5



TOURNAMENT PLAYERS CAMP

Contact Ryan Time 9:00-12:00

Cost \$125.00

Our most intense camp designed for tournament players. We will bring the fun but also have tough drills and match play.

If you want to take your tennis to the next level contact
Ryan!

JULY 18-22

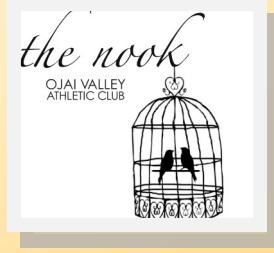


JULY PRO SHOP SPECIAL

Visit The Nook in July to take advantage of 10% off all red, white or blue items.

A BETTER WAY TO MONITOR YOUR HEALTH – ADVANCED BODY FAT TESTING

OVAC is pleased to announce the acquisition of a Tanita InnerScan Body Composition Monitor. **For only \$17**, this technologically advanced instrument will tell you your segmental body fat percentages (total body, left arm, right arm, left leg, right leg, and trunk) and whether you are in a healthy body fat percentage range. In addition, the test will inform you of your weight, body water percentage, muscle mass (total body, left arm, right arm, left leg, right leg, and trunk), rate your physique, provide a bone mass reading, a visceral fat score, your metabolic age, and a daily caloric intake number that can be used to lose or gain weight. The test only takes 5 minutes. Contact Fitness Director Danielle Williams at 818-219-4835 or your favorite personal trainer to schedule a time for a test.



TENNIS NEWS

The month of June has been a great one for OVAC Summer Tennis! Our first few Junior Camps have been a great success. We still have spots open if you have kids interested in playing tennis and doing a little swimming for a week.

I also want to thank all the guys who came out for our Club Championship a few weeks ago.

It has gotten down to Jakob Vos & Drew Lurie against Mike Burke and Mike Borders. The match has been delayed until we get Mr.

Vos back from seeing his new grandchild. I look forward to seeing a very exciting match!

Hope everyone has a great 4th of July!

See Ya on the Court!

Ryan



Have a safe and happy
Independence Day!

4th Of July Hours

8am-6pm

There will be NO Childcare or Group
Fitness classes on the holiday.

July 22nd at 6pm

**Live Band!
Party of Five
Free for Members and their guests!
Everyone is invited!**

Viva Fiesta!

Salsa Dancing!

Chili Verde

Spanish Rice and Black Beans

Mexican Caesar Salad



Cupcake Walk

YOUR RX FOR HEALTH



Dr. Fred Fauvre is a doctor of internal medicine, cardiology and geriatrics with a passion for life.

When Fred was in college he was selling light bulbs door to door. It was the 4th of July when he knocked on the right door and met Shirle. Now that's a "light bulb moment"! Forty three years of fireworks, 3 children and 2 grand-children later they still love spending time together.

When I met with Fred in his office I observed that the walls are filled with photos that tell the stories of Fred and Shirle's life. There are pictures of his parents, their three children and grand-children, along with snapshots from their world travels. More photographs proudly document some of Fred's marathon accomplishments:

- May 1981 The Avenue of the Giants, Eureka: 3:36:35
- February 1995 Las Vegas: 4:36:07
- October 1995 Portland: 4:13:40

Fred has been running since high school. Besides his personal interest in running Fred shares his passion for health and fitness as chair of the American Heart Association's Ojai 5-10K "Heart and Sole" since 1991.

Each October since 2000 Fred heads up the "October Classic", a not for profit benefit run for Ojai Community Hospital. And every Fourth of July the doctor hosts the Freedom Run. This run is 1/2-1 mile for ages 2-12. Every participant gets an American flag and a 1st Place ribbon!

When her previous job as a stay-at-home mom was successfully completed, Shirle became Fred's office manager. She also enjoys family, gardening and traveling.

The Fauvre's have been members of the Ojai Valley Athletic club since 1975. They enjoyed many memorable family times here at the club. Fred confessed that when the children went off on their own he didn't use the club much. Then this past April, after undergoing surgery for a new heart valve (and receiving a recommendation to have surgery to fix his back pain), Dr. Fauvre decided that he was going to write his own prescription. A trusted friend had recommended he try Spinning. He admits he was terrified but he strapped on a heart rate monitor and is now a faithful 5:45am Spinner! He is very excited about the potential for improving his 10K time by utilizing the periodization training schedule in the Spinning classes.

Several weeks into his new Spinning regime, Fred showed up for class with Shirle. When I asked Fred how he convinced Shirle to get up and come to a Spin class at 5:45 in the morning he replied "We still like to be together." Ahhh!

In Fred's geriatric practice he sees everyday how as people get older some get frail, and that we must exercise to prolong function. Dr. Fauvre has a prescription for all of us:

"As we grow in wisdom we must swim against the tide by getting and staying in shape. Do something for 30-45 minutes a day."

Thanks Doc! That's advice we can all use!

SUMMER SWIM LESSONS!

Spaces still available...contact Jenifer Scarminach at 805.646.7213



WHAT IS THE SECRET TO A GREAT FAT BURNING WORKOUT?

By Danielle Williams, Fitness Director

The missing link for many of us is to simply increase our workout intensity and change the workout program frequently. Variety is crucial for fat loss because your body adapts in response to training. And it adapts quickly. Even programs that have been working great will eventually give diminishing returns, meaning it is definitely time for a change. Our bodies are just too smart and efficient – when asked to lift the same weight in the same way week in and week out, our body will only change enough to meet that demand.

If we want to maintain continual fat loss and muscle gain, our workout program variables must continually change (sets, reps, etc.). These changing demands cause our body to continually adapt and expend more energy (read fat) to do so. A beginner may be able to go longer before adaptation occurs, but advanced trainers need to drastically

adjust their programs as much as every four weeks in order to maintain fat loss. The advanced trainee's body has simply become too efficient in a low-calorie state and refuses to drop any more fat unless the training demands exceed the body's efficiency. What type of changes should be made? The program adjustment possibilities are numerous and can include changing the technique for some exercises, changing the length of the intervals, or changing the number of reps per exercise.



Strength training for fat loss should be intense. Strength training in this situation is being used to promote protein turnover, a higher metabolic rate, more calorie burning, and a better body composition. By continually changing your program and including high-intensity exercise, your body will burn a lot of calories trying to keep up. And, the harder you train, the greater the increase in your post-exercise metabolism. This is why you will get better results from performing sets of 8 than you will set of 12 reps or more. Heavy strength training has long been under-rated by those seeking to lose body fat, even though it is likely the best type of exercise to improve body composition because it promotes both energy expenditure and muscle growth.

Long, slow, cardio is dead. It is definitely nowhere near the top of the list for things to do to lose fat. Weight training and nutrition are MUCH more important. You will burn calories during an aerobic workout, but once the cardio ends, that's it. No more calories burned and no metabolism boost. On the other hand, when you create a metabolic disturbance in your body from strength training or interval training, you will have a strong stimulus for all-day calorie burning, so you'll burn more fat and get lean faster.

And what exercises should you do? Stick with the basics and remember there are no shortcuts or magic supplements. Be ready for consistent effort and hard work to get fat loss results. "Cutting exercises" such as the pec-deck machine, bicep curls or the leg extension machine should NOT be the focus of your strength training. Instead, go for exercises that require a lot of muscle mass to expend the most energy and signal the body for growth and repair – presses, rows, squats, lunges and deadlifts. Combining strength and interval training will result in the greatest amount of metabolic disturbance to your body and therefore more fat loss.



If you are looking for a program designed specifically for fat loss, or are just looking to add more variety to your workout, OVAC offers pre-made workout routines for sale at a cost of \$27 per month. This will provide you with TWO workout routines to perform on your own in the gym and will include complete pictures/descriptions of the exercises. If you are interested, please contact Danielle Williams at 818-219-4835.



OJAI VALLEY
ATHLETIC CLUB

THANK YOU FOR YOUR SUPPORT AND PARTICIPATION IN THE FUNDRAISER FOR JEFF HOEFLING

From Jeff: "I want to sincerely thank all my friends and family at the Club who came out in great numbers to support me during this difficult and confusing time. Some of the names on the list were people I hardly know, and some are people who I've known for so long now that they feel like my family members. To all of you, it makes me feel overwhelmed by the love and support I didn't even know was out there."

From Jeff's family: There are no words to express the gratitude that we feel. Some of you know what has been going on in our lives since November 23, 2010 when Jeff was first diagnosed with Stage 3C melanoma... for those of you who are new to this information, the disease at Jeff's stage carries an average 15% survival rate over 5 years. That's a pretty hard statistic for a young family. Many of you have seen Jeff with our daughter, Anjali, who is now 4, and older members will also remember Dylan, his 18 year old son. The thought of Jeff leaving us has been beyond devastating for all of us.

A series of events – a few good and others awful – have ensued over the seven months since we got the news: in December 2010 Jeff had surgery to remove the cancerous lymph nodes – there were 28, and they were huge, indicating an extremely aggressive disease, even in terms of this very aggressive type of cancer.

In January, Jeff got a staph infection as a result of the surgery. He beat that after a month-long intensive course of at-home antibiotic therapy.

At the tail end of the infection, we were able to enroll Jeff into a promising double-blind clinical trial for a new drug, ipilimumab, at the Angeles Clinic in LA. We are SO thankful that he is receiving the drug and not the placebo (which we know because he has side effects that appear only in those receiving the drug.) This was our most excellent news.

In February, we lost our dog Aria to cancer. For our whole family, a cancer death at that time was very difficult to understand and accept. She was 7 years old and a Gentle Giant Great Dane. She passed away quietly at home with the help of Lisa Wesche and Matt Bailey of Matilija Vet, plus some red velvet cake that helped ease her passage into the next world.

In March, we lost our precious cat, Pi-Diddle. Everyone thinks their cat is the best cat, but Pi was extremely special in so many ways to each and every one of us. After that, loss had become so palpable in our lives that we could do nothing but think of death and dying. Still we tried very hard to muster up some hope, faith and happiness for the sake of our children. We got a great new dog, Stanley, to bring a little light into the house.

April was a good month with our little Anjali's 4th birthday and birthday party! Many friends from the club, from Holy Cross preschool and from Starlight Dance Studio came to celebrate with us. It was a wonderful respite.

In May, Jeff was hospitalized for a breakdown due to the unrelenting stress. At the tail end of his recovery, we found out we were -very unexpectedly- expecting a child, adding to the general confusion in our lives, with one of us being thrilled and the other being fearful and despondent.

The first week in June, Jeff had a nighttime fall for the second time in 2 months. He only dislocated his thumb and was a bloody mess, but it was more scariness and stress and yet another ER visit. Around the same time, we received the heartbreaking news that our unborn baby had no heartbeat and had to be removed. While that ray of hope has been dashed, the trepidation has also been removed. To counteract some of the sadness, we welcomed a delightful new kitten, Quinn, into our home.

So in mid-June, when we got the envelope from the Club containing all the checks, cash, cards, and names of those who actually care about us and what we're going through, it was beyond a comfort for so many reasons and in so many ways. The love and support has been a beacon in the darkness and the money has been a blessing as we continue to receive bill after bill after bill, and as Jeff keeps having to take time off work for his health problems and visits to the clinic in LA. Additionally, the club's recent purchase and subsequent insurance changes have caused us to not benefit from the yearly copayment limits that usually apply, so this money has been a true blessing, without which we would be forced to be moving right now out of the house we purchased last summer when things were seeming so incredibly perfect in our lives.

At this time, the mantras of "everything happens for a reason," and "God does not give you more than you can handle," and "Grant us the strength to accept the things we cannot change" are all present as daily – sometimes hourly – prayers and reminders. It is beautiful and comforting to know so many people at the club and in our town are behind us, helping, praying, contributing... Though we wish we could, we can't put faces to all the names. We just hope that each one of you knows the extent to which you've touched our hearts and what a difference you're making in the lives of this family of 4 people who really need and appreciate it right now. Whatever god you believe in, may that being bless you for your compassion and kindness.