



OJAI VALLEY
ATHLETIC CLUB

January 2013

409 South Fox Street Ojai CA 93023

805.646.7213

caclubs.com/ovac



JOIN THE JUNIOR SWIM TEAM IN JANUARY!

INSTRUCTION
CAMARADERIE
FUN!

MORE LANES FOR LAP SWIMMERS!

The Club is experiencing a significant increase in the number of members who want to swim laps.

To accommodate the increase we are installing new lane lines in the recreational pool. This will give members four more lanes for lap swimming. Because the recreational pool is used for water aerobics, children's recreational swimming, diving, adult recreational swimming, water basketball and children's swim lessons (especially during the summer months) we will remove the lane lines during the Monday, Wednesday, and Friday Water Aerobics class, and we will have only one lap lane in the recreational pool during the summer season; which starts when school ends in June and continues until school resumes in late August or September. We invite all our members to enjoy lap swimming in the new lanes in the recreational pool. Thanks for being a member of OVAC.



OJAI HEAT JUNIOR SWIM TEAM STARTS NEW 12 WEEK SESSION MONDAY, JANUARY 7TH

Age group swimmers (6-14) have fun and learn the fundamentals of competitive swimming. Ojai Heat meets MWF from 3:30-4:30 and competes at swim meets throughout the year. Please see ovac.caclubs.com and click on Aquatics for more information and to download a registration form.

OVAC LAP POOL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6-7:00am	Masters		Masters		Masters		
7:30-8:30am						Masters	
8-9:00am	Youth Swim Team (summer only)	Masters	Youth Swim Team (summer only)	Masters	Youth Swim Team (summer only)		
9-10:00am	Masters Technique	Masters	Masters Technique	Masters	Masters Technique		
12-1:00pm	Lunch Bunch Masters		Lunch Bunch Masters		Lunch Bunch Masters		
3:30-4:30pm	Youth Swim Team (school year)		Youth Swim Team (school year)		Youth Swim Team (school year)		
4:30-5:30pm	Masters		Masters		Masters		

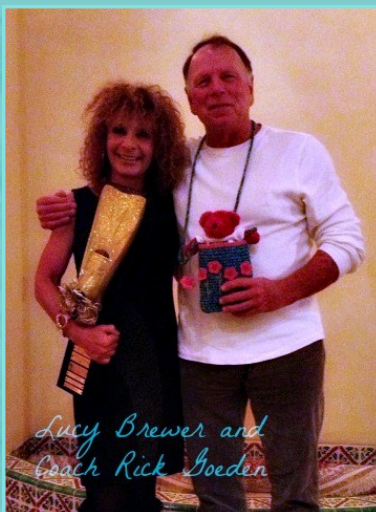
OVAC coaches will always do their best to accommodate lap swimmers. As swim class attendance continues to grow you may be asked to share a lane if you plan to swim during scheduled classes. To ensure a comfortable lap swim, it's best to plan your lap pool workout before or after swim classes or in the rec pool.

LUCY BREWER WINS 2012 GOLDEN FIN AWARD

Masters swimmer Lucy Brewer won the 2012 Golden Fin award, awarded by Ojai Masters swim coach Rick Goeden. The Golden Fin Award is awarded to the Ojai Masters swimmer who shows the most dedication and determination throughout the year. Lucy had made so much improvement last year and competed in her first swim meet as well.

She swims every day and never misses a practice.

WAY to GO Lucy!!



DOLPHINS PRE-SWIM TEAM IN JANUARY

Beat the springtime rush and join Dolphins in January!! Swimmers will learn basic freestyle, backstroke and streamline push-offs.

Class is taught in the

WARM 85 degree rec pool.

Tue and Thurs 4:00-4:45

MEMBERS \$60/mo. \$12.00/drop-in

NON-Member \$85/mo.

NOW OPEN AT OVAC!

Our Pilates Studio is now open for business with Pam Vos, Award Winning Fitness Instructor!



Pilates can dramatically transform the way your body looks, feels and performs. It builds strength without excess bulk...creating a sleek, toned body. Pilates improves flexibility, agility and range of motion - preventing injuries and alleviating chronic ailments. Pilates is a safe, sensible exercise program. No matter your age or condition, Pilates will work for you!

NEW YEARS INTRODUCTORY SPECIAL!

10 Private Pilates Sessions (on the equipment)

3 FREE Duet/Group Sessions (dates/times TBD)

1 Private Wellness Coaching Session

(includes,..FREE Goal/life assessment)

TOTAL VALUE: \$805

JANUARY INTRO SPECIAL : ONLY \$589!

ENROLL BEFORE JANUARY 15th & RECEIVE AN ADDITIONAL

10% OFF!!!



To purchase call the Club at 805-646-7213 to put on your account or stop by the Front Desk. Call/text or email Pam @ 805-832-2020 ~ writeforliving@gmail.com with questions or to set up your appointment.

Offer valid for new or existing clients.

Hurry! Expires 1/31/2013



20 NUTRITION RULES TO A BETTER PHYSIQUE

By Fitness Director Danielle Williams, PES, CES, CPT

1. **Eat plenty of protein:** You've heard it before; take in around one gram of protein per pound of bodyweight. This is essential if your plan is to build instead of maintain muscle mass.
2. **Eat the right kinds of protein:** Make sure your proteins are from lean sources such as lean beef, lean ground meats, turkey, fish such as salmon and tilapia, chicken breasts, protein powders, egg whites with a few yolks, skim milk and fat-free or low-fat cottage cheese or greek yogurt.
3. **Eat the right kind of carbohydrate:** Stick with complex carbs such as oatmeal, wheat bread, brown and wild rice, sweet potatoes, wheat pasta, and quinoa. This will ensure that your blood sugar stays steady throughout the day to supply you with ample energy for your hard workouts.
4. **Eat healthy fats:** Healthy fats are essential for many functions such as brain and heart activity, hormone regulation and energy. Get healthy fats from sources such as oily fish, almonds, avocado, natural peanut butter, almond butter and oil dressings.
5. **Eat your fruits and vegetables:** Fruits and vegetables provide a myriad of benefits including a great source of fiber, phytochemicals, vitamins, minerals and natural sugars. For vegetables go for dark leafy greens such as spinach, broccoli, peas, and green beans and for fruits go with bananas, apples, cherries, blueberries and grapefruit.
6. **Consume fiber:** Consuming food high in fiber helps keep blood sugar levels steady and can help you lean up. Fiber provides bulk to foods, therefore making you feel fuller longer.
7. **Don't eat too much:** I keep talking about what to do. Well, here is something NOT to do: overeat. Give yourself just enough food to fulfill your protein requirements and to give you enough energy for your intense workouts and that's it! Eating beyond your needs will result in fat gain.
8. **Eat a surplus while bulking:** This may sound contrary to the last principle but you need to eat a little more than what you maintain your current bodyweight with in order to gain muscle. Here is the main point: you only need around 200 to 400 additional calories to start gaining quality weight, not a buffet.
9. **Eat into a deficit if dieting:** The same holds true for the opposite. A 200 to 400 calorie decrease is all that is needed for your body to start burning fat for fuel. In other words, starving yourself will just make your body hold on to fat tissue.
10. **Protein for breakfast:** Make sure to get in some quality protein soon after you rise in the morning. Something like some egg whites with one yolk will do the trick. Eggs are easy to digest and are an excellent source of amino acids. Research has shown that starting your day with a protein food will steady blood sugar and rev the metabolism for the entire day.
11. **Complex carbs for breakfast:** With that protein you need some energy. Complex carbs with a little fiber thrown in for good measure is perfect for stoking the furnace after an eight hour fast.
12. **Carb fuel pre workout:** Eating complex carbs an hour or so prior to training will ensure you will have enough energy to make it through your entire workout. Try around 50 to 100 grams of carbs.
13. **Fast-acting protein pre-workout:** This is a good time to surge your muscles and blood with amino acids from a fast absorbing protein source such as egg whites or whey protein powder. By having this rush of protein you will pack the muscle with protein and be ready for the rebuilding process when you are finished. Consume around 20 to 30 grams pre-workout.
14. **Quick protein after training:** The perfect time to start the rebuilding process post training is within 30 minutes of finishing. Taking a fast-acting protein source will guarantee that your muscles will get the muscle building nutrients they need as fast as possible to grow larger and stronger. Consume around 40 to 50 grams of whey protein powder or egg whites (20 to 30 grams for females).
15. **Carbs post training:** With your protein source you need carbs as well. These carbs will enter into the muscle cells at a quick rate and will react with certain hormones to kick-start the rebuilding process.
16. **No fats immediately after the gym:** Taking in fats after training will only slow down the absorption of vital nutrients trying to get to the broken-down muscle tissue.
17. **Curtail the carbs at night:** As the day progresses lower your carb intake. This will help keep the fat off and aid in fat burning. Have a lean source of protein with a healthy fat and a little fiber. A meat or chicken salad with avocado and oil dressing would be perfect.
18. **Cycle calories:** After a while you will hit a plateau in your efforts to either lose or gain weight. The body is incredibly adaptable and sooner or later it will fight change. Try cycling your carbs by having a few days of baseline calories then have a high calorie day followed by a low calorie day. This will keep the body guessing and help to continue your progress.
19. **Cheat once per week:** This is similar to the last principle. Have one meal or entire day per week of whatever you want-within reason. Of course don't drink massive amounts of alcohol and fast food, but go ahead and eat some food you enjoy eating and have dessert too. This will shock your body out of its normal routine of eating, but just be sure to get back on your diet plan the following day.
20. **Relax:** Relax and be patient. Progress does not happen overnight. With careful planning and diligence your efforts will be rewarded so don't worry too much about making giant leaps. Relax and enjoy the process.

Source: Brad Borland, MA, CSCS



Team 100 Banquet

It's time to celebrate the significant achievement of those members who performed 100+ workouts in 2012. We are honored to invite the 2012 Team 100 members to join us on Monday January 21st at 6:00pm for a banquet in their honor. Please RSVP to the Front Desk. Cost is \$15 per person.

TENNIS NEWS

Well, like we say every time this year...I can't believe a year has passed us by! I don't know about you, but I am over the eating and drinking and ready to get back on the courts! I am excited about the new year and everything in store for OVAC! I can't wait to get our juniors in more tournaments and add more exciting social events for our adult members. Two events I want to get back going is our Club Championship and our Wine Dinner events. I missed them in 2012 and can't wait to add them to the 2013 calendar. I hope everyone had a great New Year and are pumped up about 2013!
See Ya on the Courts!!

Ryan

CONGRATS TO OUR USTA 3.0 LADIES!!!

We are super excited about our own 3.0 Ladies kicking butt this season and making it to Sectionals this season. They will be competing against So Cal's finest this month for a chance at Nationals!! It has been a while since we had a team make Sectionals and is something our club should be very proud of! We wish them the best this month!

WINTER CLINICS

Future Stars Clinic (ages 5-7)
Tuesday and Thursday 4:00-4:45
Cost \$10

Intermediate Clinic (ages 8 & up)
Thursday 4:00-5:00
Cost \$14

Advanced Clinic (contact Ryan)
Wednesday 4:00-5:00
Cost \$14

EVER THINK A JAW-DROPPING PHYSIQUE IS "IMPOSSIBLE" FOR YOU? THINK AGAIN...

Listen, *transformation is not an event, it's a process!* The first step of that process is putting your trust into a personal trainer -- who cannot guarantee or promise any specific result (or else we would be just trying to sell you).

Putting your trust in a personal trainer is like putting your trust in an airplane pilot. You give the pilot/airline a certain amount of money and trust that you will be taken to your destination safely, on time and without too much turbulence! As much as you want to ask the pilot/airline to promise you safe arrival, *he/she can't*. The only security you have is by looking at the pilots/airlines track record! In the fitness world we use a really fancy word known as: **RESULTS!**

At the end of the day, this is what matters! It doesn't matter what you, another person, text book or research article thinks/claims should happen as far as the outcome -- all that matters is what is happening, what was the outcome?! Value RESULTS above all else. Only RESULTS matter!

As the leader of the Ojai Valley Athletic Club's Dream Jeans Challenge, I have dedicated my life to helping people like you overcome the "impossible" and I KNOW what I'm doing. The Dream Jeans Challenge gets results. Consistently. And we have fun doing it! What wouldn't be fun about losing 6 inches in just 8 weeks (yes, I can make that happen).

Young or old...male or female...ectomorph or endomorph...average genes or amazing genes...deconditioned or pro lifter...it makes no difference!

I don't care what set of obstacles life has dealt you...I am going to SMASH your genetics and incinerate the fat and make your body DRIP with confidence so you can LOVE your body 365-days a year. And I am going to make sure you have FUN along the way.

The next DREAM JEANS CHALLENGE starts the week of JANUARY 7TH. Please see below for full details or email me at dwilliams@caclubs.com...

Jan 8th-Feb 28th Tu & Th 9:45-10:45am with Danielle

Jan 7th-Feb 27th M & W 6:00-7:00am with Brooke

HERE'S HOW IT WORKS You will bring in a pair of jeans that you would like to fit into. You should be unable to button these jeans. We keep the jeans here at OVAC. In 8 weeks you WILL be wearing those jeans.

HERE'S WHAT IT INCLUDES

*2 group training sessions per week for 8 weeks led by a certified personal trainer.

*8 more solo workouts designed by a certified personal trainer (2 per week).

*Nutrition program and journal.

*Fitting into your dream jeans.

HOW IS THIS PROGRAM DIFFERENT? You will not rely on a scale. This is not a weight loss program. This is a REINVENT your body FAT LOSS program. You will learn the importance of strength training and metabolic training in the quest to lose fat. You will experience breakthrough moments and the feelings of empowerment that come along with such moments.

COST (non-refundable) Reserve your spot with a payment at the Front Desk.

\$198.50 billed Jan + \$198.50 billed Feb for members and \$417 pre-pay for non-members.