

OJAI VALLEY
ATHLETIC CLUB

NOVEMBER 2011



Ojai Valley Athletic Club's
Annual Halloween Party
2011

**NEW TO TENNIS?
FRIDAY BEGINNER CLINIC 10:00AM!
COST \$14.00**

If you have ever gotten the itch to hit a tennis ball now is the time to get to the courts! We are offering a fun and educational clinic for any person looking to be introduced to tennis. If you would like to join us please contact Ryan for more information.



**OPEN SPOTS FOR
FUTURES CLINIC!**

We have a couple of spots open for our Tuesday 4:00 Futures Clinic. It's a beginner clinic for kids ages 4-7. Clinic goes from 4:00-4:45 and costs only \$10! We allow 6 kids per clinic and have only a couple of spots open. Contact Ryan to get your kids signed up!



TENNIS NEWS

We have had a great October at the club. Our Margarita Mixer was great and a special thanks to everyone who attended! I usually give acknowledgement to our adult members but today I want to give a big congrats to our juniors players on a job well done. During the recent Ojai Valley Inn Junior Tournament our juniors did great!! Jaden Armetta, Calvin O'daire, Rhodes Cole and Sean Burke played great! Dakota Martin and Dalton Wiley both won first place in their division and Jacob won runner-up! I want to take time to tell you guys GREAT JOB on playing great tennis!

See Ya on the Courts!

Ryan



THANKSGIVING HOURS

Please don't forget to come in 8am-12 Noon on Thursday November 24th, as we will close early so our staff can enjoy a Happy thanksgiving with their families!



TURKEY TROT IS HERE!!

Don't miss this great Mixed Doubles event! Turkey Trot will be Sunday, November 20th at 1:00. As always, this event is free for tennis members. There will be a sign up poster in the lobby. We are looking for a great turnout so sign up today!!



GROUP TRAINING TRY IT FOR FREE!!!!

Are you ready for something **different**? Are you ready to get fitter **faster**? Experience the **cutting edge** of fitness with our popular group training sessions (cutting edge does not mean it is a passing craze - this style of fitness training has been around over 150 years).

How do we explain it? **Dynamic, invigorating, full body, an amazing calorie burn experience.** But, you really do need to try it to understand. Try a class on us to see how combining the benefits of strength training and cardio into one session will get you stronger, sky rocket your fitness level, and change your body rapidly. Best of all, these **FUN** workouts that **can be done by anyone.**

\$30 for a 45-minute session in a group setting. Members receive ONE FREE GROUP TRAINING SESSION drop in and let us exceed your expectations during one of these times:

Monday

9:45am-Danielle
4:00pm Danielle

6:00pm Jeff

Tuesday

6:15am Val
8:30am Danielle
9:45am Danielle
11:00am Val

Wednesday

7:30am Danielle
9:45am Danielle
2:45pm Val
4:00pm Danielle
6:00pm Jeff

Thursday Friday

6:15am Val
8:45am Val
9:45am Danielle
8:30am Danielle
9:45am Val



NOVEMBER'S MEMBERS OF THE MONTH

THE HATCH PLAN

Bill and Mary Hatch had a plan. Mary would be in charge of music, art lessons and education for their four children, Bridie, Isaac, Clinton and Bessie. Bill would be the athletic and fitness director for the family.

Bill felt that whether it was individual or team sports that athletics was an important component in self-image and confidence building and that team sports help develop common goals. Bill modeled participation in an active lifestyle. When the kids were in school Bill coached soccer and track and provided activities like family bike rides. Bill beams with pride when he ticks off the impressive list of sports accomplishments of each of the kids.

The "kids" are all grown now. With the exception of Bridie who lives in Brooklyn all the Hatch's live in Ojai. The family is expanding with the happy additions of Laura now married to Isaac, and Rachel, Clinton's wife. Both Laura and Rachel were active in sports in school. Recently the whole family participated as a team in the 200-mile Huntington Beach to San Diego Ragnar Relay. This is a family that enjoys playing and working together.

The teamwork fundamentals that Bill helped to instill in the family have now carried over into the family business. The Hatch team all have a part in HWI Gear, designing and delivering top quality gloves and gear to the law enforcement and military communities.

Mary's business, Ojai Yoga Wear, 100% organic cotton, classic designs that promise to enhance your yoga practice can be found right here at the club in our pro shop, The Nook.

Bill and Mary are long time members of OVAC. Bill starts his mornings at the club riding the bike and doing a weight work out.

Bill is also a long time golfer and plays tennis and enjoys the fellowship with "the Cronies" here at the club. Mary says that Bill came home from his workout one day and told her that he had signed her up for the Dream Jeans program at the club. That started the ball rolling. Bessie wanted to join in and soon Laura and Rachel were seeing the success that Mary and Bessie were having with the program and hearing about the fun they were having in all the great classes they were trying. Isaac, a Tough Mudder survivor, also saw the great opportunities that OVAC has to offer. Once again the spark that Bill lit in that original Hatch family plan took off. Bessie, Isaac and Laura, and Rachel each joined OVAC. Besides their personal goals and motivations the Hatch's appreciate the support and camaraderie of each other as well as the social environment that they have found here at the Athletic Club.

An added benefit for Bessie is that her adorable little Hatchling, Skyla gets her own work out and builds her social skills in Kids Club while mom works out. At just 16 months Skyla is soaking in the benefits of a healthy lifestyle by the example of her mom, aunts, uncles and grandparents.

Bill and Mary have many blessings and much to be proud of. They continue to lead by example with frequent weekend rides on their tandem bike around Ojai. Recently they rode in the Amgen San Francisco to Solvang California Tour.

Way to go Team Hatch! Ojai Valley Athletic Club is proud have all the Hatch's as our Members of the Month. What a wonderful example of setting goals, making a plan, doing it, and reaping the benefits!





THE HOLIDAYS ARE HERE – IT'S TIME FOR THE 30-DAY MUFFIN TOP MELTDOWN CHALLENGE WITH FAT LOSS EXPERT DANIELLE WILLIAMS

That time of year is upon us when delectable temptations abound and our will power is constantly being put to the test. This year be prepared by competing in OVAC's first Muffin Top Meltdown Challenge starting November 14th. How will the challenge work? It will all be done on-line via e-mail.

METABOLIC WORKOUTS – You will receive bodyweight workouts via e-mail every Monday for 4 weeks. The bodyweight workouts can be done in the gym or at home. The workouts will contain video links with demonstrations of how to perform each exercise. You will be doing these workouts on your own, not with a trainer. (Note: These are also great travel workouts to have if you will be away for the holidays).

NUTRITION GUIDELINES – You will also receive via email the

basic principles you need to know to lose fat.

MELTDOWN MENU – A menu is spelled out for you consisting of five meals per day for 7 days, as designed by weight loss expert and best-selling author Rachel Cosgrove. You will follow this meal plan for each week of the Challenge. Note that this menu contains meat.

MEASUREMENT SHEET – For you to track your waist, hips, thigh, arm and calf measurements.

ACCELERATED FAT LOSS REPORT – Inside this content rich report, you will read: How the right training can help you burn fat for 48 hours straight; one thing you should NEVER eat with carbs; and when it is safe to eat carbs if you care about rapid fat burning. This is cutting edge information may be the missing ingredients that you need for successful fat loss.

TOP 3 GLUTE EXERCISES – A report with pictures and great description of how to really work the largest, most powerful muscle in the human body (which means the muscle with the ability to burn A LOT of calories).

EXERCISE BASICS GUIDE – A guide written to help you understand exercise lingo and concepts.

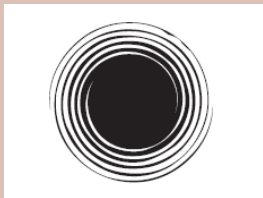
SUPPLEMENTATION BASICS GUIDE – A guide explaining how targeted supplements can accelerate your progress even faster.

GOAL SETTING REPORT – Learn to create a successful fat loss plan. With the right plan, your potential becomes limitless.

ACCOUNTABILITY – This part of the Challenge is **OPTIONAL**. We tend to stick to our healthy eating and exercise routine and get better results if we hold ourselves accountable to others. So we are asking that you post your beginning stats on OVAC's Facebook page on November 14th. We will post a Muffin Meltdown Motivational Question for you each day to reply to (again, this part is optional). On day 30, we ask you to re-post your stats, letting us know how you did (optional). If you are really committed – feel free to post before and after pictures. Only positive and motivational language please.

COUPON – You will receive a coupon good for \$47 off the next Dream Jeans Challenge which starts January 4th, 2012.

DATES & COST – The Challenge is **ONLY \$37** and will run from November 14th through December 13th. To enroll, please send an email to Fitness Director Danielle Williams at dwilliams@caclubs.com.



**OJAI VALLEY
ATHLETIC CLUB**

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HOW MUCH FUN CAN YOU HAVE WITH A DEADLIFT?

By Danielle J. Williams, PES, CES, CPT

I love helping people lose fat, get strong, and develop muscle tone. I can boil down how to achieve these three goals into two simple steps: Don't eat crap and pick up heavy things (then put them back down). One of the best exercises for anyone looking to be lean and fit is a deadlift. I recently came across a version of the deadlift that I love (thank you Bret Contreras) – the rear-leg abducted deadlift (huh? Check out this link from YouTube: <http://www.youtube.com/watch?v=nEA5t2SBzUQ>). Let's call it the LAD for short. Beginners can do this deadlift with dumbbells as it allows you to move the load in between your hips, closer to your center of mass. More advanced gym goers will stick with the barbell version.

Before I share the exercise though, let's review a few points about deadlifting. 1. The deadlift is limited by core strength, not hip extensor strength. 2. The bilateral (two leg) deadlift is better for core strengthening (especially erectors). 3. The single leg deadlift is better for hip extensor strengthening (hamstring and glutes). Both versions are great to keep in your repertoire.

In a LAD, you put your non-working foot on a bench to the side of your body. You actually position your leg slightly behind the body as the barbell will be just in front of the bench, preventing you from purely abducting your non-working leg.



I like this variation because it really allows you to get your all out of a single leg deadlifting motion. Trying to do a traditional single leg Romanian deadlift with heavy weights has always just been too challenging to keep my balance, making me afraid to do this exercise with heavy weights (I don't mean the kettlebells, ladies, I mean the heavy barbells). With the LAD version I feel completely balanced and the lift feels natural for the working leg – hamstrings firing at the bottom, glutes to finish it out.

Give it a try and let me know on OVAC's Facebook page what you think.

Swim Meet 2011

