

Introducing Pilates with Rings

Join Susan's inner circle
Mondays at 4pm!



OJAI VALLEY
ATHLETIC CLUB



APRIL 2012

409 South Fox Street

Ojai CA 93023

805.646.7213

ovac/caclubs.com



APRIL SHOWERS BRING SALE PRICING TO THE NOOK

Stop by OVAC's proshop, The Nook, in the month of April and enjoy special Spring savings of 20% off all regular-priced items.



JUNIOR CLINICS

Future Stars (Ages 5-7)
Tuesday and Thursday 4:00-4:45pm
\$10.00

Beg/Intermediate (Ages 8& up)
Tuesday and Thursday 4:00-5:00pm
\$12

Tournament Players Clinic (contact Ryan)
Monday and Wednesday 4:00-5:00pm
\$12

Ladies Beginners
Friday 10:00-11:00am
\$14

Dear OVAC members,

As you might have heard Jeff Hoefling, personal trainer at OVAC, is battling stage IV Melanoma. For those of us whose lives have been closely affected by cancer, we can empathize deeply with the struggle that people with this disease face. The faculty and members are coming together in love and hope for Jeff and his family on Saturday, May 5th from 2-5pm to honor Jeff and empower him to continue this fight until he wins.

In addition to the dinner, live music and silent auction, we will be selling raffle tickets and have a car wash (on May 5th from 1-3pm) to raise funds for Jeff and his children. If you are unable to attend the fundraiser you can make a donation to Jeff Hoefling or the Hoefling Childrens Fund. All proceeds from the event will go to cover medical costs and/or a fund for Jeff's two children.



NEW YEAR'S RESOLUTION REALITY CHECK

By Danielle Williams, PES, CES, CPT

A quarter of 2012 has come and gone; are you on track for your goal? I know it's hard, but now is not the time to give up. Not you, not this time! You know that success only comes from staying the course for the long haul. You expect to stumble, but you get back up, brush yourself off, and keep on keeping on.

Let's not sugar coat this – suffering on some level is a part of achieving any meaningful goal so don't try to avoid it. The warm-fuzzy, positive-thinking slogans and the pep rally-Tony Robbins seminars may help you to tolerate the suffering, but they don't inure you to it. And you don't want them to! Suffering is a critical component of life and success. On a basic physiological level, we require the stress hormone cortisol, to thrive, and if we don't produce enough we can actually die. Stress makes us stronger and without it, our adrenal glands function at a low level. Our goal is not avoiding stress, but managing it, and even using it to our advantage.

Don't let your fears of suffering stop you from reaching your goals. As Shakespeare said, "Cowards die many times before their deaths, the valiant never taste of death but once." Living your life in fear is slavery to fear and thus cowardly. Yet there is nothing wrong with feeling fear. Fear is often unconscious exhilaration, and it's those moments when you are most fully alive. Fear brings a sharpness that can be used to advantage - if you follow through with worthy action.

Like I said, no sugar coating - you will suffer on the way to achieving any meaningful goal. Like every other successful person, you must pay your dues. But the rewards and the sense of empowerment that come with achieving your goals are oh so sweet and worth every bit of suffering.

Source: Mike Mahler

A SUCCESSFUL
PERSON IS THE
ONE WHO WINS
IN THE END,
NOT IN THE
BEGINNING

~ Unknown
www.mirrnervergiveup.com



OJAI HEAT
Swimming

NEW SEASON STARTS APRIL 23!

Age group swimmers (6-14) have fun and learn the fundamentals of competitive swimming. Ojai Heat meets MWF from 3:30-4:30.

Please see ovac.caclubs.com and click on Aquatics for more information.

TENNIS NEWS

Can you feel it in the air? Oh yes, the Ojai is here and will be better than ever! We have added \$5000 to the Open Tournament, which usually means better players and for the first time ever, we will have the PAC-10 Men playing in team dual matches. If you have never seen a dual college match before, you are in for a treat! The energy and excitement is like no other in the sport. I love it and highly recommend everyone drop by Libbey Park to check it out.

We have been super busy here in OVAC Tennis Land with a record number of five USTA Spring Teams this season. The season has just started and we want to give all the guys and gals our support as we kick butt throughout Southern Cal! I hope everyone has a great start to their spring!

See Ya on the Courts!

Ryan

APRIL IS TIME TO GET IN THE WATER!

NEW CLASS! DOLPHINS STARTING APRIL 10TH

Dolphins is a stroke development clinic for swimmers who have completed swim lessons and want to continue to develop their stroke and join Junior Swim Team. Swimmers will learn basic freestyle, backstroke and streamline push-offs. Meets Tuesday and Thursday 3:15-4:00. Please see ovac.caclubs.com and click on Aquatics for more information.





APRIL'S MEMBER OF THE MONTH...

ROBIN JOHNSTON!

A truly inspiring face at OVAC

Looking around the tables at the recent Team 100 dinner was a feast of inspiring faces but none shone brighter than that of Robin Johnston. Robin and her husband, Mickey, have four children and eight grandchildren. A "Be Well" program at her work moved Robin to become an OVAC member in 2008. Then in November of 2010 she had to undergo surgery for a baseball size tumor in her brain. The prognosis was not encouraging. But that wouldn't stop Robin. After the surgery while still in the hospital they asked her to try to stand. Robin not only stood. She took off! She laughs as she remembers the nurses trying to keep up with her as she did laps around the hospital! Robin believes that the strong core she developed through her exercise here at the club contributed greatly to her recovery. A month and a half later Robin was back at the club. At first she could barely even climb the stairs to the front door. She was undergoing treatments that caused severe fatigue. That didn't stop Robin. She kept coming and continued to get stronger and stronger every day.

Robin always saw the sky as blue and the beauty of the trees, but through her journey the sky is now bluer and the simple things like watching the joy on the faces of the families by the pool bring her great joy. Robin says OVAC is a second home for her where she can focus on her wellness goals through exercise and friendships. Robin is especially grateful for the classes and to the instructors that are so supportive. The daily tasks that most of us take for granted were giant challenges for Robin. In Anna Kotula's core class Robin learned basics like how to get up off the floor. Robin learned to celebrate every accomplishment from being able to bend to get the clothes out of the dryer to now being able to do jumping jacks!

She loves enjoying our healthy delicious recovery smoothies, relaxing by the pool and is looking forward to the summer parties.

Now two years after her surgery she says that she credits Ojai Valley Athletic Club with a major part of her wellness. Thank you, Robin, your amazing attitude, fortitude and love of life bring all of us at OVAC great joy and encourages all of us on our own journeys.

CHIROPRACTIC AT OJAI VALLEY ATHLETIC CLUB

Hello Everybody, I'm Tim Garcia, Doctor of Chiropractic. I just moved into the Ojai Valley Athletic Club's facility to offer my services and make the OVAC a more comprehensive venue for health, wellness and longevity. You can count on my twenty-two years as a doctor of chiropractic.

Incorporated in my care plan, attention is given not only to the neuromusculoskeletal; like sprains and strains. Also, we take into account the stress, emotional, mental, spiritual, biochemical and biophysical.

My therapies are, of course, the chiropractic adjustments but also include the following: bio-energetic techniques: traction, bodywork, sport injuries, non-force somatorespiratory technique, as well as nutritional therapy and neuromuscular rehabilitation.

Ultimately, the goal is to integrate the neural mental impulse to the body and back again. The result is health and healing.

Chiropractic and fitness is a winning combination.

I am offering a complimentary consultation and examination to all the OVAC members. Please call to inquire. I think can help you.



Yours in Health,

Dr. Tim Garcia

ATTENTION WEEKEND PLAYERS!!

Due to the high number of USTA Teams this Spring, we are going to be extremely busy during the weekend with matches. Some weekends we have up to four matches and that leaves fewer courts for the member open play. We will be reserving courts 4-8 for USTA and the rest for members. Please remember that we do have three of the four clay courts in good shape, so don't forget to check them out if all the hard courts are full. The season will last till early June so please plan accordingly. Thanks for your understanding!

Deadlifting Tips & Techniques

By Danielle Williams, PES, CES, CPT

The deadlift is one of the most basic barbell movements in training and one with a lot of carryover to everyday tasks. And it is also easy to learn. Let's break it down. You just step up to the bar with a hip-distance-stance width, with toes out slightly and your shins about an inch from the barbell. Grab the barbell just outside your stance with your knees still straight, then bend your knees forward and out a little bit until your shins touch the bar, squeeze your chest up until your back is flat, take a big breath, and drag the bar vertically until you're standing up straight. See? One (admittedly run-on) sentence describes the whole thing.

Let's break the deadlift down a step at a time and see what else we can learn from this uncomplicated movement:

Stance Width: A push into the floor should have the mid-foot directly under the hip joint, and this is the stance width that allows you to push the floor without losing force to any shear that will develop along a laterally-angled leg.

Toes: Most people jump with toes pointed slightly out, and this toes-out stance is very helpful for the deadlift. It gets the thighs out of the way of the belly, which helps set your back flatter and it gets the groin muscles and the external rotators involved in the pull.

Bar Position: Placing the bar about an inch from your shins puts the bar directly over your mid-foot, precisely at the point over which the load balances. The barbell should travel up in a vertical path, sliding up the shins from a fairly vertical shin angle. Likewise, the bar locks out at the top directly over the mid-foot.

Grip: Your grip should be designed to make the bar travel the shortest possible distance to lockout, and this means that the arms will hang parallel to each other when you grip the bar. If your stance is correct, your arms will hang straight down when seen from the front and you'll have pulled the bar the shortest distance it can travel to lockout. During the process of taking the grip, do not move the bar.

Setting Up the Pull: You haven't bent your legs yet, but now you need to drop your knees forward until your shins touch the bar. This motion places the shins at a slight forward angle that leaves the bar over the mid-foot while in contact with the shins. Remember, don't move the bar. Just after you touch the bar with your shins, push your knees out very slightly. This keeps your thighs lined up with your slightly pointed-out toes and allows your groin muscles and lateral hip muscles to engage during the pull.

Chest Up, Back Set: Now comes the most important part of the procedure. Squeeze your chest up to set your back. Don't drop your hips! Just leave your rear-end where it is after your shins touch the bar and set your back from the top down by squeezing your chest up into thoracic extension and letting that wave of extension carry itself down to your low back. Watch Brad Gillingham do his over 800-pound deadlift at this link: <http://www.youtube.com/watch?v=OWkNMQEyCEA>. It's hard, because your back is fighting with your hamstrings for control of your pelvis and your back has to win.

The Lockout: All that remains is dragging the bar up your legs to lockout. "Dragging" implies contact, and contact all the way up ensures the vertical bar path; if you let it go forward as it passes your knees on the way up, you'll have let it drift forward of the mid-foot, and thus gotten out-of-balance. But if you've set your back correctly and started the pull with the bar over mid-foot, it will come up your shins and your thighs in a straight vertical line.

Don't Bounce: Of course, you have to keep your back flat, and that takes strength in the lumbar erectors. The lumbar erectors are the muscles that hold the lumbar spine in extension. If you fail to use them for that purpose during a deadlift, they won't adapt to this isometric task. People bounce the deadlift because it's easier to do more reps that way. But that doesn't make it right.

Ta-Da! Deadlifts are one of the easiest lifts to learn and do correctly. Do your deadlifts correctly, efficiently, and with impressive weights.

125lb female deadlift 210lbs 5 times: <http://www.youtube.com/watch?v=pM3Qf0sgUN4>

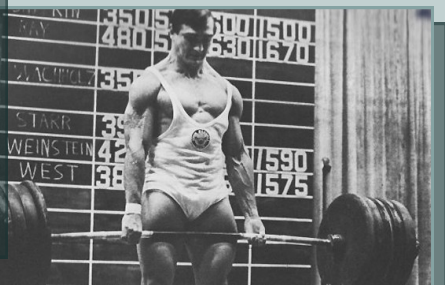
Source: Mark Rippetoe



**SUCCESS IS THE SUM
OF SMALL EFFORTS,
REPEATED DAY IN
AND DAY OUT**

-ROBERT COLLIER

BobGaronTraining.com





8-WEEK FAT LOSS PROGRAM

Non Members Welcome
Questions?
Call 818-219-4835

May 1st-June 21st
Tu&Th 9:45-10:45am
with Danielle

Apr 30th-June 20th
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. VALUE \$480.
- *8 more solo workouts designed by a certified personal trainer (2 per week). VALUE \$240.
- *Nutrition program and journal. VALUE \$149.
- *Fitting into your dream jeans. VALUE priceless.

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 May + \$198.50 billed June for members and \$417 pre-pay for non-members.



VOTED 2011 BEST EXERCISE CLASS IN THE OJAI VALLEY



A DIET IS LIKE HOLDING YOUR BREATH...

*By Danielle Williams, PES, CES,
CPT*

You can only do it for so long. At best, a diet is unpleasant and nutritionally unsound. Life teaches us over and over again that a quick fix is not a lasting choice. Diets equate to deprivation. A diet leads to the body reacting physiologically as if we are starving – fat storing enzymes increase, lipoprotein lipase metabolism decreases and fat is stored. Here is a chart detailing how your body defends itself against a diet:

- YOU DIET by reducing your solid food intake to below 1200 calories (females) or 1500 calories (males)
- Body weight decreases on the scale
- The body perceives the diet as starvation and recognizes the decreased weight
- The body slows metabolic function to be more energy efficient in response to the lower calories
- The body goes into fat retention mode and seeks another source of fuel
- The body uses muscle for fuel/energy, thus you lose muscle (which is 70% water) instead of fat
- You lose weight rapidly as you lose water and muscle, plus metabolism decreases
- Eventually you plateau in your weight loss and/or look softer in appearance ("skinny-fat")
- You start to reintroduce solid foods and carbohydrates
- Any increase in calories is considered extra calories to the body as it has learned to survive on less food
- These calories are now stored as fat and the metabolism (burn rate) has been sabotaged by dieting
- Dieters ultimately regain the lost weight and possibly more weight
- Returning weight is added as fat making further attempts at fat loss harder
- Appearance doesn't change but texture does and you are softer than when you started the diet

Fat loss based on science (not marketing) will always be about making the right choice in the presence of hunger. And that is why OVAC's Dream Jeans program has been so successful and popular - real results, real people, real science. You deserve fat loss that lasts!

Source: Dave Parise, CPT