

May 2012

Ojai Valley Athletic Club

409 South Fox Street

Ojai CA 93023

805.646.7213



story: A narrative, either true or fictitious, in prose or verse, designed to interest, amuse, or instruct the hearer or reader; tale.

We all have one. The events in our lives, whether we choose them or they come to us by circumstance or luck, the bits and pieces intertwine to form our story.

Brian Bemel, our May Member of the Month, was an elementary school teacher and the performing arts specialist for the Ventura County Superintendent of Schools. Through bringing arts and performers to schools, Brian saw what a powerful and essential tool that arts played in teaching.

Brian went on to found a non-profit organization called Performances to Grow On. This year marks the 13th year of their signature event, *The Ojai Storytelling Festival*. This four-day annual event brings top storytellers from around the world. There will be over twenty performances expanding the traditional boundaries of storytelling with music, movement and theater. They perform throughout the weekend for adults, children and students. Think of it as fitness for the mind!

Brian says that one of the most powerful phenomena that occur during the festival is the sense of community that builds over the weekend, as the audiences are inspired to begin telling their stories to each other. This sense of community, Brian notes develops as well here at OVAC as members share their stories of classes and their accomplishments in their fitness.

So about now you may be wondering how Brian's story of passion for performing arts makes for an inspiring OVAC member of the Month.

Brian tells us that he always saw the value of fitness and was involved in sports most of his life. He incurred several serious injuries as a result and realized that to be able to continue to play hard he would need to train and be more fit. In his years surrounded by performers he recognized the performers as athletes and that must train to develop their skills and to maintain their fitness. Brian knew he had to take charge of his own health.

Likewise, the whole family is healthfully active. Wife Anne is into yoga and horseback riding. Son Jordon, 24, attends UC Santa Cruz and enjoys basketball and soccer recreationally. Daughter Brianna has toured with the National snowboard team and now writes for the Elephant Journal, an online fitness magazine.

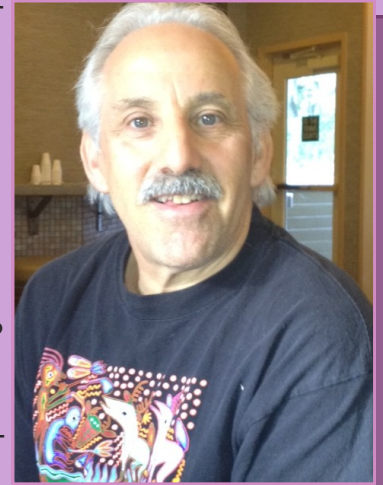
Brian Spins three to four times a week to improve his cardio fitness and enjoys the flexibility training from the great yoga classes here at the club. But here is where Brian's story began to change. Recently Brian lost a significant amount of weight with two very simple yet effective concepts. He increased his weight training along with being more aware of his eating habits.

14 lbs! Congratulations, Brian, and thank you for sharing your stories of fitness for mind and body.

The Ojai Storytelling Festival

May 3 through 6

For a complete schedule please go to ojaistoryfest.org



DUES INCREASE

Our next dues adjustment takes place on June 1st. Each year we evaluate the costs of running the club, while trying to keep member needs in mind. The 3% dues increase will be reflected on your next statement. If you have any questions, please contact Nancy Prather.

OVAC SUMMER TENNIS CAMPS!!!

PEE WEE CAMP

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

Cost \$100

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 mins.

JUNE 11-15

JULY 9-13

JULY 30-AUGUST 3



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!

JUNE 18-22

JULY 16-20

AUGUST 6-10

AUGUST 20-24

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!

JUNE 25-29

JULY 23-27

AUGUST 13-17

**ALL OVAC SUMMER TENNIS CAMPS
ARE OPEN TO NON MEMBERS!!**

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

TENNIS UPDATE

Well after a wild weather first day, we had a great Ojai Tournament with so many great matches I can't even begin to tell. I just love the new PAC 12 format and thought it brought a new energy to the Men's Tournament. I hope everyone got a chance to see some of the action and got inspiration for their own game!

This month I want to acknowledge our great Ladies Interclub Teams as they finish up their season this month. I will tell you that being a captain for one of these teams is a tough job and I want to say thanks to Ruth Hemming (C Team), Liz Forbess (B Team), Kim Phillips (A2 Team) and Connie Russ (A Team) for giving their time and energy making this an amazing season. Thank you for all your help and support. Now lets finish this season with a bang!!

See Ya on the Courts!

Ryan

YOUTH AQUATICS AT OVAC

NEW CLASS! DOLPHINS PRE-SWIM TEAM

"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.



SUMMER GROUP SWIM LESSONS

May is time to sign up for Summer Group Swim Lessons. One week sessions start June 18 and run through Aug 3. Stop by the Front Desk for more information.



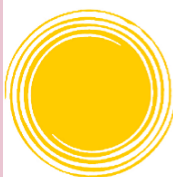
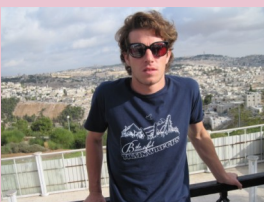
MEG MCCORMICK

From having three young children to growing up in a big swimming family, Meg is a pro at helping kids learn to swim. She will help your kids become comfortable in the water and give them the life-saving skills they need to be summer ready at the pool. Sign up now for private lessons beginning May 20th!

805-421-9572 or meg.mccormick4@gmail.com

MATTHEW ZELTZER

(Red Cross WSI swim instructor, lifeguard)- Matthew has over 8 years experience helping students of all ages learn to swim. He focuses on creating a positive learning environment where students can discover a joy for swimming. Contact Matthew directly at (805) 444-7967, matthewzeltzer@gmail.com



OJAI HEAT Swimming

COME JOIN THE TEAM!

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.

ON TO THE SQUAT

Danielle Williams, PES, CES, CPT

Last month we broke down the deadlift, now it's time to move on to another exercise that NEEDS to be a part of your training routine if you are serious about building muscle, gaining strength, improving function, increasing flexibility & boosting your metabolism (hey ladies, these are all key components to fat loss too). Squats accomplish so much because they recruit a lot of our major muscle groups – the front and back of the thigh, the low and mid back & the butt. That's most of your body and that's why SQUATS RULE! So, let's break down the correct technique for doing what is known as a "Back Squat".

Unracking Phase

Bar set up- The bar height should be set between your nipple line and your collarbones.

Bar placement- Step under the bar and place the bar behind the head on the upper back. Keeping the bar high up on the trapezius muscles will help you to avoid beating up your shoulders & biceps tendons.

Grip- Grab the bar with as narrow a grip as you comfortably can.

Get tight- Actively flex the muscles in your upper back while lifting your chest up. This will lock in a strong and safe spinal position during the lift.

Actual unracking- Set both feet directly under the bar with a shoulder width stance. Next, externally rotate your feet between 5-20 degrees. Do a mini squat to unrack the bar.

Step back- Take ONE step away from the pegs holding the bar with one leg followed by ONE step away with the other leg. Be sure to reset your feet to the shoulder width stance.

Now you're ready to squat!



Positioning

Neck- No matter what your high school gym teacher told you, do not look up at the ceiling. This is incorrect squat form. Instead, be sure to keep your neck in a neutral position.

Low Back- Your lower back must remain neutral throughout each rep. To ensure this position is maintained, consciously squeeze your chest up.



Lowering Phase

Break at the hips first- During the initiation of a squat, you have two choices on where to "break" or bend first, the hip or the knee. I recommend you use a hip break. This essentially means that you will begin the squat by sticking your butt back instead of shooting your knees forward. This allows better activation of the glutes and hamstrings and puts less stress on the knees. Safety first, right?

Maintain proper knee alignment- Your knees must track in line with your second toe throughout the entire range of motion.

Stay on your heels- If you respect the "break at the hips first" rule, this won't be a problem for you. Staying on your heels is critical for knee health and hamstring/glute activation.

Lower to parallel or slightly lower- Most squatters only do half squats. This is a big mistake. Half squats don't allow adequate recruitment of all muscles involved. This leads to muscle imbalances, which will contribute to tightness, loss of function, and increased risk of injury. Always perform a full squat, which is achieved when your hips reach a position that is lower than your knees.



Lifting Phase

Rebound- You should not violently bounce while in the bottom position. Instead, use a controlled yet quick change of direction. This will allow you to take advantage of the stretch reflex while still remaining safe and in control.

Keep your back angle constant- If you were watching yourself from the side, you'd notice that for every inch your hips rise there should be an inch rise in your shoulders as well.

Watch the knees- It is during the lifting phase that many allow their knees to collapse inwards. Just keep your feet planted into the ground and focus on keeping your knees in alignment with your second toe.

Push into your heels- So important! Keep your weight on your heels and drive yourself up from there.

The Repeat Phase

Fully extend knees at the top- If you're training for maximal strength, go to full extension and pause for a second before beginning your next repetition. This allows you to reset your position and breath.

Don't fully extend your knees at the top- If you're training for pure hypertrophy (muscle building), endurance or metabolic work, do not lock your knees on in the top range. Instead, rise up until your knees are 95% locked out and immediately drop into the next repetition.

With the exceptions of "unracking the bar" and "bar placement", these tips are critical for every style of squatting to guarantee maximal results with minimal risks.

Source: John Alvino

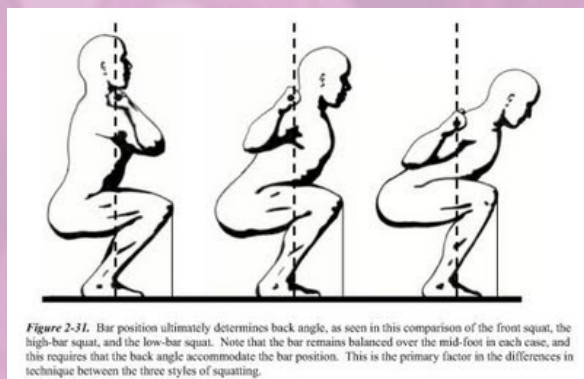


Figure 2-31. Bar position ultimately determines back angle, as seen in this comparison of the front squat, the high-bar squat, and the low-bar squat. Note that the bar remains balanced over the mid-foot in each case, and this requires that the back angle accommodate the bar position. This is the primary factor in the differences in technique between the three styles of squatting.