

# OVAC SUMMER TENNIS CAMPS

**DON'T MISS OUT ON THE FUN!**



## **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 minutes.

**JULY 9-13 JULY 30-AUGUST 3**



## **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 23-27 AUGUST 13-17**

## **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 16-20 AUGUST 6-10 AUGUST 20-24**





## 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



It was 8.30 in the morning under a cloudless California sky, when I waded into the shallow end at the Ojai Valley Athletic Club swimming pool, determined to try every exercise class offered, at least once. This one was called Aqua Abstravaganza, which I hoped would supplement lap swimming.

Warm water pooled around my waist as I greeted those who'd already arrived, noticing their hats, eye glasses and tee-shirts worn to ward off the coming of another sultry day. A woman with flowing grey hair smiled in my direction, introducing herself. The others followed, offering kindness and extended hands. Being greeted with such gracious acceptance is part of what I love about coming to this club. It's an extension of the grace, beauty and specialness that is Ojai. Unfortunately, I forgot their names minutes after being introduced, my aging memory as short as my eyelash.

A young woman from a dark-skinned, dark-haired country told me this was her second class. "I've come back because I love the teacher's humor," she confides, her cinnamon eyes catching rays of light from the water. She radiates health and youth, her long hair carefully braided and tucked out of the way. She's attentive and eager for the class to begin.

The others are older, much older, being called by the grace and support water allows the elderly. The instructor, Debora, appeared in snug black pants and grey top, brown hair cascading around her shoulders. She too extends a hand. "Oh, you're new. Welcome!"

This group has obviously been together a long time, as a kind of social club.

"Okay class," Debora begins, "we're starting today by running in place, so bring those knees up."

A birdlike woman peering beneath the twilled rim of a khaki hat pays no attention, preferring to visit with her friend instead.

"Did you watch that reality show last night? Well I did and that man never should have won. They count on people not calling in but I'll tell you what. I did call in because I think the judges are crooked. It's just not fair. Anyone can see he was not the most talented. It was the singer, she was the best and then the girl with the dancing dog."

Obviously an urgent conversation, much more important than the matter of moving about in water.

A series of jumping jacks propelled me near another huddled couple.

"So how was your trip to Thailand? We really missed you here. Did you know that Peggy broke her foot? Yes, she did, but is recovering nicely. Said she'd try and make it today. They have her in a walking boot. One just never knows, does one?"

At 9 o'clock, (yes, I was counting the minutes) the instructor suggested we venture into the deep end. Frankly, I was completely surprised anyone noticed the request. But move they did, like a great water-bound pod of visiting couples. At this point the exotic beauty with the braided hair leapt from the pool, grabbed her towel, a splashed copy of the New York Times and darted toward the changing room, clearly late for something.

The men were in the deep end doing just as much talking as the women.

"Are you having trouble with this kick, Bob?" The instructor asked. "Bob?"

Bob are you with us?"

Bob looked up as if coming out of trance. "What kick?"

Karen is a new member of Ojai Valley Athletic Club. Karen is a writer and a healer and teaches empowerment classes for women over 50. You can read more of Karen's writing by visiting her blog: [karenbanfield.me](http://karenbanfield.me)



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## ARE MY SUPPLEMENTS SAFE?

By Danielle J. Williams, Fitness Director



It is important to know that in this country the Food & Drug Administration (FDA) does NOT test the effectiveness, safety or purity of nutritional supplements, including protein powders. The US also does not have a consumer advocate group making sure that nutritional supplements are pure, safe and effective. The FDA leaves these tasks to the manufacturer of the product. So, it is impossible to know whether a supplement really has in it what the label says it contains, whether it actually does what it's supposed to do, or whether taking it will cause health benefits or health problems.

However, other countries like Canada have stricter regulations in place. All supplements in Canada must be cleared by the Natural Health Products Directorate (NHPD) before being produced or marketed. The NHPD ensures that the supplement companies and manufacturers have a license, follow pre-established good manufacturing practices (GMPs), that there is thorough adverse event reporting, that clinical trials support claims and safety, and that standard labeling conventions are used. Because of this you may feel more confident buying your supplements and powders out of Canada as they are more likely to be labeled properly, safe and effective.

If you are an athlete, make sure the supplement you are recommending isn't on the banned substance list. You can find the list at [www.wada-ama.org](http://www.wada-ama.org).

Also, check to see that your supplements don't have any interactions with any medications or drugs you may be taking. The online *Merck Manual of Medical Information* (Home Edition) has a comprehensive listing of dietary supplement and food-drug interactions at [www.merck.com/mmhe](http://www.merck.com/mmhe).

Try to choose a larger company that's been in business for quite some time, that provides a certificate of analysis, and that has been certified by a third party. The NSF ([www.nsf.org](http://www.nsf.org)) started a third-party certification and testing program but it has only just gotten started and has tested very few supplements. The HFL Sport Science ([www.hfl.co.uk](http://www.hfl.co.uk)) is also doing testing, although not as rigidly as the NSF, but has a much larger database of tested supplements. They focus on reviewing purity and label claims for many of the nutritional supplements on the market today.

Finally, choose supplements that have only a few ingredients (if you want creatine, buy creatine only). And review the ingredient list; usually the fewer the better.

Source: *The Essentials of Sport & Exercise Nutrition* by John Berardi & Ryan Andrews, 2010, Precision Nutrition Inc.

