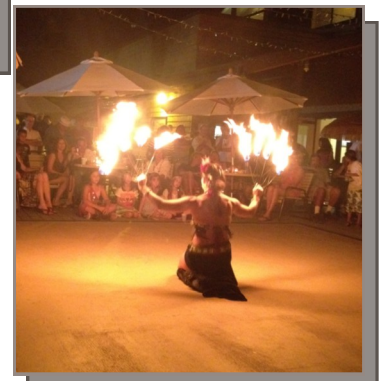
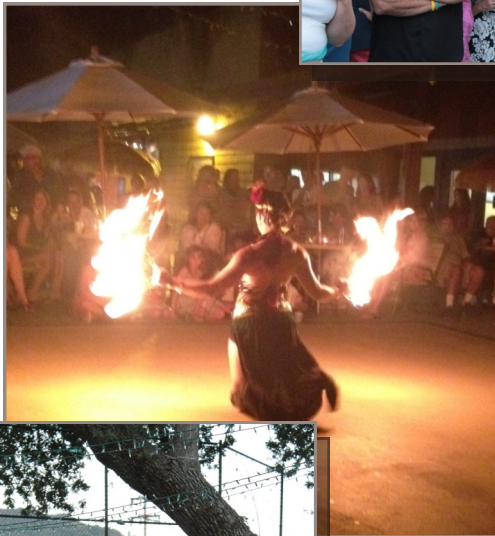
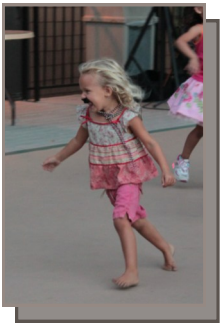




Ojai Valley Athletic Club

409 South Fox Street
Ojai CA 93023
805.646.7213
ovac/caclubs.com



NEW FITNESS OPPORTUNITIES

LESSONS IN PLAYING DIRTY

MONDAYS AND WEDNESDAYS 9:00AM SEPTEMBER 19TH-OCTOBER 17TH

MEET ON THE OVAC VOLLEYBALL COURT RAIN OR SHINE

COST \$120

Obstacle course races are the hottest thing in fitness right now. Races like Tough Mudder, Spartan Race and Go Dirty Girl are renowned for challenging participants to let loose and overcome their fears in a team oriented, FUN environment. Train with five-time Tough Mudder finisher and two-time World's Toughest Mudder qualifier Brooke Atkins as you run, hike, scramble, climb, swim and play in various terrains in and around OVAC. Develop strength, agility, speed and balance while having a down-and-dirty great time. Why not challenge yourself with something new that will make you feel great about yourself? Yes, you can do it and Brooke is going to coach you every step of the way.

Let's Play Dirty and get ready to try some local events!

Minimum 4 enrollees required. Simply show up the first day to enroll. Questions?

Contact Brooke at 798-4047.



FUN!CTIONAL FITNESS 101

THURSDAYS 8:30AM

DOWNSTAIRS GYM

You've heard about OVAC's amazing group training sessions, but maybe you're new to exercise and a little intimidated. Or perhaps you're recovering from an injury, or you are an older adult. Or maybe you simply want a gentler approach to fitness. This class is for you.

Let certified personal trainer Danielle Williams help you find your inner athlete in a FUN environment that will emphasize foundational exercises to increase your stamina, flexibility, and strength, along with building a strong core. Sessions start September 6th and your first session is **FREE**. Ongoing rates are \$30/session. Questions?

Contact Danielle at 818-219-4835.

TURBO TRX GROUP TRAINING

MONDAYS AND/OR WEDNESDAYS 8:30AM

DOWNSTAIRS GYM

Join certified personal trainer Jeff Hoefling as he shows you why the TRX Suspension Trainer is the best-in-class workout system that leverages gravity and your bodyweight to challenge you in hundreds of unique ways. In just 45 short minutes you will receive an effective total body workout that

- Helps build a rock-solid core
- Increases muscular endurance
- Benefits people of all fitness levels (pro athletes to seniors)

Sessions start September 10th and your first session is **FREE**.

Ongoing rates are \$30/session. Questions? Contact Jeff at 512-1880.



SEPTEMBER'S MEMBER OF THE MONTH...RYAN HOWATT

Who says you can't go home? Ryan Howatt, our member of the month, lived in Ojai as a young child. Five years ago when he and his wife, Lori, started their family they wanted a great place to raise their children, and escape the Santa Cruz fog.



Ryan and Lori's lives revolve around children, not just their two boys, William, 7, and Ian, 2. Ryan and Lori both work with children daily - Lori is a nurse in the premie ward at Community Memorial Hospital and Ryan is the principal at Mesa Union Elementary School.

When Ryan talks about his family, his face lights up. Summer at the Athletic Club is a focal point for this family. What a delightful sight watching the boys playing with dad while mom has a chance to relax in the sun. Ryan beams as he tells of watching the pure joy on the faces of William and Ian as they play in the pool. He loves that this time spent with the family at the club is healthy and positive. OVAC is a Saturday morning routine for the Howatt family. There is time for Ryan to get in a workout while the boys play in childcare and then time to splash around in the pool with dad. "It's a healthy place to be" Ryan says. He admits that after a day of sun and fun at the club naps are welcome.

Ryan has a great attitude about health and fitness. He regularly works out doing cardio and weights. He plays the drums and the bass guitar and also enjoys golf.

Ryan has found that his workouts have helped reduce injuries and increased his endurance (he needs that to keep up with the boy's energy!). Ryan has also embraced the benefits of foam rolling.

He recognizes that all these activities help him escape from any stresses in his day. Or as he put it, "It creates space so that you can look at problems from another prospective."

OVAC is delighted that Ryan came home to Ojai with his adorable family and joined our family of members.

FALL TENNIS CLINICS

Pee Wee Clinics (Ages 4-7) Tues. and Thurs. 4-4:45pm

Futures Clinic (ages 8-11) Thurs. 4-5pm

Tournament Players Clinic Mon. 4-5pm & Wed. 5-6pm

High School Clinic Wed. 4-5pm & Saturday 10-11am

Please contact Ryan to sign up for any fall clinics



IT NOT TOO LATE TO JOIN THE FALL SWIM TEAM SESSION!

Fall session starts Wednesday

September 5. MWF 3:30-4:30pm

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



DOLPHINS PRE-SWIM TEAM WITH MEG

Stroke development for swimmers who have completed swim lessons but want to continue on to Junior Swim Team. Swimmers will learn basic freestyle, backstroke and streamline push-offs.

Fall Session Starts Sept 4th

Tuesday and Thursday

3:15-4:00pm

Members \$60/month or \$12.00/drop-in fee

NON-Members \$85/month

TENNIS NEWS

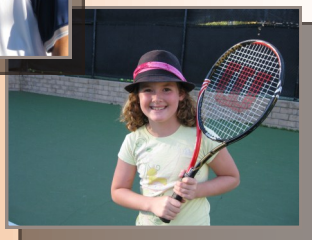
Well the summer is long gone and I have to say it went by too fast! I had a great time with all the kids in our camps and very thankful to my awesome staff! It was too much fun and sad to see it go BUT nothing is better than Fall Tennis! The weather is cooler and competition heats up! I am very excited about our Interclub teams. We have added some fun new players to the C team and the other quads are stronger than ever! I think it is going to be a fun season and can't wait to get it going!

We are also getting the Fall USTA teams going at the club for the weekend warriors! It's a great way to get some solid competition for you guys and gals who work during the week.

I want to give everyone a heads up that at the end of the month we will be working on courts 9 and 10. It looks like they will be resurfacing them either on the last week of September or the first week of October. This will mainly effect those who are looking to play on the ball machine. If you have any questions please feel free to contact me at 746-5094.

See Ya on the Courts!

Ryan



TENNIS, WINE & DINE!! FRIDAY, SEPTEMBER 28TH!!

Now that the crazy summer is over let's have a fun social!! This was a lot of fun last year and hopefully we will have another great event this fall. The event is pretty simple...We will have a fun round robin doubles social for a couple of hours, after that we will meet up on the deck and enjoy some great wine and food... what else could be better!!

The club will provide the dinner and Ryan will pick out some fun wines for everyone to taste! All you have to do is show up with racket in hand and a hungry stomach! We will be limiting the event to 24 people...only 12 couples! If you don't have a partner to play with just contact Ryan and he will make it happen! Sign up at the front desk or contact Ryan (746-5094).

September 28th
Time: 6:00pm
Cost: \$20 per person

THE ONE STEP MUSCLE BUILDING BLUEPRINT

By Fitness Director Danielle Williams, PES, CES, CPT

Summer is over and it's time to cover up the guns and the 6-pack. If you're disappointed with the amount of muscle you had to show off poolside this summer, don't despair. Let's fix your muscle building situation ASAP. All it takes is a simple 3-step blueprint.

Step #1 - Follow A Simple Nutrition Plan

You need to eat more. Take a look at your current total calories and start by adding 300-500 calories per day, preferably to your last meal before training and to your meal immediately after training. You don't need any fancy supplements, especially those crazy high-sugar weight gainers.

A whey protein powder will help, but research shows that **you only need 20 grams of whey protein right after training**. Your muscles can only use so much, the rest just gets used as energy.

As for other supplements, **creatine can help, but just buy the plain CHEAP powder**. That's the only kind that has been proven to work in REAL scientific studies. In fact, in one study, the group **taking plain creatine achieved the greatest 8-week gains in lean mass ever recorded in a research study**. (For you science fiends, here's the study: *Creatine-dextrose and protein-dextrose induce similar strength gains during training*. Tarnopolsky MA, Parise G, Yardley NJ, Ballantyne CS, Olatinji S, Phillips SM. *Med Sci Sports Exerc*. 2001 Dec;33(12):2044-52.)

Step #2-Beware of some so called "muscle building" workouts.

Often these programs have you training too many days per week. That leads to shoulder injuries. If you bench on Monday, do back on Tuesday, Squat on Wednesday, hit shoulders on Thursday, and then train your arms on Friday, you are essentially stressing your shoulders FIVE days in a row...and that's going to lead to OVERUSE injuries.

There's also too much focus on the front of the body (chest, arms, front delts) and not enough on the back of the body (upper back, rear delts, glutes, etc.).

Plus, combined with a busy work (and play) lifestyle, your body just isn't going to recover properly. You're going to get sick, you'll be tired all the time, and you'll be living off Red Bull and coffee to get you through your days and nights. The end result is injury and forced time off from the gym, or worse, you'll just quit training altogether.

The workouts you read about in magazines are even too much for steroid-using 21-year olds. It's just too darn much. The SOLUTION is to train only 3-4 days per week.

Step #3-Stop exercising on your own

The biggest problem with working out on your own is simply the lack of motivation to give it all you've got.

The solution is just as simple – you need accountability. Either train with a partner or hire a personal trainer. Get someone to stand there and to encourage you to do one more rep. We all need this. Even us pro's.

Source: Craig Ballantyne

CLASSES FOR KIDS!

Tuesdays at 3:30pm Fit Kids with Tami
Thursdays at 3:30pm Spark Kids with Holly
Games, music, and activities for kids!

OVAC LAP POOL SCHEDULE

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

Congratulations to all of our youth swimmers who participated in the Summer Championship Meet. Every one of our swimmers took home a 1st-3rd medal and many won multiple medals!



LIFEGUARDS STAY ON WEEKENDS DURING SEPTEMBER

OVAC lifeguards will remain on staff week-ends from 1pm-5pm through September. For your continued enjoyment, the diving board will be open during this time.