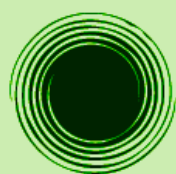




Don't quit now.
Keep those New Year's
resolutions going strong!



OJAI VALLEY
ATHLETIC CLUB

March 2013

TENNIS NEWS

The weather is heating up and so is the tennis at OVAC. It has been a blast watching Interclub matches on Wednesday mornings along with great USTA matches on the weekend! I am excited to see the courts busier than ever! I also have to say that we had a blast with the Sweetheart Tennis, Wine & Dine last month. We had around 30 people show up, with some playing Tennis...some just there to Wine and Dine! We hope to do more in the near future and don't feel you need to play tennis to attend the event. Plenty of people are there just to have a nice dinner and drink some fun wines. Hope everyone has a great March and great tennis!

See Ya on the Courts!

Ryan

JUNIOR TENNIS CLINICS

Pee Wee's

Tuesdays (Ages 6-8) 4:00-4:45pm

Thursdays (Ages 4-6) 4:00-4:45pm

Cost: \$10.00

Intermediate

Thursdays 4:00-5:00pm

Contact Jim Kasser

Cost: \$14.00

Advanced

Mondays 5:00-6:00pm

Wednesdays 4:00-5:00pm

Contact Ryan Gaston

Cost: \$14.00

Ladies Intermediate

Fridays 10:00-11:00am

Cost: \$15.00





CLAUDIA CARES

A gym can be an intimidating place when you're not used to spending time in one. My mission as a personal trainer is to help you gain confidence here at OVAC. Your time with me should be fun, productive and enjoyable. Instead of drill sergeant-style instruction, I offer gentle encouragement and increases in exercise intensity that strengthen the body gradually. I will provide with the workout strategies you need to make your fitness goals a reality. Let me help you get the most out of your time by signing up for a complimentary fitness assessment by calling 951-543-6464 to schedule an appointment.

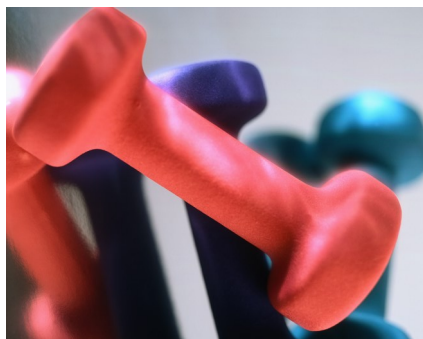
6 REASONS TO WORK OUT RIGHT NOW

By Danielle Williams, Fitness Director

- 1. To be happy.** You will immediately feel amazing after you exercise. Study after study confirms the direct relationship between exercise and increased feel-good hormones.
- 2. To make your life easier.** Being stronger, leaner, happier, and more capable can make for a more manageable life. That's the law of progressive overload — lift something a lil' bit heavier each day, get a lil' bit stronger.
- 3. To help you win at life.** Setting and achieving goals inside the weight room helps you set and achieve goals in life. The goal-setting/goal-accomplishing cycle is a learned trait. The more you reinforce hard work with a positive outcome, the more you think of yourself as a winner.
- 4. For your family and friends.** The people closest to you rely on your love, energy, and compassion. Mismanaging your body is a disservice to them. Making time for exercise is an act of generosity. The people around you deserve your best.
- 5. Because you can.** Initially, it's easy to view exercise as a chore. Consider this instead: Exercise is a blessing. Not only do you have the knowledge and the means to exercise, but you've been given, if you are fortunate, two legs that can carry you anywhere, two arms that can lift a lot of really heavy stuff, a core to stabilize your entire body, strong hands and an amazing heart. It all works together. Every day. Your workout is a celebration of that.
- 6. OK, to look good, too.** Fit, healthy and confident is attractive. Period.

These are only a few of the millions of good reasons to hit the gym. Simply put, exercise makes for a more amazing life.

*Adapted from
Rob Sulaver*



CORE & CONDITIONING 6-DAY CATALYST WITH CROSSFIT TRAINER ERIC LEIJA

Are you ready to jumpstart and rev-up your fitness routine?

Want to add a jolt of energy to your daily routine?

Ready to start feeling GREAT again?

It's time to make your dreams a REALITY!

It's GO TIME March 18th SESSIONS WILL MEET MONDAY – FRIDAY 5pm, SATURDAY 9:30am

Limited to 12 people

FEATURES

- *6 consecutive days of intelligent exercise led by a World Class Crossfit Trainer
- *Recovery shakes + nutritional program to cleanse, purify and revitalize your body
- *Goal setting and fitness/life coaching
- *T-shirt
- *RESULTS!!!**

\$57 for Members/ \$67 for Non-Members

SIGN UP TODAY with Eric at 805-216-4331



MAKING MEMORIES!

2013 SPMA SHORT COURSE REGIONAL CHAMPIONSHIPS

The 2013 Short Course Championships will be held in Santa Clarita on Friday, Saturday and Sunday, April 26, 27 & 28. I would love our team to repeat winning this championship. If you weren't part of the fun last year, don't miss out again! We will need as many swimmers as possible to compete against the bigger teams. This will be a good opportunity for new and old swimmers to have a fun weekend and, once again, be able to drive within a reasonable distance. Meet information is available on the SPMA website: SPMA.net. You must be a registered Masters swimmer, and this registration can also be

done online at SPMA.net. Make sure you use our club abbreviation (OJAI) on your registration form. I will post sign-up sheets at the pool, so as soon as you register at SPMA, please sign up so I can make up relay teams.

I would like you to enter the maximum number of events, only because a lot of times there are only a few swimmers entered in an event and scoring is all the way to 8th place. So, in some cases, you only have to swim the event to score points. (You can always scratch events at the meet.)

Relays are very important as they score double the points, so we need as many swimmers as possible to fill these positions.

REMINDER: To register online, go to SPMA.net and click on 2013 SPMA SCY Championships. I hope as many of you who are interested can make it—it's always been a fun time for everyone involved.

If you have any questions, you can talk to me at the pool and I can give you a copy of the meet form and help you with your entry times.

Coach Rick



Get an Early Start on Private Swim Lessons with Meg!

Spring is a great time to get little ones ready for summer fun by the pool

6/30 minute private lessons - \$ 180.00



Upcoming Youth Swim Meets

March 9 Ojai Heat@ Santa Barbara Gators

March 17 Channel Islands Swim League Winter Championship

YOUR NEW LIFE

By Danielle Williams

I've shared in the newsletter Sept '11 how devastated I was when someone said to me in front of a group people, "You are too fat to lead Dream Jeans." I was already struggling with frustration, guilt, self-pity over my weight loss effort and with that comment I officially hit rock bottom.

Perhaps you can relate...perhaps you're feeling some of those same emotions right now when you think about your own weight, how it's affecting your life and relationships, and all the things you've tried that have failed to make a difference for you. Perhaps you're thinking, "What's wrong with me? Why is it that no matter how hard I try, I still can't seem to drop the weight that I so desperately want gone?"

Listen, I was there. I lived it for years, and believe me, those same questions ran through my head on an almost daily



basis...until that one day. That one cruel comment was the day that caused my entire life to change. Truth is, even though I was embarrassed, discouraged and distraught, I still knew deep down inside that I couldn't give up. And it was in that moment, that low, rock-bottom moment, that I made a vow to myself. I made a commitment that I was going to read every last weight loss research paper, academic journal, and book that I could get my hands on until I found out why, despite all my efforts, I just couldn't get rid of my troublesome body fat...and better yet, I wasn't going to stop until I found the solution that would help me overcome my struggles and finally achieve the "dream" body that I desired, and deserved. And that's exactly what I did.

And over the last three years, I've been able to help OVAC members just like you finally end the weight loss struggle and achieve their best bodies through the 8 Week Dream Jeans Challenge. While you may be accustomed to nothing working, no matter what you try, the 8 Week Dream Jeans Challenge offers a different reality...a world of steady, consistent, week to week progress toward your goals without setbacks, without plateaus, and without the frustration and disappointments of dieting that ultimately derail your desire to change and suck the life out of your drive to become better. So now's your opportunity to forgo your past and get started this month toward a new, bright future where weight loss is an enjoyable process that quickly leads you to your new body... your new outlook... your new life.

The next **DREAM JEANS CHALLENGE** starts in March. Please see below for full details or email me at dwilliams@caclubs.com.

March 11th-May 1st

M & W 6:00-7:00am

with Brooke

March 12th-May 2nd

Tu & Th 9:45-10:45am

with Danielle

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.
- *8 more solo workouts designed by a certified personal trainer (2 per week).
- *Nutrition program and journal.
- *Fitting into your dream jeans.

COST (non-refundable) Reserve your spot with an email to dwilliams@caclubs.com.

\$198.50 billed March + \$198.50 billed April for members and \$417 pre-pay for non-members.

“SO OTHERS MAY LIVE”

By Buddy Houchin, OVAC Front Desk Manager

My name is Buddy Houchin and I have embarked on a journey to help an orphanage in Columbia, South America. When people ask me why I'm doing this, I tell them “So Others May Live”. This is the motto of the U.S. Coast Guard rescue swimmers and I thought it fit perfectly as the motto for the journey I am taking.

I've been involved with the Columbian orphanage for about 5 years now. These children would have no place to go if not for the home. They would live on the street or be sold or kidnapped by adults seeking to exploit them. The approximately 89 children range in age from newborn to teenagers. The home provides a loving and safe environment where they are able to get an education and even learn a trade.

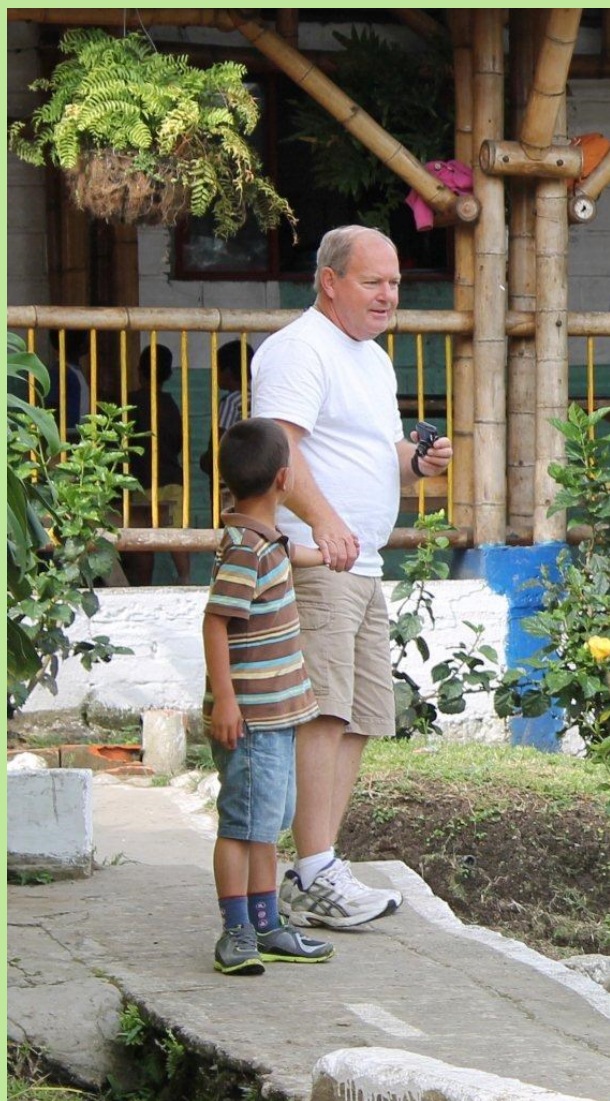
However, the Colombian government is now requiring the orphanage to build more accommodations or reduce the

number of children at the home, plus physically separate the boys and girls housing. The directors of the home not only do not want to turn children out on the street but have a vision of increasing the number of children to approximately 300 in the next several years.

My journey will raise the funds needed to comply with the government's demands. We already hired an engineer/general and we have enough to start the first phase of construction. However, we need additional funds for constructing the building plus providing furnishings, mattresses, blankets, sheets, etc. When I charted a course from Ojai, California to the orphanage in Colombia, I discovered it was 4,509 miles. By the end of 2013 I have committed to bicycle, run, walk, swim and row 4,509 miles around the Ojai area. A very large part of my miles will be completed by using the equipment and facilities at Ojai Valley Athletic Club. This means I have to average about 16 miles per day 6 days per week until the end of the year!

If you are interested in finding out more about my journey, or would like to help, please call me or Nancy Prather at 646-7213.

Together we can make a difference in the life of a child.



2013 ONE HOUR SWIM RESULTS

Name	Distance		
Wenke Seider	4225		
McKay Johnsen	4125		
Mario DelNegro	4125		
Bob Ward	4075		
Kerry Ellison	3900		
Bryan Tally	3900		
Elin Cheverez	3825		
Sue McMahon	3725		
John Christie	3600		
Liz Mahoney	3575		
Brian Hunt	3500		
Shandon Woll	3475	Charlotte Sinclair	2500
Emmett Johnsen	3475	Susanna Sinclair	2475
Lucy Brewer	3400	Lori Volk	2425
Rowan Lommell	3300	Nancy Decker	2375
Aeddon Edwards	3275	Mitnee Duque	2250
Gina Hudson	3200	Jim Becket	2175
Andre Christou	3200	Randy Roth	2150
Molly Perry	3150	Nathan Davis	2075
Tomas LaPlante	3125	Lillian Tally	2050
Efrain Zara	3125	Brooke Stevens	2025
Reed Fish	3050	Bob May	2000
Maria Halvorson	3050	Annabella Page	2000
Brooke Atkins	3050	Olivia Edwards	1975
William Campana	3025	Fliss Francese	1900
Chris Bailey	2975	Danika Perzel	1800
Tim Setnicka	2900	Blaise Cheverez	1800
Jet Ochoa	2900	Nancy Voyer	1675
Caitlin Potter	2900	Zoe Petroff	1600
Arley Sakai	2900	Eliana Davis	1500
Lila Francese	2875	Eric Hatley	1450
Carol McCormick	2850	Susan Olson	1350
Lucia St George	2825		
Leone Webster	2825		
Jem Ruf	2825		
Ethan Berry	2800		
Cheyne Cole	2675		
Jo O'Connell	2575		
Olivia Jones	2525		
Pam Johnsen	2500		

