



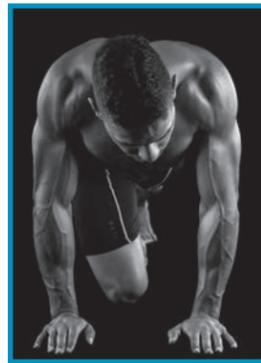
pay attention
to pain
by sally betscher

You've no doubt heard the phrase "no pain, no gain," whether said jokingly (with the wink of an eye) or in all seriousness, to get you to push harder.

While it is true that most of us need to get out of our comfort zones (this is, obviously, *not* true when one is experiencing genuine injury or illness), how true is it that fitness gains must come at the expense of our bodies' natural pain thresholds?

Truth is, **pain is your body warning you about possible injury.** No exercise should risk the integrity of your joints, cartilage, tendons, or ligaments. Even sore muscles from training hard should be attended to since they are sore due to tiny tears that occur when we really challenge those muscles. Indeed, it is the recovery time (after you've really trained hard), where your body works to repair those micro tears by becoming stronger.

So challenging yourself is usually the right thing to do if you want fitness and health gains. **But pay attention - true joint pain is never good.** Muscle fatigue is not to be confused with joint pain. Any soreness after a good workout should be followed by active recovery, *such as light cardio, stretching, foam rolling, and/or massage for maximum health and fitness benefits.*



DECATUR
ATHLETIC
CLUB 

simply feel
better news

Sept. 2019 - Volume 50 - Number 9

1010 South Side Dr., Decatur, Illinois 62521 | Phone: (217) 423-7020 | Fax: (217) 423-7562 | www.decaturationathleticclub.com



senior
moment
by chris matuscak

meeting your needs

Over the past month, I have been transitioning into retirement. **For 28 years, I have worked at the DAC** - first in the aerobic department and then in the Fitness Center. It has been a wonderful experience that I wouldn't trade for anything. **The DAC, members, and co-workers are all like family.** I've met the most interesting people and have learned so much. I truly believe my experience here has made me a better person!! **A special thanks to Bob O'Connell - he is a great boss, friend, and person!**

There are many different forms of personal training, but the area I found *most* satisfying was functional training for the older adult population and post-rehab training. There is such a demand for this type of personal training and the results can be very rewarding as individuals are able to function better or reduce their level of pain. What I find unique is that the DAC has such a dedicated and knowledgeable group of Personal Trainers who have experience working with this specific population. **The trainers in the Fitness Center are all certified and many have gone on to further their education in the area of functional fitness for older adults and rehabilitation.** They currently work with clients who experience issues such as arthritis, low back pain, neck pain, recovery after joint replacement, tendinitis, stroke recovery, muscle and core weakness, lack of balance, and lack of cardiovascular endurance. This isn't a full list, but it will give you an idea of their expertise!

You've probably seen **Vonnie Lamb, Sally Betscher, and Rebecca Crites** working with clients. They have a vast amount of experience and knowledge and would love to help you with your concerns. **Laurie Ellis** has been with the DAC for many years and is adding more personal training to her schedule. She's taken on several new clients and is committed to helping others reach their goals. **Todd Hardy** is currently the Co-Director of the Fitness Center and is also accepting new clients. Let us know how we can help. You have a committed staff and a wealth of knowledge available. **Just give the DAC a call and we'll direct you to the appropriate trainer!**

youth sport training

Our first summer of training for young teen athletes has come to an end. What a huge success! The kids trained with our new "Penalty Boxes." This was a great tool to help build core strength, speed, agility, and coordination. Participants were tested on sit-ups, push-ups, speed, and plank duration. Everyone increased in all areas! We plan to continue this program through the winter months. If you are looking for that extra edge for your child and would like more information, contact Cheri at 423-7020.

swimming lessons

Keep your children's swimming skills strong throughout the winter months! The DAC offers lessons for **all ages all year long.** Call Cheri at 423-7020 for class schedule and placement.

best body program

The **Best Body Countdown starts September 10th!** Sign-up at the DAC Front Desk. For info, contact Heidi Reynolds at 423-7020 or heidi@decaturationathleticclub.com.

win-win is back!

During September, we'll be running our **Win-Win special** which is our **BIGGEST** membership promotion of the year! We've switched it up so here's what you need to know:

- Anyone who signs-up for membership during September will receive a **waived initial fee** (the only required payment during sign-up will be prorated dues for the month of September).
- Any new member who signs-up under a referral from a current DAC member will receive a **DAC Cash Credit equivalent to 1 month of membership** and the DAC member will, too.
- There's **NO LIMIT** on how much Cash Credit you can earn! For example, if a current member brings in 12 new members under their name for referral, they'll earn themselves enough Credit to equal an entire **FREE** year of membership!
- New members who join during September can immediately start referring others to **keep earning DAC Cash Credit!**

Permanent Court Time

Interested in having a court guaranteed each week? We offer a permanent court time program where you'd have a reserved court waiting for you at the same time each week. Contact Stacy Terneus or Chuck Kuhle for more info.

Live Ball Sessions Added

Beginning the week of September 9th, Live Ball will now be offered 4x a week. Live Ball is constant drills for 1½ hours, directed by DAC professionals. These coed sessions allow players to sign-up on a weekly basis through our app or by contacting the tennis staff. Players must meet the required skill level of each group to participate and the sessions each require a minimum of 3 players. The cost is \$26 per person.

Schedule:

- Coed 3.5 and above (Mondays, 9:30-11am)
- Coed 2.5 & 3.0 (Mondays, 6:30-8pm)
- Coed 3.5 and above (Tuesdays, 6:30-8pm)
- Coed 2.5 & 3.0 (Thursdays, 10-11:30am)

Thank You, Sponsors/Host Families/Volunteers!

I would like to thank all sponsors, host families, and volunteers who helped make the 21st Annual USTA/ Ursula Beck Pro Tennis Classic a success once again. Our tournament continues to be one of the premier stops of the USTA Professional Futures Circuit. Without you we could never have achieved the level of quality and hospitality that we offer. - *Chuck Kuhle*

Box Singles Leagues

Our Box Singles Leagues will begin in October. Players are put in a "box" with three other players and play everyone in their box during the month. Participants then contact each other to set-up their match. Contact Chuck Kuhle if you'd like to play in October.

Cardio Tennis

The DAC offers complimentary Cardio Tennis classes each week. All classes begin the week of September 16th. Below is the schedule:

- Mondays, 8:30-9:30am
- Thursdays, 6-7pm

Super Sundays

Don't forget to come out on Sundays! Court time is \$20 per hour for members and \$30 per hour for non-members (includes guest fee).

Adult Tennis Leagues

The DAC offers a wide range of tennis leagues for adults. Fall leagues run through mid-January. Registering into a league requires a commitment for the length of the entire session. All weekday leagues will begin organizing the week of September 4th and most play will begin the following week. If you're unsure of which league to join, contact Chuck Kuhle and he'll be happy to help you! Below is the adult league schedule:

- 3.0+ Ladies Challenge (Wednesdays, TBA)
September 4th-January 15th; \$18/week
- 3.0 Men's Instructional Doubles (Thursdays, 7-8:30pm)
September 5th-January 16th; \$23/week

*The first day/night of each league will be organizational. Call Chuck Kuhle if you'd like to come and try any of the above groups (without committing). If you don't find something that fits your needs, let Chuck know as new leagues can be created if there's enough interest.

Adult Tennis Clinics And Drills

Looking for instruction and drills in a short period of time? Come try our coed clinics! Players may sign-up on a weekly basis at the cost of \$19/week. All classes start the week of September 10th.

Schedule:

- Coed 3.0 and above (Tuesdays, 9:30-10:30am)
- Coed 2.5 and above (Tuesdays, 6:30-7:30pm)

Start/ReStart Tennis

Beginning the week of September 23rd, these low-cost classes are designed for beginner players or those wishing to begin again. We offer two different classes at the club, available to members and non-members 19 years of age and older. These classes run for 6 consecutive weeks and must have a minimum of 6 players to begin. Below are the times for the classes:

- Tues. 5:30-6:30pm \$45/member \$55/non-member
- Wed. 6:30-7:30pm \$45/member \$55/non-member

Friday Fast Feed

Beginning September 27th, Friday Fast Feed will continue on Fridays from Noon-1pm. This program is a fast-paced progressive doubles game for 2.5 players and above. These coed sessions allow players to sign-up on a weekly basis through our app or by contacting the tennis staff. Players must meet the required group skill level. Each session requires a minimum of 3 players. The cost is \$18/session and if courts are available, players may come in at 11:30am to warm-up.

annual "i'm in myzone at the dac" challenge september 2019

***We're giving you more ways than ever to WIN in September!
Introducing our 2nd Annual "I'm in MyZone at the DAC" Challenge!***

With prizes such as:

* Replacement MyZone belts

* Smoothies, snacks, and protein shakes

* Personal training and specialty class sessions

* DAC apparel and pro-shop merchandise

* Tennis court time and ball machine passes



DON'T MISS OUT ON...

* Our **SOCIAL MEDIA PRIZE: 1 month of DAC membership!**

AND

* Our **GRAND PRIZE: 1 FREE year of DAC membership!!**

Each of the following earns **1 entry** into the **Grand Prize Drawing**:

* Earn 1300 MEPs

(also earns you the official 2019 "I'm in MyZone at the DAC" challenge shirt!)

* Post a photo wearing your challenge shirt on social media and tag the DAC (Facebook or Instagram - 1 tag per day per social media platform can be counted for entry)



* Reach 2000 MEPs

* Reach 3000 MEPs

* Reach 4000 MEPs



calendar of events

Date	Event	Time/Location
September 20	Junior Compass	6:30-9:30pm
October 11	Game, Set, Money!! 8.0 Mixed	6pm
October 18	Junior Compass	6:30-9:30pm