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SPORTS 12 THE ORANGE COUNTY REGISTER • TUESDAY, FEB. 26, 2008



**THAT'S A STRETCH:** Cindy Glavas, a two-time All-America player at Chapman, works with students at a Just For Kicks session. Glavas helps women learn about the game, get fit or just have some fun. "We're different than a boot camp," she says. "We're not going to be mean to you."

## Jones is a Classic winner

Kevin VanDam didn't win. Neither did Skeet Reese nor Aaron Martens. No, the Bassmaster Classic was taken Sunday by an 18-year pro who had been ranked 42nd in the latest **BassFan.com** world rankings.

Alton Jones, the Waco, Texas angler whose best finish in 10 previous Classics had been seventh, stuck to Plan A for three days and totaled 49 pounds, 7 ounces of bass to win the coveted title and \$500,000 at Lake Hartwell in South Carolina.



**DAVE STREEG**  
REGISTER COLUMNIST

Jones fished the inside edge of timber in underwater ditches and, unlike other anglers, never deviated from the pattern, despite conditions changing from rain and temperatures in the 30s on Day 1 to sunshine and warmer temperatures on Day 2 to cloudy and sunny on Day 3.

Jones, 44, a devout Christian who lists John 3:16 as one of his sponsors, took the lead after a day with a five-fish limit of 18-11 and held a 5-2 lead going into the final day.

"Going into the weigh-in I thought outside chance at best that I'll win the Bassmaster Classic," he said at the news conference. "I knew it was in God's hands and I was fine with whatever He chose for me. Of course, I was praying it'd be first place."

He looked up and said, "Thank you Lord."

When he went to weigh his catch, Jones only needed 8-6 for the victory. His five fish weighed 13-7 for a more than 5-pound margin over runner-up Cliff Pace of Mississippi.

"This is the fulfillment of a dream I've had since childhood," he told the near-capacity crowd at the 15,000-seat BFL-0 Center. "My grandfather taught me how to fish, and I wish he could be here to see this."

VanDam, a two-time Classic winner, finished third at 43-8, failing to break up a first-day bag of 20-3.

Reese, the 2007 Angler of the Year and said to be the hottest angler going into the classic, caught three fish on Day 1 for an 11-5 total, putting him too far back. He finished 12th at 39-0.

Charlie Hartley of Ohio was the first-day leader with 21-4. He was in second after Day 2 but caught only two fish for 8-5 on the last day, dropping him to 15th at 38-2.

"D.C. reappeared today," he said at the weigh-in. "This time he made it through two days. Maybe next time it will be three."

D.C., Disappearing Charlie, is a nickname given him by his wife because of his penchant for sliding down the leaderboard.

Martens, a Southern California favorite who now lives in Alabama, weighed in a disappointing limit of 12-45 on Day 1, saying "They all shrunk on me" since catching bigger fish during practice.

Martens rallied to finish ninth with a 40-7 total, despite battling the flu Sunday.

"It's not second," the emcee told Martens, a three-time Classic runner-up.

It was hardly a consolation.

**Outdoor fair:** Pathways to Adventure and the City of Santa Ana will hold a free Kids Fishing Derby and Family Outdoor Fair on Saturday at Centennial Park. Fishing is for kids 6-18. Registration is at 7:30 a.m. Awards are at 12:30 p.m.

The fair, postponed several times because of fires and poor weather, features exhibits on camping, backpacking and hiking, outdoor cooking, fishing tackle, casting and orienteering. The fair is from 10 a.m.-2 p.m. Call 951-582-6692.

**Attention fly-fishers:** The Fly Fishing Show, touted to be the largest fly-fishing show in Southern California, is Saturday-Sunday at the Pasadena Center (900 East Green St.).

**Fly-tying class:** The Fly Fishers Club of Orange County offers a series of free fly-tying classes called Beginning and Beyond. The classes are 7-9 p.m. on Mondays for 12 weeks beginning March 3 at First Baptist Tustin (2472 Walnut Ave.). Call 714-321-7955.

# KICK-START YOUR GAME

Just for Kicks is a women's soccer program for those wanting to learn the game or improve their existing skills.

By **DAVE STREEG**  
THE ORANGE COUNTY REGISTER

**FULLERTON** • They do it to learn how to play soccer. Or to improve their skills. Or to stay in shape. Or to get in shape. Or, as the program title suggests, they do it just for Kicks.

Whether it's for fun or fitness, Just for Kicks offers adult women a unique opportunity of eight-week soccer programs that run year-round in Fullerton, Orange and Aliso Viejo.

"It is for soccer players, but it's not a high-intensity, high-competition program," Cindy Glavas said. "It's for beginners who have never even played soccer and it's for women who play soccer ... and want to be better."

It's also for women who want a workout but don't like to run or go to the gym. The atmosphere is low-key and there's plenty of encouragement.

"We're different than a boot camp," Glavas said. "We're not going to be mean to you."

The concept was developed by Glavas, a two-time All-America soccer player at Chapman, where she holds the school record in career points.

A "mini mid-life crisis" is what sparked the idea. Glavas said she thought about her talents, what she was good at and where her interests lay "and this just jumped out at me."

"It's fun," said Glavas, who still plays in two recreation soccer



**JUGGLING ACT:** Jody Maurer practices 'juggling' during a recent workout. Maurer said the Just For Kicks program helps her understand what her own kids go through on the soccer field.

**Just for Kicks**  
**What:** An eight-week soccer training and fitness program for adult women; beginner or intermediate levels. A game is played upon completion of the program.

**Where/when:** Tuesdays and Thursdays at 5 and 9:30 a.m. in Fullerton; Wednesdays at 6 p.m., and Saturdays at 7 and 8 a.m. in Orange; and Saturdays at 7 a.m. in Aliso Viejo. Sessions are one hour. New programs start every two months.

**Cost:** \$149 for one day a week, \$269 for two days, \$359 for three days; \$19 for single sessions.

**Contact:** 714-996-0394, [www.justforkicksfitness.com](http://www.justforkicksfitness.com)

leagues. "When we were kids, we used to play sports. There's not anything like that for adults. There's nowhere to go and learn a sport. It sort of ends."

Glavas started the program in June in partnership with Coury & Buehler Physical Therapy. Ten to 15 players show up at each one-hour session.

Last Tuesday with the threat of rain, eight women, including Glavas, participated on a field in Fullerton while music blared from an iPod player.

Every workout is different, Glavas said. This one started with a lap around the soccer field with every woman kicking a soccer ball as they ran.

Then they stretched, they did several one-touch passing drills, they juggled, they did jumping jacks and push-ups, they took

shots at the goal and they scrimmaged 10 minutes on a shortened field with mini goals.

During one drill, Rotti Cloud of Westminster timed a one-bounce pass perfectly and one-timed it solidly into the corner of the net. It was one of several well-executed goals for Cloud.

"You need to buy a lottery ticket or go to Vegas because you are hot," Glavas told Cloud, who plays in a recreation league.

As the group did its session-ending stretches, Glavas raved about the improvement the women had made with their shot-making.

"If you saw that little scrimmage — we played when we first started and we couldn't even pass the ball and couldn't even get a goal," said Ann Stoddard, a beginner from Fullerton. "And now I'm able to give my daughter some pointers."

Watching her kids play was the extent of soccer experience for Jody Maurer of Fullerton before enlisting in Just for Kicks.

"I was really nervous the first time, but I found there were a lot of other women at a similar level to mine, so it was very comfortable," Maurer said.

"You don't even realize you're getting a good workout because you're having so much fun out there."

Not only is it fun and good exercise, but it gives soccer parents a new appreciation for what their kids do. Maurer said she's "not yelling so much on the sideline when they miss something. 'Oh, I understand now.'"

One might say, even the kids benefit from Just for Kicks.

**CONTACT THE WRITER:**  
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**WEDNESDAY**

Stay tuned for more on Orange County's big waves and a party at Trestles.

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