



## WaterART Stand Out David Staniford

**D**avid Staniford is a former number one player at the University of Oregon where he earned his Ed.D. A student of movement studies at the Universities of Sydney and London, he has over 40 years of experience as tennis professional, college coach, professor and administrator. An Apex award recipient, he has authored several books, including *Natural Movement for Children* and *Natural Tennis* (2nd edition).

Staniford has coached extensively in several countries. Over the past 25 years he has coached many outstanding juniors in Australia, Canada, Oregon, Illinois, Florida and Wisconsin. Several of his players from the past have gone on to state, national and international honors. Staniford continues to play in national USTA tournaments and has been ranked No. 1 in the 35 and 45 divisions in central Illinois, including ranking No. 1 in the region. He was the third-ranked men's 35 player in Canada in 1982 and was a doubles finalist at the 1983 Canadian national tournament.

David met WaterART in Jamaica about 15 years ago when he was a visiting Tennis Pro at a resort in Negril. He was just starting to experience occasional injuries from many years on the tennis court. His wife, Dr. Lucia Getsi, eventually retired from her professorship and became a Master Trainer for WaterART. David became one of Lucia's case studies, for I.T. Band and knee problems. Since then, he has been fairly injury-free though he still puts in many hours a week on the courts as well as competes at high UTSA levels. This is thanks to WaterART and Lucia's Aqua Power Gym - a balanced class once a week with a high level of aquatic training that enables him to do his own 45 minute water workouts three or more times a week beyond this class.

As a tennis professional at Savannah Lakes Village, he is still on the tennis courts every day, teaching and playing. He is able to avoid posture and stiffness problems by working the water, which works his core and balance muscles in a way the land gym never did. Having an indoor and outdoor pool at Savannah Lakes Village makes this a year round routine. This gives David great balance for his body and life, supplemented by golf practice, teaching tennis camps, daily walking, lake kayaking, a lot of interesting reading and writing, and of course Lucia's nutritious, whole foods, fresh, and mostly organic haute cuisine.



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