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# A CENTRE OF EXCELLENCE – A SOUTH AFRICAN PERSPECTIVE WITH A BLEND OF ‘CANADIANA’

by Charlene Kopansky, B.Sc., Human Kinetics, B. Ed., B.Sc., Ed., Founder and President of CALA

How does one define a Centre of Excellence? How does one evaluate the health and well being of a community? Following is a synopsis of a working project that began when a seed was planted in the minds of a team of visionaries, in South Africa.

While in the Cape Region of South Africa, on a teaching assignment at the University of Stellenbosch, I was invited to an international Rhythmical Gymnastics competition. At the reception following the impressive line up of routines, I was introduced to the Minister of Sport, Culture and Recreation of South Africa.

After sharing our respective views on how to develop excellence in sports, I was invited to a follow up meeting.

The meeting was both enlightening and uplifting. In a country often associated with political, economic and health related concerns, I could see, hear and sense the commitment to build a new South Africa from many perspectives. One vision involved creating a system to develop competent athletes who could “bring national pride to South Africa” in the Olympic arena. The Minister spoke of his trip to the Sydney Olympics. What impressed him was how the Australians had developed “Centres of Excellence” for achievement in Olympic sports at various locations throughout the country. This idea appealed to the minister.

My experience teaching 3rd and 4th year biokinetics and sports science students since 1998, has enabled me to see the scope and talent amongst



*Graded Wilder Exercise test for Water Running.*

*When envisioning the development of Centres of Excellence in South Africa, the film entitled “Field of Dreams” came immediately to mind. I recall the statement: “If you build it, they will come.” I know that this is possible in South Africa and in many other places in the world – including Canada.*

the youth of South Africa. I have had the opportunity to share my expertise in a variety of water fitness related areas such as: Group Aquafitness, Water Running, Aqua Kick Box, Aqua Recuperation for Athletes, and Aqua Abdominals: Training the Body Core. Introducing players and coaches of the university rugby and national netball teams to water training continues to be a rewarding and interesting experience. Athletes, coaches and sports oriented professors alike, recognize that training in water has many benefits.

Adding vertical water training to the ‘training mix’ is a means to improve athletic performance. There are many benefits including:



*Outdoor class, Stellenbosch, South Africa*

1. Ability to recuperate from training hard on land while maintaining fitness – a ‘kind of flushing’ of the muscles, joints, ligaments, tendons and fascia occurs due to ‘aqua physics’.
2. Opportunity to cross train with no impact, unloading the joints and moving through the resistance of water for a balanced, double concentric workout.
3. Choice to avoid or prevent injury and overheating.
4. Means to complement existing programs while adding variety in the refreshing water environment.

University of Stellenbosch is somewhat of a haven for ‘world class’ athletes. It is common place to observe athletes from America, Germany, Britain, Sweden, and Norway (to name a few) training in the gym, the pool, the hills behind the university, the roadways and the track. The Sports Science department offers aquatic post rehabilitation for

athletes and members of the community. This program provides both a service and a means to train 'biokineticists' in a 'real world' setting. It is not difficult to envision University of Stellenbosch, as an excellent location to design and develop a Centre of Excellence for the purpose of Training High Level Athletes.

The university setting is ideal for many reasons:

1. **Location:** ideal climate and affordable living, including housing, food, transport.
2. **Facilities:** ideal training conditions: fully equipped gym, indoor and outdoor pools, track, surrounding countryside with mountains, hills and beaches.
3. **Staff:** competent and current team including; massage therapists, physiotherapists, chiropractors, sports psychologists, sports medicine doctors, university professors and enlightened and eager students studying sports science.

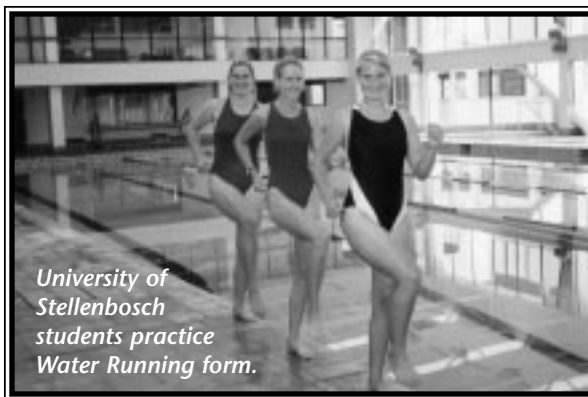
When envisioning the development of Centres of Excellence in South Africa, the film entitled "Field of Dreams" came immediately to mind. I recall the statement: "If you build it, they will come." I know that this is possible in South Africa and in many other places in the world – including Canada.

During the meeting, with the Minister, we discussed a variety of issues. We could both see a strong link between well-equipped facilities who promote and provide opportunities for excellence in sports and the well being of the surrounding community.

We pondered the following question. How is a healthy community developed – one that is well - flourishing and thriving with vitality in body, mind



Charlene in South Africa



and spirit? We both agreed that, from 'high level' athletics to recreational activities – a healthy community starts by examples set in the home environment and the school system.

Let's look closer to home - Canada. Take a moment to ponder the current state of 'movement oriented' activities in the Canadian school system. What messages regarding healthy living are delivered by parents or by teachers? Are the ones who deliver the messages 'walking the talk' or 'practicing what they preach'? What does a newborn or young child hear, see, feel and sense about the value of healthy movement and nutrition? How is wellness and active living promoted, celebrated and practiced at home?

Throughout the early development stages, humans begin to form values and patterns of living that have the potential to stick with them for life. What experiences do young children have that enable them to choose healthy living as the only 'option'. Progress is currently being made, on the home front, with new Health Canada initiatives directed at getting kids more active.

*Aside:* Why, in the mid 80's, in Ontario, did physical education get 'cut' from the curriculum? I was a secondary school teacher in Biology and Physical Education, when the shift away from 'movement as a critical aspect of education' occurred. I knew it was time to leave a system that did not honour the health and well being of our young people.

I am writing this article, on the crest of another trip to South Africa. In future meetings with the Minister of Sport, Culture and Recreation, along with a team of university professors from the Sport Science Department, I plan to set the stage to fulfill the dream to build healthy communities, with 'Centres of Excellence' sprinkled throughout South Africa. If all goes to plan, these centres will be open to all those aspiring athletes with a desire to achieve more in the sports arena.

Stay tuned to find out what happens!

*Charlene*

# SIMPLE ABUNDANCE: PROGRESSIVE CHOREOGRAPHY

Written by: Charlene Kopansky, B.Sc. Human Kinetics, B. Ed.

Assisting: Michelle McLaren, B.Kin., RMT, CALA Trainer

The inspiration for this concept came from Darin Dieterich and AJ Green, during a trip to Munich, Germany. They have developed pre-choreographed routines and music to match in a land based setting. The primary goal of their "Venice Beach Elementals" program is to motivate as many people as possible to participate in the positive experience of fitness and enjoy the benefits that fitness has to offer.



Charlene gets some sun - South Africa

The "Simple Abundance: Progressive Choreography" concept is specifically designed for water and includes the base ideas from the 'elementals class format'. Following is the formula to progress a block of choreographed movements from a simple to a complex routine.

- 1 Start with blocks of four movements.
- 2 Each block has three phases.
- 3 Manipulate the coordination component of fitness, to progress from phase one to phase three.
- 4 Give permission for participants to remain in phase one or to move to phase two or three as fitness level, including kinesthetic awareness improve.
- 5 Include teaching tips to enhance form and technique to ensure a safe exercise experience.

Following are key technique and leadership tips to integrate throughout the class.

### Technique Tips:

- Chin retracted
- Scapula set
- Abs activated
- Pelvis level
- Wrist locked
- Joints firm

- 6 Promote body balance by focusing on all the major muscles.
- 7 Utilize verbal and visual cues to educate participants about the names and functional significance of the muscles that are being worked.
- 8 Encourage participants to make a vital connection between the "body moving, the mind thinking and the spirit feeling" by asking them to actually feel and experience the muscle actions that are being performed.
- 9 Pay close attention to transitions and fluidity of the moves.
- 10 Keep a close watch on the body alignment of your participants while performing your own moves with expert execution.
- 11 Use dynamic, concise verbal cues together with dramatic, clear visual cues. Remember eye contact, facial and body expressions help keep the atmosphere light and fun.

## TEACHING THE PHASES

### Phase 1

Concentrate on the four base moves. Make sure the participants realize the correct body alignment and exactly what muscle group is being worked. Let the participants know that these are the base moves and as the complexity of the movement progresses from phase one to phase two, they are free to return to, or remain at, phase one.

### Phase 2

Add a second muscle group or a variation such as a lever change or sequencing change to the base moves. Make sure that body alignment stays 'perfect' and range of motion is not sacrificed. On a regular basis, give permission for the participants to return to phase one at any time.

### Phase 3

Now the moves are at an advanced level incorporating stability, strength and coordination. Many muscles are working at the same time to stabilize others, you have added a second, maybe even a third muscle group to the base moves. Variations have been systematically added as well. Give participants permission to return to phase two or phase one, at any time. Phase three movements may not be for everyone. The same can be said for "Power Step Training", "Hip Hop Funk" moves or marathon running.

**Block One:**

Muscle Focus: Hip flexors (rectus femoris, iliopsoas, sartorius)

**Phase One:** light bounce (L), half tempo (1/2 t)  
 narrow jogmarch (n j'om)  
 wide jogmarch (w j'om)  
 sartorius jogmarch (srt j'om)  
 narrow karate kick (n kk)  
 Arms: unison tricep kickback (uni tri kbk)

**Phase Two:** anchored (A), 1/2 t  
 n j'om  
 w j'om  
 srt j'om  
 n kk  
 Rhythm change: single, single, repeater (2)  
 Arm change: uni tri kbk arms on the singles and cross back hammer hands (x bk hh) on the repeater

**Phase Three:** A, quarter tempo (1/4 t)  
 right w hip kick (rt w hip k)  
 left srt j'om  
 rt n kk  
 lt n hip k  
 Repeat starting on left side.  
 Alternate (no repeaters)  
 Arm change: all moves with uni tri kbk arms

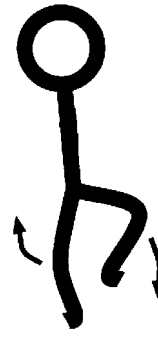
**CARDIO PAUSE**

Between each Phase, insert a "cardio pause". This includes simple moves to give the mind a break, and keep the body moving. Avoid using the same joint actions that are included in the Block of Choreography.

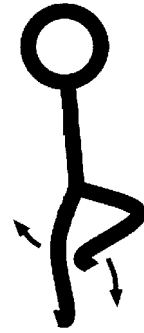
A workshop called *Simple Abundance: Progressive Choreography* is on offer at the "CALA Exclusively Water Conference" in Toronto from June 25 – 27th. Learn another three blocks of choreography at this session – ready to take home and deliver to your participants.



**n j'om**



**w j'om**



**alt srt j'om**



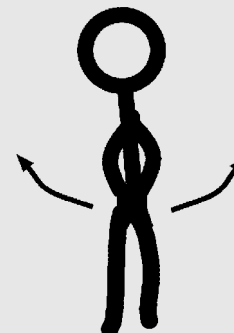
**alt n kk**

**uni tri kbk**

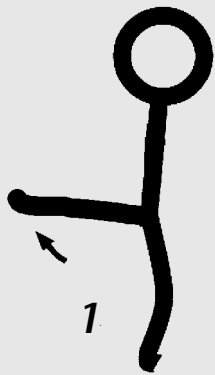


**Phase 1, 2 & 3  
arms**

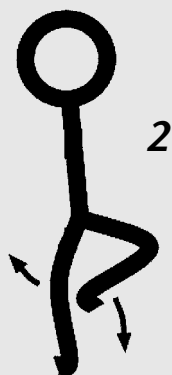
**uni xbk  
hh arms**



**Phase 2  
arms**



**rt w hpk**



**lt srt j'om**

**Phase 3**



**rt alt n kk**



**lt alt n hpk**

# A FEW THINGS TO IMPROVE YOUR ODDS!

by Wendy Kennedy, CALA Certified. The Training Center CPR & Fitness

## Job hunting?

Here are a few suggestions on how to set “you” apart from the rest of the field of applicants, no matter what your career choice.

- Always write a cover letter introducing yourself and highlighting how you heard about this job opening; explain why you would be interested in working at that particular company or facility, in this particular position.

- Research the company or facility: concentrate on getting your facts straight, have the proper titles, and spell your contact’s name correctly.

- Describe what it takes to be an outstanding employee at this company or facility, and how you would fit in.

- Describe briefly how you are a team player—what projects you have completed in another position, in a team context—that were highly successful both for the employer and employees. Everyone loves a team player.

- Be careful whose name you drop: make sure that they really do know who you are, and recommend you.

- Avoid presenting yourself like one of their current employees—be yourself. Avoid promoting yourself based on another person’s credibility: regardless of their strengths, there are always weaknesses.

- Mention your educational background and how long you have worked towards obtaining the position you are applying for.

- Always address your cover letter in a formal manner, i.e. ‘Dear Mr. Job Opportunity.’

- Always end the letter in a formal manner, i.e. ‘Sincerely yours, Good Manners.’

- Always thank ‘Mr. Job Opportunity’ for taking the time to review your job application.

- Mention an exact time, or a time frame when you will follow up on your submission; make note of this in your agenda. Be sure to follow up, exactly on time. This will demonstrate that you are true to your word.



- During your follow-up call, make sure to have brief notes in front of you, in case you should begin to get tongue-tied. Ignore background noises and other distractions.

- If you call and have to leave a message, do not call back the same day. Should two days pass without a return phone call, it is acceptable to leave another message. Mention that this is a follow-up call, and avoid sounding annoyed; mention that you understand how busy ‘Mr. Job Opportunity’ is.

- During conversation, keep your voice level and professional and answer questions in a clear, precise manner. Avoid unnecessary comments such as those relating to ‘telephone tag.’

- When following up, be as polite with the receptionist as you are with ‘Mr. Job Opportunity. Upon obtaining an interview, smile when you meet the receptionist in person and announce yourself with a proud ‘Good morning, my name is ‘Good Manners’ and I am here to see ‘Mr. Job Opportunity’ for our ‘10 a.m. appointment.’ Allow the receptionist to think that he or she may have met you before, or at least should know your name.

- Have a business card ready for the receptionist to present to his or her boss when they announce you. Many people are ‘visual,’ and ‘Mr. Job Opportunity’ will be more apt to remember your name during and after the interview.

Good luck!

Visit our web site at

[www.calainc.org](http://www.calainc.org)

for job postings

# TAKING ON POST AQUATIC REHAB CLIENTS - FOOD FOR THOUGHT

*The following thoughts were shared between Lisa Bixel, a CALA certified leader and CALA Master Trainer, Connie Jasinskis, via email.*

Hi Connie:

I attended two of your workshops at the "Exclusively Water CALA Conference" in 2003. I teach about 15 aqua classes a week. An Aquafitness participant recommended me to his friend who had knee surgery. This individual is currently working with an athletic physiotherapist. He has access to a deep-water pool and would like me to teach aquafitness privately to him on Tuesdays and Thursdays.

I would suggest a '45 minute' class designed specifically for him. I will also teach him exercises to practice on his own. I will ask him to fill out the Medical Par Q, an informed consent and a Doctors consent form before proceeding.

He has osteoarthritis and the bone was shaved and rounded in three places. I will be taking the CALA Healing Waters: Post Aquatic Rehab course in 2004, and purchased the Aqua Arthritis Catalogue of Exercise manual for reference. I consider you an expert in this area and would like assistance with the following:

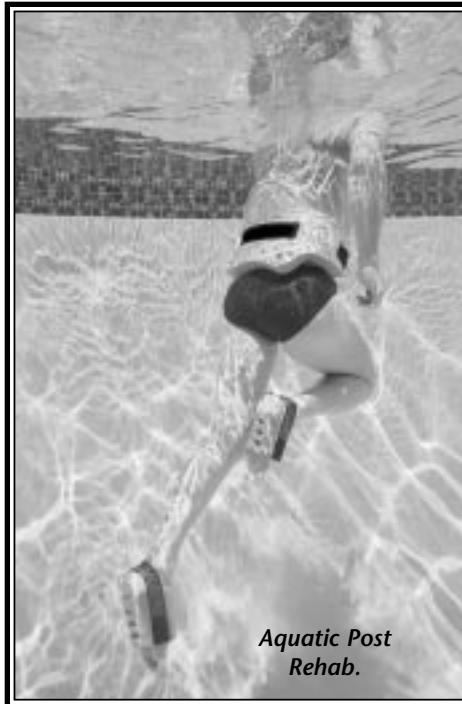
- 1) What are the eight main exercises you would recommend for this client?
- 2) The manual includes the use of equipment. Is equipment necessary?
- 3) Do I need a warm pool?
- 4) Do you use music while doing Aquatic Post Rehab in a personal training setting?

Thank you in advance for your time and knowledge.

Lisa Bixel

Hi Lisa,  
Lucky you! What a great referral. In your position, I would ask to speak to his athletic physiotherapist. The two of you need a relationship regarding this man's care and progress. The physiotherapist will be able to tell you where he is with range of motion, what progress has been made in therapy, and what goals remain. The physiotherapist will also be able to provide you with movement restrictions (if any) for this man. The physiotherapist may not know what the water can do as a rehab tool, or (s)he may be well informed. Ask about the physiotherapist's background in this area and let him/her know what you are planning.

In addition to the PAR-Q, age, and relevant medical history, do a thorough postural assessment. Is he walking with assistive devices (cane?) or unassisted? Check out his gait. 'Bad' knees can result in skewed posture and limping issues. If he has these, he will benefit from some posture and gait retraining in chest-deep water.



*Aquatic Post Rehab.*

Please find out what the client's fitness levels are and his usual preferred pool temp. If he is a fit man and doing well in rehab, he may be fine with lower pool temps (mid 80s F. / recreational pool temp) and a fairly vigorous program of aqua jogging combined with cross country ski and jumping jack movements. He may be somewhat de-conditioned as a result of his surgery, so ask him lots of questions about his current and previous activity levels.

Start gently. Progress only when he seems comfortable to do more. His goals are an important concern for you: is he most concerned about his ability to walk properly, or is he gearing up for a cycling race next spring? You need LOTS of information.

As for exercises, check the gait section of the arthritis catalogue / my arthritis supplement from the CALA conference 2003 which has gait-training activities. In deep water, your first concern is proper vertical posture and stability. Until he is able to maintain proper alignment for a basic jog, ski, and jack, you aren't ready for any vigorous training in deep-water.

Finally, keep careful notes:

- \* of what the physio tells you
- \* of what the client tells you
- \* of what you do in each and every session, including:
  - a) his comments about how he feels before you start the session/ how he felt during and after the previous session
  - b) your observations of how he is moving / stabilizing during your session: what movements cause pain & require modification?; what progress do you see?
  - c) the specific program for your session
  - d) your observations and plans for the next session

Well, Lisa, I've probably given you more questions than answers, but this is how I would proceed. Good luck!

Connie Jasinskis, CALA Master Trainer

# CALA - A.I.M. CONCEPT

## AQUA INFUSED MARTIAL ARTS – EAST MEETS WEST

by Angela Curry CALA Trainer (Nova Scotia)

The CALA “A.I.M.” Concept of Aqua Infused Martial Arts takes a look at the Eastern Arts - a diverse and wealthy offering of movements and ideas that have stood the test of time. The CALA “A.I.M.” concept combines punches, blocks, kicks and ki-haps, with a mindful focus and awareness. The goal is to build strength and agility while building character. Familiar moves are preformed with a new attitude, and new moves are added that exude a positive energy.

*Angela and Shelagh invite you to join them at the CALA Exclusively Water Conference, June 25 – 27, in Toronto for the launch of the new “CALA – A.I.M.” concept. Take this opportunity to experience a taste of Eastern tradition with a Western flair!*

### ***What are some of the reasons why people practice martial arts?***

Integrity  
Honor  
Strength  
Character  
Focus  
Perseverance  
Self-Discipline  
Power  
Agility  
Defense  
Determination  
Courtesy  
Self-esteem  
Confidence  
Enjoyment

### ***Some other reasons why people practice martial arts, in the water:***

Safety with Buoyancy  
Variable Resistance  
Comfort  
Stability - Core Strength  
Body Awareness

### ***A chat with Angela:***

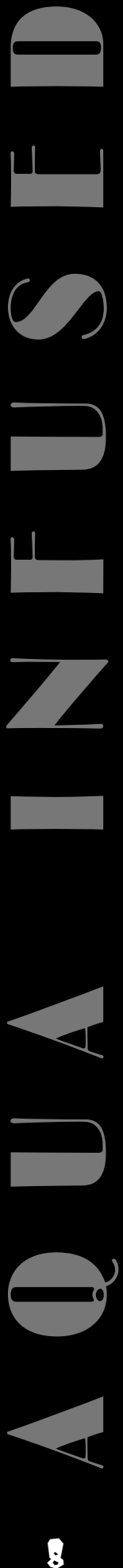
Over the last decade, the fitness world has experienced an increased popularity in kick box, shadow boxing, and Billy Blank’s craze of “Tae Bo”. Add a few modifications of some traditional aerobic moves, throw in some jabs and kicks, and you have a whole new fitness class! Having been in the fitness world for almost 20 years, I got swept up in kickboxing craze and began to notice that everyone had a different idea of how to teach basic kicks and punches. Plus I was seeing a lot of shoulder, knee and back injuries occurring due to improper

instruction. I wanted to be able to offer kick box at my facility, however, I wanted to do it in a safe and effective manner. I enrolled in a Tae Kwon Do program, under the leadership of a 4th Degree black belt master, and embarked on the learning process of proper kicks and punches. After several months of training, I felt confident enough to take my knowledge to a ‘group fitness setting’ at my facility, and bam... before I knew it, I had a land kick box classes with up to 90 people in it! Now, I’m taking my knowledge of martial arts one step further... aqua kick box! To my surprise, I have participants from the age of 16 up to 86 years of age, punching and kicking their way through an hour of aquafit fun!

Thanks to the hard work and dedication of Charlene Kopansky, CALA now offers a “Centre of Power Aqua Kick Box” specialty training course. At the request of Charlene, Shelagh Noonan, red belt Tae Kwon Do from British Columbia, and myself, Angela Curry, red belt (black stripe) Tae Kwon Do, from Nova Scotia, are taking this course one step further... A.I.M.” (aqua infused martial arts). Using our knowledge of martial arts, Shelagh and I have put a traditional martial arts spin on the aqua kick box concept. The magical properties of the water make for an awesome training environment, whether you are cross-training or simply enjoying one of many aquafit classes.

As aquafit instructors we all know the benefits of aquatic cross-training for land-based sport, fitness, and recreation - decreased impact and joint loading, increased joint mobility, multi-directional resistance, and most importantly, more efficient cardiovascular training... just to name a few. For many years, physiotherapists and rehabilitation specialists have been using the water for its healing power. More recently, team coaches, sports enthusiasts and personal trainers have begun to realize the benefits of taking his/her ever-loved sports to the pool. For martial arts enthusiasts, it is a great way to enhance cardiovascular and muscular endurance which will facilitate speed, power, and even agility in and out of the water, plus achieve an increased mental focus, core strength and control, and overall stability. And...all this without the stress to the joints associated with gravity. What more could you want?

Having been a Tae Kwon Do enthusiast competitor for many years, I trained 6 days a week, and my body became well aware of the injuries associated with this rigorous training. So much in fact, that I was forced to give up my extensive Tae Kwon Do training to save my back, knees and shoulders. Too





many jumps, kicks, punches + gravity and joint loading = injury! Although I don't compete any more, I have taken my love of 'Tae Kwon Do' to the pool and with the assistance of buoyancy, and a few minor adjustments associated with the "A.I.M." program, I can continue to kick, punch and jump to my heart's content and still be able to get out of bed in the morning. And guess what, when I do throw some jabs and kicks on land, I'm more powerful, more stable, have a greater range of motion, and have become much more aware of "my body in space".

Martial arts isn't for everyone, and if I had told my participants (especially the older population) that



we were going to do a full out hour of "A.I.M.", they would probably find an excuse not to attend class that day. I slowly started adding bits and pieces of the movements into my class each week, and before long we were doing entire aqua kick box classes. Then I praised my participants for completing their first level of training in martial arts! Some of the senior ladies and gents can do a better side kick in the water than my university age kick box land enthusiasts!

Many of the moves from the CALA movement bank already simulate actual martial arts movements. Here are some examples of kicking movements:

CALA Move	Martial Arts Move	Description
Narrow Quad Kick (n q k)	Front kick	Flex hip and bringing flexed knee to hip level Extend knee Flex knee Return foot back to ready position
Narrow Karate Kick (n k k)	Push kick	Flex hip and bring knee up to towards chest Extend knee (knee facing up) by pushing a flexed foot straight out drawing a parallel line with the floor
Wide Karate Kick (w k k) (parallel variation)	Side Kick	Flex knee and abduct hip, slightly leaning in opposite direction Extend knee (knee facing fwd) by pushing a flexed foot out to the side Flex knee by bringing knee back into body Adduct hip and extend knee. Return to ready position
Donkey Kick (d k)	Back kick (modified – no rotation)	Flex hip and bring knee to hip level With slight forward hip flexion, extend knee and hip and kick back behind the body with a flexed foot Return knee and hip to flexed position at hip height Return foot to floor to ready position

Shelagh and I hope that you will join us in June for a fun filled session on "A.I.M." You'll be sure to come away with some new ideas, choreography, and usable kicks and jabs that will keep your classes exciting for weeks!

# NUTRITION TIPS FROM LISA'S KITCHEN

LISA BIXEL RHN & C.A.L.A Certified Aquafitness Leader - First Aid & CPR Training

In 1996, I was working as a bank teller, and I was unhappy with my job and my life. Then I met Charlene Kopansky and the first time I spoke with her my life took a different direction. I have actively participated in Aquafitness for the past fifteen years. It has been a true inspiration for me and led me to taking the Instructor Training Course with the Canadian Aquafitness Leaders Alliance (C.A.L.A.).

Since 1996, I have been actively involved in the C.A.L.A annual conferences and trade shows. You may remember me from the trade show a few years ago; I was the one with the megaphone - giving away prizes. This year at the conference I am hosting "Lisa's Lunch and Learn", a wholesome lunch with a nutritional lecture and cooking demonstration. I hope to see you all there.

Currently, I teach 12-15 aquafit classes per week. I specialize in CALA Aqua Muscle and General Aquafitness, including deep and chest deep water. I am constantly attending various workshops and lectures to upgrade my skills. I am looking forward to taking the CALA Healing Waters: Aquatic Post Rehab Program in the fall of 2004.

I recently graduated from the Canadian School of Natural Nutrition as a Registered Holistic Nutritionist (RHN). I am committed to guiding people towards establishing and maintaining vitality and optimal health. I attribute my high-energy lifestyle to finding the right balance between exercise and nutrition, work and play. My full days include yoga, meditation, aquafitness, watercolour painting and cooking. I recently began offering cooking lessons for the new millennium. Look for Tips from Lisa's Kitchen in every issue of the Wavelink newsletter.

Watch the C.A.L.A. website ([www.calainc.org](http://www.calainc.org)) for upcoming articles and dates for cooking classes.

## Tips from Lisa's Kitchen

### Tip # 1: Building the Immune System

This winter has been an especially cold one and the news around the world of Bird Flu and other strains of bacterial and viral-related illnesses is daunting to say the least. So how do we protect ourselves?

As a Holistic Nutritionist I recommend focusing on building your immune system. To enhance your immune system, start with the basics:

**Exercise** – Engage in activity to reduce stress and elevate mood. This puts a positive effect on the immune response. A positive frame of mind is vital to healthy lifestyle.

**Water** - Drink plenty of good quality water, spring (if you know the source), distilled or reverse osmosis. (6-8 glasses a day)

**Eliminate anti-nutrients** – Avoid refined foods that rob your body of vitamins and minerals. Examples are: white sugar, baked goods with white flour, soda pop, poor quality animal products, fast food, food with hydrogenated oils (crackers, chips and all processed foods).

**Whole foods** – Eat a wide variety of all different coloured fruits and vegetables (preferably raw or lightly steamed) lots of onions and garlic; nuts and seeds for the essential fatty acids; barley; kelp and good quality yogurt (all organic).

**Digestive system** – Make sure you have 2-3 bowel movements a day by eating a high fiber diet.

**Relax** – Take the time to relax. Practice yoga, tai chi, breathing exercises and meditation. A positive 'frame of mind' is important in building the immune system.

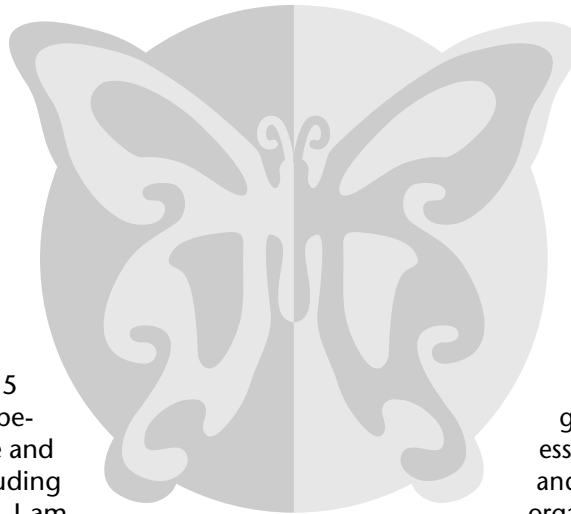
**Sleep** – Get a good nights sleep and avoid watching the news before bed.

**Omit** – Avoid cigarettes, drugs, alcohol, caffeine.

**Fresh air and sunshine** – Get a daily dose of sun for the Vitamin D.

**Supplements** – Try 'juicing' (organic fresh), green drinks (spirulina), ACES+zinc, glutathione, astragalus, ligusticum, acidophilus, Echinacea grape seed extract and goldenseal.

**Wash your hands frequently** – Try not to touch your face, mouth, eyes.



*If you have any questions regarding this article or your health please contact me at:*

### "Helping People Be Healthy"

Lisa Bixel RHN, Nutritional Consultant  
416 494-5952  
416 388-9237  
or email [lisabix@canada.com](mailto:lisabix@canada.com)

# THE ART OF LISTENING:

by *Shelagh Noonan, CALA Trainer. This article is a modified excerpt "Nia White Belt Manual", 2001*

For all of you who are new to Aqua Nia and for those of you who experienced Aqua Nia (at the CALA "Exclusively Water" Conference in 2003), and would like to know more:

**Welcome to Aqua Nia** - a personal practice, both a Fitness and Lifestyle Program that is safe and holistic. It addresses the needs of your body, mind, spirit, and emotions. All you need to do Nia is a 'body' and life energy.

Rich in diversity, Nia is energetically textured with the brilliance of Eastern and Western movements. Nia's approach to fitness and working out addresses the whole person, placing attention on integration, play, sensory awareness & pleasure.

Nia turns your workout into 'body work', making comfort, pleasure, joy, and passion a priority. The cardiovascular conditioning, flexibility, muscle definition, increased overall agility, natural grace, muscle balance, and strength are given.

**How does Nia work?** Nia uses three tools to stimulate, motivate, and create positive change: Music, Movement, and Magic. Music is used for inspiration and as an energy you learn to sink into, ride on, and flow with. Movement is used to integrate your body, mind, emotions, and spirit. The magic is you. How you do what you do, how you interact and connect, and how you create.

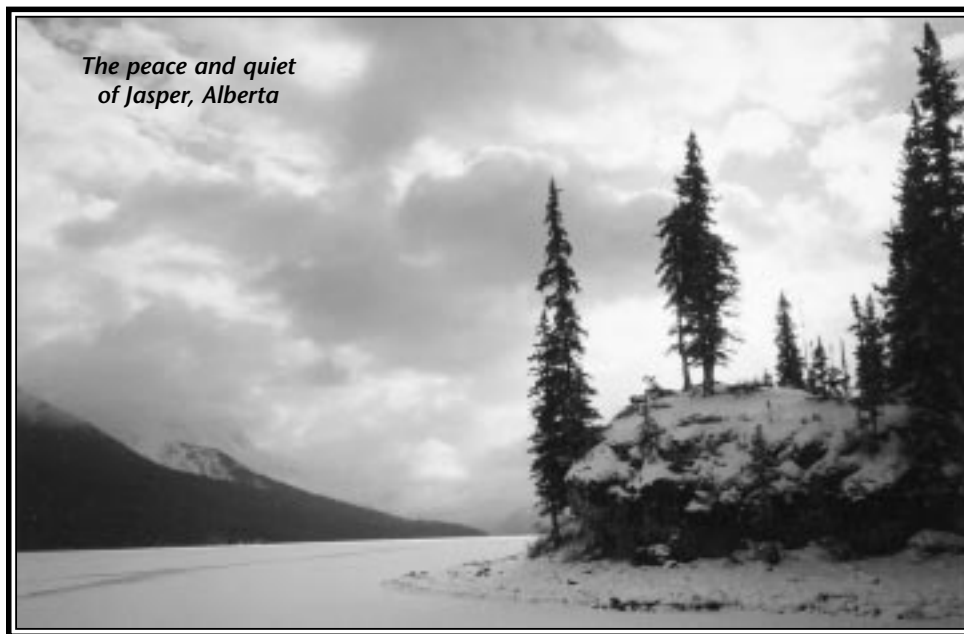
As a science, Nia uses systematic movement, moving the entire body with deliberate steps and stances from the martial arts, dance, and body integration therapies. Mindful, conscious, sacred, and sensory, the senses of your body and pleasure guide and direct your choices. "It works because it is natural, organic, and free and because you personalize every aspect of Nia to guide you."

Nia adds to the water experience. Like all work in water, it fits all bodies, works for all ages, and can be adjusted to fit the needs of an athlete, a dancer, a teenager, a teacher, an actor, or an executive.

Nia is always layered and exciting because it uniquely blends Jazz, Duncan and Modern Dance, Aikido, Tai Chi, Tae Kwon Do, Yoga, Feldenkrais and Alexander Technique. Add the water for the ultimate sensational experience. With Aqua Nia, you discover new ways of moving that are sacred and safe. Listening to your body, being conscious of how you are moving, provides a more effective way to get fit

and to self-heal. Listening to the sounds between the silence, provides a deeper connection to music. Listening to body and verbal language in participants, provides a chance for respectful communication. And finally, listening to your own words provides an opportunity to practice impeccability of speech."

*At the 2004 CALA "Exclusively Water" Conference, June 25 - 27 at the Ramada Hotel, Toronto, experience "Aqua Nia: The Art of Listening: Effective Communication"*



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## ASK THE SEAHORSE

Promoting CALA - Statement from an interested facility manager in Manitoba: "We are thinking about offering CALA training and certification at our facility." Questions submitted to various CALA based facilities and instructors.



**Q** - What has the program done for you?

**A** - Following is what CALA has meant to The Charlottetown Recreation Complex in PEI. In four years the facility has gone from three morning aquafitness classes to ten each week. The participants have become stronger, healthier, and happier. I took a class of 20 who had been exercising in the shallow water (waist depth) for over 20 years, to a client base that exceeds 125 in deeper (chest deep and deep) waters. The participants love the variety that we offer including: aqua jogging, aqua cycling, aqua tai chi, aqua cardio, and aqua arthritis. Clients say they love it when they travel to other centers that also have a CALA certified leader because they understand the cueing, the visual signals and most of all they know what to expect. They understand their muscles, how to make them work harder in the water. They understand the principals of the water, knowledge they did not know or understand before I was trained by CALA. I could go on.

I worked with the 'nay sayers' and I was told many times that the participants did not want to change, and yes there were a few who didn't like it. However the majority loved the changes. The CALA program is solid and it works. Not one participant could change my mind that the old way of teaching Aquafitness was better.

It has taken four years for this program to evolve. I added aqua tai chi this past fall. I knew the participants were ready for an additional challenge. Every year that I attend CALA workshops and conventions, I am motivated and inspired to add new concepts and teaching techniques and continue to improve my leadership skills and the quality of the program and the number of participants involved. The team of leaders at CRC are dynamic and committed to excellence.

If you have any more questions I would love to answer them.

*Marlene Cairns, Charlottetown, PEI. CALA Certified, Clearly Qualified.*

**In response to this email: My current staff has some questions as a result of your email:**

**Q** - "Did you have any Aqua size background before going to CALA?"

**A** - I took a number of aquafitness classes from an instructor with no CALA background and used my aerobics background to teach aquafitness classes. I can tell you that I was not happy doing it. I did not know or understand the principals of the water. Clients had questions and I did not always feel confident to know the correct answers and or the reasons why I was doing certain exercises. In these times of certification and educated clients, I would not be teaching aquafitness without the knowledge base provided by CALA.

**Q** - "You offer a lot of different styles. Do you alternate daily or how do you fit them all in?"

**A** - Very easily. On Tuesday and Thursday we offer aqua arthritis classes. On Wednesday, we offer Aqua Yoga Tai Chi. On Monday and Friday, we offer a variety of classes: cardio, aqua cycling, water running. By keeping to that schedule, the aqua arthritis clients can attend classes Tuesday, Wednesday and Thursday. The 'cardio' people can attend Monday, Wednesday and Friday. I used to have the 'chattiest' clients before I embraced the CALA style of teaching on deck. Now the participants love the 'no talking' - focused aqua yoga tai chi class on Wednesday. Clients have told me they have cancelled every appointment under the sun just to make sure they get to that class.

Aquafitness is not always about speed, faster is not always better. Teaching different types of classes in the water has captured the attention of my participants and they love the CALA program.

Note: Ideally the aqua arthritis people need 3 classes a week of activity, with every other day off - like the cardio classes, however, lack of pool availability has prevented this ideal schedule from happening.

*If you have any more questions, I will be thrilled to answer them. I was in your shoes not so many years ago. Marlene Cairnes.*

**Another response from the Yukon:**

I have been forwarded your email regarding an interest you have in bringing CALA to your facility. We have been offering CALA aquafitness classes at our facility for the past 7+ years. Our classes average 20-30 people each time. The quality of training our instructors have received from CALA is the reason these classes are so popular. Our customers rave that our classes are fun, energetic and effective. We have had customers from out of town who say they can tell we offer CALA Quality by the way we teach and that it is by far the best class they've done. In addition to our seven aquafitness classes per week we also offer three aqua

jogging classes (we had to add another class due to popular demand). This is also a CALA program that has been very successful for us. We average 30 people per class ranging in ages and fitness abilities as well as good representation of both male and female. Many of our aqua jogging participants have said it's the best work out they've ever had! It's important to note that Whitehorse is a community of approximately 20,000 people so we're pretty proud of the numbers we get. From a revenue stand point with mostly adult admissions, CALA training is well worth it. I think your community will be pleasantly surprised with how good aquafit can be. Your instructors will enjoy the courses taught by the CALA Team of Trainers (Shelagh and Charlene are fantastic!) and will be motivated to lead great classes.

*If you have any other questions, feel free to ask. Best of luck with your programming.*

*Sharon Denton, Whitehorse, Yukon, CALA Certified, Clearly Qualified.*

**Another response from Acadia University, NS:**

As a program coordinator, I want to ensure you that the money you will spend to train your instructors with CALA is a wise investment. CALA is an organization that is about more than just the certification process. They are committed to providing a high standard of aquatic leadership through continued education and support. Once you become part of CALA, you become part of a family to help your facility grow and prosper. From day one, CALA has been there to answer any questions that I might have, and believe me - I have a lot of questions. I have been in the fitness industry for almost 20 years, and of all the courses and associations that I have been affiliated with, CALA definitely is on the top of the list. The course outline is longer than most Aquafitness train-

ing programs, however, it thoroughly gives you hands-on practical application along with the theory that is needed to make for a top notch leader. Most other training courses provide participants with a condensed version of theory and not much practical application and push the participants out the door with no mentoring or reputable certification process.

When I came on board at Acadia, there was no consistency, growth or variety to the aquafit program. This was very frustrating to both the staff and participants. Since coming on board with CALA, we have doubled our aquafit attendance, and the rehabilitation centers now recognize the high quality of CALA training and refer clients to us to take part in regular aquafit classes for post rehab. We also offer aquatic personal training and work with the athletics departments to cross train sports specific groups. Aquafit isn't "just for seniors" anymore and can be adapted to all fitness levels and limitations. 50% of the clientele are university age students who, once learning the advantages of training in water verses land, much prefer to go to an aquafit class rather than a land based class. The beauty of working with CALA is that you learn how to market and improve your client base. CALA provides leaders with the ability to lead a class while educating participants.

I was so impressed with the CALA approach, that I have spent the last year working towards becoming a trainer for the program. I was fortunate to meet and be able to work with Shelagh Noonan over the last year and she is an awesome trainer. The two of us joke - as we are the Canadian Shanghai Noon trainers "east meets west".

I hope this helps with your decision to bring CALA to your area. It will be well worth it.

# **RYKA Aqua Fit 2003 shoe**

## **Available through CALA**

**Features:**

- Molded, removable perforated Nitracel sockliner,
- Sandwich mesh upper with synthetic overlays,
- EVA midsole,

**Sizes: 7 - 11**

(subject to availability)



Now available for CALA members and non-members

**Visit [www.calainc.org](http://www.calainc.org) for an order form!**

# INDIVIDUALS WITH QUALITY, INTEGRITY AND COMMITMENT

CALA COURSE GRADUATES FROM CALA FOUNDATION COURSE AND SPECIALTY COURSES, FROM JULY 10, 2003 – FEBRUARY 1, 2004



Make a Splash.

*Yukon, The Whitehorse Pool, Whitehorse, Foundation Course, July 2003*

Emillie Bousquet  
Cheri Malo  
Lisa Marino  
Erin Pasloski  
Darcie Profeit  
Alex Scott  
Cindy Underhill  
Trainer: Shelagh Noonan

*Ontario, The Willowdale Club – Fitness Institute, Foundation Course, August 2003*

Rochelle Bondy (Refresher)  
Paula Clough  
Susan Grout  
Linda Harding  
Laura Holtzman  
Laura Hunt  
Katie Kopansky  
Julie Melancon (Refresher)  
Katrina Paivio  
Suzy Rozsavolgyi (Refresher)  
Trista Swanson  
Amy Van den Berg  
Trainer: Charlene Kopansky, Jennie Queen, David Hatch (Apprentice)

*Ontario, University of Guelph, Foundation Course, October 2003*

Susan Casson  
Ray Coghlin  
Deborah Dryden  
John Hinnegan  
Margaret Iutzi  
Katherine Kane  
Jennifer Mottashed  
Tanya Strus  
Trainer: Pat Richards, Connie Jasinskas

*Ontario, Kanata Splash Pool, Foundation Course, October 2003*

Gisele Cote  
Norrine Fawcett (Refresher)  
Patricia Garbuio  
Betty Lusk (Refresher)  
Stacey Tenbult  
Trainer: Chantal Laporte

*Quebec, Sherbrooke University, Sherbrooke, Foundation Course, October 2003*

Joannie Hamel  
Genevieve Lavoie  
Jezabel Martel-Amesse  
Marie-Hélène Ostiguy  
Karine Perreault  
Nadia Savard  
Trainer: Nancy Shannon

*British Columbia, Walnut Grove Aquatic Centre, Langley, Foundation Course, October 2003*

Cidalia Correia  
Anne Erhardt  
Natasha Files  
Dina Godkin  
Laura Hibbs  
Renee Kelly  
Brittany Konkin  
Rachel Neal  
Lori Robb-Szabo  
Chandra Stone  
Virginia Szabo  
Patricia Thom  
Dylan Van Rooyen  
Mark Zwanink  
Trainer: Shelagh Noonan

*British Columbia, The Hills Health Ranch, 100 Mile House, Foundation Course, October 2003*

Lynne Rozenboom (private course)  
Trainer: Shelagh Noonan

*Alberta, Northern Lights Aquatic Centre, Slave Lake, November 2003*

Pat Fremit  
Melody Hopkinson  
Joy McGregor  
Melanie Reddy  
Tawnya Tourangeau  
Carla Young  
Trainer: Charlene Kopansky

*Quebec, The Chateau Alymer, Alymer, Foundation Course, November 2003*

Valerie Cyr (private course)  
Trainer: Line Marr

*Ontario, The Willowdale Club – Fitness Institute, Foundation Course, January 2004*

Laura Brown  
Chris Cecile  
Janet Chan (Refresher)  
Shara Downey  
Helena Green  
Diane Marcks  
Michael Pitt  
Trainer: David Hatch

*Nova Scotia, Acadia University, Wolfville, Foundation Course, January 2004*

Miscal Avano-Nesgaard  
Meghan Badun  
Tyrone Clark  
Mitchell Crossman  
Danielle Duffie  
Susan Keeffe  
Christine Kelly (Refresher)  
Brianna Lyttle (Refresher)  
Amanda McCarthy  
Sherry Swanburg (Refresher)  
Kate Trussler  
Kate Uttley  
Miranda Newhook  
Trainer: Diane Levy and Angela Curry (Apprentice)

*Alberta, Strathmore Aquatic Centre, Strathmore, January 2004*

Jennifer Anderson  
Jessica Cole  
Sonya Elias  
Carole Engel  
Lindsay Huskins  
Nancy Osness  
Hayley Poirier  
Carmen Reinhardt  
Chad Ryckman  
Brandi Traweger  
Trainer: Michelle McLaren

## SPECIALTY COURSES

*Alberta, Canmore Aquatic Centre, Canmore, Water Running Course, October 2003*

Tracey Cobb  
Karen Dreaver  
Bonny Edmondson  
Dawna Evans  
Cindy Ferguson  
Gertie Griffith  
Dawn Landault  
Beverly Quail  
Trainer: Michelle McLaren

*Ontario, North Toronto Community Centre, Water Running Course, October 2003*

Nicole Boyd  
Tina Hill  
Sharon Kopansky  
Audrey Lakin  
Katharine Preston  
Suzy Rozsavolgyi  
Trainer: Charlene Kopansky

*Ontario, The Willowdale Club – Fitness Institute, Water Running Course, January 2004*

Simin Bassir  
Julie Cabral  
Susan Casson  
Chris Cecile  
Angela Curry  
Amanda Degrace  
Susan Grout  
David Hatch  
Helen Holtham  
Wendy Huismans  
Donnamarie Kerbashian  
Oxana Liszczak  
Shelagh Noonan  
Michael Pitt  
Jane Ridley  
Suzy Rozsavolgyi (Refresher)  
Tara Weiderick (Refresher)  
Trainers: Charlene Kopansky, Maryvonne Berthault

*Ontario, The Willowdale Club – Fitness Institute, Centre of Power: Aqua Kick Box Course, February 2004*

Odain Barrett  
Simin Bassir  
Chris Cecile  
Margaret Colquhoun  
Angela Curry  
Amanda Degrace  
Shahin Farrokhbakht  
Lisa Fleischmann  
Elizabeth Fox  
David Hatch  
Helen Holtham  
Donnamarie Kerbashian  
Shelagh Noonan  
Pradeep Ranchod  
Suzanne Sawell (Znak)  
Mary Kay Smola  
Liz Tilden  
Tara Weiderick  
Trainer: Charlene Kopansky

Please contact the CALA office if you notice that your name is missing from this list. We do apologize if we missed you this time! Also: Please inform the CALA office if your name has been spelled incorrectly.

CALA would like to use email more often and try to decrease our use of paper!!!  
Let us know your email address. We also need to know if you have a new email address!  
Include your name when you send us your email address: cala@interlog.com

Thanks

# CALA CERTIFIED MEANS CLEARLY QUALIFIED

*JULY 10 TO FEBRUARY 1, 2004*

Marsh Aldridge  
Rima Alhajj  
Jaime Doherty  
Ariah Easley  
Diane Eisnor  
Natasha Files  
Marie-Josée Girard  
Laura Hibbs  
Julia Jalowiecka  
Erin Lafferty  
Marnie Kennedy  
Shannon Long  
Dianne Mayer  
France-Andre Mayrand  
Bronwen McCann  
Shelley McCarron  
Suzanne Sawell (Znak)  
Alex Scott  
Sue Sitki  
Debbie Sokoloski

***CERTIFIED IN CALA WATER RUNNING AND AQUA JOGGING SPECIALTY***

Nicole Boyd  
Tracey Cobb  
Dawna Evans  
Gertie Griffith  
Karen Harmatuk  
Sharon Kopansky  
Dawn Landault  
Susan LeGrice  
Heather Peacock  
Katharine Preston  
Beverly Quail

***CERTIFIED IN CALA OLDER ADULT SPECIALTY***

Renee Garceau



***CALA RECERTIFIED! CONGRATULATIONS TO THE FOLLOWING LEADERS,  
WHO RECENTLY RECERTIFIED WITH CALA. CALA RECERTIFIED FROM  
JULY 10, 2003 TO JANUARY 31, 2004***

Liane Belec  
Naymen Ben-Mellah  
Sharry Byrd-Wilson  
Cheryl Coates  
Debbie Cole  
Anne Cooke  
Michelle Cormack  
Sandra Di Paolo  
Lynn Erichsen  
Cindy Estevao  
Suzanne Fahie  
Nancy Fitzgerald  
Elizabeth Fox  
Pamela Gaines  
Martha Gingerich  
Mary Girard  
Tania Green  
Phillipa Hanes  
Tieke Jhamandas  
Mary Kloosterman  
Tracy Lewis  
Laura Longpre  
Matthew Lucien  
Betty Lusk  
Elisa Perri  
Julie Melancon  
Nicol Mentis  
Susie Molnar  
Pamela Nelson  
Angel Ottema  
Lynn Phillips  
Jani Quarles  
Diane Robertson  
Jocelyn Tellier  
Donna Reid  
Charlotte Suringar  
Sherry Swanburg  
Kristin Tittley  
Nicole Topic  
Isa Tozzi  
Gus Siountres  
Sue Wood  
Donnalee Woodford-Copetti



*Please contact the CALA office if you notice that your name is missing from this list. We do apologize if we missed you this time! Please inform the CALA office if your name has been spelled incorrectly.*

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# UPCOMING EVENTS

## NATIONAL EVENT

### \*\*\*CALA "EXCLUSIVELY WATER" CONFERENCE IN TORONTO \*\*\*

June 25, 26, 27th 2004

Simple Abundance: Progressive Choreography  
 Aqua Infused Martial Arts  
 Aqua Personal Training  
 Golf Conditioning  
 Common Sport Injuries  
 Pumping Water: Flexible Strength  
 Aqua Boot Camp II  
 Aqua Extravaganza I  
 Osteoporosis: Aquatic Post Rehab  
 Rejuvenation and Relaxation  
 Giant Celtic Aqua Class  
 Maximum Aqua Abs  
 Aqua Natal Fusion  
 Water Running and Cycling Training  
 The Art of Listening: Aqua Nia  
 Advanced Aqua Sport Kick Box  
 Bridging & Linking and Deck Tech  
 Aqua Extravaganza II  
 Stretch into Summer  
 LAPS Goes Simultaneous  
 Older Adults: Imagine That  
 Beyond Abs: Training the Inner Core  
 Aqua Yoga Tai Blend  
 Hydro Tri Training  
 I've Got the Music in Me

### Meeting the needs of Vertical Water Training Enthusiasts

Aquatic Post Rehabilitation Specialists  
 Pilates and Yoga Participants  
 Aquatic/Fitness Programmers  
 Coordinators and Managers  
 Group Aquafitness Leaders  
 Water Running Coaches  
 Marshal Arts Trainers  
 Kick Box Enthusiasts  
 Aspiring Leaders  
 Programmers

Check out details and get  
the conference brochure at [www.calainc.org](http://www.calainc.org)



## ONTARIO REGION

AJAX, ON

Aqua Creative Jam

Location: McLean Community Centre

Dates: Sat. March 27th 2004 8:00-11:00am

Contact: CALA 416-751-9823 or 1-888-751-9823

Web: [www.calainc.org](http://www.calainc.org)

Email: [cala@interlog.com](mailto:cala@interlog.com)

## ALBERTA AND BRITISH COLUMBIA REGIONS

### \*\*\*CALA "EXCLUSIVELY WATER" CONFERENCE IN CANMORE, Alberta \*\*\*

Mark your calendars for Sept. 17-19th 2004

Brochure coming soon at [www.calainc.org](http://www.calainc.org)

COMOX VALLEY, BC -

CALA Foundation Course

Location: Comox Valley Aquatic Centre

Dates: March 15-19th 2004

Contact: CALA 416-751-9823 or 1-888-751-9823

Web: [www.calainc.org](http://www.calainc.org)

Email: [cala@interlog.com](mailto:cala@interlog.com)

LANGLEY, BC - CALA Foundation Course

Location: Walnut Grove Community Centre

Dates: March 26-28th and April 2-4th 2004

Contact: To register call 604-882-0408 barcode 50443

Web: [www.calainc.org](http://www.calainc.org)

Email: [cala@interlog.com](mailto:cala@interlog.com)



# GO50

## Aqua New Wave UK Convention - 17 and 18 July 2004 Loughborough University



For further information or if you have any queries please contact Gill Walker or Lizi Ross on 01483 534706 or email [go50@acsurrey.org.uk](mailto:go50@acsurrey.org.uk) Details also available on the CALA website.

Age Concern Surrey is a Registered Charity No. 1036450

Be CALA informed. Visit our web site at [www.calainc.org](http://www.calainc.org) on a regular basis.

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