

wave

L I N K



U. of Stellenbosch, South Africa
CALA grads, 2000

ANNOUNCEMENTS

CALA L'EAU ZONE 2000 was full of entertainment and education. David Brennan, shone in the launch of the AQUAJOGGER TRAINING PROGRAM. Two other AJTP courses have been confirmed: at the Winter Club in Calgary, Sept. 9 and at the YM-YWCA of Ottawa, Oct. 29.

Many thanks to all the volunteer and presenters who did such a great job and to D.D.O. for hosting the event. We couldn't have done it without your support and enthusiasm. The Friday evening master class was a sensational stress buster, thanks to Dianne, Maryvonne, Line and Annalie. Hips were going in the most interesting directions during Charlene's Brazilian-Calypso Rhythm Workshop. Wendy wowed delegates during the Personal Training session scoring top marks on all evaluations. Carol impressed

David Brennan and the participants as she launched the Heavy Equipment Concept using Aquajogger equipment. Connie and Catherine provided the most current information available regarding Pre and Post Natal and Older Adults during the launch of the Specialty courses. Ginette was in her element with flowing energy and T'ai Chi in juxtaposition with her Boot Camp concept. Line kept everyone in line creating a real tidal turbo!

CENTRE OF POWER - AQUAKICK BOX - is official! This one day specialty course was launched in Whitehorse, Yukon, and will be offered again in Ottawa on Oct. 28.

CONGRATULATIONS to Darlene Tardival, CALA 2000 conference delegate! Your name was drawn. A complementary water bottle and hat is your reward for

completing the conference feedback form.

OPPORTUNITY KNOCKS. We have been inundated with requests for certified leaders. If you would like your name and phone number to be provided to prospective employees, please send in a letter authorizing CALA to do so. Please include your name, phone number and email. Membership and certification must be current to take advantage of this new service.

LOOKING AHEAD for conference presenters... exciting choreography, ground breaking aquatic rehab information... new ideas... we want it all and so do our members. Send your bio, photo, session descriptions including goals and objectives; length of lecture and or pool time; deep and/or chest deep, equipment needed. Deadline for submissions is November 15, 00.



LETTER FROM THE EDITOR

This issue is decidedly late and for the tardiness I do apologize. My head is full of legitimate excuses almost entirely attributable to the creation and development of two specialties which, as you will see in the pages that follow, were substantial undertakings. A lengthy, "workshop/course and convention filled" three month trip to South Africa, England and Germany also cut into the time required to write, edit and assemble the contents of this newsletter.

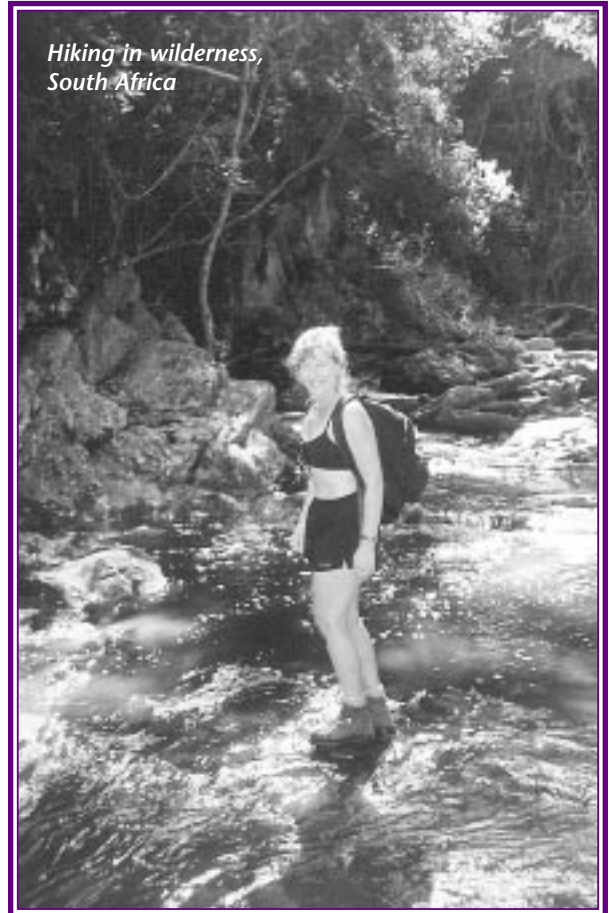
The **Aquajogger Training and Certification Specialty Course** is incredible. Together with David Brennan and the support of Aquajogger, a leading edge program has been developed. The target market includes aquafitness leaders but is not limited to this group. I see this program as a fundamental training choice for athletes in all sports and specifically for runners of all fitness levels and varieties of running, jogging or walking. The last issue of Wavelink included an introduction to Aquajogging as High Value Fitness. The Aquajogging theme will permeate the pages of future newsletters as there is an abundance of scientific information and hands on techniques to share.

The launch of AJTP (Aquajogger Training Program) at the CALA Convention: L'Eau Zone 2000, in Dollard Des Ormeaux, Quebec was exciting and fruitful. See the Convention Highlights section for photos and feedback.

The **Centre of Power-Aqua Kick Box Specialty Course** has taken shape. The training manual includes over 65 pages of moves, teaching tips and "boxeography". I am working together with Sarah Neill and Krista Prevost to design a Catalogue of Aqua Kick Box Moves. The photo shoot took place on the banks of the Yukon River, with Krista as the model and Sarah, the photographer. The course has blossomed as a result of the feedback I have received from delegates over the past 9 months. In fact, the manual is absolutely teaming with moves and choreography that you can use instantly in your classes. More of this specialty in the pages to follow. Aqua Kick Box will be a regular item in future issues.

Special thanks to James Lapierre, Michelle

Linke, Wendy Kennedy, Annalie Rak and Cynthia Grahame for working behind the scenes to promote our first ever bilingual convention. While the numbers were slightly below what we had anticipated, I am proud of the presenters, volunteers, trade show people, delegates, staff at Dollard Des Ormeaux and



*Hiking in wilderness,
South Africa*

CALA consultants who contributed to the success of the event. We will be back and plan to build a very strong presence in Quebec.

Maryvonne Berthault together with a translator have put the final touches on the new and revised **French version of the Combined Basic Fitness Theory and Aquafitness Specialty Manual**. The french manual is truly a work of art and cutting edge. In my humble opinion, it is the best French Aquafitness manual in the world. Thanks to Maryvonne we can open the Quebec market and offer a high quality resource. Next stop, France!

South Africa was amazing as usual. We are building an incredible team of trainers and CALA certified instructors. The University of Stellenbosch has thoroughly embraced CALA and promotes our aquafitness and aquatic

FEEDBACK

A CALA Graduate sharing an experience:

I teach horse riding and do trail rides for a living. I decided to do the the Aquafitness Instructors Course because I love Aqua Aerobics. On the first night of the course, we were introduced to the concept of mind, body, spirit. Charlene explained how by just sitting and thinking about a specific movement, and the muscles that work with the movement, that muscles start activating and there is muscle movement.

The next day, on an 'outride' (trail), I put the theory to the test. I was walking along the river bed, very relaxed and with long reigns. I closed my eyes and imagined I was trotting, "seeing it" and "feeling it". I opened my eyes and did the same thing and my horse started to trot. I was



so amazed, thinking it was a fluke, I brought the horse back to a walk and tried it again and "as true as Bob" the horse started to trot.

In the first week on the course, I was able to integrate what I had learned into my teaching skills. I am forever grateful and would like to thank Charlene for being the person that she is and for being a fantastic teacher and an inspiration. Charlene please don't be a stranger to South Africa. Another Big Thank You goes to the man in my life for making this course possible. What an amazing birthday present.

Love and Light,
Samantha Harris, Cape Town, South Africa.

rehabilitation to the university students. As a result, CALA has facilitated two 40 hour Aquatic Rehabilitation courses, two 44 hour Total Track Courses, two 22 hour Fast Track Courses and numerous CALA workshops since October of 1998. One of the wonderful things about this beautiful country is the open and eager attitude of the participants. I find it refreshing and revitalizing. January to April of 2001 will find me across the Atlantic again. In my "spare time", (what is that?), I will watch a graceful giraffe munch on vegetation, listen to the call of hippo as I drift asleep at the Safari camp, and feel the warmth of the Cape Sun on my back as I jog with friends along the pathways that grace Table Mountain.

The annual **Training for Trainers**, was delayed due to an overwhelming volume of work that greeted me on my return to Canada in early May. One of the onerous tasks was to find a new consultant. Imagine trying to fill the shoes of Nelia Corriea. See the "Setting Sail" Tribute to Nelia in this issue.

November 16 - 19, 2000, is the new scheduled date for the T for T. It will be held at NAV

Canada in Cornwall, Ontario. The retreat will feature the release of the CALA Trainers Kit which will aid trainers in their design and delivery of future courses and workshops. Another new item on the agenda is the introduction of the new Specialties. If you cannot see yourself training the CALA course or other workshops, but are specifically intrigued by the idea of training one of the Specialties (Aqua Pre and Post Natal, Aquajogging Training Program and Centre of Power - Aqua Kick Box) then you should plan to attend the retreat. (We will introduce the Older Adult Specialty in the future.) It is important that you try to attend a specialty course before attending the T for T if at all possible.

Currently, I am in the Kootenays, getting set to apprentice Pam Nelson, a budding CALA trainer. Pam treated me to a 20 km hike up Glory Mountain, near Rossland, B.C.. The profusion of alpine flowers created a brilliant flash of color and texture amidst the majestic mountains and tall stately trees. We practiced our "hey bear" calls and enjoyed a peaceful, fitness filled adventure.

Charlene

BETTER BACKS FOR LIFE - PART III

Maureen Hagan, BSc PT (Physiotherapy), BA PE; Charlene Kopansky, BSc, HK., BEd.

Brief Recap of Part I & II: In general, all training or exercise sessions include:

1. an appropriate warm up and stretch cool down
2. sports, activity and muscle specific conditioning,
3. progressive strength and endurance (refer to priorities for training and training pyramid)
4. daily flexibility and posture awareness (may require specific training)

POWER POSTURE SEQUENCE

- * "Chin retraction"
- * Shoulder - "Scapular Set"
- * "Hip-Rib" Check
- * "Glut Max" Squeeze

Once the "power posture sequence" is learned and the body has developed an appropriate level of muscle strength and endurance to maintain the posture, then it is time to focus on "Active Range of Motion". Keep in mind that maintenance of power posture requires ongoing practice.

ACTIVE RANGE OF MOTION SEQUENCE (AROM) Utilizing Muscle to Achieve Full Mobility
- Adapted for Water by C. Kopansky

A series of exercises which promote development of muscular strength and endurance during movement include the following:

- * Standing back extension
- * Hip extension - standing/ up-right
- * Hip-Hinge I
- * Hip-Hinge II
- * Hip flexion/extension combo conditioner
- * Seated core push-pull conditioner

Always repeat the Power Posture Sequence to reinforce the proper position reflecting good alignment. Movements during exercise and daily living become safer when the power posture becomes a habit.

New Stuff

Following are more exercises to add to the Active Range of Motion Series of exercises included in Part I and II. Integration of a combination of the exercises discussed in the last few issues of Wavelink, into an aquafitness workout will contribute to a healthier back.

The following AROM Better Back Exercises can be integrated into the Stretch and Relaxation or Muscle Conditioning phase of a class.



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Hamstring stretch:

- Perform during stretch and relaxation phase. Remain anchored. This move can be performed suspended with use of a flotation device or in chest deep water.
- In chest deep water, choose the option of holding on to pool wall if more stability is required. If buoyancy is a challenge and foot will not remain in contact with pool bottom, move to a slightly shallower depth or hold on to pool wall.
- assume power posture position, with standing leg soft and foot relaxed into pool bottom.
- lift other leg to just below surface of water, use a flotation device under thigh, just above back of knee, if lifting the leg is challenging.
- keep lifted leg straight, in a parallel position, with knee unlocked.
- visualize the three hamstring muscles lengthening from the sit bones (ischial tuberosity) to just below the knee (posterior tibia).
- keep upper body "still", open chest and activate stabilizing body core muscles.
- focus on strong back and abdominal activation.
- hold for 16 - 32 counts, do a transitional movement between right and left sides such as half tempo narrow hamstring jogmarch or jumping jack, to keep body warm.
- to travel during this move, add arms such as CALA unison reverse breast stroke arms and hop on standing leg. Keep stretching leg relaxed and let it "drag" in the water.
- remain stationary for a deeper stretch, add deep breathing to relax the mind and body.

Visualize the lengthening of the muscles in the back of the thigh and deep breathe to aid the stretch. As you breathe out release any tension you may be harboring. As you breathe in imagine filling the whole muscle group with warmth and soft energy.

Standing dynamic torso spiral stretch:

- Perform during the stretch and relaxation phase. As an option, put this dynamic stretch between the right and left hamstring stretch listed above. This will keep the body relatively warm.
- Stand with feet comfortably apart in chest to shoulder depth water. Anchor the body by imaging the feet sinking into the pool bottom, (like sinking into sand on a beach).
- Assume the "power posture", then begin to gently and slowly move both arms just below the surface of the water, from side to side.
- Keep abdominals and back muscles activated with a relaxed feeling.
- Allow hands to follow the arms with relaxed wrist, fingers and thumbs.
- Keep arms at chest height. Feel the water massaging the body, especially in the arm, shoulder, upper back, neck, hand and chest regions.
- Feel the spine twist gently as the arms pass the side of the body. Pay attention to the sensations of the spinal rotation always moving through a comfortable range of motion.
- Keep the action strong but supple with a relaxed frame of mind.
- As an option, follow hands with eyes, looking over the shoulder at the end point of the sweeping action of arms.

Your vertebral discs will love you as the rotational action gives them a gentle massage.

Look for the "Scapular opening" stretches to build a Better Back, in the next issue of Wavelink.



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(Leaders please copy for your participants with CALA logo and address intact)

WATER YOGA: RIDE THE WAVE OF TRANQUILITY

Dr. Guy F. Fain, III

"My body glides effortlessly into the warm water. Its softness embraces me and caresses me like a silk scarf. I'm instantly transported into another world, far removed from the hustle and bustle of daily life. As I lie back and begin to float on the smooth surface, I feel completely nurtured, comforted and safe."

Water Yoga is a meditation in movement. It combines the therapeutic properties of water with the restorative healing of Yoga. As a leading edge approach to wellness, Water Yoga complements today's current body/mind philosophies of health and healing. A gentle flow to soft music allows the practitioner to release deeply held tensions within the body and brings one into a mind set of total release.

Water Yoga is a major treatment for:

- Heart and circulatory ailments
- Respiratory conditions including asthma
- Muscular and arthritic pain
- Post surgery treatment and rehabilitation
- Strengthening the immune system
- Low back and postural problems
- Pregnancy edema (swelling, many women suffer from in the ankles and feet)
- Stress
- Insomnia

What is special about the Water Yoga program?

This program offers balancing and stretching poses that not only strengthen the muscles and increase flexibility, but quiet the mind and restore the spirit - a totally holistic approach.

Benefits of Water Yoga:

- due to the resistance of the water, you burn more calories in less time
- reduced stress to joints, bones and muscle tissue
- fantastic way for our aging population to stay fit without suffering the injuries associated with joint-jarring land activities
- meditative effect of immersing yourself in water
- facilitates the reclamation of inherent health and well-being

Is Water Yoga for me?

Water Yoga is suitable for almost everyone: young and old, male and female, healthy and disabled, fit and unfit, swimmers and non-swimmers. The water acts as a cushion allowing even those with chronic pain brought on by accident or illness to be able to participate fully. Each participant is encouraged to progress at their own rate instead of following a group norm.



*Sigrid & Monica, Water Yoga instructors
demonstrating the Partner Tree Pose*

Athletes of sports such as hockey, soccer, skating, to name just a few, have noticed considerable improvement in performance through increased muscular flexibility and concentration. In addition, the emphasis on breath work supplies adequate oxygenation to all muscles. According to Steven Del Col, former Toronto Argonaut, "After playing football for many years, I experience great relief from previous wear and tear doing Water Yoga." Erik

Ter Beek, former university and provincial soccer player, comments: "Water Yoga has helped me to regain range of motion and flexibility after extensive surgery from numerous injuries."

Where can I do Water Yoga?

In addition to doing Water Yoga in a pool, you can work in the bathtub, shower, Jacuzzi, wading pool, shallow, firm river bed or beach. Ensure that the water temperature is at least 86 degrees Fahrenheit (33 degrees Celsius).

A typical Water Yoga class begins with a warmup, followed by balancing poses, twists and several cardiovascular movements. At the end of class, participants release their bodies into a floating pose on their back (aided by a noodle, if necessary). This can be a major achievement for non-swimmers.

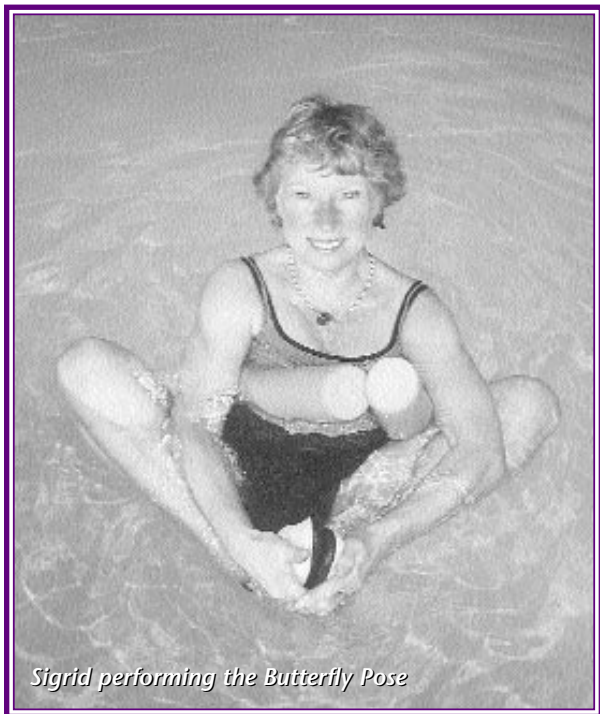
Here is an example of a typical Yoga posture, the Butterfly, modified for the pool:

How to do the Butterfly Pose:

Place the noodle behind the back under the armpits. Lean back, lifting feet off the bottom of the pool. Let the soles of the feet touch, as the knees open out to each side. Reach down and take hold of ankles, pulling heels closer to groin. Rest the head back and release the shoulders. Relax, breathe deeply and float carefree like a buoy in the ocean.

Why to:

This powerful stretch affects the adductor and



Sigrid performing the Butterfly Pose

groin muscles while easing out tension in the lumbar spine. This pose is a beautiful hip opener, in which the abdominal muscles must be activated for balancing in the water.

Dance therapy, another form of movement in water, is especially beneficial for physically handicapped clients, including those in wheelchairs. These people may have limited mobility on land and will often experience increased freedom of movement while in water. Movement and expression, in water, is extremely satisfying and encouraging for these individuals, since the benefits of weightlessness and mobility are greatly enhanced.

Sessions can be offered for individuals as well as groups of no more than 15 participants. This allows greater care for safety and correct execution of postures.

How do I learn to teach Water Yoga?

Monica and Sigrid have developed a unique and creative program to bring Yoga postures into the pool. A Two Day Teacher Training Course will be offered to CALA Aquafitness Instructors. It will include the basics of Yogic philosophy, postures, deep abdominal breathing, body awareness, imagery and relaxation techniques. All postures will be taught on land first. You will learn how to work with non-swimmers and with people in rehabilitation. The next Teacher Training is scheduled for September 30th to October 1st, 2000.

Feel free to contact for more information:

Sigrid Igel (905) 642-5984

or Monica Cordes (905) 479-5676

Sigrid Igel is a Federation of Ontario Yoga Teachers Certified Yoga teacher, who has been teaching for over 30 years. Concurrently, she has developed a Water Yoga program, teaching it to all ages and ability levels. She also instructs dance therapy and gives several workshops a year. Sigrid is available to teach in your area.

Monica Cordes has Yoga Teachers Certificate from FOYT and the Kripalu Centre for Yoga and Health. Impressed by the therapeutic benefits of movement in water, she has created an original series of Water Yoga postures and flows. Several times a year, Monica leads powerful and transformative workshops. Monica is passionate about living life to the fullest and of passing her enthusiasm on to others.

CALA CONVENTION & SPECIALTY COURSE HIGHLIGHTS



Bad Waltzee, Germany - Fast Trackers supporting one another during the Golden opportunity, April 2000



Krista Prevost demonstrates the Unison Cross Front Jab & the Alternate Shoulder Front Jab on the banks of the Yukon River, Whitehorse

Photographer: Sarah Neill



The "Frenchie's" strut their stuff _ L'eau Zone 2000 - CALA Convention D.D.O



CALA Course grads at SFU, BC Course



"Centre of Power" Focused, giving & receiving positive energy - Workshop participants - Steeleshosch, South Africa, March 2000.

AQUAJOGGING: HIGH VALUE FITNESS PART II

David K. Brennan M.Ed. and Charlene Kopansky BSc. H.K., BEd.

The Toronto Star News, "In Focus: Water Fitness," Rehema Willis, 9/20/98

"Canadian sprinter Donovan Bailey, Olympic double gold medalist, is back running again..." Mind you, his feet aren't touching the ground...He's wearing an Aquajogger, a device that goes around his chest, keeping him buoyant and vertical while he's still in the water. It allows him to simulate sprinting, the water creating resistance yet allowing him to put no direct weight pressure on his foot. It provides a great environment to do his mechanics, said Dr. Antony Galea, a sports medicine specialist who is part of the team working with Bailey".

It is a fact that 66% of all runners will experience a running related injury over any given 12 month period.

Research has shown that running 30 miles per week increases the chance of injury by more than 55%.

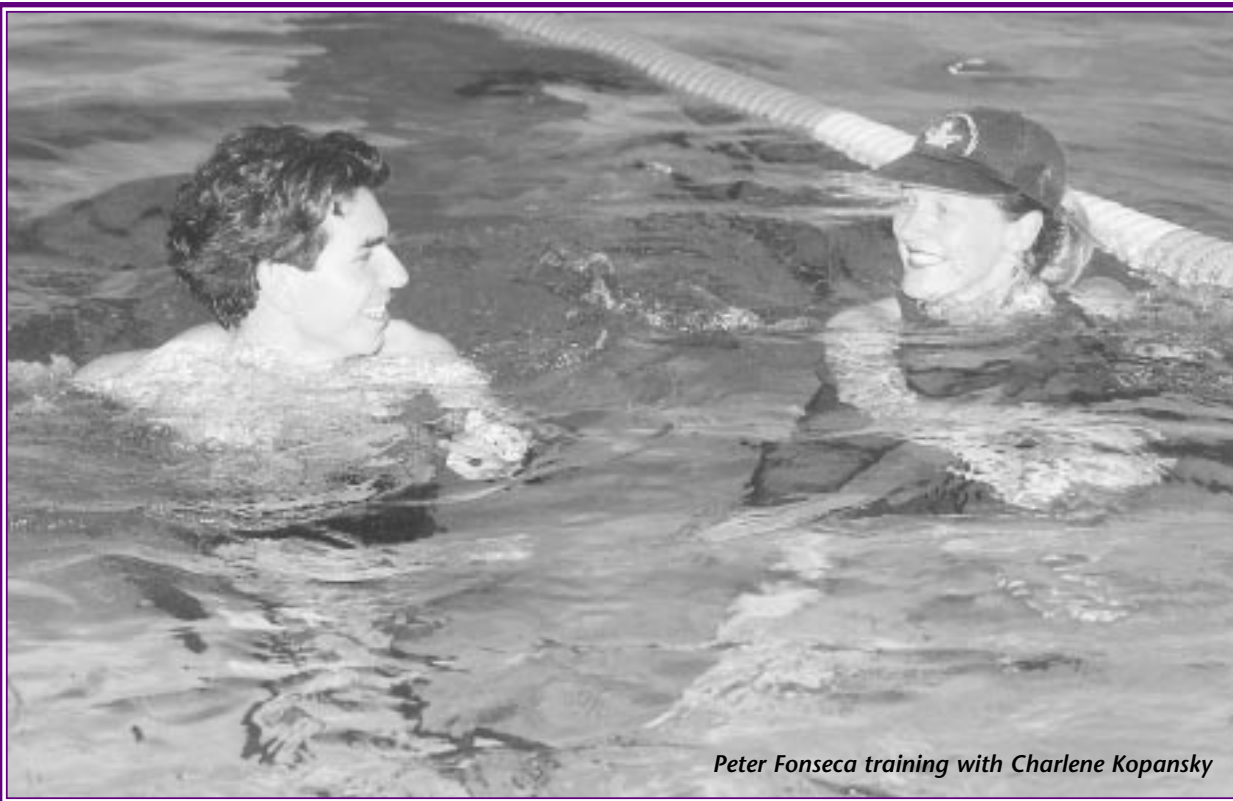
Aquajogging permits the runner to increase weekly "mileage" yet eliminate the increased risk associated with repetitive impact during land based running.

Runners restricted to a deep water running regime for up to 8 weeks can maintain or even improve aerobic fitness.

Part One of this ongoing series of articles on Aquajogging described the differences between land and water running. When introducing runners to Aquajogging, it is vitally important to conduct small group or 'one to one' familiarization and orientation sessions. This will ensure that the Aquajogging experience will yield good results from a training perspective. Familiarization sessions ensure that correct form is learned by the participant. Correct form will improve the cross training effectiveness of aquajogging. An orientation session ensures the equipment is appropriate for the individual.

Familiarization is the key to starting an Aquajogging program safely and effectively.

Human performance is highly task specific. When designing programs consider both the metabolic and biomechanical requirements for any particular sport. Deep water running provides a highly specific training alternative to land based running. Additional exercises in



Peter Fonseca training with Charlene Kopansky

the water can also be designed to target specific anatomical sites for rehabilitation and injury prevention for all athletes.

Aquajogging enables clients to improve running form, lactate threshold and V02max. Training at various intensities will achieve these goals. To get started the participant must determine their maximum heart rate and heart rate responses to Aquajogging at various intensities. A "Graded Wilder Exercise Test" designed by Wilder and Brennan, tracks heart rate response and perceived exertion at various cadences sustained for three minute intervals.

The results of the "Graded Wilder Exercise Test" are most effective when the client/participant has completed an orientation session and several familiarization sessions. This will ensure the equipment is comfortable and the running form is correct.

Deep water running provides a highly specific training alternative to land based running.

Monitoring training intensity during the "Graded Wilder Exercise Test" involves three variables: heart rate, perceived exertion and cadence. Results gathered from this test enable participants and fitness professionals to know how quickly to run in water (cadence), what heart rate to train at (heart rate) and how hard to be working (perceived exertion) in order to improve running form, lactate threshold and/or V02max.

Heart Rate (HR): There are two methods to monitor heart rate while Aquajogging. Use of

a heart rate monitor is highly recommended. The device allows the participant to continue moving, while gathering accurate heart rate readings. Palpation is the second option. This method requires the individual to stop moving vigorously, which negatively affects the heart rate reading and disrupts an important aspect of Aquajogging called "rhythm". In water, the training heart rate is lower by approximately 10% of land values. Heart rate is recorded at the termination of each interval.

Perceived Exertion (RPE): This is a subjective scale to measure effort. Brennan simplified Borg's 15 point RPE scale to a 5 point scale. The Brennan scale has five verbal descriptors. Exertion can be reported or prescribed in increments of 0.5 or 0.25. While Aquajogging, the participant assesses how hard they feel they are working during the last 10 seconds of the interval. (see fig 1 and fig 2)

Cadence (CPM): Stride frequency is generally expressed as the number of times the right leg cycles through a complete gait cycle per minute (CPM). CPM's are recorded during the last 30 seconds of each interval and then doubled, (intrinsic rhythm) or controlled by a metronome (extrinsic rhythm). Peak and sub maximal cadences appear to vary significant between sprinters and distance running during Aqua running. (see fig. 1 and fig. 2). Participants must maintain correct running form at each prescribed cadence in order to get accurate readings for exercise intensity. The accurate readings enable the client or fitness professional to prescribe certain cadences at specific RPE and HR, to achieve specific training goals.

RPE & CADENCE VALUES (CPM) FOR DISTANCE RUNNERS (fig. 1.)

RPE		CADENCE	LAND EQUIVALENT
Very Light	1.0	< 50	Brisk walk
	1.5	50-59	
Light	2.0	60-64	Easy jog
	2.5	65-69	
Somewhat Hard	3.0	70-74	Brisk run
	3.5	75-80	
Hard	4.0	80-84	5k/10 pace
	4.5	85-90	
Very Hard	5.0	>90	Short track intervals

RPE AND CADENCE VALUES FOR SPRINTERS (fig 2.)

RPE		CPM	LAND EQUIVALENT
Very Light	1.0	< 74 75-79	> 800 meters
	1.5		
Light	2.0	80-84 85-90	600-800 meters
	2.5		
Somewhat Hard	3.0	90-94 95-99	400-600 meters
	3.5		
Hard	4.0	100-104 105-109	200-400 meters
	4.5		
Very Hard	5.0	>110	50m-200 meters

* Brennan DK, Wilder RP, (1990) *Aqua running: An Instructors Manual*. Houston International Running Center, Houston Texas.

Upon analysis of the "Graded Wilder Exercise Test", highly specific training sessions can be designed to help maximize the benefits of water training.

Part Three of this series will include low, medium and high intensity training formats as related to training to improve running form, lactate threshold and V02max.

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BIO - David K. Brennan M.Ed.

David Brennan M.Ed. is President of the Houston International Running Center. David

competed for the University of Houston in track and cross-country accomplishing All-American Status for the 1500m run in 1976. He is an assistant professor at Baylor College of Medicine, Department of Physical Medicine and Rehabilitation and founder of the Aqua running deep water exercise program. Brennan has a private practice in Aquatic Rehabilitation at The Houstonian in Houston, Texas and is a certified American College of Sports Medicine Health and Fitness Instructor. David trains Olympic runners and professional sports teams in the water.

UPCOMING AQUAJOGGER TRAINING PROGRAM - SPECIALTY COURSE

CALA is offering the one day AJTP specialty course in Calgary on September 9 and in Ottawa on October 29, 2000. Contact CALA headquarters at 1-888-751-9823 or cala@interlog.com for details or to book a course at your facility.

RUNNERS, COACHES, PERSONAL TRAINERS AND OTHER FITNESS PROFESSIONALS ARE MOST WELCOME TO ATTEND THIS COURSE. CERTIFICATION IS OPTIONAL, LEARNING IS GUARANTEED.

The current and leading edge scientific information in this course is effectively applied in a hands on way to ensure training techniques for Aquajogging can be integrated into any cross training program. The course is geared to coaches, runners including all fitness levels and types of running (sprinting, middle distance, long distance-marathons), personal trainers, athletes looking for an effective means to cross train without incurring injury, and to instructors and participants.

SETTING SAIL

Congratulations to Nelia Corriea. Many of you had the pleasure of interacting with Nelia via phone, fax, email and at various CALA conferences. Nelia was an asset to the company and will be greatly missed. Since I began to work with Nelia she spoke of her love for the mountains and often dreamed of hiking and pursuing her passion which is photography. Nelia has fulfilled a dream. Her family returned to Vancouver, her birth place, in early August. She will have lots of opportunities to get her fix of running on the sea wall, sweating up the Grouse Grind and generally bonding with friends and family. The really exciting news is Nelia's acceptance into a university program

for Photo Journalism. Nelia will soon be a full time student! Good Luck Nelia and once again congratulations. I will never forget the excitement in Nelia's voice, the sparkle in her eyes and her jumping with joy as she told me the good news.

The CALA team will certainly miss Nelia. She was a great asset to the company and a very hard worker. Climb those mountains girl, you will love it. Perhaps there will be a photo we can feature in the Wavelink, once Nelia gets settled.

Best wishes to Nelia.

WELCOME ABOARD

Theresa Gonyer, is the new CALA consultant. Theresa packed her life into her car and drove to Toronto all the way from Nanaimo, Vancouver Island, in late May, to join the CALA team. Theresa is CALA certified and was first introduced to the company in 1996. On several trips to the island, to facilitate workshops and courses, I would meet with Theresa for dinner, roller blading or a night of dancing. Theresa was always busy, neck deep in assignments for her Sports Administration degree from Malspina College and working full time at the Beban Pool.

Theresa brings a passion for Aquafitness, a grounding in Sports Admin. and years of experience teaching and guarding in an aquatic environment into the position. Theresa is currently wowing participants at a variety of pools in the Toronto area and juggling this successfully with the organization of CALA workshops and courses.



Theresa Gonyer

Please help to welcome Theresa, and get her to practice her French too!

SKIPPING OVER THE OCEAN

Connie Jasinskas, CALA Trainer extraordinaire has really stretched her wings. Connie recently facilitated a CALA Aqua Arthritis Course in England as a result of the dedication and hard work of Pia Francis a resident of England. Those of you who attended the Aquajogger Specialty Course or the Aqua Pre and Post Natal Specialty Course at the CALA Conference in Dollard Des Ormeaux may remember Pia as the tall, lean, short haired sophisticated participant with the English accent.

Following England, Connie arrived in South Africa where she has facilitated a CALA Training for Trainers, apprenticed three trainers during a CALA Fast Track and presented a 40 hour "CALA: Healing Waters - Aquatic Rehabilitation Specialty Course: at the University of Stellenbosch".

There should be some interesting photos and stories for Connie to share in the next issue of Wavelink.

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CALA AQUA MATT

A Must for all aquafitness leaders!

Details about the mat: It's a cellular urethane pool deck mat that comes in two sizes: 1.0 metre and 1.7 metres, easily portable, non-slip surface, ultra violet, chemical resistant & odourless, no maintenance required, immediate return to original thickness following rapid & repetitious impact.

Why buy it? Aqua Matt protects your most valuable asset - "you" - from damage to your joints and loss of earnings. Designed for the safety of the pool deck Aqua instructor, Aqua Matt provides maximum shock absorption for cushioning and protecting against impact and vibration and a non-slip surface to guarantee sure footing even when wet.

Sizes available and cost:

1.0 metre mat: \$115.00 + \$20.00 S&H + applicable taxes

1.7 metre mat: \$165.00 + \$20.00 S&H + applicable taxes



C.A.L.A. AQUABELTS

AQUABELT SIZES:

Size	Width	Length	Fits Waist
• Medium	4 5/8"	32"	26" - 35"
• Large	4 5/8"	33"	36" - 42"
• X-Large	4 1/4"	35"	38" - 45"

AQUABELT PRICES:

Members	
• Medium	\$24.00 + S&H + Tx
• Large	\$26.00 + S&H + Tx
• X-Large	\$28.00 + S&H + Tx
Non-Members	
• All Sizes	\$30.00 + S&H + Tx

Shipping and Handling

- \$5.00 per belt for orders under 10 belts
- \$10.00 + \$1.00 per belt for orders over 10 belts.

REPLACEMENT STRAPS:

- All Sizes \$5.00 + \$1.00 per strap (S&H) + Tx.

*** All belts come with straps included.

*** Belts are not approved for use as lifesaving personal flotation devices.

For more information about our Aquabelts and to place an order please contact the CALA office at 1-888-751-9823.



FEEDBACK, THE STUFF OF SELF IMPROVEMENT AND INTROSPECTION:

I received two pieces of feedback regarding the article entitled "A Warning Related to Breast Cancer" from Wavelink # 25. One was verbal and expressed the same sentiments as the following written feedback. Thank you to both woman who took the time to express their opinions.

I am of two minds on the issue of information sharing: While I agree that it is not wise to scare people or to publish false information, I do feel that it is my role to share information that comes my way. I make a decision about whether to publish something based on my intuitive feelings, discussions with my team of advisors and consideration of who sent the information to me. I received the article in question, from someone who was completing their masters in environmental studies. Unfortunately, I do not have the staff nor the time to check every piece of information I receive. I do however believe that I have an obligation to share knowledge and empower my readers with the ability to embrace the ideas or throw them out. I leave it up to people to make their own decisions about information they read.

I do appreciate the time you took to send this feedback to me. Thank you.

"As a breast cancer survivor, I read with interest and concern your recent article on the use of antiperspirant.

It is always scary for those with the disease and for their families, as well as other woman and men to read articles like this. Information such as this should always be verified before publishing to hundreds of people, especially where there is no supporting evidence in the way of published research.

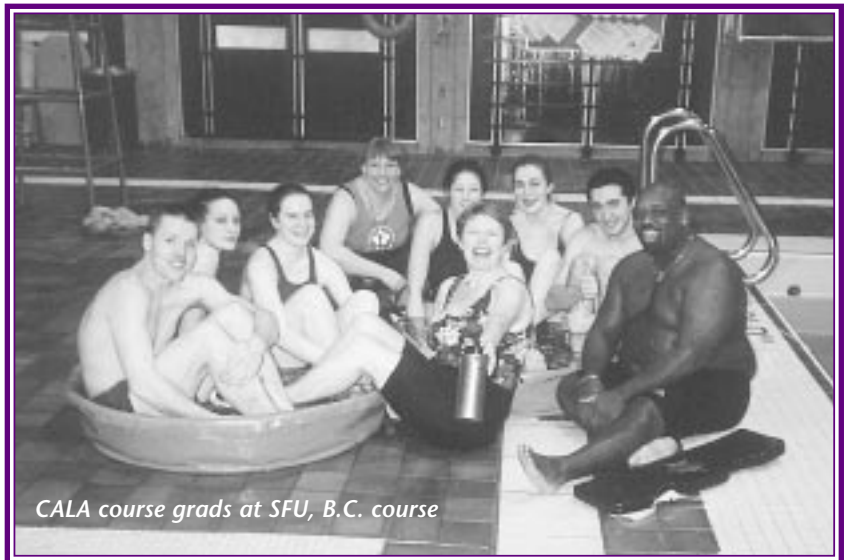
The email re the use of antiperspirant is a hoax as are the various accredited names at the

end, that was sent to thousands of web users. On a positive note, congratulations on the fine article about dragon boating. I am on the Ottawa based dragon boat team, "Busting Out", a team of 51 woman and 1 man, all breast cancer survivors".

The writer also included a copy of the response to the article sent via email, in the Breast Cancer Action Newsletter, Winter 2000. If you are interested in this response, please contact the BCA. Excerpts from the response follow:

"Breast cancer has been in existence for at least 2000 years - long before bras and antiperspirants were invented."

"for the latest scientific studies relating to cause, treatment etc. check out the web site www.breastcancer.net/cgi/ben.news.wegi"



CALA course grads at SFU, B.C. course



Bad Waltsee, Germany, CALA course graduates

INDIVIDUALS WITH QUALITY, INTEGRITY AND COMMITMENT

CALA COURSE GRADUATES FROM TOTAL TRACK, FAST TRACK AND SHORT TRACK TRAINING COURSES - DECEMBER 1, 1999 - APRIL 30, 2000

CALA COURSE GRADUATES:

CALGARY, AB CALA FAST TRACK - FEB, 2000

Susanne Albrecht
Abra Baker
Dean Bottomley
Heather Davies
Terri Duncan
Janet Fletcher
Penny Fox
Tracey Heron
Tara Horsman
Amanda Johnson
Renee Klassen
Colleen Neilson
Joanne Robinson
Tara Rogutski
Michelle Saramaga
Danielle Saramaga
Christina Stennick
Cherie Weiber
Katie Yalte
Trainer: Michelle Stanyk

OTTAWA, ON CALA FAST TRACK - FEB, 2000

Melanie Abdelnour
Kelly Davies
Nancy Fitzgerald
Christina McCready
Laurie Ogilvie
Karen Seath-Smith
Sarah VanSligtenhorst
Brennan Waters
Trainer: Carol Weerdenburg

RONDEBOSCH / CAPE TOWN, SOUTH AFRICA CALA TOTAL TRACK - FEB, 2000

Diane Blennerhasset
Amanda Bleuler
Esther du Buisson
Hillary Edwards
Michelle Fookwe
Samantha Harris
Gaye Higgs

Julie Jacobs
Melvin Rautenbach
Vanessa van Wijk
Bonnie van Wyk
Lisa Viljoen
Ros Walters
Tanya Wyatt
Hayley Yon
Trainer: Charlene Kopansky

STELLENBOSCH, SOUTH AFRICA CALA TOTAL TRACK - FEB, 2000

Nel-Mare Alberts
Pamela Boardman
Jenny Botha
Andre Brand
Liza Caballero
Marlene Claasen
Jaco Coetzee
Annelie de Wet
Chrizani de Wet
Anine Engelbrecht
Sara Ernie
Wilhelmina Grobbelaar
Thana Hattings
Taryn Heyns
Shirma Jordaan
Melanie Kotze
Nikki Lihou
Jonelle Lotter
Sonette Lotter
Marina Lourens
Marilette Malherbe
Michael Malherbe
Mari Naude
Robyn Nel
Ilza Pieterse
Esmarie Robertson
Sylvia Schmid
Soleil Terblanche
Kim Underwood
Mia van der Merwe
Sonia van der
Ana Jansen van
Nadia Viljoen
Natalie Wagenaar
Trainer: Charlene Kopansky

LONDON, ON CALA SHORT TRACK - MAR, 2000

Donna Abramovich
Robin Cooper
Sumaya Corless
Tania Dawes
Amelia Holden
Rose Koldenhof
Heather Korensky
Diana Lee
Jennifer Lepore
Saloni Malhotra
Pauline Meaney
Anne Nicholson
Lynette O'Donnell
Katharine Preston
Kellie Radley
Rosa Tejada
Margy Tougas
Lauree Wheeler
Shelley Wilkinson
Paula Wiseman
Trainer: Carol Weerdenburg

WOLFFVILLE, NS CALA FAST TRACK - MAR, 2000

Jen Bedford
Colette Cyr
Megan MacDonald
Shannon Murphy
Peter O'Brien
Trainer: Connie Jasinskas

HAMILTON, ON CALA FAST TRACK - MAR, 2000

Roger Croy
Alyson Doyle
Genevive Edgcumbe
Stephanie Gano
Tracy Lewis
Cheryl Newman
Jane Ohberg
Lindsay Pelletier
Heather Scheibelhoffer
Stephanie Sciberras
Diane Sordo
Norma Willis
Trainer: Elaine Elliott

BURNABY, BC BCRPA / CALA DUAL TOTAL TRACK - MAR, 2000

Rebecca Johnson
Mike Kendall
Kiarash Nazirpour
Brianna Oliver
Aniko Turner
Allan Warner
Trainer: Dianne Levy

AULENDORF, GERMANY CALA FAST TRACK - APR, 2000

Sabine Arnold
Edeltraud Bobenriether
Gisela Emmel
Anja Engels
Elke Felder
Stefan Hellmis
Marc Johnson
Sabine Meyer
Brigit Omlor
Andrea Pielen
Ina Potin
Judith Roth
Susanne Sohn
Lisa Thomann
Kerstin Uecker
Andrea Weggenmann
Fred Zaal
Trainer: D. Dieterich,
B. Heinrich, C. Kopansky

TORONTO, ON CALA FAST TRACK - APR, 2000

Julie Hard
Audrey D'Bras
Hedy Valler
Jo-Anne Dunk
Susana Molnar
Matthew Lucien
Giacomo Fabrizio
Tara Smith
Trainer: Donna Wilkes

CALA COURSE GRADUATES FROM AQUA ARTHRITIS TRAINING COURSES DECEMBER 1, 1999 - APRIL 30, 2000

CALA COURSE GRADUATES:

BRAMPTON, ON AQUA ARTHRITIS - JAN, 2000

Beverly Barretto
Tania Dawes
Marianne Duschek
Pia Francis
Jo Geary
Samantha Howard

Marilee Manessy
Val Moore
Manjit Singh
Trainer: Connie Jasinskas

CANMORE, AB AQUA ARTHRITIS - FEB, 2000

Shelley Adam
Karen Dreaver
Dawna Evans

Dianna Howe
Leslie King
Candace Swick
Judy Westcott
Trainer: Carol Weerdenburg

POINT CLAIRE, PQ AQUA ARTHRITIS - APR, 2000

Alison Boston
Lara Dombawela

Cynthia Hewitt
Micha Karpfen
Christopher Laurin
Margot Quinn
Andrea Tock
Joseé Tréanier
Heather Villaudy
Trainer: Connie Jasinskas

CONGRATULATIONS ON BECOMING CALA CERTIFIED AND RECERTIFIED!

Timothy Alexander
Marlene Arsenault
Marie-Pier Bellefleur
Georgina Bulgin
Sumaya Corless
Sheila Costford
Donna Daniels
Tania Dawes
Pamela Gaines
Mary Girard

Amilia Holden
Patricia Hoskins
Renee Klassen
Rose Koldenhof
Jennifer Lepore
Pauline Meaney
Mary Neal-Wickham
Lynette O'Donnell
Lindsay Pelletier
Katharine Preston

Kellie Radley
Batia Shalev
Hildy Silverman
Darlene Tardivel
Margy Tougas
Elisabeth Trottier
Allan Warner
Shelley Wilkinson
Paula Wiseman

CALA RECERTIFIED

Cathy Belanger
Bettie Anne Clarke
Cheryl Coates
Shirley Faudemer
Wendy Kennedy
Sonya Lamothe

Congratulations to Pam Nelson of Trail, B.C. who has earned full trainer status with CALA.

CERTIFICATION

AQUAFITNESS WORKSHOPS, TRAINING COURSES AND TRAINERS RETREAT

TRAINING COURSES (BY REGION):

BRITISH COLUMBIA: (BCRPA Recognized)
Burnaby Location: Simon Fraser University
 CALA Basic Fitness Theory & Aquafitness Specialty (TT)
 September 29, 30, Oct. 1, 13, 14, 15

Ladysmith Location: Frank Jameson Community Centre
 CALA Aquafitness Specialty (FT)
 October 13,14,15

ALBERTA: (AFLCA Recognized)
Calgary Location: Calgary Winter Club
 CALA AquaJogger™ Specialty Certification Course
 September 9, 2000

Calgary Location: Bob Bahan Pool
 CALA Aquafitness Specialty (FT only)
 September 15, 16, 17, 2000

ONTARIO: (OFC & CanFitPro Recognized)
Mississauga Location: West Wood Pool
 CALA Aquafitness Specialty (FT)
 September 8, 9, 10, 2000

Mississauga Location: West Wood Pool
 CALA Basic Fitness Theory & Aquafitness Specialty (TT)
 September 8, 9, 10 and September 15, 16, 17, 2000

Marathon Location: Port Hope Pool
 CALA Aquafitness Specialty (FT)
 September 15,16,17, 2000

Thunder Bay Location: Frank Murphy Community Centre
 CALA Aquafitness Specialty (FT)
 September 22, 23, 24, 2000

Thunder Bay Location: Frank Murphy Community Centre
 CALA Basic Fitness Theory & Aquafitness Specialty (TT)
 September 22, 23, 24, and September 29, 30, October 1, 2000

Toronto Location: Cummer Park Fitness Centre
 CALA Aquafitness Specialty (FT)
 September 29, 30, October 1, 2000

Toronto Location: Cummer Park Fitness Centre
 CALA Basic Fitness Theory & Aquafitness Specialty (TT)
 September 29, 30, October 1 and October 27, 28, 29, 2000

Ottawa Location: Lower Town Pool
 CALA Older Adult Aqua Specialty Course
 October 29, 2000

Ottawa Location: TBA
 CALA Aqua Kick Box Specialty Certification Course
 October 28, 2000

Ottawa Location: Metro Central YMCA
 CALA AquaJogger™ Specialty Certification Course
 October 29, 2000

NEWFOUNDLAND: (NFLAC Recognized)
St. John's Location: New World Fitness
 CALA Aqua Arthritis Training Course
 September 12, 13, 14, 2000

St. John's Location: New World Fitness
 CALA Aquafitness Specialty (FT)
 September 15, 16, 17, 2000

WORKSHOPS (BY REGION):

ONTARIO: Thunder Bay

Wonders of the Deep (3 CALA & OFC CEC's)
 September 25, 2000 7:00 - 10pm
 Location: Canada Games Complex
 Contact: Wendy Andruski Ph: 807-768-4420

Creative Splash (3 CALA & OFC CEC's)
 September 26, 2000 1:00 - 4:00pm
 Location: Churchill Pool
 Contact: Wendy Andruski Ph: 807-768-4420

Aqua Pre & Post Natal (3 CALA & OFC CEC's)
 September 27, 2000 7:00 - 10:00 pm
 Location: Frank Murphy Community Centre
 Contact: Wendy Andruski Ph: 807-768-4420

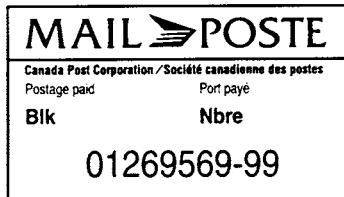
Aqua Kick-Box (3 CALA & OFC CEC's)
 September 28, 2000 7:00 - 10:00 pm
 Location: Lakehead University Pool
 Contact: Wendy Andruski Ph: 807-768-4420

TRAINERS RETREAT (T4T):

ONTARIO: Cornwall

Training for Trainers - New trainers are welcome!
 November 16, 17, 18, 19, 2000 Location: NAV Canada Centre

Please note: Immediate registration for Training for Trainers is imperative



UPCOMING