

wave

L I N K



INTERNATIONAL AQUAFITNESS & AQUATIC REHABILITATION CONFERENCE 2001

Friday June 15
Saturday June 16
Sunday June 17

Early Bird Registration
on or before May 14

The Etobicoke Olympium
590 Rathburn Rd., Toronto, Ontario
(close to the Toronto airport)



Credits: CALA, CanFitPro listed,
other organizations in process

Our line up of presenters!

International Guests:

Andrea Pielen (Germany)
Annatjie Goedhals (South Africa)
Gemma Guilford (New Zealand)
Charlene Kopansky, Connie Jasinskas, Monica
Cordes, Helen Eng, Dylan Harries,
Sigrid Igels, Wendy Kennedy,
Karen MacDonald, Line Marr,
Jennie Queen, Donna Reeves,
Pat Richards, Karen Sampson

Sensational Sessions

Aqua Kick Box, Aquaspinning, Fibromyalgia,
Water Yoga, Water Running, Healing Waters
Creating the Best Aquafitness Program,
Personal Training - Building the Business,
Stretch - Bathe in the Morning Sun,
The Original Navy Seal Boot Camp,
Lateral Training - A South African Twist,
Personal Training: Two Case Studies,
Hydro Yoga - Tai, AquaMotion,
Freelancing - Building Your Business,



CALA

Aqua ABS-olutely, Diaper Fit,
Top Deck - On Deck Teaching Skills,
Intensity Plus - Training the Body Systems,
Aqua Arms, Chest, Back & Shoulders,
In Your Face,
A Living program for Old Adults
& Frail Elderly,
Energy Circle Tai Chi,
Aqua Africana, 180 Degrees of Deep,
The Dream - Starting an Aqua Business,
New Moves & Grooves 2001,
Fun Focus -Working with Older Adults -
A German Perspective,
Networking

Trade Show

Nutritious Meals

CALA • 125 Lilian Dr., Toronto, ON, Canada M1R 3W6

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LETTER FROM THE EDITOR

Feedback - Open Book Theory Exam: I have heard some rumblings from trusted sources, that there are a few CALA certified leaders who are not happy with the new policy of an open book theory exam. Those who completed the exam without the use of the manual can feel proud of their accomplishment and celebrate the fact that more people will likely finish certification because of the policy change.

It became apparent that many graduates were opting out of finishing certification because they had heard "the exam is really tough". The fact is, the exam is fair, and tests applied knowledge. When you achieve CALA certification, you can be sure you are truly qualified.

Rather than lose members, out of fear, I began tossing around the idea of an open book exam. I solicited feedback from a variety of people including new graduates, newly certified leaders, grads who took the course more than one year ago and were not certified and many others.

The fact is, the "new" version of the CALA Basic Training Manual, launched in January of 1999, contains an abundance of information. The resource is excellent. I would like this manual to be a constant source of information and referral. I want people to be familiar with the contents of the manual and feel comfortable using it. Rather than "hide" the information, I decided, after assimilating feedback from many sources, to make the exam open book.

It is essential for exam candidates to know the application of the information, putting theory into practice. Time spent studying the manual, reviewing the tasks and referring to the objectives for each chapter will prepare one for the exam. There is a time limit which is strictly adhered to. Those unfamiliar with the theory, who simply plan to find the answers in the manual will not be successful. Studying and preparation are required. The manual becomes more of a "security blanket" during the exam. If one's mind suddenly goes blank, a quick reference to the manual, to jog the memory is often all that is needed. The pass mark has been bumped back up to 80%.

I trust that CALA certified leaders will encourage their peers to complete certification and be happy when there are more certified leaders available to teach classes.

Remember, there is strength in numbers. The number of well trained, certified leaders are too few to meet facility needs. **This "lack of aquafitness leaders" is the same situation in every country that I have worked. Not enough qualified leaders anywhere!**

So check out our web site for the next certification date in your area, or call CALA to book a date at your facility and get a few people together.

CALA Certified, Clearly Qualified!

SOMETHING NEW - Certification dates have been scheduled following the training courses. These certification opportunities include the exam writing and the practical assessment. The prerequisites are:

- current membership,
- payment of certification fees to the CALA office in order to book a place and
- CALA Aquafitness Training Course graduate status.

South African Escapades: I escaped from the last dregs of winter and was welcomed by the warmth of summer sunshine, the sweet fragrance of flowers in full bloom. And of course, the wonderful South African friends I have been blessed with. I had agreed to do a three month intensive training tour in South Africa. This planning took place almost one year ago. With changes at CALA headquarters, the tour was

reduced to a four week, jam packed schedule. The training experiences were awesome - the Sports Science students, a spunky group with lots of energy, who embraced CALA whole heartedly. All sessions sold out, with over 40 people attending the CALA course, and the three one day Water Running Courses that were hosted at the University. It was amazing to watch a combination of aquafitness leaders, rugby & tennis players, iron man athletes, marathoners, track and field athletes,

physios and coaches try to perfect their training techniques. What a rush to see if all come together! Very gratifying.



Charlene in S. Africa cueing and tanning, what a combo.

Under clear blue skies and breath taking sunsets, I finally managed to pull the CALA 2001 conference brochure together. The challenge this year was to find a suitable facility which we could afford. I believe you will thoroughly enjoy the centrally located Olympium. The facilities are super and so is the staff. If you did not already receive your conference brochure, call CALA, and we will be sure to get one to you.

Remember the early bird deadline is on or before May 14.

See you at CALA 2001, June 15 - 17, Etobicoke Olympium, Toronto. Catch the wave!

Charlene

IN OVER YOUR HEAD

by Patsy Parker, CALA Certified, Alberta

Aquafitness classes often attract participants with varied aquatic backgrounds including non-swimmers and/or weak swimmers. The aquafitness instructor must identify participants who are weak or non-swimmers in order to provide a safe and effective class.

It is important for the instructor to inform the lifeguard(s) on duty of the weak and/or non-swimmers in the class. Whenever possible, these participants should be positioned in the shallowest water, close to the edge of the pool during their aquafitness workout. It is recommended that the instructor have an "assist" device such as a flutter board, aquabelt or noodle close to them in case there is a need to perform a rescue.

Recognition of participants that require assistance is essential. According to the Canadian Lifesaving Manual, produced by the Royal Lifesaving Society of Canada, non-swimmers are easily identified by the following signs:

- a) not calling for help;
- b) not using legs for propulsion;
- c) fear on face;
- d) appearing to be playing in the water due to struggling arm movement;
- e) not being able to control reaction to struggle; and
- f) not being visible because they are submerged.

The second type of participant who may run into trouble in deep water may be the weak or tired swimmer. When in trouble, in water, the reactions of these people include:

- a) approaching vertical body position;
- b) calling for help;
- c) facing a point considered "safe" such as the nearest pool edge or shallow end; and
- d) distress or fear on face.

The aquafitness instructor should be aware of the various rungs of the "ladder approach" rescue. The "ladder approach" begins with the lowest risk and continues to the highest risk.

Before attempting any rescue, the instructor should call to the lifeguard for help and ensure the rest of the class is safe at the side of the pool. The instructor should not leave the class unattended.

The first rung of the "ladder approach" is a "talk rescue". This can be done from the deck. The

instructor will encourage the participant to roll over on to their back and kick to shallower water or to the edge of the pool (this point to be determined by the instructor). The "talk rescue" is effective with weak or tired swimmers since they are aware of how to kick and provide propulsion and how to assume a horizontal position in the water.

The second rung is the "throw rescue". This can be performed from the deck with a flutter board, belt or noodle nearby. The instructor would throw the assist in front of the participant or to the side of the participant and tell them to grab on to the assist and kick their legs to the nearest safe area. Once again, follow-up from the lifeguard is essential.

The third rung of the "ladder approach" is the "reach rescue". The aquafitness instructor can successfully assist the participant by using their arm or reaching further by using an assist, and extending their arm to reach out to the participant; tell the participant to grab on to their hand or the assist; then safely pull the participant to the side of the pool. In this rescue, the instructor should lie down at a 45 degree angle to the pool's edge to avoid being pulled in by the participant.

The "throw" or "reach rescue" or a combination of the two are the most effective for a non-swimmer rescue.

At no time should an aquafitness instructor enter the water to assist a panicky participant. People who are in trouble in water will want to climb on to anything, including their rescuer. This could result in a double drowning.

The lifeguard should be notified immediately for any follow-up (i.e. aspiration of water to prevent secondary drowning). Secondary drowning can occur up to 72 hours after aspiration, therefore, follow-up is essential.

Identifying the comfort level of the aquafitness class participants will help the instructor know how to react when weak or non-swimmers get into trouble in the water. Creating a safe environment by being both aware and prepared will ensure an enjoyable class experience for all.



CENTRE OF POWER - AQUA KICK BOX

Part II: The Benefits

by Charlene Kopansky, BSc. H.K. founder and president of CALA

This is the second in an ongoing series of articles that will share information about Aqua Kick Boxing from a Centre of Power focus.

Let's start with a review of the first article, Wavelink #28, Winter 2000/2001 Issue.

The Evolution of the CALA style of Aqua Kick Box: Centre of Power focus. "After play time in the water, and body storming 'my interpretation' of a jab, hook, upper cut and the front, side and back kicks, 'my take' on Aqua Kick Boxing began to emerge."

I soon discovered that kicking and boxing in the water environment is a marvelous way to deliver and receive positive energy.

The movement of water, the way it looks when moving, the way it feels on the body when moving through it and the way it sounds when moving all come together to create that magic of movement in water.

The CALA philosophy of "Centre of Power" provides a wonderful opportunity to free the body, focus the mind and allow the spirit to fly.

The Stance - a Recap:

Aqua Kick Box requires a strong foundation from which to move with purpose and skill. The "Stance" is a place to begin and end when teaching all of the movements in this specialty course.

"Always start from and return to a powerful, centered stance."

- place feet shoulder width apart, hips level.
- hold hands in light fists, side by side, palms facing body, forearms parallel
- hold hands at upper chest, knuckles just below water
- relax shoulders
- lengthen neck
- retract chin
- keep knees soft
- maintain shoulders, hips and knees in one line
- visualize all movements of the hands, arms and legs starting and ending at the body core (solar plexus - source of energy)

"Visualize huge surges of positive energy entering the body with each retraction of the arm or leg."

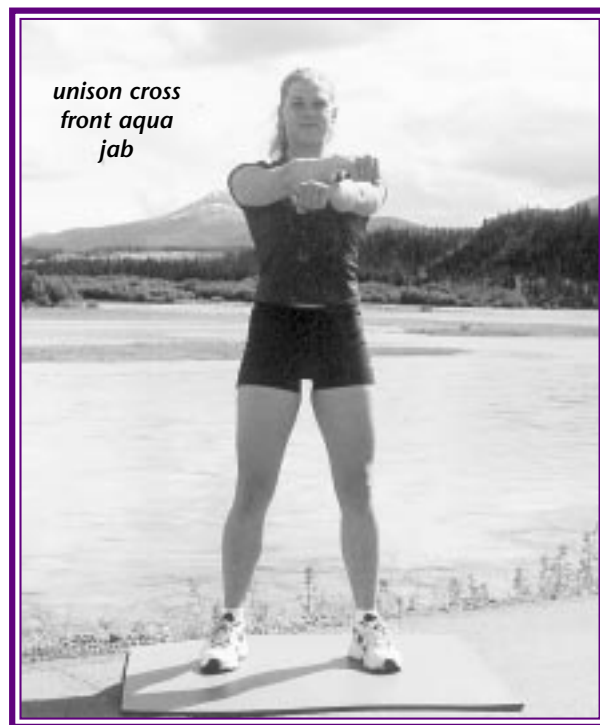
The feeling in water is fantastic once the actions are learned and participants understand how to perform powerful movements.

The Benefits:

1. Aqua Kick Box allows a leader to adapt and modify land based Boxing and Kicking to an aquatic environment. While there is carry over from land to water, the CALA Aqua Kick Box focus is abundantly different than the traditional Kick Box classes designed for land. As expected, the aquatic environment dramatically changes the way boxing and kicking actions can be executed. Technique is modified as is the movement itself. The feeling in water is fantastic, once the actions are learned and participants understand how to perform powerful movements.

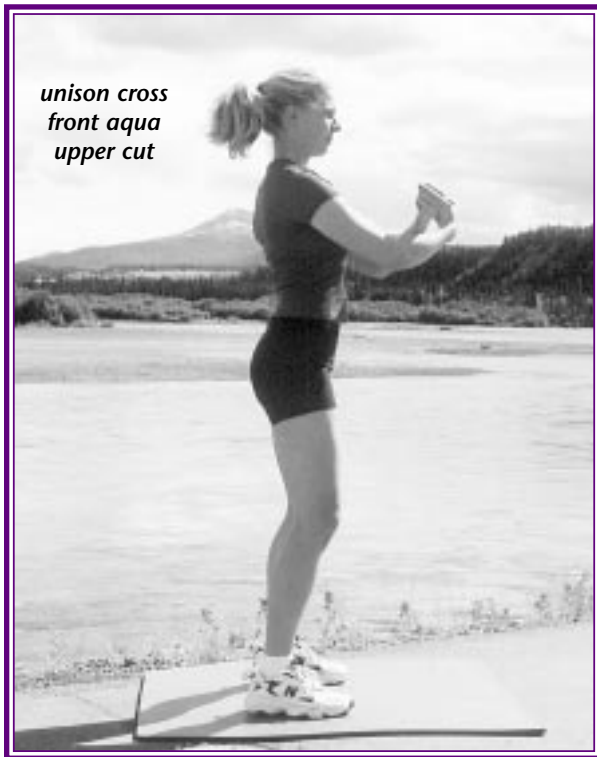
Aqua kick box provides the opportunity to keep the spark alive, to keep people coming back for more, challenging the body and mind.

2. Training in a sport specific manner in water enhances the ability to perform on land. This is cross training, with a twist. The impact and 'end point' of the arm and leg actions is greatly reduced. Compressive and jarring forces associated with kicking and boxing on land are virtually eliminated. What a great complement to the land counterpart, and a safe way to augment land based training.



Even highly fit individuals will find the Aqua Kick Box movements wonderfully challenging, especially once they learn how to drive through the water with a sense of power and confidence.

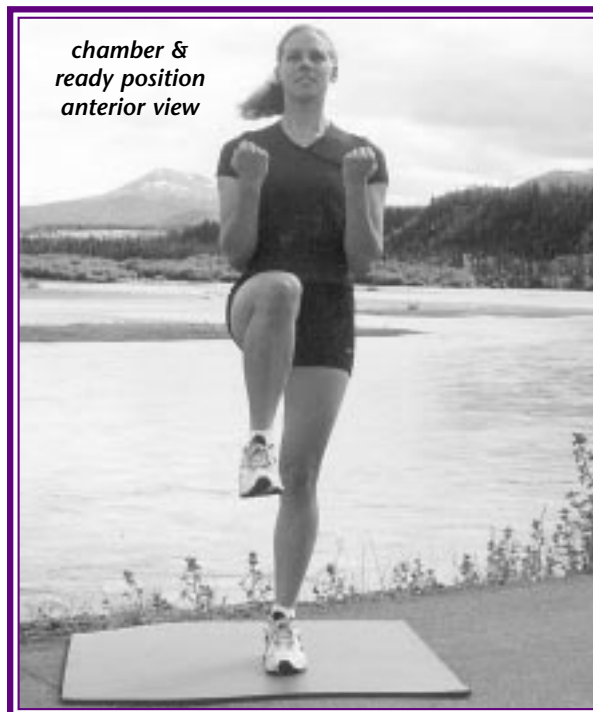
3. Aqua kick boxing adds programming variety for coaches, personal trainers, teachers and instructors. The fitness industry is constantly changing. One only has to reflect upon the last decade to realize the amazing abundance of activities that are associated with moving the body. The scope of aquafitness is ready for diversity. We have a substantial base of well trained fitness professionals looking for a way to keep the pursuit of fitness alive. Aqua kick box provides the opportunity to keep the spark alive, to keep people coming back for more, challenging the body and mind.



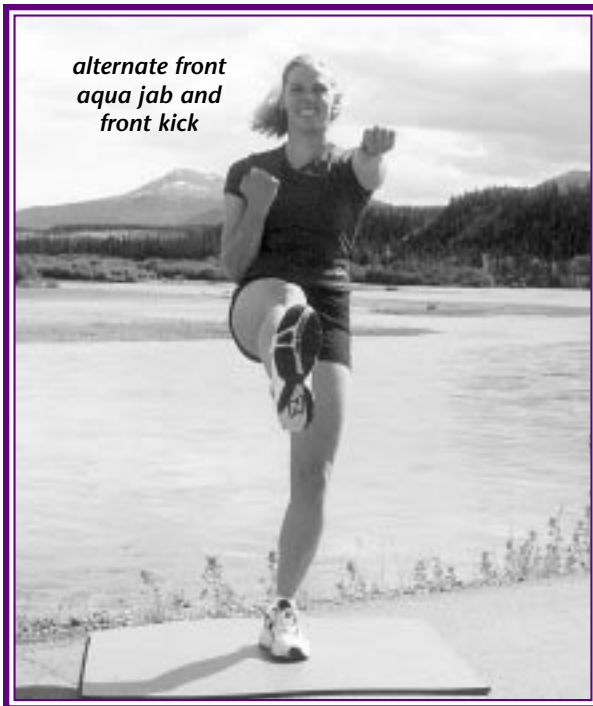
*unison cross
front aqua
upper cut*

4. Adding a new interesting aquafitness class to the schedule will definitely enhance participation in the program. People actually do need change to keep from “rusting their body and mind”. I have found that facilities where the instructors have stuck to the same choreography, the same verbal cues, the same type of music have created a stagnant group of exercisers. Generally a new instructor, or one who wants to add something different, will be met with lots of resistance. I chalk it up to “mental sclerosis: hardening of the attitude”. There seem to be pockets of people in certain pools who are severely afflicted with this ‘health concern’.

5. It is always refreshing to attract new and/or non water based participants to an aquafitness program. When new people arrive in class, it provides an opportunity for the seasoned “professional” participants to become “mini-leaders”. They can embrace the newcomer by helping with technique and offering gestures of encouragement.
6. Remember your very first class? Did you feel like a fish out of water? Even highly fit individuals will find the Aqua Kick Box movements wonderfully challenging, especially once they learn how to drive through the water with a sense of power and confidence.
7. Learning new arm actions, leg actions and movement combinations through integration of Aqua Kick Box movements will serve to enhance power, balance, mental focus, strength, agility, dynamic flexibility, cardiovascular and muscular endurance and coordination... all the vital components of fitness. A healthier community! What a concept!
8. The jabs, hooks and upper cut arm actions together with the wide variety of kicks help the body to develop kinesthetic awareness. Improvement in body alignment assists in the development of habitual “power posture” for active daily living.
9. The development and building of a personal “centre of power” through Aqua Kick Box moves sets this activity apart from many others that merely have body fat and body shape as a central focus for engaging in fitness.



*chamber &
ready position
anterior view*



alternate front aqua jab and front kick

10. Aqua Kick Box moves and choreography together will improve the capacity for mental focus during the all classes.

Upcoming issues will feature movements and choreography specific to Aqua Kick Boxing.

Kudos:

Many thanks to Sarah Lewis, Lions Pool, Whitehorse, B.C. for the wonderful and skilled photography. Also a special thank you to Krista Prevost, the model who demonstrated the moves along the shores of the Yukon River, summer 2000.

**Get a taste
of this Specialty Course,
Friday June 15 from 1:00pm - 4:00pm
at the CALA 2001 Conference,
Etobicoke Olympium, Toronto**

CONGRATULATIONS TO THE FOLLOWING LEADERS WHO HAVE RECENTLY ACHIEVED CALA CERTIFICATION. CALA CERTIFIED MEANS CLEARLY QUALIFIED

Fanny Beguin
Michelle Cormack
Lindsay Corstorphine
My-Linh Diep
Paule Graveline
Genevieve Gravelle
Caroline Jean
Liz Lamke
Nikki Lihou
Jonelle Lotter

Marilette Malherbe
Brigitte Marcoux
Kathleen Murphy
Sylvia Schmid
Julie Simard
Andre St. Jacque
Annick Thibeault
Audrey Tremblay
Sonia Van der Westhuizen
Sue Wood

CALA Certified in Aqua Arthritis
Diane Blennerhasset
Miemie Booyesen
G. Stephen Du Toit
Debbie Duncan
Suzanne Ferreira
Bruce Home
Christine Huysen
Mattys Le Roux

Mikie Malherbe
Craig Pepper
Maretha Poggenpoel
Dawie Scheepers
Letayne Stumke
Gerhard Van der Merwe
Lisa Viljoen
Christal White

CALA RECERTIFIED! WOW, THREE YEARS LATER & STILL GOING STRONG. WELL DONE & HUGE CONGRATULATIONS TO THE FOLLOWING LEADERS WHO RECENTLY RECERTIFIED WITH CALA.



Donna Collini
Kelly Delorme
Marianne Duschek
Andrea Gilbert
Louise MacTavish



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

A WONDERFUL CONSULTANT OPPORTUNITY

CALA is looking for an individual to manage the office of our growing company. Some of the Qualifications we are looking for:

- knowledge & experience in fitness
- knowledge about Canadian provincial & national fitness scene
- high level of administrative experience
- excellent computer skills preferably Mac
- courteous phone manner
- perfect English with French as an asset
- ability to manage and administrate all aspects of a small business (accounting; database compilation, membership renewals, program planning for courses, workshops & conventions, web page update, newsletter layout, email communication)
- indepth knowledge about and experience with QuickBooks, ability to work with database: FileMakerPro, ability to update web page database, email and internet usage - second nature

Interested? Send a detailed resume and three references immediately to CALA.

AN AQUA ARTHRITIS EXERCISE

by Peggy Stirling CALA Trainer

Important components of an aqua arthritis class:

- flexibility (range of motion),
- muscle conditioning, and
- limited cardiovascular endurance.

Effective equipment:

A versatile and effective piece of equipment that be used during these class components is called a "wand" or "tube". Wands are approximately one metre of light weight, firm plastic tubing. Golf club bag inserts are perfect for this purpose. They are inexpensive, easy to handle and store.

Why use it?

The "wand" can enhance range of motion for the upper body, especially when associated muscles are too weak to achieve this goal.

How to use it?

- Place one hand at each end of "wand".
- If one arm cannot perform abduction, rest

that hand on one end of the tube to allow the other hand to swing the tube across the front of the body. This action will lift the weaker side further and achieve a greater range of motion.

Specific Exercise: Anterior Side Sweeps

(Exercise B:1 - from the CALA Aqua Arthritis Catalogue of Exercises)

Hold wand in both hands in a horizontal position at hip level. Swing wand from side to side in a swaying movement. As body weight shifts to one side, sweep arms with wand to same side and up towards the surface, keeping wand submerged at all times while slicing from side to side. As the body weight shifts to the other side, sweep both arms down across the front of the body and up to the other side.

If there is lack of symmetry in moving the arm, the wand will support the restricted side and both arms will move in the same direction together.



*Alt
hamstring
curl*



*step
together
step*



*anterior
circles/side
steps*



rolling

Specific Exercise: Rolling

(Exercise B:2)

Bring the wand to surface level in front of chest. Reach hands forward, push down and then pull up close to body, as in a rolling motion. Reverse the rolling direction. Option: Roll one arm at a time by holding wand at centre in one hand, then change sides.

Combining Arms and Legs:

Add a cardiovascular component by combining upper body wand movements with appropriate leg moves (such as alternating wide hamstring curls). This simultaneous action will also enhance coordination.

Add a muscular conditioning component by moving the wand against the water creating resistance. This resistance can be varied by altering the speed and range of motion.

Training courses for Aqua Arthritis:

Call CALA for details at 1-888-751-9823 or fax: 416-755-1832

or email: cala@interlog.com or visit our web page: www.calainc.org

PARTICIPANT HANDOUT

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

Better Backs For Life - Part VI

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

Brief Recap of Part I, II, III, IV & V:

Generalized format for training/exercise sessions include:

1. an appropriate warm up and stretch cool down
2. sports, activity and muscle specific conditioning
3. progressive strength and endurance
4. daily flexibility and posture awareness

Part II: POWER POSTURE SEQUENCE

1. Chin retraction
2. Shoulder - "Scapular Set"
3. "Hip-Rib" Check
4. "Glut Max" Squeeze

Parts III, IV & V: ACTIVE RANGE OF MOTION SEQUENCE (AROM):

Adapted for Water by C. Kopansky

Part I - V included detailed explanations of the following AROM Exercises:

- * Standing back extension
- * Hip extension - standing/upright
- * Hip-Hinge I

- * Hip-Hinge II
- * Hip flexion/extension combo conditioner
- * Seated core push-pull conditioner
- * Hamstring stretch
- * Standing dynamic torso spiral stretch
- * Scapular opening stretch (Level I to IV)
- * Power Quadriceps stretch (Level I - IV)
- * Vertical, Forward Lean & Prone Quadriceps Stretch (Level I - IV)



South African Institute rugby players - water running.

- * Start at Level One regardless of fitness level to ensure correct exercise execution. Use a warm pool (87 degrees+).

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 \$26.00 + S&H + Tx
- Large \$28.00 + S&H + Tx
- X-Large \$30.00 + S&H + Tx

Non-Members

- All Sizes \$35.00 + S&H + Tx

Shipping and Handling

- \$7.00 per belt for orders under 10 belts
- \$15.00 + \$1.50 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.



The key to all levels is slow controlled active range of motion. There is no hurry. In fact the slower the better for developing back strength.

ABDOMINAL CONDITIONING SERIES:

Precautions/Advice:

Moves are to be performed "anchored," except for the swivels (heels can be lifted to slide on balls of feet).

Perform moves at 1/4 tempo (based on 120 - 126 bpm) or slower. Progress to 1/2 tempo based on client readiness.

The Recommended Moves:

1. Single knee tuck, narrow and wide * progress to straight leg lift
2. Wide tuck
3. Narrow tuck
4. Wide swivel
5. Narrow swivel
6. Sartorius jogmarch
7. Mogul tuck
8. Abdominal jack

Level 1: a, b, c. Chest depth water

- a) Chest depth holding on to edge of pool with two hands
- b) Progress to chest depth holding on to edge of pool with one hand
- c) Progress to chest depth not holding on to edge, add arms to increase intensity.

Progress to Shoulder depth water - repeat as above a, b, c.

Level 2: (see a, b, c above). Shoulder Depth water- Moves 1 to 8 (see above).

Level 3: (a, b, c above). Suspended: Prone and/or Supine - Moves 1 - 6. Modify moves to suit client.

Technique Tips:

- drill navel to spine
- open chest at beginning & end of movement
- start from and return to power posture position with a neutral spine
- relax shoulders
- add arm actions where appropriate to increase intensity or to assist with stability

EDUCATION IS KEY

Focus on activating all four abdominal muscles, educate clients about the four muscles that make up the abdominal group, visually show or draw diagrams of the sites of attachments and lines of pull of each abdominal muscle, discuss the function of each abdominal, ask them to palpate the most superficial abdominals. Get them to practice activating all four of their abdominals both isometrically and isotonicly. Reinforce this education by referring to the specific abdominal muscles and where they are in the body, and what they do, throughout the abdominal conditioning series.



Level 4: Advanced: Abdominal roll over, from supine to prone and vice versa. ie. Start lying on back. Activate abs, and tuck both knees to the chest, roll in to a prone position, using arms to assist the rolling action. Extend legs out behind body, keep abs active and repeat the move in reverse to return to supine position.

* Description of moves - see CALA Combined Basic Fitness Theory and Aquafitness Specialty manual, Jasinkas & Kopansky, 1999.



CALA • 125 Lilian Dr., Toronto, ON M1R 3W6

Tel: (416) 751-9823 • 1-888-751-9823 • Fax: (416) 755-1832 • cala@interlog.com • www.calainc.org

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

AN INTERNATIONAL PERSPECTIVE

FOR THE SPORTS SCIENCE DEPARTMENT OF THE UNIVERSITY OF STELLENBOSCH, SOUTH AFRICA

The CALA Water Running and Aqua jogging course was launched for the first time ever in South Africa, at the University of Stellenbosch. Due to the overwhelming response, this one day specialty course was offered on three different dates including March 25, March 31 and April 1, 2001. The course graduates are listed on page 12.



Rugby player water running to rehab medial cruciate ligament damage.

Estelle Van Neikerk, faculty of Sports Science lecturer and Annatjie Goedhals, fitness consultant, were responsible for the logistics of the course in terms of promotion, marketing, facility bookings, registration, manual and certificate distribution. Their exceptional efforts ensured the course was well attended and ran smoothly. The enthusiastic response at the end of each course was proof of the positive learning that all participants experienced.

Course participants were from varied backgrounds and included several highly competitive triathletes, members of the Rugby Institute, marathon and middle distance runners, university track and field athletes, personal trainers, aquafitness instructors, occupational and physiotherapists, Biokineticist students and iron man competitors, to name a few.



Rugby players at level 4.5 R.P.E.

The photos on this page give a visual picture of the diversity of the group and the intensity of the learning experience both from a practical point of view.

Estelle Van Neikerk is a visionary, committed to preparing the students of the University of Stellenbosch for the real world. She continues to provide educational opportunities which will help the graduates to make a good impression when job hunting both in South Africa and abroad.

Annatjie Goedhals is also a visionary, committed to improving the level of leadership in many areas such as aquafitness, aquatic rehabilitation and Water Running in South Africa. *Annatjie will be a guest at the CALA conference, to be held June 15, 16, 17, at the Etobicoke Olympium, Toronto.*



Personal trainer focuses on bio mechanics.

Aside: I envision a potential exchange of students between Canada and South Africa. I believe the experience would be enriching and most beneficial for Canadians and South Africans alike. Many of the students from the Sports Science department at the University of Stellenbosch have completed certification in the CALA Aquafitness Leadership program and in the CALA Aquatic Rehabilitation program. From my personal experience working with these students, I would recommend them for job placements as Fitness Trainers, Personal Trainers, Aquatic Therapists and Aquafitness instructors. I also know that most of these students have training and certification in Weight Training, Aerobics, Spinning and other areas.



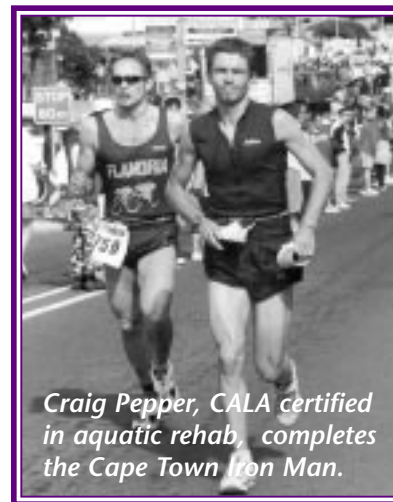
WATER RUNNING COURSE GRADUATES

Triathletes, Middle Distance Runners, Iron Man, Marathoners, Rugby Players, Sport Science Students, Cricket Players, Swimmers, Dancers, Track and Field Athletes, Aquafitness Instructors, Physios

Francois Archer
Barnize Barnard
Gerrie Berner
Jacques Beukes
Susan Beyleveld
Jenny Botha
Yolanda Botha
Nicolette Brits
Jerome Campbell
Marlene Claassen
Louise Coetzee
Marilie Crowther
Allison Day
Gabi Dekenah
Erik De Wet
Malan Du Plessis
Roanne Du Preez
Julie Douglas
Suzanne Ferreira
Luca Fiasconaro
Michelle Fookwe
Clinton Forlee
Annatjie Goedhals
Ida Grimlund
Pauline Groenewald
Genghis Grove
Mariam Hassen
Michaela Henkert
James Home
Julia Jacobs
Piet Jacobs
Claire Kinsley
Divan Kombrink

Melanie Kotzé
Suretha Kotzé
Bianca Kramer
Stiaan Lampbrecht
Matthuys Le Roux
Nikki Lihou
Russel Looms
Marina Lourens
Michael Malherbe
Amelia Meisenholl
Nienke Mostert
Tanya Myburgh
Gert-A Vd Merwe
Wihan Neethling
Dirkie Nel
Ann O'Donnell
Craig Pepper
Romé Phillipson
Werner Phol
Daniel Pretorius
Reinhardt Pretorius
Francois Retief
Mark Rickard
Charlene Rothman
Delilah Sao Joao
Petrus Serdyn
Willem Smit
Dawie Snyman
Jean Stofberg
Simon Swemmer
Brendan Thomas
Heinrich Ungerer
Riaan Van der Merwe

Gustav Van der Westhuizen
Henlu Van der Westhuizen
Wilna Van Heynigen
Johan Van Staden
Phil van Wyk
Liesel Gey Von Pittius
Liza Viljoen
Cathy Ward
Liz Ward
Emile Wessels
Kerry-Anne Wheaton
Hayley Yon
Corne Basson
Geroncio Smith
Anton Titus
Divan Kotze
Theo Paulsen
Arno van der Spek
Hein van der Spek
Riette Norval
Marinda Vermeulen
Marguerite de Wet
Hesmari Steenkamp
Francois Swanepoel
Maryna Blignaut
Jo Grobler
Nando Wessels
Jaco du Toit
Herman Franken
Conrad Wehmeyer
Erik Bester
Craig Pepper
Brian Wakefield



Craig Pepper, CALA certified in aquatic rehab, completes the Cape Town Iron Man.

OLYMPIAN MARATHON RUNNER MAKES THE WATER BOIL

by Charlene Kopansky, BSc. H.K., BEd. P.H.E., Sc

Peter Fonseca is a Marathon Runner and an Olympian for Canada. He attended University of Oregon in Eugene on an Athletic Scholarship. In 1987, he began to experience low back muscle spasm. Non weight bearing activity was prescribed, as Peter was at the point where even walking was excruciatingly painful. Peter turned to deep water running, attempting to mimic his land based training. Peter was running about 85 miles per week (136 km). He found himself running for about 8.5 hours per week. Peter has a VO_2 max of 84!

Peter's workout while rehabilitating:

Warm Up

20 - 25 min.: using running arms and legs mimicking the running motion

Cardio

26 min.: 13 intervals of 1 min. "hard" at heart rate (150 - 160 bpm) and 1 min. "very, very light" interval (almost floating with minimum movement of arms and legs)

4 min.: 2 intervals of 1 min. "very, very hard" at 90 % of max heart rate and 1 min. "very, very light"

Cool Down/Stretch and Relaxation

15 min. in whirlpool doing gentle range of motion exercises; then stretches for the gastrocnemius & soleus; hamstrings; quadriceps; posterior deltoid, trapezius and rhomboids.

Peter used a Polar Heart Rate Monitor to track heart rate response and ensure he was in the appropriate target heart rate zone.

Once rehabilitated from the low back problem, Peter did a couple of land runs and immediately did a race. He had his fastest time ever. This motivated him to integrate water running two to three times per week as "maintenance" to decrease the amount of pressure on his low back.

Peter's maintenance workouts:

Workout 1

Warm Up

20 - 25 min.: focusing on running arms and legs mimicking land action

Cardio

25 min.: 5 long intervals: 3 min. "very hard" at 180 bpm (heart rate); and 2 min. recovery, "very light"

* **Variations:** 5 min. "hard" /3 min. easy or 2 min. hard/1 min. easy

Cool Down/Stretch and Relaxation

15 min. in whirlpool doing gentle range of motion exercises; then stretches for the gastrocnemius & soleus; hamstrings; quadriceps; posterior deltoid, trapezius and rhomboids.

Workout 2

Warm Up

as above

Cardio

Aerobic Interval Training: 5 min. @ 80% of max Heart Rate and 5 min. @ 70% of max Heart Rate

* **Long Slow Distance Training (LSD):** Up to 2 hours; opportunity to see the long aqua running session as a race - visualize reaching mile one, mile two, mile three...

Peter tends to prefer to do interval training in the water versus on land. He found that his water workouts tended to be boring. He spiced the water workouts up by doing interval training in water. He used a large pool clock, that was mounted on the wall to time his intervals.

Over a 10 year period of time, Peter has used deep water training sporadically. He found that

Take advantage of the Water Running Session, offered at the CALA 2001 Conference on Friday, June 15 at the Etobicoke Olypmium

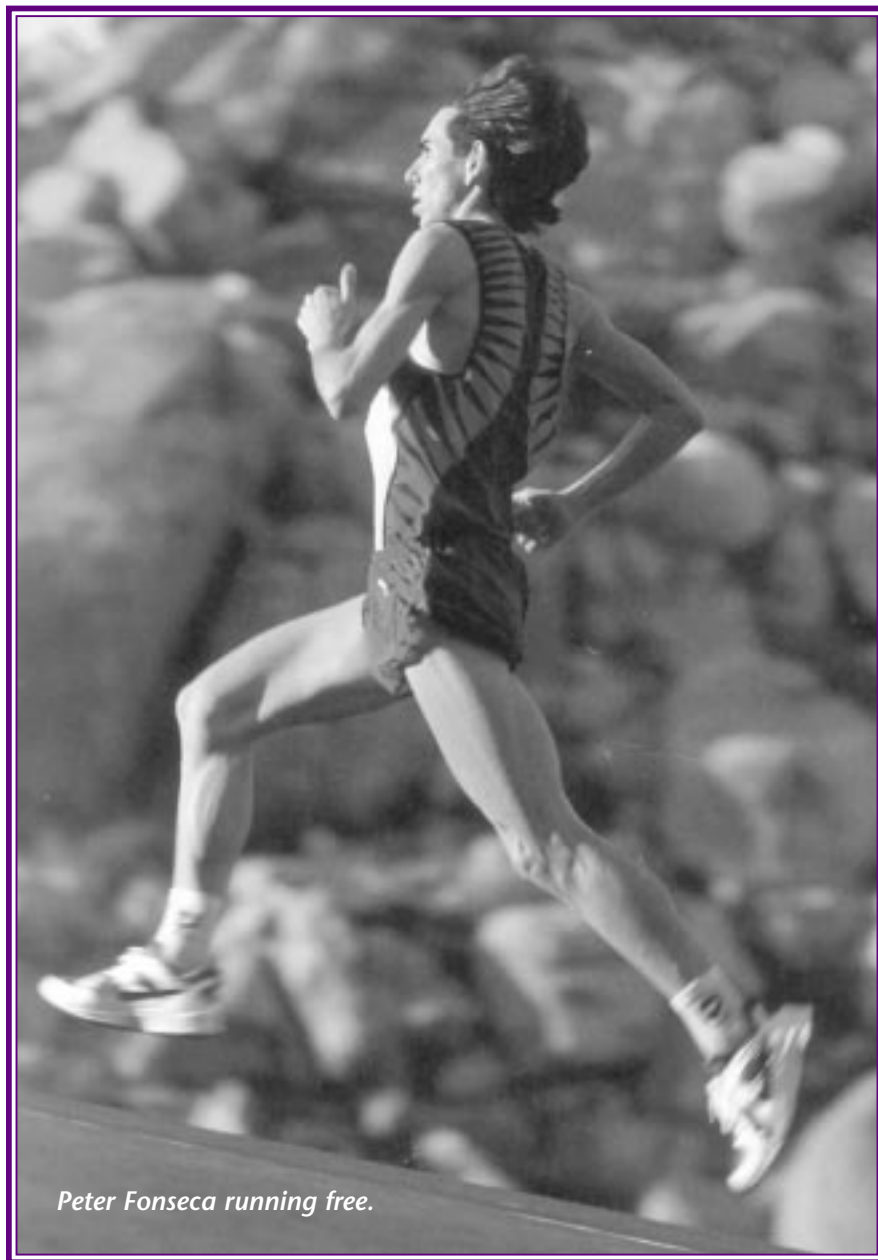
cross training in water (ie. aqua running) was more effective than cycling due to the use of arms in the water, the demand on his abdominals and back to stabilize and the resistance of water.

Aside:

I met Peter, while he was 'churning up the water', during an aqua running session at the Fitness Institute Willowdale Club Pool. I noticed he was having a very difficult time keeping his head above water. His chin was poked forward, his arm and leg actions were in a small range of motion and he was hunched forward. I offered my assistance and quickly outfitted him with a flotation belt that would keep the water level at the tips of his shoulders. I then introduced him to the 'power posture sequence' and asked him to mimic the motion of running while maintaining good alignment. After our session together, Peter was thankful for the tips and indicated they would help him considerably when water training.

Note:

If you are currently aqua jogging with clients, I would love to print your experiences in a future Wavelink issue. Including a photo along with a story would be a bonus.



Peter Fonseca running free.

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: \$125.00 + \$25.00 S&H + applicable taxes

1.7 metre mat: \$185.00 + \$25.00 S&H + applicable taxes



INDIVIDUALS WITH QUALITY, INTEGRITY AND COMMITMENT

GRADUATES - FAST TRACK, TOTAL TRACK & SPECIALTY COURSES - 01/01/01 - 03/31/01

**MOUNTAIN & OTTAWA, ON
FAST & TOTAL TRACK,
JANUARY 2001**

Nancy Assaly
Laura Baker
Kim Beauregard
Marie Bender
Shannon Bennett
Amanda Case
Norrine Fawcett
Candy Klassen
Karine Leblanc
Mary Milstone
Kate Puxley
Sylvie Roy
Debbie Saunders
Olanna White
Trainers: Carol Weerdenburg,
Line Marr, Jennie Queen and
Apprentice: Dylan Harries

**BURNABY, B.C.
TOTAL TRACK, FEBRUARY 2001**

Bryant Bird
Trevor Canil
Sherry Deissner
Anne Gray
Gabe Harris
Cara Macdonald
Julie McCamley
Jennifer Rodgers
Tasia Yim
Trainer: Dianne Levy and
Apprentices: Allan Warner &
Stacey Heldman

**CALGARY, ALBERTA
FAST TRACK, MARCH 2001**

Emm Brown
Connie Erickson
Ann Fordham
Naomi Gallant
Jeniffer Isherwood
Meagan Lim
Angela Scott
Sabrina Topic
Trainer: Michelle Stanyk

**TORONTO, ON
FAST TRACK, MARCH 2001**

Dawn Colgan
Dianne Cullen
Lisa Graydon
Tonia Gunn
Susi Rose
Trainer: Connie Jasinkas

**KITCHENER, ON
FAST TRACK, MARCH 2001**

Julie Anderson
Stephanie Boettger
Beth Campbell
Jenn Campbell
Mark MacDonald
Roxane Mainville
Jocelyn Pedersen
Trainer: Connie Jasinkas,
Apprentice: Janet Zomer

**STELLENBOSCH, SOUTH AFRICA
TOTAL TRACK, MARCH 2001**

Anthea Adonis
Eileen Africa
Barnize Barnard
Lourie Bertels
Nicole Bester
Vesta Burmeister
Karen Bindemann
Yolande Botha
Nicolene Brits
Hayley Clouston
Marilie Crowther
Gabi Dekenah
Nicorine Du Preez
Mark Durant
Eddie Du Toit

Carel Greyling
Pauline Groenewald
Felicity Kilpin
Honey King
Lyska Köhne
Divan Kombrink
Sigi Löttering
Francois Louw
Julie-Ann Mathew
Ryan McFadyen
De Wet Neethling
Philip Nel
Sarah O'Hanlon
Werner Pohl
Carl Reader
Helga-Leë Rhaman
L Roberts



*Water running for
athletic training*



*U. of Stellenbosch, South Africa CALA course
participants enjoy a "golden opportunity".*

Charlene Rothman
Maryna Strydom
Chimelle Swart
Leslene Titus
Nico Uys
Amaritha Van der Merwe
Gerhard Van der Merwe
Wilna Van Heynigen
Liesel Gey Van Pittius
Johan Van Staden
Tanya Veugelers
A Yammin
Trainer: Charlene Kopansky

UPCOMING CALA EDUCATION & CERTIFICATION:

CALA IS A MEMBER OF NFLAC - all of our educational opportunities are recognized by national and provincial organizations.
CALA is also recognized in Germany and South Africa

CALA CERTIFIED CLEARLY QUALIFIED

TORONTO, ON

Certification Day (all CALA Grads welcome)
Sunday, June 10, 2001 from 10am
Cummer Park, North York
Open Book Theory Exam &/or
Practical Assessment

OTTAWA, ON

Certification Day (all CALA Grads welcome)
Sunday, June 17,
2001 from 12:00pm
Ottawa Athletic Club
Open Book Theory Exam &/or
Practical Assessment

HAMILTON, ON

CALA Aquafitness Leadership
Training Course (22 hrs)
MAY 4, 5, 6 2001
YWCA Of Hamilton, McNab Branch
To register, 905-522-9922 x103
(Tara Jones)
Rec'd by OFC, YMCA, YWCA, & CanFitPro (FIS)

WINDSOR, ON

CALA Aquafitness Leadership
Training Course (22 hrs)
May 4, 5, 6, 2001 Fri. 6 - 10pm;
Sat. 11am - 7pm; Sun. 9am - 5pm
Devonshire Goodlife Fitness Club,
For Directions: 1-800-790-9269 ext. 453
email dawes@windsor.ca
Recognized by OFC and Goodlife

WINDSOR, ON

Certification Day (all CALA Grads welcome)
Sunday, May 13, 2001 from 9am
Devonshire Mall, Goodlife Club
Open Book Theory Exam &/or
Practical Assessment

OWEN SOUND, ON - WORKSHOP

New Moves and Grooves Workshop (3 hrs)
Saturday, May 26, 2001
from 9:00am - 12:00pm
Stonetree Resort
To register, Janet @ 519-376-7899 ext.34
or email stree@stonetree.on.ca

WATERLOO, ON - WORKSHOP

Dynamic Aqua Stretch Workshop (3 hrs)
Saturday, June 9, 2001
from 7:00pm - 10pm
and

WATERLOO, ON - WORKSHOP

Aqua Kick Box Workshop (3 hrs)
Saturday, October 20,
2001 from 7:00pm - 10pm
Waterloo Swimplex
To register contact
Gus @ 519-886-3844 ext.229
Earn OFC, YMCA, YWCA, FIS,
Speedo and CALA Credits

CAMBRIDGE, ON

CALA Aquafitness Leadership
Training Course (22 hrs)
June 15, 16, 23 2001
WG Johnson Centre
To register contact
Nancy Movrin, 519-654-9001
Recognized by OFC, YMCA, YWCA,
& CanFitPro (FIS)



U. of Stellenbosch, South Africa CALA course
participants practice their leadership skills.

HAMILTON, ON

CALA Combined Basic Fitness Theory and
Aquafitness Leadership (44 hrs)
May 4, 5, 6 & 11,12, 13, 2001
YWCA Of Hamilton, McNab Branch
To register contact the YWCA,
905-522-9922 x 103 (Tara Jones)
Recognized by OFC, YMCA, YWCA, CanFitPro

OWEN SOUND, ON - WORKSHOP

ABS-olutely Aqua Abdominals (3 hrs)
Saturday, May 26, 2001
from 1:00 - 4:00pm
Stonetree Resort
To register, Janet @ 519-376-7899 ext.34
or email stree@stonetree.on.ca
Earn OFC, YMCA, YWCA, FIS,
Speedo and CALA Credits

CAMBRIDGE, ON

Certification Day (all CALA Grads welcome)
Sunday, June 23, 2001 from 12:00pm
WG Johnson Centre
Open Book Theory Exam &/or
Practical Assessment

UPCOMING CALA EDUCATION & CERTIFICATION:

CHARLOTTETOWN, PEI
CALA Aquafitness Leadership (22 hrs)
June 15 (6 - 10 pm), 16 (9am - 5pm),
17 (9am - 5pm)

or

CHARLOTTETOWN, PEI
CALA Combined Basic Fitness Theory and
Aquafitness Leadership (44 hrs)
June 15 (6 - 10 pm), 16 (9am - 5pm),
17 (9am - 5pm) & June 23, 24, 25
Charlottetown Community Centre
Tom Baker: Tel: 902-892-6555
Recognized by the PEI Fitness Association,
NSFLAA & CanFitPro (FIS)

CHARLOTTETOWN, PEI
Certification Day (all CALA Grads welcome)
Sunday, July 8, 2001 from 10am
Charlottetown Community Centre
Open Book Theory Exam &/or
Practical Assessment

GUELPH, ON,
Water Running and Aqua Jogging Spec (8 hrs)
October 21, 2001 from 8am - 5:00pm
University of Guelph
Recognized by the OFC
and CanFitPro (FIS)
To register contact CALA

TORONTO, ON
Certification Day (all CALA Grads welcome)
Sunday, June 10, 2001 from 10am
Cummer Park, North York
Open Book Theory Exam &/or
Practical Assessment



U. of Stellenbosch, South Africa Biokineticist interns get "hitched" in preparation for a VO₂max water running test.



U. of Stellenbosch, South Africa CALA course participants enhance their visual cueing skills and their tans.

ON THE INTERNATIONAL SCENE

WEISKIRCHEN, GERMANY
*A Rehabilitation Perspective -
Water Running and
Aqua Jogging Workshop*
May 4, 2001
To register contact Andrea Pielen
by email: andreapielen@aol.com
Recognized by KNEIPP

WEISKIRCHEN, GERMANY
*Middle Distance - Competitive Runners:
Water Running Technique, Specific Training
Protocols and Program Design*
May 5, 2001
To register contact Andrea Pielen
by email: andreapielen@aol.com
Recognized by KNEIPP

WEISKIRCHEN, GERMANY
*Centre of Power -
Aqua Kick Box
Specialty Course*
May 6, 2001
To register contact Andrea Pielen
by email: andreapielen@aol.com
Recognized by KNEIPP

STELLENBOSCH UNIVERSITY, SOUTH AFRICA
Aqua Arthritis Course, Cardiac Rehab, Back Splash, Joint Replacement, Fibromyalgia, Sports Injuries (44 hour AQUA REHAB COURSE)
July - August, 2001, To register contact Estelle Van Neikerk at the University

CALA 2001
Aquafitness and Aquatic Rehabilitation Conference

Etobicoke Olympium, Toronto, Ontario
JUNE 15, 16 & 17, 2001

Call CALA
for a conference brochure!

CALA
125 Lilian Dr.,
Toronto, ON,
Canada M1R 3W6

