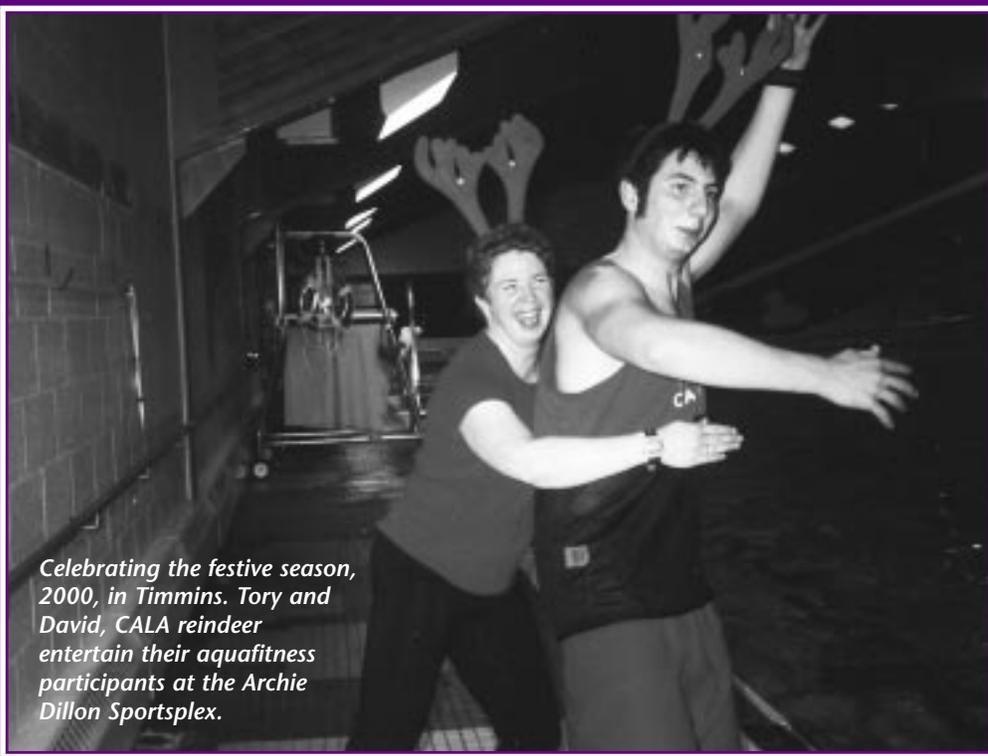


wave

L I N K



Celebrating the festive season, 2000, in Timmins. Tory and David, CALA reindeer entertain their aquafitness participants at the Archie Dillon Sportsplex.

CONGRATULATIONS TO ANGELA BYLSMA...

for her comprehensive answers to the questionnaire included in Editors letter, page 2, Wavelink #27. Angela wins a wonderful package including CALA-Aquajogger manual; an CALA long sleeve shirt; a Water Running video, and an Aquajogger Belt, with versa floats. Total value approximately \$150.00.

CALA CONFERENCE

Expect a brochure in the mail soon.

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We are waiting to book courses at your facility, give CALA a call. Your choice of one or more of the following one day courses:

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- AQUA FOR OLDER ADULTS
- CENTRE OF POWER - AQUA KICK BOX
- AQUA RUNNING AND AQUA JOGGING

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 and phone number. Membership and certification must be current to take advantage of this new service.

ANNOUNCEMENTS

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:

- 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,

es, workshops & conventions, web page update, newsletter layout, email communication)

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

OPEN BOOK THEORY EXAM

You may be relieved to learn that as of January 1, 2001 you can use any written resources to assist in writing the theory exam. See our upcoming on page 16, for exam dates, or arrange someone to proctor an exam for you at your convenience.



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LETTER FROM THE EDITOR

Savouring the autumn past: I had the great pleasure to rest for a few days. I share my thoughts with you.

Reflections of a German Countryside,
October 2000.

Gentle mist keeps secret the grandeur
of the Bavarian Alps.

Hidden in a soft embrace are
mountain tops of green and granite.
They rise proudly towards a robin blue sky
that lies above this white floating blanket.
The mist swirls, dancing among hills and
houses creating a performance with shifting
scenery provoking new thoughts.

Soft rain feeds emerald green pastures and
forests of beech, oak, pine and spruce.

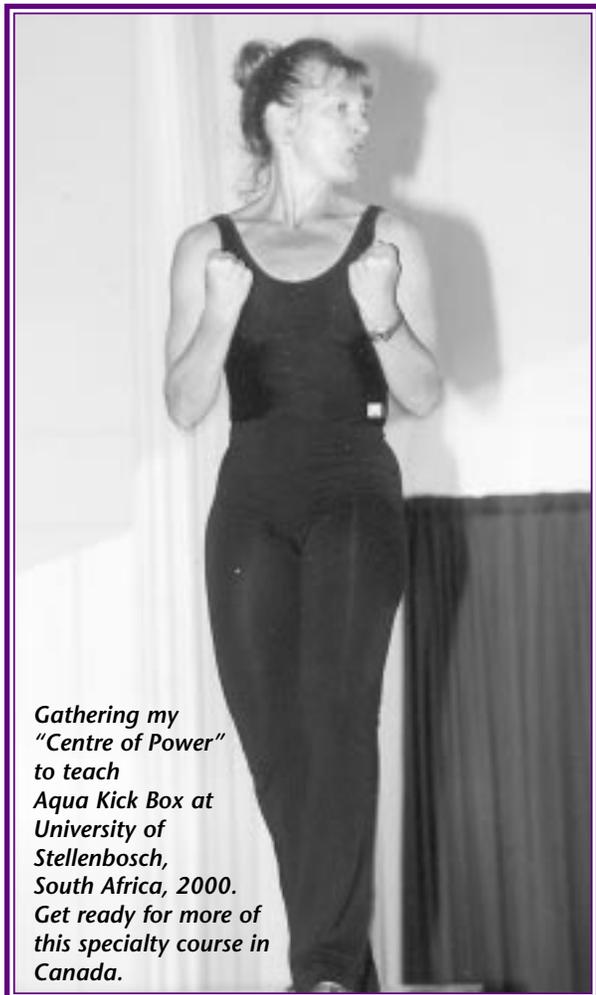
The fresh fragrance of nature
revitalizes the body.
Melodies float over the countryside as
jersey cows graze on slopes
replete with sweet clover and grass.
The cow bells, subtle reminders
of work that sustains
the lives of people within the village.

Extensive pathways connect communities
throughout the entire country
bringing a sense of belonging and comfort.

Ancient stone walls caressed by ivy
tell the stories of all people
who have passed by.
Wooden benches scattered
along the walkways invite conversation
and reflection adding
a relaxed feeling, encouraging
the one who sits to savour the scene
and the sounds.

Church spires proclaim their beauty with bells
that ring boldly telling of time passing.
Centuries of history unfold with every step.
A bountiful profusion
of autumn flowers splash beautiful colours
and shapes which delight the senses
bringing nature so close.
People stroll together arm in arm, love flows,
laughter floats, and life continues.

Charlene



*Gathering my
"Centre of Power"
to teach
Aqua Kick Box at
University of
Stellenbosch,
South Africa, 2000.
Get ready for more of
this specialty course in
Canada.*



*CALA enthusiasts model the CALA
Aquabelt, see ad on page 8.*



CALA Total Track Participants @ SFU Oct. 2000

CALA CENTRE OF POWER - AQUA KICK BOX

Part I - The Philosophy and the Stance

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

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

Preamble: Some thoughts that directed the development of this specialty:

With the surge of interest in land based Kick Boxing in Canada, led by Libby Norris and the T'ai Bo craze promoted by Billy Banks, it was suggested that CALA develop an Aqua Kick Box program.

While I embrace all forms of movement, I was uncomfortable with the notion of developing a course based on kicking and boxing. For me, it seemed aggressive with an intention to visualize causing pain to the phantom recipient. Also, my experience in this area of movement was close to non-existent.

The CALA philosophy provides a wonderful opportunity to free the body, focus the mind and allow the spirit to fly during an Aqua Kick Box session.

After some play time in the water, body storming the CALA version of a jab, hook, upper cut and some kicks, my "take" on Aqua Kick Box began to emerge.

I referred to other resources and decided to forgo the 'attack and defend' perspective. When moving in water, it occurred to me that this kicking and boxing could be a marvelous way to deliver and receive positive energy. Hence, **Centre of Power - Aqua Kick Box** was born.

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 boxing and kicking movements are modified to suit this philosophy of sharing positive energy. They are not true to the land based "real thing". The CALA philosophy provides a wonderful opportunity to free the body, focus the mind and allow the spirit to fly during an Aqua Kick Box session.

When doing Aqua Kick Box moves, the experience becomes richer as the "doer" gets "centered". Centering oneself is all about being

totally "in the class". Totally refers to engaging the body, mind and spirit (soul) in the 'Centre of Power - Aqua Kick Box' session. The body is involved because it is the tool, it moves. Sprinkle educational tips about alignment, technique, anatomy, physiology and affirmations into the session so that the body moves purposely with a mental focus, feeling good. This leads to enhanced self esteem, more self confidence, a greater commitment to involvement in the session and a sense of accomplishment. Then there are all the other benefits such as improved physical fitness.

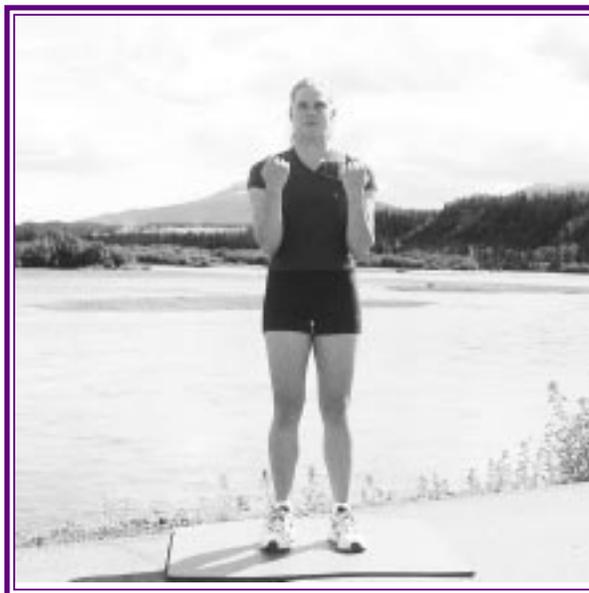
In order to provide an environment whereby the participant(s) is "centred", it is essential that the leader/coach/trainer is in the same "centered" state of mind, body and soul while conducting the session.

Let's get down to brass tacks. Posture and alignment are crucial elements that contribute to safe exercise experiences. As in any other activity, 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. Following are the fundamentals for correct stance.

For the purpose of this series of articles, all actions will be conducted in shoulder depth water.

Stance:

cont'd on next page



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Stance is how one stands for maximum power or centering. Front Stance means feet are parallel and shoulder distance apart. Feel free to modify the distance of the feet for comfort. If the base is wider than shoulder distance, the foundation may feel more secure.

Teach the ready or starting position and identify it as the foundation for all moves. Give time for participants to practice and perfect this position. Following are a list of guidelines for perfect stance. Use them as a teaching tool and reminders when conducting or participating in Aqua Kick Box sessions.

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

Positioning for maximum power & mental focus (centering): Front Stance

- place feet shoulder width apart, hips in neutral or level, "headlights showing you the way".

The headlight analogy works really well to reinforce the concept of a level pelvis. Place fists on hip bones at the front of the body. Keep fists in place. Imagine they are headlights on a car. If the pelvis is tilted forward, the "headlights" will point down to the road, this is not an effective way to see your way on a dark country road - the pelvis is not level. If the "headlights" point upwards, again, ineffective lighting for the driver - the pelvis will be tucked under rather than level. Now point the "headlights" straight ahead, notice how the pelvis is level. Place one hand on

the lower back, you will feel a gentle curve. This is the lumbar curve, it is supposed to be there. It is part of the spring-like structure of the vertebral column that contributes to shock absorption when we are moving. Allow the lumbar curve to remain, keep "headlights" pointing straight ahead, activate abdominals, lengthen spine and open chest. There you have it! Now keep it!



- 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, lift ponytail

The ponytail analogy creates a great visual

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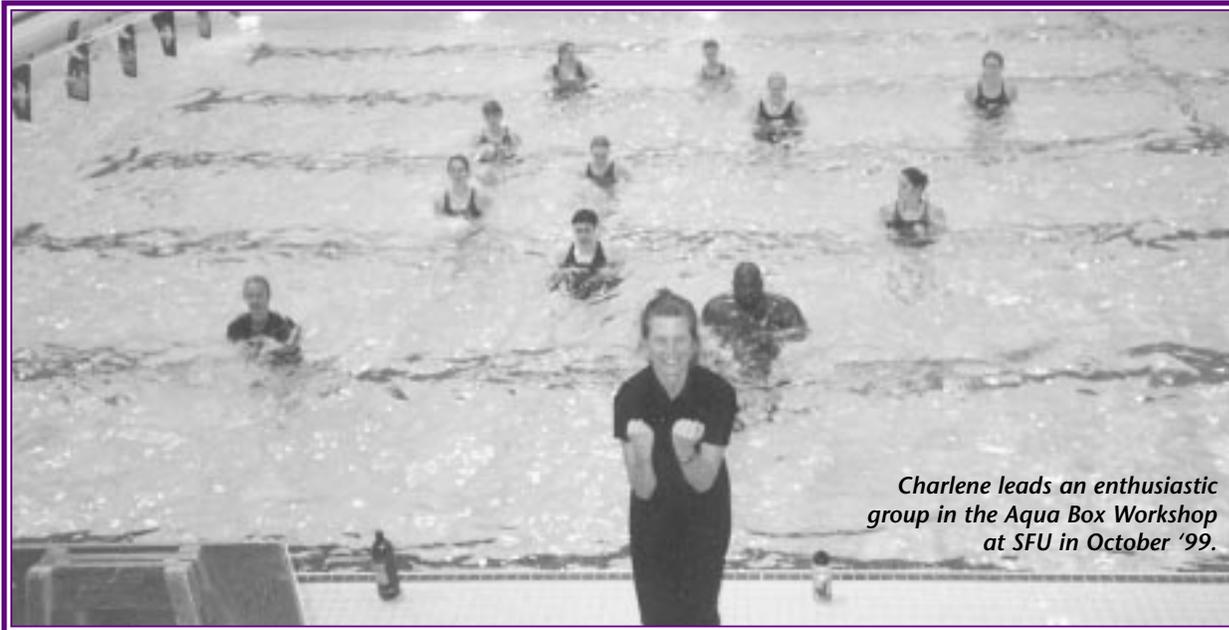
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image. Imagine you have a ponytail at the back, top area of your head. Gently pull up and slightly back on the ponytail and feel the neck and spine lengthen and the chin gently retract. I have used this analogy, even with a bald participant in class. He thought it was hilarious and subsequently the group had a LOL experience (you know, "Laugh out Loud"). You will have to use your own discretion with this analogy. Some leaders prefer to visualize a helium filled balloon in the same location as the ponytail.

Certification is optional & includes theory & practical components. There is no recertification process.

Course content:

- benefits of boxing & kicking in water
- drills to reinforce technique & enhance skill level for the stance, jab, upper cut, hook, front kick, side kick & back kick, speed ball, shuffle & skip
- motivating movement patterns - "boxeography"- basic & advanced



Charlene leads an enthusiastic group in the Aqua Box Workshop at SFU in October '99.

- keep knees soft and unlocked
- 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)

Practice this stance to make it become a habit.

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

Kudos: Many thanks to Sarah Neill, Lions Pool, Whitehorse, B.C. for the wonderful and skilled photography which will be present in each and every issue. Also a special thank you to Krista Prevost, the model who demonstrated the moves along the shores of the Yukon River, summer 2000.

CALA Centre of Power Aqua Kick Box Specialty Course Description:

This specialty course involves powerful boxing & kicking movements in water. Leaders, fitness participants & the general public are welcome. Each course participant will take away the skills required to do Aqua Kick Box moves effectively. Upon course completion a graduate letter indicating the training involved is provided.

- techniques to cue alignment, vary the prime movers & create balanced muscle work & cardio overload with a strong mental focus to build positive energy & personal power

Credits for course:

7 CALA Credits plus credits with the following organizations: AFLCA, BCRPA, SPRA, CFP, NSFLAA, MFC and CanFit Pro

* Credits can be banked with CALA even if you have not participated in a CALA course

LAUNCHED.....JUNE 18, Whitehorse Lions Pool, Whitehorse, Yukon, during the summer solstice

FOLLOWED BYJULY 9, Echo Pool, Port Alberni, Vancouver Island, British Columbia, amidst tall cedars and soaring mountains

OCTOBER 28, St. Laurent Pool, Ottawa, Ontario, with fall colors blazing

NOVEMBER 17, Nav Canada, Cornwall, Ontario, with snowflakes gently falling

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WATER YOGA: RIDE THE WAVE OF TRANQUILITY - PART TWO

by Sigrid Igel and Monica Cordes

The first article written by Sigrid and Monica featured an introduction to the benefits of Water Yoga. They discussed how Water Yoga works for a wide variety of people and also described the type of environment that is suitable for Water Yoga classes.

Part Two:

Hello again. We hope you caught a few good waves this summer and had a chance to practice the "Butterfly" pose, as we suggested in our last article. Fall is now behind us and winter in the midst. Time to bring our Water Yoga indoors.

This article will feature two balancing poses called the "Mountain Pose" and the "Dancers' Pose".

Many of us strive for balance in our habits, physically and mentally. To achieve this balance is an immense challenge. In Water Yoga, we learn to balance with ease and grace, aided by the buoyancy of water.

Let us glide once again into the water (hopefully 86+ degrees Fahrenheit) and close our eyes, allowing the body, mind, spirit and breath to once again "yoke" or unite. We gently begin our warm-up routine (look for this in the next issue) and after a few minutes, we open our eyes and stand perfectly still.

MOUNTAIN POSE

How to: Place your feet together and anchor them well onto the pool floor (ideally wearing water shoes or simple cotton sneakers). Keep legs straight, but not stiff. Lift arms overhead to frame your head with your arms, hands and shoulders. Gaze softly at a distant point. Lift rib cage away from pelvis. Relax shoulders. If balancing is difficult, place feet 30 - 40

centimeters, (12-15 inches) apart. Breathe deeply and hold for 30 - 60 seconds. Lower arms. Repeat 3 times.

Caution: Contract both the abdominal and gluteal muscles to provide support for the low back.

Why to: An excellent pose to strengthen the heart muscle (according to Dean Ornish). This pose opens the ribcage, works the intercostal muscles and facilitates deep breathing.



DANCERS' POSE

How to: Stand facing pool wall, 'arms-length' away. Begin with legs straight, feet 15 centimeters (6 inches) apart and firmly grounded. Then bend right leg and reach behind for right ankle. Press foot into hand. Lean forward to touch edge of pool with left hand, while pulling right leg up behind you. Ahhhh. Hold 30-60 seconds, breathing

deeply and gazing softly forward. Repeat 3 times on each leg.

Caution: Do not lift knee out to the side, perform hip extension, with the leg lifting straight back. The hips are not in a neutral position - they are tilted forward. To avoid excessive hyperextension of the lumbar spine control the amount of forward tilt. Be aware of your body signals and stay in your zone of comfort. Keep the abs activated with the hips in a comfortable forward tilt. The abs will elongate. Feel a stretch in the anterior torso region. Follow this with a forward bend by lifting one bent leg at a time up to chest to compensate for the hyperextension in the low back.

Why to: Strengthens lower back and relieves upper back tension. Works the quadriceps muscles in an isometric muscle action. Improves balance and concentration.

Now bend knees, lower arms and immerse body to "chin in" water depth. Roll shoulders in both directions, breathing deeply.

Enjoy the feeling.

Following are some program highlights:

- * Basic Yogic Philosophy and History of Yoga
- * Instruction in the gentle art of movement on land and in the water
- * Benefits and precautions



Dancer's Pose

The Mountain and Dancer's Pose together with the Butterfly Pose will increase your water yoga movement repertoire. Please share them with your clients. Feedback from our classes has been very encouraging.

Learn these postures and much more at our Water Yoga Teacher Training Course offered in the near future.

- * Therapeutic value
- * Instilling mind/body awareness through imagery and proper breathing techniques
- * Sample program

Who to contact for more information about the next Teacher Training session:

Sigrid Igel(905) 642-5984 or
Monica Cordes(905) 479-5676



An Apology: The wrong author was accredited for writing the first Water Yoga Article in the Summer 2000 - Wavelink Issue # 26. The authors were Sigrid and Monica.



PARTICIPANT HANDOUT

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

Better Backs For Life - Part V

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

- * Hamstring stretch
- * Standing dynamic torso spiral stretch
- * Scapular opening stretch

Brief Recap:

Part I: 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):

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

Feature Exercise: Quadriceps Focus

Level One: Vertical Quadriceps Stretch "Stork Stand":

Start at Level One regardless of fitness level. This will ensure correct exercise execution. A warm pool (87 degrees plus) is most suitable for this stretch/active range of motion (AROM) exercise.

KEY POINTS:

- Keep body in alignment (one line through tips of ears, shoulders, hips, and knees).
- Reach heel towards gluteal.
- Keep knee facing away from body.
- Feel stretch in front of thigh and hip; lengthening all four quadriceps muscles.
- Keep hips in neural.
- Activate abdominals and erector spinae - long back, open chest.

PROGRESSIONS:

Level One: Perform in shoulder depth water, holding on to edge of pool with one hand.

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

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Option: If participant cannot reach foot comfortably, use a partner, flotation belt or rope to guide foot. The partner may hold foot and gently guide it towards gluteal, with constant verbal feedback from participant. Or, participant may secure a rope or flotation belt around foot, hold on to both ends, bend knee and gently lift foot towards gluteals

- Standing leg is relaxed and extended with knee unlocked and foot firmly planted on floor.

Extra Technique Tips:

- Bent knee points directly to pool bottom (imagine knee cap has eyes and they are looking at pool bottom).
- Keep knees/thighs close together.
- Gently push "hip bone" (ischial tuberosity) forward on side which is stretching.

Level Two: As in Level One above, without holding pool edge. This requires strong activation of postural muscles and adds a stability or equilibrium component to the exercise thus improving balance.

Extra Technique Tips:

- Use free arm to balance by extending it to side or front of body, just below surface of water.

Level Three: As in Level Two above, add a forward lean with entire body. Lean body as a unit. This requires even stronger activation of postural muscles.

- Place free arm above head, in line with angle of body. Reach up, keep shoulder relaxed and fingers extended.
- From a side view, the body is in a straight line from tips of fingers, through tips of shoulders, through hip, through knee, leaning forward on an angle.

Extra Technique Tips:

- Activate gluteals on standing leg, keep hips level.
- Focus eyes straight ahead, on a fixed point on surface of water.

Level Four:

- Assume a prone "floating" position with body core activated. Hold on to edge of

pool, if necessary, or place a flotation device under belly, if it is difficult to keep body floating.

- Bring heel slowly toward gluteals, keep other leg relaxed and fully extended directly in line with floating body. Hold on to foot or ankle with hand (on same side as leg that is stretching).
- From a side view, body is in a straight line from tips of fingers, through tips of shoulders, through hip, through knee. Body is in a prone power posture position.

Extra Technique Tips:

- Keep body long and activated.
- Visualize front of hip opening.
- Relax quadriceps, feel stretch, let it happen.
- Hold for 8 - 32 seconds, depending on the temperature of water.
- Return to vertical position by releasing foot, then slowly tucking both knees to chest, reorienting body such that top of head faces ceiling, release knees and gently straighten legs under body, assume power posture position.
- To keep body warm consider performing a slow, full range of motion jumping jack arms and legs between stretches.

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.

Look for Abdominal Conditioning Series for Better Backs in the next issue (Part VI) of Wavelink.



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AN INTERPRETATION OF: "THE SURGEON GENERAL'S CRITICAL CORE MESSAGES"

Excerpted from an article written by Russell R. Pate, Ph.D., IHRSA Institute on Exercise and Health, CBI, October 1999 - Synopsis with an Aquafitness Twist by Charlene Kopansky, BSc. H.K., B.Ed

I read with interest the feedback that Russell Pate offered regarding the Surgeon General's Messages. Following are points of interest - something to think about, which give an overview of how the American government views physical activity and health and how the fitness industry can use the report to enhance participation in fitness programs.

It is a fact that approximately 15% of all adults engage in regular exercise which falls into the sustained and vigorous category.

A landmark study was released in 1996 by the U.S. Public Health Service. The study was entitled: "Physical Activity and Health: A Report from the Surgeon General". Pate summarized the core messages in the report and the reactions of fitness professionals to the study. He commented that most club owners and fitness professionals agreed that the report was important "because it applied both the authority and considerable weight of the federal government to the goal of increasing physical activity on the part of the country's population". However, Pate expressed concern that the report was loudly criticized by a portion of the industry causing many people to ignore valuable messages inherent in the study.

Pate summarized some of the core messages in the report, commenting on each message. Following is an overview of his assessment.

Core message 1: Recommended types and amounts of physical activity.

The Surgeon General report recommends that "people of all ages engage in at least 30 minutes of moderate-intensity physical activity on most days of the week, and indicates that most individuals will derive even greater benefits from activity that is vigorous and/or of longer duration. It also suggests regular participation in strength-training exercise."

Some club owners responded negatively to this message because the report suggested brisk walking as a means to attain an appropriate level of fitness. I agree with Pate's reac-

tion to the response of these club owners and have added a few of my own personal comments... misguided, narrow-minded, displaying a lack of vision and inappropriate.

It is a fact that approximately 15% of all adults engage in regular exercise which falls into the sustained and vigorous category. Clubs need to consider reprogramming, to include walking, into the services offered.

Why not add a variety of water walking classes to the list of options offered at the club or facility? This allows clients to walk with decreased impact, in a safe environment, at the appropriate level, in all weather, with technique tips easily available to all clients. Also, planning for progressive overload, to improve the fitness level of the participants over the length of a program (ie 10 weeks) will be motivational for new members. They will spread the good news of the benefits they have derived from the program to their friends. What a concept. More members gained by the strength of soft marketing - "word of mouth". Members selling memberships!

Pate promotes the use of core message 1 as a powerful marketing tool.

Core message 2: Health benefits of physical activity. The Surgeon General's report includes a long list of benefits associated with physical activity. These include "increased longevity and reduced risk of developing a wide variety of chronic diseases". These benefits could have a significant and positive affect on sedentary individuals.

Pate suggests that core message 2, is essential for clubs or recreational facilities to use in promoting and marketing the value of becoming a member.

While it seems obvious to fitness enthusiasts that regular physical activity helps prevent disease and extend life, the willingness of the government to state this in the report is an incredible and long awaited development.

Core message 3: "Promotion of physical activity in individuals and populations." The Surgeon General's report suggests that certain factors influence participation. *"Personal factors include confidence in one's ability to successfully engage in physical activity; ability to overcome barriers to participation; social support for activity; and enjoyment. Important environmental factors include neighborhood safety, and the availability of community resources for physical activity and of physical activity programs at work sites and schools."*

In order to get more people active, Pate says, the industry needs to *"find more and better ways to promote physical activity among those cohorts that haven't yet heard, or believed, the good news about exercise"*. Pate feels that fitness professionals could reach the huge market of inactive people "by making use of some good, grass-roots creativity and by producing and leveraging new research, such as the Surgeon General's report".

Food For Thought: Synchronicity is an amazing thing. As I finished this report regarding the Surgeon General's message, I noticed the July/August 2000 issue of "fitness matters", printed by Ace. It featured an individual ready to engage in activity. The left half of the person was dressed in apparel suitable for Low Tech activity and the other half in attire suitable for High Tech activity. This was on the front cover.

Under each heading were the following words:

Low Tech: multi-pocket vest to keep maps, granola and lip balm, close at hand; vs High Tech: jersey of treated synthetic fibres to keep skin dry.

Low Tech: baggy natural fiber shorts - to minimize feelings of constriction vs. High Tech: digital music to set workout pace and intensity and hand held computer to record track workouts
Low Tech: rough hewn walking stick for uneven

terrain vs High Tech: aerodynamic shorts to minimize wind resistance

Low Tech: hiking boots - the low-techies sport utility of choice vs. High-tech shoes designed specifically for even higher tech bikes".

On the bottom of the page were the words **"Which side are you on?"** I found this to be an interesting caption. Is this organization trying to stir up a reaction? Do they really believe, as the inside cover of the ACE Magazine indicates, that "Many envision the future of fitness as a place where technology reigns supreme and micro-chipped gizmos do everything but lift the weights for us. As exercise goes increasingly high-tech, a mutiny is quietly raging, led by a diverse group of people who are trying to bring exercise back to nature. Where do you fall on the technological compendium?"

My response:

There is not a raging mutiny. There is simply an awareness that one can achieve improved fitness by stepping outside the door and walking. This is a good thing. It is clear that the club or facility based fitness industry is not meeting the needs of 85% of the population.

Why not offer alternatives that are not club based? If people do decide to go low tech, great! They will improve their health and have a positive affect on their own circle of people, and on their community, which ultimately has a positive affect on the Canadian Health System and the health and well being of the nation. Perhaps, if these individuals actually set aside 30 to 45 minutes of their day and put the book, magazine or newspaper down; turn off the television or computer; get away from the table; put down the knitting or crafts, and get moving. They may get addicted to the well being associated with movement and add fitness to their daily habits. If they eventually decide to add more variety to their low tech fitness, that may mean they want to join a facility, then that is a real bonus for club owners.

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AQUAJOGGING: HIGH VALUE FITNESS PART IV

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

Running is a vital aspect of most sports activities. Running for the sake of running satisfies a primal need in humans.

Aquajogging provides the opportunity to enhance running form while working in a safe, resistance based, low impact, high energy environment.

Low intensity training sessions will improve "running economy".

Medium intensity training sessions will improve lactate threshold.

Maintenance of **running form** is essential at all levels of training. It is more difficult to keep good form at very high intensity, but must be done for maximum training results.

Part I, II and III of this ongoing series of articles on Aquajogging focused on the techniques of effective running form; methods to monitor intensity; using the "Graded Wilder Exercise Test"; orientation to equipment; correct fit; specific gravity test; specific training guidelines to improve running economy, lactate threshold and VO₂max.

This article will focus on cross training and shallow water aquajogging for rehabilitation or building confidence.

Naturally, before beginning any training program it is absolutely essential to get the 'go ahead' from your doctor. Let the doctor know the training you are planning to do and then it can be determined whether or not this type of training is recommended by the doctor.

Always include a warm up before and a cool down after each aquajogging session.

Cross Training and Deep Water Running

If the intent of your training is to maintain or increase general aerobic fitness, any aerobic exercise may be appropriate. Training that is intended to maintain or enhance athletic performance however, must be specific and simulate specific exercise motions. There does appear to be some transfer of training effect in maximum oxygen consumption from deep water running and cycling to land based running although the transfer effects never exceeds the effects of running itself. Swimming on the other hand, appears to



Charlene Kopansky sharing Water Running ideas with Peter Fonseca at The Fitness Institute.

have a minimal inter modal transfer effect on running and on maximum oxygen consumption.

For an injured runner seeking to maintain fitness during a recovery period, deep water running and cycling offer greater specificity of training than swimming. Of course, if the lower extremity is injured, swimming may be utilized to maintain general fitness or as a non-specific active recovery between hard running sessions. For the multi-sport athlete, training in each modality is required, and appropriate modifications in intensity, duration or frequency of each training modality must be considered. A word of caution, excessive multi-sport training has also been linked to overuse injury.

Shallow Water Running

If you are in transition from deep water Aquajogging to land running, during rehabilitation, or if your pool is too shallow for deep water running, then shallow water Aquarunning is a good alternative or supplement to deep water running. "Shallow water" jogging or running can also serve to build the confidence level of individuals who are fearful of deep water.

A Rehabilitation Perspective:

When standing in water at shoulder depth, body weight is about 10% of total body weight. This is why shoulder depth water is an effective and safe environment to start the transition to land based running in a rehabilitation situation. After a one to two week peri-

od of time, considering the status of the injury, move to a water depth which is at chest level. This translates to about 30% body weight. After another two to three weeks, progress to water that is at hip level. At this depth the body experiences about 50% vertical load or body weight. At this point, a runner, recovering from an injury can begin to integrate land based running or walking with deep and shallow water running.

Water is a kind and gentle training environment from an impact and resistance point of view. Once orientation to the equipment and good running form is established in the pool, plus techniques for monitoring heart rate, RPE and cadence are perfected, water running can be a valuable tool for preventing injuries, rehabilitating and/or improving fitness and the ability to run. Using various training formats will enable Aquajoggers to meet specific training goals to improve running economy; lactate threshold and/or VO2max.

A list of references was included with Part I and II.

More on warm ups, stretch cool downs and class formats in a future Aquajogging article.

Aquajogger Manual now available:

For purchase - 145 pages - the latest on water running. Call CALA at 1-888-751-9823 or email: cala@interlog.com

CALA AQUA MATT

A Must for all aquafitness leaders!

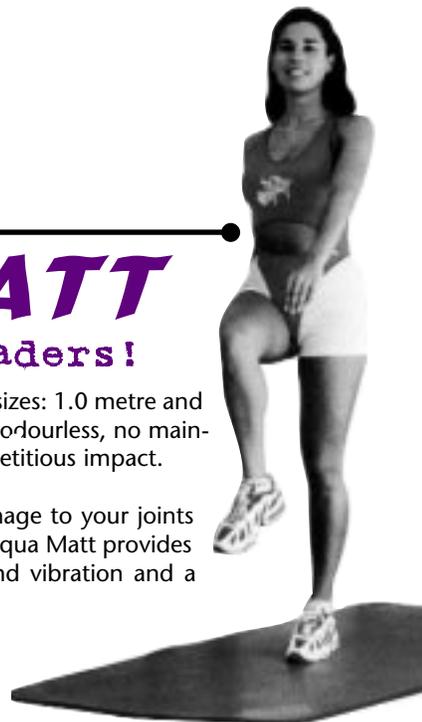
Details about the mat: It's a cellular urethane pool deck mat that comes in two sizes: 1.0 metre and 1.7 metres, easily portable, non-slip surface, ultra violet, chemical resistant & odourless, no maintenance required, immediate return to original thickness following rapid & repetitious impact.

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.

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1.0 metre mat: \$125.00 + \$25.00 S&H + applicable taxes

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



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Jackie St. George - Rennie
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Jennifer Wright
Martine Yzerman
Trainer: Charlene Kopansky
Assistant: Maryvonne Berthault

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Taryn Casey
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Julie Robinson
Leann Scheer
Carla Tenbrink
Trainer: Dianne Levy

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Michelle Cormack
Anne Marie Franco
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Jennifer Pouw
Sherry Trumball
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Abigail Lee
Nicol Mentis
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Alison Smith
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Trainer: Elaine Elliott

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Valerie Langill
Kristy Lecompte
Carolyn Quantrill
Diane Robertson
Nathalie Séguin
Nadine Sénéchal
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Trainer: Charlene Kopansky

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Dylan Harries
Valerie Langill
Judy Laughton
Kristy Lecompte
Lynn Scott
Nathalie Séguin
Nadine Sénéchal
Trainer: Charlene Kopansky
Assistant: Maryvonne Berthault

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David Mutton
Donna Reeves
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Trainer: Connie Jasinskas

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Pia Francis
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Gus Siountres
Michelle Stanyk
Allan Warner
Patty Weld- Viscount
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Gay Elliott
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Kathy Mills
Jason Primeau
Pat Richards
Trainer: Catherine Morisset

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Laura Longpre
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Congratulations to Patricia Grant of Calgary, AB who has earned full trainer status with CALA.

UPCOMING CALA EDUCATION & CERTIFICATION:

Unless stated otherwise, to register for any of the following events, contact CALA,
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To register contact
Gus @ 519-886-3844 ext. 229
*Earn OFC, YMCA, YWCA, FIS, Speedo
and CALA Credits*

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February 23, 24, 25, 2001
Ryerson University
To register contact
Tracey @ 416-979-5096 ext. 7358
or email tbeyak@acs.ryerson.ca
or Tbeyak@gwemail.ryerson.ca
*Earn OFC, YMCA, YWCA, FIS, Speedo
and CALA Credits*

OTTAWA, ON - WORKSHOPS

Aqua Arthritis - The Moves - Feb.18,
10:00am - 12:00pm
Noodles Delight - Feb. 18,
2:00pm - 5:00pm
Jack Purcell Pool, for info call
Michelle @ 613-244-4403
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TORONTO, ON

CALA Aquafitness Specialty Course (22 hrs)
March 12, 13, 14, 2001
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Cummer Park Fitness Centre
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& CanFitPro (FIS)*

TORONTO, ON

CALA Combined Basic Fitness Theory and
Aquafitness Specialty Course (44 hrs)
March 12, 13, 14, 15, 16, 2001
from 10am to 6pm
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*Recognized by OFC, YMCA, YWCA,
& CanFitPro (FIS)*

KITCHENER, ON

CALA Aquafitness Specialty Course
(22 hrs)
March 16 (6 - 10 pm), 17 (8am - 5pm),
18 (9am - 5pm)
City of Kitchener - Breithaupt Pool
Denise Keelan: (Tel: 519-741-2610)
Recognized by the OFC and CanFitPro (FIS)

KITCHENER, ON

CALA Combined Basic Fitness Theory and
Aquafitness Specialty Course (22 hrs)
March 16 (6 - 10 pm), 17 (8am - 5pm),
18 (9am - 5pm) & March 23, 24, 25
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City of Kitchener - Breithaupt Pool
Denise Keelan: (Tel: 519-741-2610)
Recognized by the OFC and CanFitPro (FIS)

GUELPH, ON

CALA Aquafitness Specialty Course
(22 hrs)
March (dates TBA), 2001
University of Guelph
To register contact
Pat @ 1-519-824-4120 ext. 2742
or email prichards@ath.uoguelph.ca
Recognized by the OFC and CanFitPro (FIS)

GUELPH, ON

CALA Combined Basic Fitness Theory
and Aquafitness Specialty Course
(22 hrs)
March and April (dates TBA), 2001
University of Guelph
To register contact
Pat @ 1-519-824-4120 ext. 2742
or email prichards@ath.uoguelph.ca
Recognized by the OFC and CanFitPro (FIS)

OTTAWA, ON

**Getting There - Certification Prep
(12 hrs)
April 6, 20, 22, 27, 2001
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St. Laurent Complex
To register contact
the centre @ 613-742-6767
or Fax: 613-742-5231 *
Earn CALA, OFC & FIS credits

OTTAWA, ON

*Certification Day
(all CALA Grads welcome)
Sunday, April 29, 2001
from 6:00 - 9:00pm
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*Open book Theory Exam
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the centre @ 613-742-6767
or Fax: 613-742-5231
*Earn CALA Certification,
CALA Certified Clearly Qualified*

WATERLOO, ON - WORKSHOP

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

HAMILTON, ON

CALA Aquafitness Specialty Course
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MAY 4, 5, 6 2001
YWCA Of Hamilton, McNab Branch
To register contact the YWCA,
905-522-9922 x 103 (Tara Jones)
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HAMILTON, ON

CALA Combined Basic Fitness Theory and
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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 (FIS)*

OWEN SOUND, ON - WORKSHOP

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

OWEN SOUND, ON - WORKSHOP

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

WATERLOO, ON - WORKSHOP

Dynamic Aqua Stretch Workshop (3 hrs)
Saturday, June 9, 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*

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
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June 15, 16, 17, 2001
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CHARLOTTETOWN, PEI

CALA Combined Basic Fitness Theory and
Aquafitness Specialty Course (44 hrs)
June 15, 16, 17, 22, 23, 24, 2001
Charlottetown Community Centre
*Recognized by the NSFLAA
and CanFitPro (FIS)*

HALIFAX, (University of DALHOUSIE) NS

CALA Aquafitness Specialty Course
(22 hrs)
Winter/Spring (Dates TBA), 2001
Dalplex Sports Complex
*Recognized by the NSFLAA
and CanFitPro (FIS)*

HALIFAX, (University of DALHOUSIE) NS

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Aquafitness Specialty Course (22 hrs)
Winter/Spring (Dates TBA), 2001
Dalplex Sports Complex
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To register call 604-291-4142
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*Recognized by the BCRPA, YMCA, YWCA,
and CanFitPro (FIS)*
*Earn BCRPA credits if already certified in
Aquafitness*

BURNABY, BC

BCRPA/CALA Combined Basic Fitness
Theory and Aquafitness Specialty Course
(44 hrs)
February 2, 3, 4 & 16, 17, 18, 2001
Simon Fraser University
For info contact Diane @ 604-291-5804
or email dlevy@sfu.ca
To register call 604-291-4142
Mon - Fri 8:30 to 4:30pm
*Recognized by the BCRPA, YMCA, YWCA, and
CanFitPro (FIS)*
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CALGARY, AB

Aquafitness Specialty Training Course
(22 hrs)
March 9, 10, 11, 2001
YWCA of Calgary, Fitness on 5th
*Recognized by AFLCA (4L, 4P, 4T AFLCA
CECs), YMCA, YWCA, CanFitPro (FIS)*

CALGARY, AB

Combined Basic Fitness Theory and
Aquafitness Specialty Training Course
(44 hrs)
March 9, 10, 11 & 16, 17, & 18, 2001
YWCA of Calgary, Fitness on 5th
*Recognized by AFLCA (4L, 4P, 4T AFLCA
CECs), YMCA, YWCA, CanFitPro (FIS)*

QUALICUM BEACH, VANCOUVER ISLAND, BC

BCRPA/CALA Aquafitness Specialty Course
(22 hrs)
March 23, 24, 25, 2001
Ravensong Pool
Recognized by the BCRPA

QUALICUM BEACH, VANCOUVER ISLAND, BC

BCRPA/CALA Combined Basic Fitness
Theory and Aquafitness Specialty Course
(22 hrs)
March 23, 24, 25, & March 30, 31,
April 1, 2001
Ravensong Pool
Recognized by the BCRPA

CALGARY, AB

****AquaNatal Specialty Training Course
(8 hrs)
April 28, 2001 * one day from 9 to 5pm
YWCA of Calgary, Fitness on 5th
*Earn OFC, YMCA, YWCA, FIS, Speedo
and CALA Credits*

ON THE INTERNATIONAL SCENE

STELLENBOSCH, SOUTH AFRICA

Combined Basic Fitness Theory &
Aquafitness Specialty Training Course
(44 hrs)
February and March, 2001
*Recognized by SARPT, University of
Stellenbosch*

STELLENBOSCH, SOUTH AFRICA

Water Running and Aquajogging
Specialty Course (7 hrs)
March 24, 2001
*Recognized by SARPT, University of
Stellenbosch*

CAPETOWN, SOUTH AFRICA

Aquaspinning Course (7 hours)
MARCH 2001
*Recognized by SARPT, University of
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WEISKIRCHEN, GERMANY

A Rehabilitation Perspective - Water
Running and Aquajogging Workshop
(3hrs)
May 4, 2001
To register contact
Andrea Pielen @ andreapielen@aol.com
Recognized by KNEIPP

WEISKIRCHEN, GERMANY

Middle Distance - Competitive Runners:
Water Running Technique, Specific Training
Protocols and Program Design (7hrs)
May 5, 2001
To register contact
Andrea Pielen @ andreapielen@aol.com
Recognized by KNEIPP

WEISKIRCHEN, GERMANY

Centre of Power - Aquakick Box Specialty
Course (7hrs)
May 6, 2001
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Andrea Pielen @ andreapielen@aol.com
Recognized by KNEIPP

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