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SUMMER - FALL 2001

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DOUBLE ISSUE - SUMMER/AUTUMN 2001



CALA

CALA CONFERENCE 2002 - APRIL 26 - 28, 2002 AT
THE ETOBICOKE OLYMPIUM, TORONTO, ONTARIO

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LETTER FROM THE EDITOR

Just to let you know what is happening:

CHARLENE KOPANSKY (CALA President and Founder), GOES GLOBE TROTTING TO SPREAD THE NEWS ABOUT CALA

So what is this all about?

When reading the Upcoming Events pages you will notice that a cross country trip has been planned.

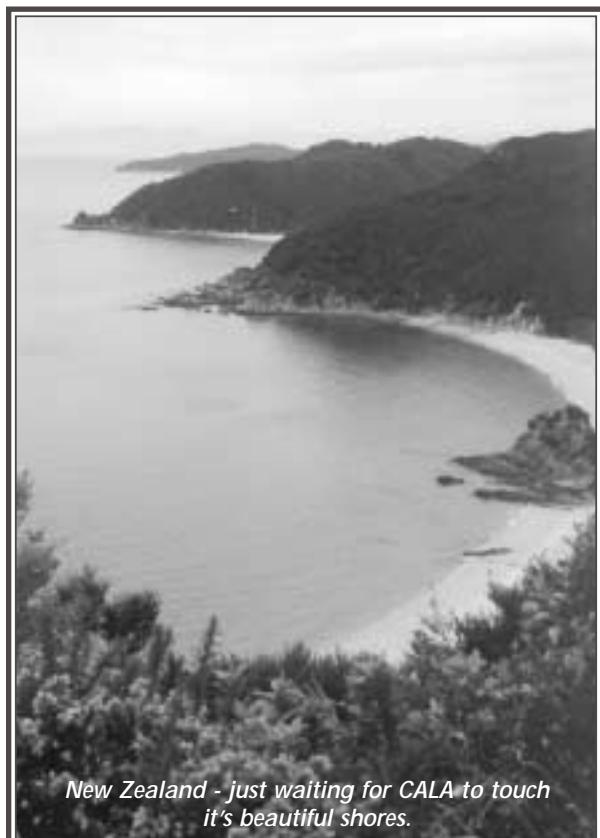
First stop is Manitoba:

I will leave Toronto on October 26, to present in Winnipeg, Manitoba on October 27 and 28, for two full days. There is interest in Manitoba for CALA to offer training and certification. I have presented for the Manitoba Fitness Council (1995) and Connie Jasinskas also presented in 1999. The response from the aquafitness delegates was overwhelming. Now is the time to come alive in Manitoba. We plan to work together with other organizations who will embrace CALA. We have applied for and received MFC credits for the workshops in October.

Next is Saskatchewan:

The City of Saskatoon is hosting a CALA master class on Thursday, November 1. We plan to have the media present and really 'wow' the community with the awesome CALA style!

Next I will travel to the Saskfit conference in Regina, (November 2, 3, and 4). This will be my second time presenting for them.



New Zealand - just waiting for CALA to touch its beautiful shores.

Then on to Alberta:

On November 5, I am presenting an Aqua Spinning workshop in Calgary Alberta. CALA has applied for and received AFLCA credits for this workshop. We have a strong presence in Alberta and our certification is held in high regard.



*South Africa beckons, University students await the next course, February - March 2001.
Stellenbosch, South Africa*

Finally, the West Coast of Canada:

November 8, 10 and 11, I am training a CALA course at Simon Fraser University. Usually, Diane Levy is our B.C. trainer, but she is traveling the world for at least one year with her husband, currently they are in the southern tip of India.

Skipping over the Pacific Ocean to Australia:

Finally returning to Australia, (after an absence of 5 years) I am presenting in Sydney and Melbourne on November 17 and 18. This will be like a home coming as I have many aquafitness friends in Australia and I will also have the great pleasure of reconnecting with Pam Nelson, a CALA trainer, who recently left Trail, B.C. to spread her wings in the land that she loves - 'the land of Oz'.

One short hop and I will land in New Zealand:

If all goes well at CALA headquarters, under the direction of Joan and Diane, I will remain in New Zealand until mid February. While in 'Kiwi land', I plan to accomplish some goals that have been sitting on the CALA shelf for too long including:

- 1) producing a video of the base moves,
- 2) taking some management courses,
- 3) fine tuning all the workshop handouts,
- 4) building CALA in New Zealand,



Punta Cana, the pool comes alive with resort guests loving the CALA Aquafitness classes - April 2001.

- 5) writing the winter 2001 Wavelink issue #32, and
- 6) finalizing the schedule and brochure for the CALA 2002 conference.

Then crossing the Atlantic, to South Africa:

I will facilitate the annual CALA courses and workshops at the university of Stellenbosch. This should all happen between February 14 and March 31, 2002.

Returning home to beautiful Canada:

Just in time for the CALA Jam (advertised in this issue), in Punta Cana, Dominican Republic, at the Melia Caribe Five Star Resort from April 7 - 14, 2002. This is an event not to be missed!!!!

Call for Presenters for CALA Conference 2002 Deadline for submissions Nov. 1, 2001

If you have not presented for CALA... we need everything listed below, plus a video, plus a full resume including where & when you have presented before!

Presenter Application Process:

Every single thing listed below must be included or your submission will not be considered.

- Your name, short bio, and picture (everyone needs to send a picture, an updated one) (see the last CALA conference brochure for samples of bios)
- Topic name, target audience (level of instructor your session is geared to)
- Topic description, plus whether it is a master class or workshop
- Preferred length of session (1 - 3 hours)
- Detailed agenda, including depth of pool, classroom or studio, water first, in the middle or water last, or all dry land or all water. Be specific.
- Equipment and where it is needed (ie in pool, in classroom, in studio)

This procedure must occur for every session you are applying to present for CALA 2002.

Now please do not hold me to this above list or the itinerary. Remember I wrote, 'plan to accomplish'. I will also take a well deserved rest to revitalize and reenergize and reconnect.

I will be connected to CALA headquarters and my membership via email. I travel with my personal notebook computer and email access should not be a problem. Unless of course I happen to be kayaking among dolphins, running on the beach or climbing a mountain when you send an email.

Rest assured I will respond to you, give me just a little more time...

Naturally, all will run smoothly in the CALA office! We have great trainers, dedicated mentors, assessors and a super administrative team and I will be available for consulting and to help if need be.

AND

The CALA Jam in Punta Cana, April 7 - 14, 2002.

AND

THE AFFILIATE MODEL is now available for any entrepreneurial minded facilities or leaders

Call CALA for a copy of the affiliate model which enables you to organize CALA workshops and training courses at your facility with the opportunity to make some money.

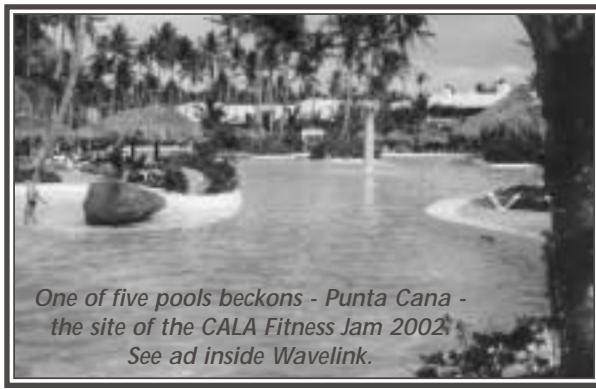
AND

The open book theory exam was launched in January of 2001. If you would like to write an exam, you can organize a proctor (someone to witness you writing the exam). Call CALA for exam writing and proctoring guidelines.

AND

Yes, this is a double issue, I do apologize for the lateness of the summer issue, but here is the summer issue, late and the autumn issue right on time. Look forward to the winter issue in December. I will be writing it while in New Zealand.

Charlene R.



One of five pools beckons - Punta Cana - the site of the CALA Fitness Jam 2002.
See ad inside Wavelink.

CENTRE OF POWER - AQUA KICK BOX

Part III: The Jab

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

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

Part I and II discussed the evolution of Aqua Kick Box, the proper 'Stance technique' and the benefits of this new water activity.

First master the move to release the mind from a physical focus. This opens the spirit to the joy of powerful movement in water.

Legend:

- t = doing the move on the tempo of the music, using every beat (appropriate music speed is 120 = 128 beats per minute).
- 2xt = doing the move on double tempo, very quickly
- ct = count
- j'om = jogging or marching
- sw = swivel or twist move
- ext = external rotation
- n, w, x = positions of the jogormarch: n = lifting the knees in front of the body; w = lifting the knee to the side of the body; x means lifting the knee across the body
- A = anchored, no bouncing on the move
- L = light bounce, using buoyancy to assist move
- alt = alternate
- fr = front
- dia = diagonal
- sd = side
- rt = right
- lt = left
- rpt = repeat on the same side

JAB THEME:

In land boxing classes, the jab is the most basic of all "punches". It is used to open space in combinations of moves and to "keep busy". An important cue would be "punch - pull". In this aqua style of boxing we are thinking about positive space and surrounding ourselves with the feelings associated with positive energy exchange. Following is a guide for an aqueous approach to the jab. While there are some similarities to land, there are also fundamental differences. Enjoy the differences!

- start position (front stance) with hands up, palms face in, loose fingers, two knuckles up
- as arms extends, palm turns downward towards pool bottom (pronation)

- aim jab, visualizing the destination as a 'place of power'
- jab with purpose in a straight line, keeping elbow in
- keep elbow soft on full extension
- begin and end the jab with elbows close to hips, pointing straight down
- focus on the retraction phase of the movement
- keep shoulders relaxed
- breathe out on the elbow extension
- double focus - on both the delivery (elbow extension) and return (elbow flexion)

JAB VARIATIONS:

1) ALTERNATE FRONT JAB (alt fr jab)

It is important to develop the basic skills in order to execute the aqua jab safely and effectively. If time is not spent on proper technique, then injury could result.

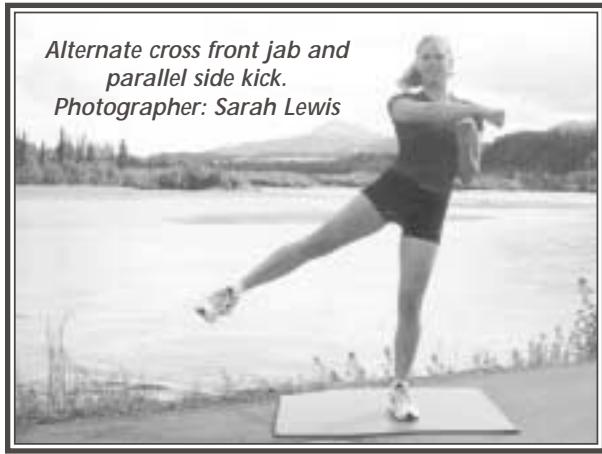


*Alternate front jab,
lateral view.
Model: Krista Prevost*

Skill Development: It is recommended that the leader use 16 counts; 8 counts; 4 counts; and then 2 counts of the following exercise to give the time needed to practice and develop the skill

- 1) Try the right front jab with front stance (both feet side by side); lift left knee (lt knee) on repeater narrow jogormarch (rpt n j'om)
- 2) Try the left front jab with front stance; lift right knee as you jab (rpt n j'om)

Building smooth transitions: For beginners, in order to ease the transition from right front jabs to left front jabs, use speed ball (punching an imaginary bag quickly, just think of Mohammed Ali in training, with narrow shuffle (2xt n j'om) as a transition move. Count down (verbally and/or visually) to signal the change of sides.



Fun Variations: Skill development:

Block of 32 counts. (Repeat the following sequence 4x).

1) Try fr jab with front stance; change the rhythm, keep n j'om legs

Move on the following counts:

- ct 1. rt fr jab - lt n j'om (knee lift) - Anchored *standing leg 'glued' to the pool bottom (A),
- ct 2. return to ready - front stance - A,
- ct 3. rt fr jab - lt n j'om -A,
- ct 4. return to ready - front stance - A,
- ct 5. rt fr jab, ct 6. lt fr jab/return rt fr jab, ct 7. rt fr jab, - n j'om - A (lt knee lifts, rt knee lifts, lt knee lifts),
- ct. 8. return to ready - front stance - A

Block of 32 counts. (Repeat the sequence 4x). Repeat sequence starting with lt fr jab.

Block of 16 counts. (Repeat the sequence 2x on rt and 2x on lt). Total counts: 32

Block of 8 counts. (Repeat the sequence 1x on rt and 1x on lt). Total counts: 16

Cuing is essential when teaching the technical aspects of the move.

Helpful hints or technique cues: The following cues can be effectively communicated both verbally and visually.

- ready position
- strong stance
- eyes focused
- jab - deliver right (rt), return rt

- maintain ready position with non moving arm
- maintain solid stance with non moving leg
- look straight ahead
- legs...anchored, repeater n'jom

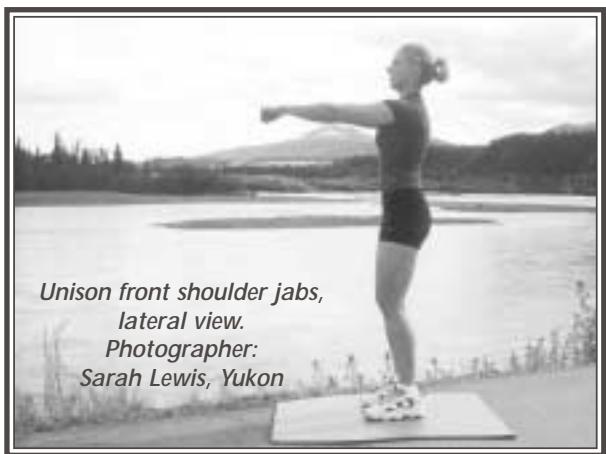
2) ALTERNATE CROSS FRONT DIAGONAL JAB

(alt x fr dia jab)

Basic Skill Development: Using counts of 16's; 8's; 4's; 2's

- 1) Try rt x fr dia jab with front stance (both feet side by side); lift lt knee using rpt x j'om
* x j'om: lift knee across body towards opposite shoulder, activate the obliques on this move.
- 2) Try lt x fr dia jab with front stance; lift rt knee on rpt x j'om

Building smooth transitions: For beginners to ease the transition from right cross front diagonal jabs to left cross front diagonal jabs, use speed ball with narrow swivel on tempo (t n sw). Count down (verbally and/or visually) to signal the change of sides.



Fun Variations: Skill development:

Block of 32 counts. (Repeat the sequence 4x). Repeat on rt and lt. Total counts: 64

1) Try x fr dia jab with front stance; change the rhythm, add n sw legs

Move on the following counts:

- ct 1. jab - n sw - knees and hips face away from jab,
- ct 2. return to ready - n sw - knees and hips face centre,
- ct 3. jab - n sw - knees and hips face away from jab,
- ct 4. return to ready - n sw - knees and hips face centre,
- ct 5. jab, ct 6. jab, ct 7. jab, - n sw - knees and hips face away from jab , and bob 2x ,

S
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ct. 8. return to ready - n sw - knees and hips face forward

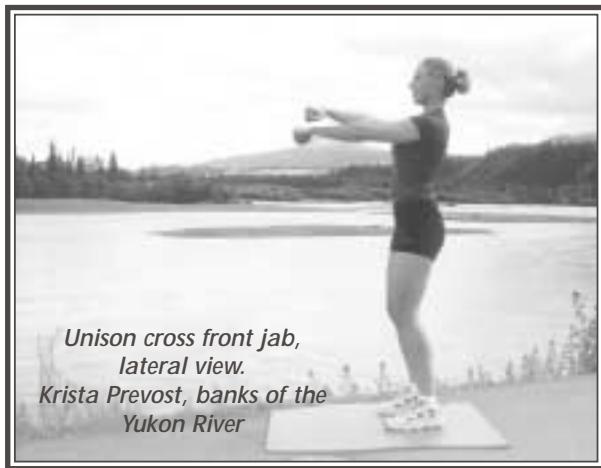
Block of 16 counts. (Repeat the sequence 2x on rt and 2x on lt). Total counts: 32

Block of 8 counts. (Repeat the sequence 1x on rt and 1x on lt). Total counts: 16

When you feel it is appropriate, add cues which stimulate the "spirit or soul aspect" of the movement.

New cues to add: The following cues work well with the choreography above and can be communicated both verbally and visually

- work the oblique abdominals
- control spinal rotation
- listen to your body
- keep body comfortable
- feel abs working
- bring opposite rib to hip
- toe ball heel placement of foot
- powerful knee lift across body
- keep elbow soft on extension
- feel strong
- visualize strength and beauty in each rep
- be in control
- gather power
- share power



*Unison cross front jab,
lateral view.*

*Krista Prevost, banks of the
Yukon River*

3) **ALTERNATE SIDE JAB** (alt sd jab) * There are two variations of this side jab. For the purpose of this article, perform the jab to the side of the body, with the hand just below the water and leading with the front of the fist. The hand will be pronated at the end of the side jab.

Basic Skill Development: 16's; 8's; 4's; 2's

1) Try rt sd jab with front stance (both feet side by side); lift lt knee on rpt w j'om

* w j'om: Externally rotate at the hip and lift knee to the side of the body. The knee will face up at the end of the lift and the inner thighs will face forward.

2) Try lt sd jab with front stance; lift rt knee on rpt w j'om

Building smooth transitions: For beginners to ease the transition from right side jabs to left side jabs, use speed ball with wide shuffle (2xt w j'om). Cue, shake those shoulders baby!

Fun Variations: Skill development:

Block of 32 counts. (Repeat the sequence 4x). Repeat on rt and lt. Total counts: 64

1) Try sd jab with front stance; change the rhythm, add jj legs (jumping jack - abduction and adduction at the hips, jump legs apart, jump legs together)

Move on the following counts:

- ct 1. jab - jump legs apart,
- ct 2. return to ready - jump legs together,
- ct 3. jab - jump legs apart,
- ct 4. return to ready - jump legs together,
- ct 5. jab, ct 6. jab, ct 7. jab, - jump legs out , and bob 2x with legs apart,
- ct. 8. return to ready - jump legs together

Block of 16 counts. (Repeat the sequence 2x on rt and 2x on lt). Total counts: 32

Block of 8 counts. (Repeat the sequence 1x on rt and 1x on lt). Total counts: 16

When you feel it is appropriate, change the leg action to a side kick.

Try kicking away from the jab (opposite side.)

Try kicking toward the jab (same side).

New cues to add: Can be communicated verbally and visually

- keep hips level
- keep back long
- listen to your body
- keep body comfortable
- feel abs working
- think positive
- toe ball heel placement of foot
- feel the surge of energy
- powerful elbow flexion on return
- be solid
- know the destination
- jab in a straight line
- keep eyes focused side/ change the focus front (ready position) to side (on elbow ext)
- always return to strong stance, ready position, holding power position

MUSIC AND AQUAFITNESS - BEHIND THE MUSIC

By representatives of SOCAN

As Instructors of Aquafitness, you naturally want to create the most effective class possible. As a way of lifting the group spirit and creating a positive communication, music has been used in fitness activities for decades. Indeed, the prospect of conducting a class without music to 'drive it' is... well... dull. Let's take a look 'behind' that music.

Composers, songwriters and lyricists create the music we listen to and they do it with a mix of talent, passion and hard work – and they do it for their livelihood. They are just as entitled, and so say Canada's copyright laws, to be compensated for the use of their property as any of the rest of us who provide goods and services.

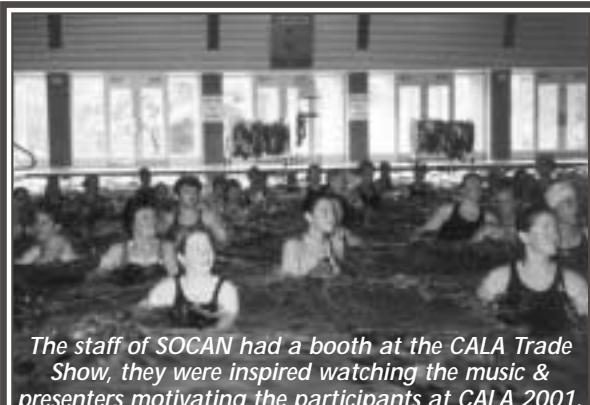
SOCAN, The Society of Composers, Authors and Music Publishers of Canada, works toward this end on their behalf. As Canada's copyright collective for the performance of musical works, SOCAN provides the music user with an easy and economical way of obtaining legal permission for its use in their business, from the owners of the music.

SOCAN is affiliated with other music copyright collectives worldwide, the holder of SOCAN's license is legally entitled to use, in the manner defined by the licence, pretty much the world's repertoire of copyright music.

In the case of music used in conjunction with Aquafitness, the facility and not the instructor hold the SOCAN license, in almost every instance. Instructors may be asked to provide criteria for the reporting that is required, but SOCAN will usually contact the facility administrator rather than the individual instructor.

For a certainty, music can be an asset to almost any business, but in the fitness industry its proper use is essential.

For additional information or nearest location readers may contact the Head office of SOCAN at: 1-800-55-SOCAN or access their website at www.socan.ca



The staff of SOCAN had a booth at the CALA Trade Show, they were inspired watching the music & presenters motivating the participants at CALA 2001.

CALA Trainer for Trainers will be held in the Spring of 2002.

Stay tuned for further details. If you have directly expressed interest in the T for T, you will receive an invitation to attend. You must be certified and a current member to attend the Training for Trainers.

If you would like to be added to our potential trainers list, email CALA (cala@interlog.com) to express your interest in becoming a trainer and you will receive an invitation.

CALA SUMMER SURVEY

We conducted a survey of our members who renew in the summer. We randomly selected a name from the list of people who so kindly took the time to respond to our summer membership survey.

The winner of a CALA T-shirt and Hat is Kim Callewaert, Vancouver Island. Congratulations and thanks.

In response to the following questions: the surveys said:

1. Identify the positive attributes of the company:

- informative, positive, friendly, fun, very professional, accommodating, personal touch
- high quality instructor training & certification - best means in the industry e.g. standardizing programs (names of exercise, cues, demos, music...)
- very supportive, willing to provide excellent mentors along the journey
- networking
- new ideas, new programs
- savings on commercial products, e.g. Ryka shoes
- great annual conference
- good resource for employment, aqua belts, aqua mats
- Charlene Kopansky
- Wavelink is terrific
- excellent workshops with top quality handouts and manuals
- sends out flyers giving details of upcoming workshops
- I like the new size and layout

Response to comments:

THANK YOU!!!

2. Identify specific aspects that have disappointed you:

- collecting renewal credits once certified... this aspect is difficult for individuals who may wish to travel (e.g. senior citizens) or who have other commitments

Response recollecting credits:

- CALA, just like every other national level organization, expects individuals to maintain their level of expertise by attending training events.
- CALA is the only organization in Canada that allows individuals to collect credits even before they have taken a course, or completed certification.
- CALA is the only organization in Canada that allows individuals to bump extra credits forward, if there are extras left over, infinitely, no deadline.
- CALA allows petitioning for credits offered by all other organizations.
- CALA encourages certified leaders to submit articles for credits, one article can earn 3 - 4 credits if it meets the CALA standard for publication.
- CALA allows three years for recertification, most other organizations expect annual recertification, or every two years.
- CALA does not ask you to redo your practical

assessment, some other organizations expect you to do your practical all over again every two years, and pay for it.

- CALA charges a small administrative fee of \$5.00 per year (total of \$15.00 over three years) to send a new recertified card, recertification letter and recertification certificate and update the database accordingly.
- CALA does not expect you to track and submit classes that you teach, we trust that you are active in the industry.
- CALA awards all volunteers with full credits when they help out at conventions and workshops, other organizations do not.

- having to pay extra for other Aqua credits I have accumulated
- the fees for workshops are a bit high

Response re fees:

- CALA charges \$5.00 plus GST per credit for petitioning workshops.
- CALA charges approximately \$10.00 per hour for workshops (includes cost of handout), & \$15.00 per hour for specialty courses (includes cost of comprehensive manual) plus GST & for CALA Conference 2001 full conference plus all day Friday = 21.5 credits: early bird rate \$89.00 + \$149.00 = \$11.00 plus GST per CEC or per hour + trade show, + networking.

- would like more workshops and a convention on Vancouver Island, in Atlantic Canada, Chatham-London area

Response re offering training:

- CALA goes to Vancouver island with workshops or a course at least once per year
- CALA would love to offer annual training in the London-Chatham area, we need a host site
P.S. CALA would love to offer a conference on Vancouver Island, who would like to host the event? when? where?
- CALA offers credits in Atlantic Canada through the local conventions including The Aqua Extravaganza in Sackville and Fitness with a Flair in Halifax, we would love to offer more specialty courses, get a group of people together and give us a call, we can send a trainer.

- need a course for people who have all their training done, such as coach or Instructor of Instructors

Response re Instructor for Instructors course:

- CALA has offered 7 Training for Trainers Courses which are geared to people who want to train others how to instruct aquafitness classes.

- no official exam date following courses

Response to setting up certification dates:

- you spoke, we listened, all trainers are encouraged to negotiate a certification date with the course participants.

- plus you, as a CALA graduate, have the freedom to set up your own personal exam date, just call the office and we will set you up, at your convenience.

- did my Aqua Arthritis certification, was not available during the practical assessment date, have no video, paid for certification and it is still not done

Response to incomplete certification:

- can you go to the local library or school to organize a video, or find a friend who may have one, so that you can complete your certification and submit the video to CALA?

- *the large list of CALA graduates, certified and recertified leaders is of no value to me, while I love the articles*

Response to 'lists' of no value:

- it is important for CALA to recognize our leaders, while I respect your opinion, I have received many thank you notes from people who were proud to see their names in print.
- on another note, you will notice our advertising space is minimal to leave space for our articles.

- *we need a mentorship program, what happened to CAMP (CALA Apprentice Mentor Program)*

Response to where is CAMP:

- the mentorship program is alive and well, we direct CALA graduates to local mentors when they ask, if you would like to mentor, please call us.

- recertification details are unclear

Response to unclear recert guidelines:

- the guidelines have been rewritten for clarity, hope this will help, thanks.

3. Describe ideas or suggestions you feel could improve the company:

- *get on board with other companies with regard to renewal credits, i.e. ACE, BCRPA*

Response to get on board:

- CALA offers credits with every single Canadian training and certification body including: CanFitPro, BCRPA, AFLCA, SPRA, MFC, OFC, NSFLLAA, NBFA....

- *be more open to other styles of Aquafit*

Response to be more open:

- absolutely!!!

- *more workshops and opportunities in Quebec*

Response to needs in Quebec:

- we have improved our service in Quebec since our recent alliance with the Federation of Kinesiologists, located at University of Montreal, contact Marie-Claude Leblanc 514-343-2471 for an update on training opportunities in Quebec or contact CALA.
- we offered a fully bilingual conference in PQ, in June 2000, the response was luke warm in terms of numbers of delegates...

- *produce another Tidal Wave Tape - Volume Two*

Response to Volume Two:

- we are unable to produce a second volume due to the costs of production of a high quality tape. We produced 1000 copies of Tidal Wave "Volume One" and still have 300 copies remaining. We know the tape is good as the comments have been most favorable and everyone wants a second volume. However, we are not sure if people are copying it for each other to save money, (hopefully not, as I believe our membership is ethical with respect to copyright).
- once we sell out of Volume One, we do plan Volume Two.

- *add nutrition info to Wavelink*

Response re nutrition:

- from time to time we will have an article on nutrition, for now we are focusing directly on aquafitness and aquatic rehabilitation.

- *offer subsidies to people in need who want to take the courses*

Response to subsidy request:

- CALA would love to be in a position to subsidize people in need, unfortunately, unlike the YMCA, YWCA and most provincial fitness organizations, CALA receives no funding and no tax breaks, the company is not in a position to offer financial help. May I suggest you contact your local Y or government subsidy programs, we have had people attend our courses with subsidies from these organizations. Good luck.

- *as a busy student, I require lots of advance notice for workshops, please give more notice*

Response to a need for advance notification:

- I agree, CALA would also like more advance notice and we are working on it. Unfortunately, many organizations contact us with short time lines and want to offer training events, we try to fill their needs. At other times we are slow to advertise. We are working on it.

- *would like to see more articles on healthy living, and drawing on the expertise of many individual members talents - not just a few individual experts.*

Response to need for expertise from individuals:

- I couldn't agree more! In every issue of Wavelink, I have asked for articles to be submitted. I have personally emailed and written to every trainer and presenter for them to submit articles. Whenever I am presenting a workshop where someone comes up with a brilliant idea or talks about the success they are having in their facilities, I ask them for an article... Unfortunately, the number of responses has been less than favorable... People have busy lives. Notice in this issue we have a feature article by Marg Stewart and one by Patsy Parker. In the winter issue we will have two feature articles by other CALA members.

ASK THE SEAHORSE



The following questions were submitted by CALA members. Keep those questions coming.

The following answers were provided by Connie Jasinskas M.Sc. Exercise Physiology, Master CALA Trainer CALA, OFC, CanFitPro certified. Thank you Connie.

Question #1:

What kind of quad stretch do you recommend for people with knee problems? They cannot really bend the knee too much, let alone grab the ankle.

Answer to Question #1:

In chest deep water, have the participant stand in a ski position (one leg forward, one back), then cue the following:

- pull forward with the arms using a unison breast stroke movement, so the body is balanced over the front leg of the ski stance,
- lean forward slightly in the torso, and bring the back foot off the pool floor,
- then, bring that same heel up toward the surface of the water. No need to hang on to the heel.

Note: Buoyancy will help bring the back leg up toward the surface, stretching the hip flexors and quadriceps muscles of the back leg.

In deep water:

- get into a ski position and hold this position,
- press front leg up toward the surface & dorsi-flex ankle (stretching hamstrings, gastrocnemius & soleus of front leg),
- pull back knee BACK behind hip; back foot up toward surface of water, stretching quadriceps and hip flexors of the back leg,
- scull with hands and arms to maintain vertical balance. After ~10 - 15 seconds, split the stretch further (open the legs). Repeat this 2 - 3X before changing sides. Again, no need to hang on to the back foot. The knee is not in danger of any inappropriate forces.

Question #2:

What does (I am not sure if I remember the term properly) diastasis recti mean?

Answer to Question #2:

This is a separation of the rectus abdominis muscles during pregnancy. The connective tissue running between the two halves of the rectus muscles softens in response to the hormones of pregnancy (relaxin). If the abdomen is profoundly stretched, the two halves of the rectus muscle will tend to

take the shortest route when the rectus abdominis muscles are activated. This means they will tend to move laterally to travel a straight line from the sternum to the pubis, and not have to work over the large expanse of the abdomen. The split can be made worse by doing aggressive abdominal work (ie: crunches on land) once the split has begun. Aqua natal exercise does not place the same forces on the rectus muscles, providing aggressive tucking actions are not performed. Therefore, it is a useful way for women who are experiencing diastasis recti to maintain core strength.

Question #3:

In the CALA Basics Manual, Chapter 6, page 40. It says that lactic acid build up is not involved in DOMS. What is the reason for DOMS? Is it the microscopic muscle tears from repeated eccentric contractions only?

Answer to Question #3:

My understanding is that the exact cause of DOMS isn't fully understood/proven, but we do know that it isn't lactic acid, because that is metabolized during recovery. The "muscle tear" theory seems one of the most likely, and it includes evidence that there is cellular swelling (lymph dealing with the injured tissues)... resulting in that "tight feeling" one gets after vigorous exercise.

Question #4:

What is the result of lactic acid build up in the event that active recovery was not done after vigorous exercise?

Answer to Question #4:

My understanding is that the lactic acid gets metabolized anyway. Active recovery enhances circulation and the recovery process at a cellular level. Active recovery is more likely to enhance performance when it is not at the end of a workout, per se, but used as a rest interval, with more work to follow.

The CALA WEB PAGE
is having growing pains.

www.calainc.org needs repair which we plan to do in the future

So sorry to inform you that a part of our web page is not functioning properly. Needless to say, some of you have already found this out.

We invested a significant amount of money in a special feature added to our web page that would allow us to update workshops, courses, merchandise and allow for on line registration. Unfortunately, this part of the site is not working. At the moment, the repair of this problem is 'on hold', until further notice.

Stay tuned.

TOP DECK, ON DECK TEACHING SKILLS

by Line Marr, CALA, Can Fit Pro & YMCA/YWCA Certified, CALA Trainer & Assessor

A workshop called 'Top Deck', offered at the CALA Conference 2001, turned out to be an amazing experience for everyone. After only a few minutes in the session it became apparent that people were in this workshop for different reasons including:

1. To help fine tune 'on deck' teaching skills and develop clear exercise execution
2. To prevent instructor injury by perfecting the style of movement thus promoting self care. (One of the participants, had fallen on deck while teaching several months ago. This fall resulted in a broken jaw. Purchasing an Aqua Mat is highly recommended to prevent slipping and falling. What other things could she do to to protect herself while teaching on deck?)
3. To become reacquainted with the CALA Base moves and learn to demonstrate them with clarity and energy. (There were leaders who had totally forgotten some of the moves.)

Start to improve your on deck teaching skills by asking yourself the following questions:

- Do I remember all the CALA base moves?
- Am I using all the moves, over time, in my classes?
- Do I teach the moves properly?
- Am I in the habit of always using the same moves because I am just not sure about how to execute some of the other moves?

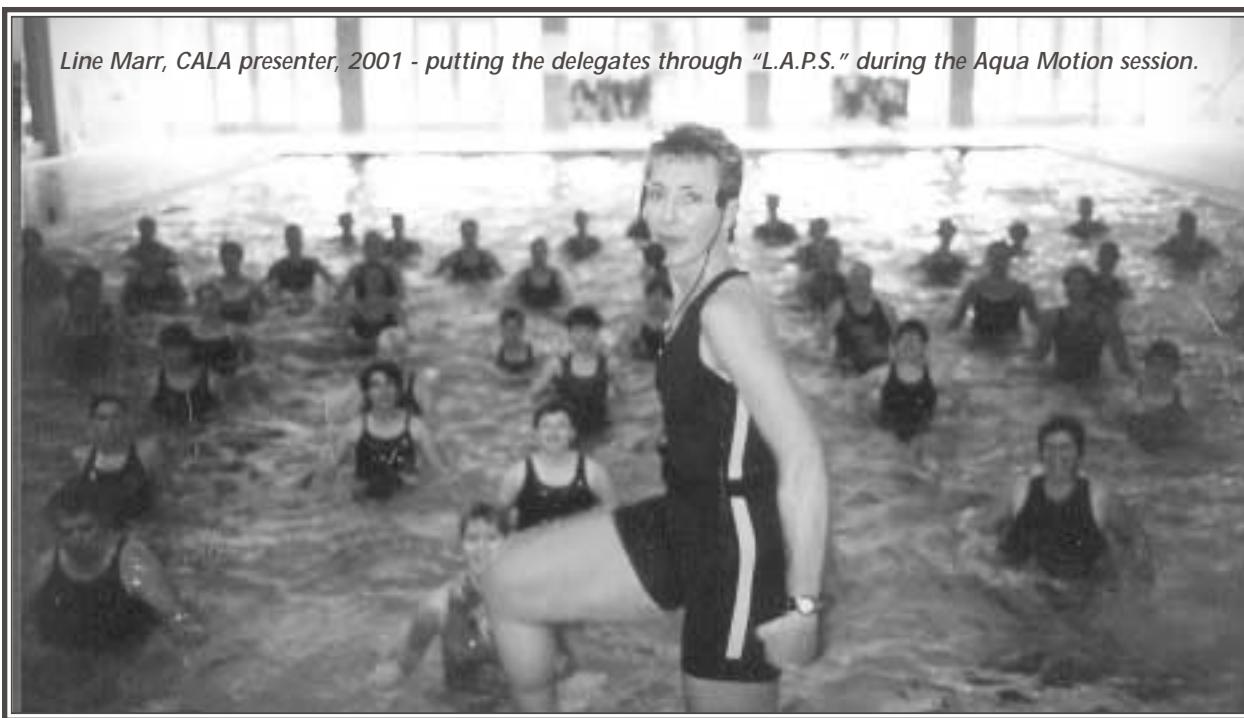
Some simple ideas to try:

- Mirror image is the key. Get in front of a full length mirror and scrutinize yourself as you try each CALA move to music. Pretend you are actually teaching your class and integrate visual cues after you show each move (to yourself). Remember that what you see in the mirror is what you will get from your participants. Ask yourself the following questions:
 - Are my knees high enough?
 - Are my arms too high?
 - Is my back long and strong?
 - Are my abdominals activated?
 - Am I stable and well balanced as I demonstrate the move?
 - Is my chin retracted?
 - Are my shoulders relaxed?
 - Do I exude positive energy and vitality?
- Feedback is the key. Work with a partner, who can be just like a mirror, telling you how to improve your movement execution. In the Top Deck session we had the wonderful opportunity to review the moves, then demonstrate them to one another and then receive valuable feedback.

Creating a safe experience for your body:

- Use a chair to show certain moves such as hip flex- or pacman, hip flexor chair, hip flexor swivel...
- Drink plenty of water throughout the class to stay hydrated and energized.
- Use the Aqua mat.

Line Marr, CALA presenter, 2001 - putting the delegates through "L.A.P.S." during the Aqua Motion session.



PROGRAMMING PERFECTION

By Jennie Queen, CALA Trainer

A workshop on programming was offered at the CALA Conference 2001. Following are some ideas that were shared and generated during the session. The workshop was designed to help guide facility managers, programmers, coordinators and instructors through the many facets of creating, and implementing a fitness program at their facility. All in attendance agreed that it takes time, energy, creativity and lots of patience to see an idea through from its inception to actually implementing it at a facility. My experiences as the fitness coordinator at a large complex in the City of Ottawa, and a fitness instructor for more than ten years, have given me very different perspectives on programming. Following are fundamental programming ideas including some triumphs and challenges from my experiences working in a city owned and operated facility. The diversity of facilities and management styles at pools in Canada make it a difficult to satisfy all programming challenges.

Programming requires the *evaluation of the facility* and the *target market*: clients you hope to attract to the facility. Pool venue, demographics, and staffing are the key issues to research first. Identifying the facility and target market can help determine the types of programs that the facility naturally lends itself to.

Ask the following questions:

- 1) Is the pool depth primarily deep water or shallow (chest deep)?
- 2) How many people can comfortably fit in the pool with enough workout space?
- 3) How large is the deck space to allow instruction and other traffic?
- 4) What are the available changing facilities in terms of capacity for changing and showering?
- 5) Who will attend the classes and use the facility?
- 6) What is the general profile of the participants in terms of age and gender?
- 7) Are the participants starting new families, older adults, middle aged, retired, working full or part time?

Answers to the above questions will enable you to determine whether to run specialty programs such as:

- a) Pre and post natal aquafitness
- b) Diaper Fit for caregivers and babies
- c) Aqua Arthritis
- d) Aquafitness for Older Adults
- e) Aqua Muscle
- f) Cardio Splash
- g) Water Running
- h) Aqua Spinning
- i) Aqua Kick Box
- j) General Aquafitness for Everyone
- k) Aqua Circuit Training

Evaluate the *specific income range* of the population who will be attending the aquafitness programs. Combine this information with the pool capacity in order to decide the fees to charge participants to cover the costs of offering the program.

Determine *staffing needs*. Will you have enough qualified staff to run these aquafitness programs?

Upon completion of the basic research as discussed, it is time to begin *brainstorming program ideas*. Compile a list of ideas, then decide how to plan and prepare to run the types of programs on the list.

Jennie Queen, entertaining "the babies" & instructors during the Diaper Fit session at CALA Conference 2001.



For example, if a "Diaper fit" program is identified as a potential program then take a close look at all the issues around offering this class. Following is a record of how a "Diaper Fit" program came to be offered at the Nepean Sportsplex:

Challenges:

- o there are no day care facilities available at the building.
- o There are a large number of new moms. Many of these Moms came through the "Prenatal program" and then disappeared after the babies were born.
- o A potential niche market existed. How can the market be targeted?
- o What equipment could be used so that the caregivers could exercise with the little ones nearby?
- o Would the equipment be both safe and effective?
- o How would the class be structured?

Solutions:

- o Pool space was available that would be ideal for young children and babies. The water was shallow (chest deep) and warm water.
- o Floatation seats available for the "tot's classes" would be ideal for a "Diaper Fit" aquafitness class.
- o The floatation seats were tested using real babies with the care givers performing CALA movements.
- o Lesson plans were created through trial and error and the staff was trained to teach the program.

Next came the marketing strategy.

Flyers were designed and distributed to:

- o Pre natal participants,
- o New moms,
- o Wellness drop in centers in the area,
- o Inserted into brochure for the city.

Spreading the news:

- o With the first session underway, we invited a local news channel in to film a special noon hour edition news clip, featuring the babies and moms participating in a "Diaper Fit" aquafitness class.

THE PROGRAM 'TOOK OFF'.

Keeping the program on track:

- o Surveys were distributed to the participants to determine whether the program was meeting there needs.
- o Instructor feedback about the program was solicited to keep the enthusiasm high.

To this day the "Diaper Fit" program is running smoothly.

This is an example of a programming idea that has worked well. Not every idea will evolve and grow into a successful program.

*"Success seems to be connected with action.
Successful people keep moving. They make mistakes, but they don't quit." – Conrad Hilton*

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



FUTURE TRENDS AND IMPORTANT EVENTS IN 2001 AND 2002

The Canadian Aquafitness Leaders Alliance Inc. (CALA) announces the 10th annual Aquafitness and Aquatic Rehabilitation Convention

April 26 - 28, 2002

Etobicoke Olympium, Toronto, Ontario

The Canadian Aquafitness Leaders Alliance Inc. (CALA) serves the West Coast of Canada with an Aquafitness Extravaganza

May 5, 2002 - Chilliwack, B.C.

INTERESTING TRENDS - CATCHING THE WAVE TO FITNESS in 2001:

The new millennium, 2000, saw the launch of two very successful specialty programs in Water Running (Aqua Jogging) and Aqua Kick Box by the Canadian Aquafitness Leaders Alliance Inc. Facilities, on the cutting edge, have added classes in both water running and aqua kick box to their regular schedule. Some facilities are scrambling to find qualified instructors to teach these specialized programs.

Aqua Kick Box Workshop in Ontario

October 20, 2001

Waterloo Swimplex, Waterloo, to register phone
519-886-3844

How can I do Kick Boxing in water? Try this move for fun! Aqua Side Kick and Aqua Unison Upper Cut! Get into chest or shoulder depth water, with no equipment. Do a side kick leading with your

heel and keeping your knee soft on full extension (The knee faces forward at the end of the movement). Go for strength when executing the move rather than height. Avoid rotating at the hip, the knee faces forward throughout the kicking action. To get maximum resistance (which will elevate your heart rate, and work the deltoids, pectorals and abdominals), keep both arms in a fixed position. Bend the elbows to about 90 - 100 degrees, keep the hands in a gentle fist position. You will know you are doing this move correctly if a "geyser" of water erupts at the end of your fists. Avoid breaking the surface of the water with your hands. The coordination is as follows: as the hands reach the height of their lift, the foot also reaches the height of the lift. As the foot returns to the pool bottom, the elbows point up and back with the hands slightly behind the body. To generate waves in the pool, add propulsion to this move by exploding from the pool bottom, using your legs and feet to create the appropriate force.

Aqua Kick Box, Aqua Spinning and Water Running arrives in Manitoba

October 27 and 28, 2001

St. James Centennial Pool, Winnipeg,
to register phone 204-986-6707

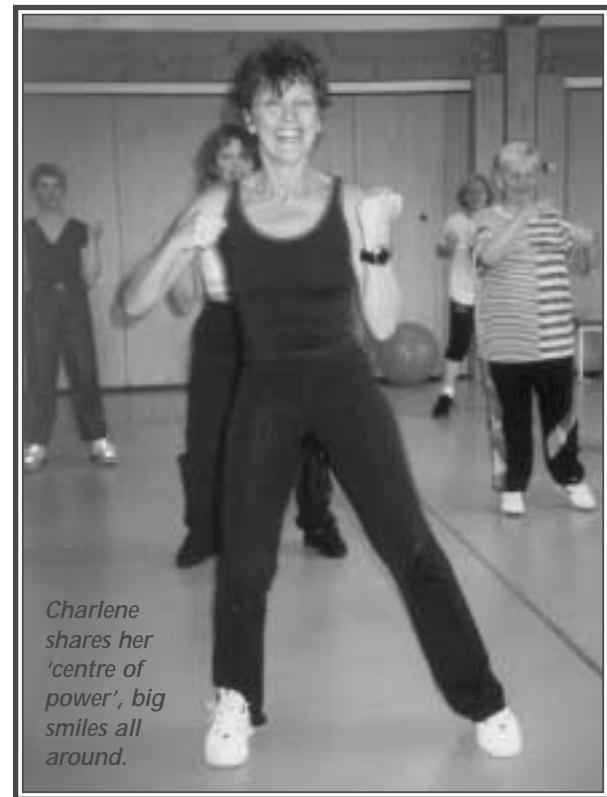
Aqua Kick Box arrives in Australia

November 17, 2001

Ravenswood Girls School, Sydney
to register phone 011-613-9740-7799



*Aqua Kick Box session in Germany, Spring 2001
hosted by Kneipp & Andrea Pielen*



Charlene shares her 'centre of power', big smiles all around.

Some hints about Aqua Jogging or Water Running which will make your water workout more worthwhile.

First of all, you must use the correct flotation belt. How do you know if you have the right belt? Try the 'specific gravity test'. What's that? Put the belt on, secure it, so that it does not 'ride up' and remains in place at your waist. 'Stand' in deep water, put your arms at your side and do not move. If you sink such that the water is higher than shoulder level, then you do not have enough buoyancy in the belt. You need more flotation and there are ways to do that. Buy a different belt or a float to add to the belt you are currently using.

Why bother wearing a flotation belt or flotation vest. If you do not wear extra flotation your movement patterns will be compromised. Range of motion will be decreased and improper running form will occur because you will be focused, on keeping your head above water rather than on maintaining proper running form with the correct cadence to attain a target training heart rate or rate of perceived exertion, to meet your training goals.

Want more information, attend a course or purchase a manual from CALA, Call 1-888-751-9823 or 414-751-9823 or email cala@interlog.com

Water Running Specialty Course in Ontario

October 21, 2001

University of Guelph, Guelph,
to register phone Pat Richards at
519-824-4120 ext. 2742

Water Running arrives in Australia

November 18, 2001

East Keilor Leisure Centre, Melbourne
to register phone 011-613-9740-7799

The creative juices are flowing and water fitness enthusiasts everywhere are benefiting! 2001 marks the launch of Aqua Spinning. With 6 different aqua cycling positions and 18 variations on each position, the variety is endless.

Contrary to popular belief, you do not need a bike to cycle in water. So how does it work? Get yourself outfitted in a good quality flotation belt that will keep you afloat comfortably, and get into deep water! Charlene Kopansky, the creator of this concept, feels a strong affinity for the Triathlon aqua spinning position she dreamed up. Having com-

peted for 5 years in various triathlons, she knows what it takes to finish the cycling leg of a triathlon. So how do you simulate this position in water?

Charlene says to add a noodle to your set of equipment. Assume a semi-prone body position, using the belt to stay afloat and holding the noodle in your hands. Create a "u"-shape with the ends of the noodle facing away from your face. Rest your forearms on the noodle and hold on, close to the ends. Now imagine you are on a triathlon course. Activate your abs, and triceps to stabilize your torso, arms, and shoulders. Start the cycling action with your legs, and push down on the noodle, with the right leg cycles and pull up on the noodle when the left leg cycles. If this is too fast, use two counts (right and left leg cycle) to press down on the noodle and then two counts to pull up. The noodle is not supposed to move a great distance. The movement is subtle, but the work of the body to maintain a stable position is potentially huge! So abs, legs, back and arms.... hey! the total body, get ready for a workout.

For more Aqua Spinning positions and their variations, attend a CALA workshop, or host one at your own facility.

Aqua Spinning arrives in Alberta

November 5, 2001

Westside Regional Recreation Centre,
Calgary, to register phone 403-531-5875

CALA would like to use email
more often and try to decrease
our use of paper!!!

Let us know your email address.
We also need to know if you have
a new email address!

Include your name when you send
us your email address:
cala@interlog.com

Thanks

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*Water Running!
Getting tested using
Cadence, Heart Rate
and Perceived Exertion.
U. of Stellenbosch,
South Africa.*

CALA CONFERENCE 2001

Etobicoke Olympium, Toronto, Ontario

What happened!

Aqua Kick Box by Donna Reeves:
"I will use the moves immediately, this teaching style allowed me to learn and retain the information".



"Keep this session for next year."
"Have delegates bring in their facility brochures for sharing."

Aqua Spinning by Charlene Kopansky:
"I found the pool noodles gave me a great upper body workout". "I loved the 5 key spinning positions and the relationship between land and aqua spinning". The tri-bar, recumbent and semi-prone positions were great". "I had to be convinced that there were creative ways to teach cycling in the pool - ho-hum - You convinced me"!!

Diaper Fit by Jennie Queen:
"Working with the flotation seats with bouncing babies in them was a real treat." "This was one of the happiest, best CALA workshops I have attended, Jennie oozed confidence."

Aquafitness for Fibromyalgia by Connie Jasinskas:

"Fresh, detailed, positive, and humourous." "Postural tips & practical tips about the frozen water bottle, being empathetic & supportive, go slow, keep positive, watch & listen to your clients in their class". "Watching and listening to Connie, reminds me why I do what I do and love what I love."



new ones." "The handout was excellent".
PS. Connie was gracious to fill in for this session, as the original presenter had a family emergency. Thanks Connie for helping us out!

Intensity Plus by Gemma Guilford & Pat Richards:

"I liked the way the moves were taught slowly with full ROM and then the SOM was increased and ROM was maintained." "The info on fast twitch muscle work and relating land to water was super." "I loved the high energy for the last session."

Water Yoga by Sigrid Igels & Monica Cordes:

"Having two instructors was beautiful, total mind, body and spirit, and I loved the noodle work, the trust factor, the stillness of the water equals the calmness of your mind".



180 Degrees of Deep by Jennie Queen:

"Interesting doing jumping jacks away from the standard vertical position." "Simple concept, easy to follow and integrate immediately into classes."

Water Running by Gemma Guilford & Pat Richards:

"As a current non-runner, I would consider starting water running myself. It is nice to have the sports perspective in Aquafitness". "My Iron Man training will improve dramatically". "I loved the tethering with a bungy cord". "To experience the physical process of an increase in cadence was awesome".

Energy Circle Tai Chi by Dylan Harries: an early morning land session, outdoors, in the warm sunshine on a grassy knoll.

"This was my first Tai Chi experience, and I had the opportunity to close my eyes and experience the solitude, breeze of the wind, sun on my face, and of course, the movements themselves while breathing effectively. Dylan was excellent."

Healing Waters by Connie Jasinskas:
"Great ideas; most relevant - awareness of limitations & do's and don'ts...". "Realized the fragility of clients & how important it is to know what will harm them". "Loved the case studies!"

Programming - The Best Aquafitness Program by Dylan Harries and Jennie Queen:

Boot Camp - The Original Navy Seals by Dylan Harries:

"The energy that Dylan shares is amazing, I loved the balanced workout and intensity drills. This

was definitely a true aerobic workout."

Hydro Yoga Tai by Dylan Harries:

"This workshop screamed at my weakened spirit and has been an excellent catalyst to return me to my lost roots and renewed health. What's not to like, this session was amazing." "I had chills running through me during the water session, and I know it wasn't the water temperature. The energy in the pool was wonderful."



Lateral Training by Annatjie Goedhals:

"A very pleasant and patient presenter." "An excellent handout." "How to think outside of the standard movements and manipulation of the standard moves was very interesting."



Fun Focus- A German Perspective on Older Adults by Andrea Pielen:

"This was a fantastic end to the day. Her enthusiastic attitude and her organized session made us think, laugh and exercise all at the same time. A very friendly atmosphere."

A Living Program for Older Adults and the Frail Elderly by Karen MacDonald:

"I loved the sharing of ideas in the group work and the development of guidelines based on real experiences. A session in the pool to see Karen in action would have been helpful."



Personal Training: The Business by Wendy Kennedy:

"Great tips and ideas on advertising and marketing and how to run a PT business." "We can benefit from her frankness about her mistakes." "A beautifully condensed version of a 45 hour course."

Personal Training: Case Studies by Wendy Kennedy:

"A lot of creative and practical ideas." "I wish the session could be longer."



Stretch by Line Marr:

"The whole thing was fabulous! The stretches were all safe and fun." "I have never done Yoga, it was so wonderful." "Do this every session to begin each conference day."

PS. Line was gracious to fill in for this session, as the original presen-

ter had a family emergency. Line presented what she was comfortable with, hence yoga took the place of a pure stretch class. Thanks Line for helping us out!

Aqua Motion by Line Marr:

"The pool session where the LAPS principle was applied was great! "I was reminded that I can incorporate more suspended moves in shallow water." "Line effec-

tively linked the theory and the practice, with energy and humour. Her non-verbal cues were clear and crisp and asset with such a large group. Very professional."

Top Deck by Line Marr: "I have enjoyed every class attended where you have instructed with such great knowledge and experience not to mention your humour. Thank you." "Line was really on 'her game', a real professional in the making!"

Aqua Absolutely by Charlene Kopansky:

"FANTASTIC! I loved the masking tape idea and the oblique work." "I particularly liked the real life stories because it linked the 'anatomical' to the 'actual living experience'." "Move to New Liskeard, we have sheep shearers up here." "An amazing abs and back class. Awesome combos, you really can feel the abs and back work." "Loved the 'ha ha ha' idea."

Aqua Africana by Charlene Kopansky:

"This class reminded me that we can just enjoy moving in water to wonderful music" "The music and moves were incredible to watch and feel - I 'm in

awe." "The spiritual engagement, I have never experienced to this extent before in an aqua class". "Speechless!" "It cleanses the soul to take Charlene's classes." "Like I was in Africa for 45 minutes. My mind was so clear and my body just flowed with the moves." "The real stories from Africa together with the music and movements - incredible!"

I am so proud of the time that CALA conference delegates took to give valuable feedback on each and every session, on the presenters and on the facility. I have personally read every single piece of feedback and summarized it for each presenter, highlighting the areas that need a bit of work and the areas in which they shine. Following is an example of the depth of feedback I received.

Charlene R.

"This is the third time I have taken this presentation on Aqua Abdominals. I get something more out of it every time. It's the building block of everything I do (or try to do) in my classes. When I went to university at the ripe old age of 27 to take my degree in Meteorology, I took a remedial math course. It covered all the basics of geometry, trigonometry and algebra. I used the hand outs from that class, and the knowledge, through 4 years of math and physics at university, including graduate level atmospheric physics courses. To me, the aqua abs workshop is like that remedial math course. It's something I keep going back to again and again. It's the basic, core fundamental I use to build my classes. It's also, if I had to choose just one thing



(gift?) what I would give my class participants, an awareness of where their abs are, and how to use them effectively in day to day life.

I have gone to a lot of different countries to give presentations on my specialization, sea ice forecasting. I get to stand up in front of a room full of (primarily) men and tell them stuff. And they listen. They listen for two reasons:

1) I really do know what I am talking about. That comes from years of study and work.

2) My body language is confident, and I appear calm, relaxed and centred. That comes from CALA, and Aqua Abs.

I just wanted you to know how important this has been, and will continue to be for me."

Sharon Jeffers, Ottawa, Ontario, CALA certified, CALA Conference 2001

Post conference tidbits - the energy and enthusiasm continues to flow!

"I thought you'd like to know: I am doing a special night, October 1st of African Aquafit. I don't normally teach Monday nights anymore, but am hoping to get that night filled with interest in "special" programs. I thought the African CD and the moves I learned at the convention would be a good enticement. I have a lot of interest from all ages, so far and men included!! If this works and is successful, I will try it about once per month until I can secure that night on a weekly basis for such things as Tai Chi and Yoga moves too."

Cathryn Henley, Montrose, British Columbia

RECOVERING FROM THE IRON MAN

An interview with Craig Pepper, University of Stellenbosch, South Africa, April 2001
by Charlene Kopansky, President and Founder of The Canadian Aquafitness Leaders Alliance Inc., BSc. H.K., B.Ed. P.H.E., Sc.

The Initial Contact:

I met Craig Pepper in the front foyer of the Sports Science Building, University of Stellenbosch. He was anxiously awaiting my arrival in order that he could receive his CALA Aquatic Rehabilitation Certificate, which would acknowledge the fact that he had met the theoretical and practical requirements of a course he had competed in August of 2000. I knew the moment I met him that he was both focused and driven. I could read it in his piercing green eyes and confident body posture. He appeared to be in a hurry and explained that he was on his way to do some training for the Iron Man he would run in less than three weeks.

The Next Contact:

I met Craig again on Sunday March 25, at the Water Running and Aqua Jogging Specialty Course hosted by the University of Stellenbosch. By early morning, Craig had completed his final long cycle before the Iron Man event. Although keen to learn about the biomechanics of water running in order to utilize this form of training for his post Iron Man recovery, Craig fought off the urge to sleep, which often ensues after months of endurance training, and pre race jitters. At the end of the day, following the course, Craig reconfirmed his desire to use Water Running as an important training component in his maintenance of fitness. The key factor that attracted Pepper, was the non impact environment. We agreed to meet post race.

After the Iron Man event: The interview -

Just a little background on Craig Pepper:

Craig is currently enrolled in third year, Sports Science at University of Stellenbosch with the aim of continuing his fourth and fifth year in Biokinetics. This is an Honours Program which includes one year of study plus one year of internship. In order to get into the program, you must have the grades, among other criterion. Craig has been a fitness fanatic as long as he can remember. He was a member of the parachute regiment in the Pathfinders. His stint in the army saw him sky diving including free falling. All of this type of activity requires a high level of fitness.

Craig completed 2, "Two Ocean" races in 1998 and 1999. A 56 km ultra marathon, this course is thought to be 'one of the toughest' and 'one of the most

beautiful races' in the world. It is a hilly course with unbelievable views. Participants run over Chapmans Peak alongside Table Mountain and have the opportunity to feast their eyes on both the Indian Ocean and the Atlantic Ocean and to see the alleged place where the two oceans meet. This run attracts between 9,000 and 12,000 runners many of whom are foreigners. The beauty and the challenge are a big part of the attraction.

Craig, among many others, considers the Two Oceans to be more difficult than another race in South Africa, called the "Comrades Ultra Marathon". This event is 90 km. Craig says, "It is the qualifying times that make the Two Oceans more difficult. The Comrade Race has a cut off time of 11 hours in order to earn a bronze medal, whereas the Two Oceans qualifying time is 6 hours for the bronze medal."

When asked why he completed the "Two Oceans" twice, Craig replied "It was just the challenge of the ultra marathon distance."

Once he successfully competed the Two Oceans, he was looking for something more. After reading a variety of Triathlete magazines and articles on the Internet, Craig decided it was time to try the Iron Man. He did it because "it was there, much the same as the reason that Hillary climbed Mount Everest.. it was there and South Africans love endurance events."

"Since 1994, the Iron Man has been a goal in the back of my head. I made it an official goal, last July, 2000, after the school holidays. At that time I set two goals for myself... to come in the top 10 of Sports Science Students in my year and to complete the Iron Man." Craig has achieved both goals.

When questioned about the training for the Iron man Craig replied, "I already had a base, because my life has involved constant training. That training over the years has included mainly cycling and swimming. I had knee problems that made me avoid too much running. However, once I started training for triathlons my knee problems disappeared." In spite of the fact that Craig was doing at least three times the volume of training, the knee problems subsided. When questioned about the knee problems Craig explained he had a serious condition called chondromalacia (abnormal softening of the cartilage) in his



IRON
MAN
-
SOUTH
AFRICA

left knee and an injury resulting from a "knee burst" in the right knee. The "knee burst" occurred when landing from a parachute jump. The skin above and below his knee cap was ripped open. Craig reckons his fitness level at the time of the accident, is what enabled him to rehabilitate so successfully. Since that parachute accident Craig has done one "Two Oceans" race, a marathon, many triathlons and the most recent Iron man.

When asked if he has a high pain tolerance, Craig replied, "I will train through pain, like a stitch, but will not continue to train with an injury if it is going to cause problems. Because I have been studying Sports Science, I feel I have a good background to decide when to decrease my training. I have also had the benefit of the advise of the Biokineticists at the school. In spite of doctors recommendations to get surgery for the chondromalacia, I decided to use the 'McConnell method' to strap my knee cap so that it was rotated medially. It took about two months to rehab the knee. I had to strengthen the vastus medialis, by doing exercises with an outward rotation at my hip. I performed a series of exercises that included seated squats, leg extensions. A biokineticist designed a specific program for me to strengthen the vastus medialis and all the muscles in between. It was super successful."

Training Insight:

Craig did shorter distance triathlons from September until the end of October, 2000. He completed about 6 short courses (750 swim, 20km bike, 5 km run). He now finds the pace of those short courses too fast for him.

After the short triathlons he went back to build a base. He started doing long distances, especially cycling and swimming. Still wary of his knees, he did not do excessive running. Sample training distances included about 15 km of swimming; 60 km of running and 400 km of cycling each week. This was LSD training (long slow distance, in a comfortable aerobic training zone). In February, 2001, Craig started to decrease the distance and improve the quality of training. He put more focus on training in the high end of his aerobic training zone and the low end of his anaerobic training zone. Craig determined that his max for aerobic training was about 165 bpm. So during this 'quality training focus', he would push his heart rate to about 175 bpm. Craig used 'hill repeats' in running; and had a favorite, 5 km climb, cycling up 'Hels Hoogste', which is a 'mountain pass' in Stellenbosch, South Africa. This mountain pass includes a very steep climb and is a great challenge. Craig would usually do this cycling at least once per week. He started with two 'repeats' (going up and down the hill twice) and built up to 5 repeats with a goal to keep the uphill time under 16 minutes. Craig did this cycling training alone on a Friday.

Saturday and Sundays involved training with a group. This was LSD training and allowed social time for interaction with fellow Iron man competitors. Saturday morning included a run of about 25 km and an open water (ocean) swim in the afternoon of about 3 km. Sunday involved a group cycle of about 160 kms, "just to put time in the saddle".

When trying to decide on how to train, Craig looked at a variety of programs from different sources. He really did not know what to expect, so he just designed a training regime according to what he felt would suit his body. Craig did not do track work, instead he did trail running with intervals. The hills and mountains in and around Stellenbosch provide ample opportunities for some awesome training in a beautiful setting. Although, the Iron man route he completed on March 31, 2001, was a flat route, he trained hills for strength and low end anaerobic conditioning.

So what did Craig eat to fuel all this training?

When asked about nutrition, Craig responded, " I started eating properly in October and November. My weight dropped about 10 kilos in 6 weeks, due to the training and eating. I reduced my intake of beef to about once per week. Veggies and fish were the main foods in my diet. I ate lots and lots of potatoes, because I am not really a lover of pasta."

Craig continued, "I did not carbo load before the race. I am not a big believer in carbo loading. It doesn't help to be 3 - 4 kilos overweight at the start of an Iron Man. I was about 1 kg over my training weight before the race start and concentrated on my nutrition during the race."

During the race, Craig felt he learned some big lessons, he commented, "During the cycle, I drank an anti lactic acid drink and ate small amounts from energy bars constantly. I avoided drinking too much while cycling. While running, I ate lots of bananas and drank lots of water. During previous races, I did not eat or drink a lot. I believe that may have been a mistake."

What other things did you do to prepare for this Iron Man besides training and changing your eating habits?

Craig treated himself to a massage once per week. The massage focused on stretch and flexibility. The therapist checked on the muscles, looking for pressure points. Craig had to focus on keeping his quads and calves stretched. The massage therapist did a great job of "rubbing out the problems in his muscles". Craig feels that he was able to prevent injury by insisting on weekly massage. Craig recalled, "One day, I ran with a pair of Nike MX Triaxis, that had collapsed." "The peroneus longus muscle seized up and created a huge knot under the malleolus." (malleolus: a rounded prominence on either side of the ankle joint, at the lower end of the fibula). "The massage therapist rubbed out the knot."

The massage therapist was also a trained physiotherapist who closely looked at the balance amongst Craig's muscles. Through this evaluation, it was determined that both his quads and gluts were too tight. The physio prescribed exercises to strengthen the hamstrings and calves. Within one month of doing the prescribed exercises and focusing on muscle balance, Craig ran a 'PB' (Personal Best) for a 5 km time trial. In fact he decreased his time by 5 minutes.

Craig opted for deep massage once per month.

Although he found these deep massage sessions painful, he exclaimed that his body felt great afterwards. It seems that the harder the therapist pressed, the louder Craig would laugh, 'giggling like a school girl', *of course there were lots of raised eyebrows as he walked through the waiting room following the session.*

So how did you convince yourself to keep with the heavy duty training? And what prevented you from giving up during the Iron Man?

The psychological side to an Iron Man is terribly important. Craig confirmed this emphatically. Craig called upon Professor Justice Potgieter, the Sports Psychologist for the South African team at the Sydney Olympics and Dean of the Sports Science Department at Stellenbosch University. Professor Potgieter asked Craig to identify a race in which he had felt successful. He then encouraged Craig to think about a race, in the same sport, where he had felt in control and strong. He asked Craig to try to concentrate on the feelings he had during that race... and to develop a word that he could use when he was feeling down. This word was meant to make Craig feel 'in control' and relaxed during the Iron man. Craig chose the word 'paratrooper' as his 'power word'.

When preparing for the Iron Man, Craig had covered all his bases with regard to the physical requirements of the race. However, his mental preparation was a different story.

Along with the 'power word', Craig also did a relaxation session with the professor. According to Craig, the session was incredible. Craig commented that "Justice got me to relax, something that I had not been able to do for the three weeks before my race. Everyone kept asking, are you ready?". "People don't realize that there is not much you can do about being ready, in the last few weeks." Although Craig liked the fact that people were concerned about his readiness for the Iron Man, he found the questioning rather unnerving. Another source of stress was school! Craig found that while studying for tests, he was unable to go out and train as he would have preferred. (*Oh the life of a focused athlete!*)

Race Day Recollections:

The mental aspect of completing the Iron Man

became abundantly important on race day. As the day progressed the race became increasingly more difficult due to the arrival of what is known in South Africa as "the black south-easter". High winds of up to 100 kms an hour actually blew some people off of their bikes. Craig felt his legs being pushed out from under him while running. Due to high winds, race officials did not allow the use of discs in the wheels of the bikes.

Craig described some of the things that went through his mind during the race. He would have an argument with the wind, "Is that all you got?" "I do not expect anything but the best from you", (referring to the wind). His self talk included, "When I finish, I can be proud that I endured all the elements that were thrown at me." "I can beat the elements". "I will beat the wind."

During the first 22.5 kilometers, the conditions were hot, dry and windy. The next 22.5 km were rainy and cold. Many people were dehydrating while on the 180 km cycling portion of the race. They had to be pulled off the course, by officials who were on the look out for the signs and symptoms of dehydration. As the cycling route involved four repetitions of the same route, it was easy for officials to monitor the participants.

Post race comments:

Craig said, "After the ultra marathons, my body would feel very sore and stiff, after the Iron man, I did not feel stiff or sore, I just felt tired." Now, one week post Iron Man, Craig still feels his body is fatigued. He plans to avoid impact training for a period of two months. During this period he will Water Run, do some weights and try aerobics, (which he says with a smile, doubting his ability to coordinate the arms and legs while moving to music).

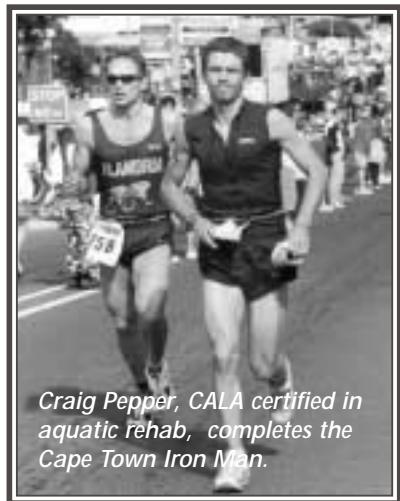
Thanks to:

Craig would like to thank the following people for contributing to his successful finish.

Benita van Zyl: "the physio that got my body back on track".

Francois Retief: "the massage therapist who kept me injury free - it was painful but purposeful!"

Libby Burrel: "for advise on the Iron Man event, what to look for and what to do."



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

WELCOME TO THE MARCH ON WATER - A SILVER SPLASH EXTRAVAGANZA!

by Marg Stewart, CALA & CanFitPro certified

Marg Stewart has been teaching group aquatics for 10 years with Goodlife. Marg is currently the coordinator of a very successful Aquatics program; as well as Group Exercise Coordinator, Instructor and Personal Trainer. Marg is most proud of the Aquatics program that facilitates a 'Can Do' attitude - EVERYONE can do it - EVERYONE can benefit from it! Following is an introduction to "A Silver Splash Extravaganza" class that Marg teaches including an exciting warm up.

Introduction

We have a very large group of older adults that participate frequently in our Group Aquatics program. They are an extremely dedicated, energetic, social group that have voiced that they need classes that are geared towards them. In working with them over the past two years I developed the "Silver Splash" program and discovered that the music is what creates the perfect atmosphere in which they will challenge themselves to work, while still having fun. The day I first used the 'Marching with the Masters' cassette tape, I could not believe my eyes; their energy increased one hundred fold! Laughing and singing along to the music that was so familiar to them, they worked harder for a longer period of time without even realizing it; proving that attitude is everything! The participants later expressed to me the difference they felt in their workout and pleaded to have the tape on a regular basis.

Our pool is chest deep from end to end; and kept at a very warm 84 to 86 degrees (Fahrenheit), (unless the heater is on the 'fritz' and we have to improvise and make changes to class design somewhat). The pool holds a maximum of 19 people. This Master Class is designed to suit the 'Moving with the Masters' cassette tape, and is 45 minutes in duration.

The goal of the class is to provide a longer warm up (7 1/2 minutes) that includes the CALA base moves, in order to prepare the participants for the workout which lies ahead.

The cardiovascular component (28 minutes) consists of the repetition of the base moves they need (as expressed by the participants) without the quick change choreography that is found in our "Aqua Works" classes. The cardio section includes a variety of movements to create muscle balance, and challenges participants to modify their own workout by using the various resistance (slice, fist, flat hand, long lever) and buoyancy (light bounce, anchored, propulsion and suspension) options. The goals for the cardio section are:

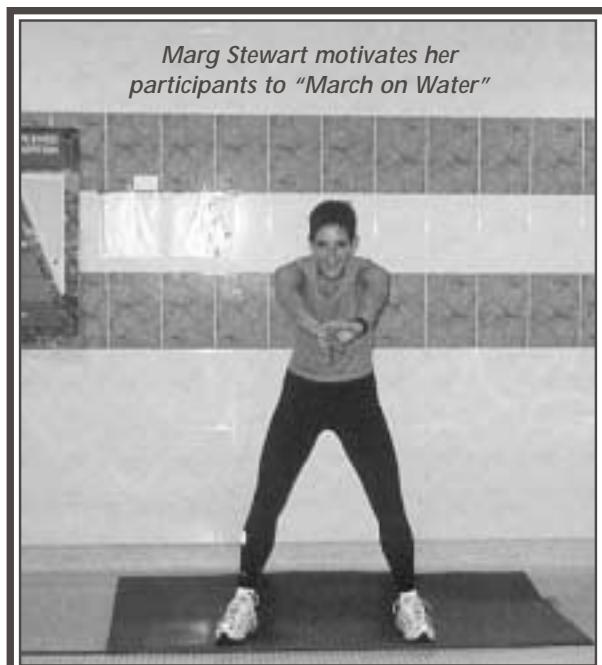
- 1) to elevate the heart rate up to a steady state with a perceived exertion that they are working fairly hard (5-7 on a scale of 1-10 perceived exertion) and,
- 2) to maintain the feeling of working at this rate of perceived exertion for the duration of the cardiovascular section.

The muscular strength and endurance component (5 minutes) focuses on core strength (I vary the focus from class to class, but a focus on abdominal strength and stability is a favorite among participants). The pool is very warm so we are able to slow down at this section, and use the natural resistance of the body to functionally train the core muscles. I have found that this attention and time spent training the core muscles also helps the members to improve their performance in the water on a regular basis, enabling them to stabilize themselves more efficiently.

The stretch and relaxation component (5 minutes) is designed to give the participants time to recover from the cardio and muscular conditioning (the workout) phases. I emphasize lengthening muscles to improve flexibility and relaxing the mind to decrease and release stress. Everyone is encouraged to continue their stretch either in the hot tub, or shower (depending on their balance, as some use canes) and to attend land based classes such as our "Beginner Yoga" and "Fish Out of Water" for cross training benefits AND THAT'S ALL SHE WROTE! :0)

Following is a list of common cues that I use in my classes with a legend that I use so that I save myself time when planning and recording my class design.

Marg Stewart motivates her participants to "March on Water"



Key to Common Cues

- * pp: Power posture : long neck - brains over body (chin retracted), long spine, activated abdominals, level pelvis, open chest, shoulders down and shoulder blades to spine, ZIP IT ALL UP!
- * uj Unlocked joints
- * tbh: Toe ball heel landing
- * b: Breathe
- * T: create a lot of turbulence (white water) around you

Resistance cues:

- * S: slice (easy)
- * FF: fist or fold (intermediate)
- * F: flat (advanced)
- * CH: choose a hand position that best suits your fitness level and needs
- * pf: plantar flexion, gently point the foot
- * df: dorsi flexion, gently pull the front of the foot towards the shin
- * CF: choose a foot position that best suits you
- * sl: straight lever, long lever
- * bl: bent lever, short lever
- * CL: choose a lever length that best suits you

Impact (level) cues:

- * L: light bounce (high or low intensity)
- * A: anchored (high or low intensity)
- * P: propulsion (high intensity - higher impact)
- * CI: choose an impact level that best suits your needs - modify the intensity and level of impact to fit your needs

Note: I always allow the members to modify their range of motion, hand position, impact and lever length. I cue the action, show my preference and then remind and/or show the options. This gives them permission to protect themselves from injury or to work out harder or relax in the class.

These cues can be found in the choreography, bracketed following the tempo cues.

THE WARM UP

- * Please note the subtle changes in leg work followed by upper body; this group prefers repetition and slower, subtle changes as opposed to complex choreography.

Music: 'Movin With the Masters':

Songs for Warm Up:

The Thunderer (123 bpm)

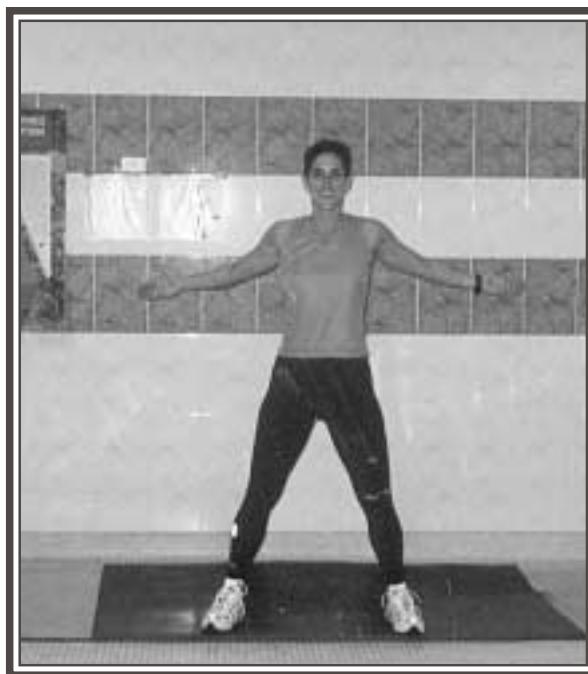
The Washington Post (123 bpm) in part

Total time : approx. 7 1/2 minutes

The Cues: pp, tbh, uj, b, S, L * Remind consistently throughout warm up

The Moves: The Tempo: The counts: The specific cues:

- *n j'om / alt n fwd elb flxt T x 32 counts*
- * cue focus on pectorals and traps, biceps and triceps, warming up hip flexor and lengthening through gluteals
- *n j'om / alt n fwd elb flxt 1/2 T x 16 counts*
- *n j'om / alt n fwd elb flxt T x 32 counts*
- *n j'om / alt n fwd elb flxt 1/2 T x 8 counts*
- *w j'om / alt n fwd elb flxt 1/2 T x 8 counts*
- *w j'om / alt h tzn 1/2 T x 16 counts*
- * cue shoulder blade squeeze to keep elbows at chest height and elbows pointing out to sides - activate biceps and triceps, open up through hip
- *w j'om / alt h tzn T x 32 counts*
- *w j'om / alt h tzn 1/2 T x 8 counts*
- *glut max j'om / alt h tzn 1/2 T x 8 counts*
- *glut max j'om / alt fr ww 1/2 T x 16 counts*
- * cue keep elbows fixed just below shoulder height - flex at elbow and reach hands alternately to ribs - shoulder blades down and back, warming up gluteals, keeping hips turned out
- *glut max j'om / alt fr ww T x 32 counts*
- *glut max j'om / alt fr ww 1/2 T x 8 counts*
- *w ham j'om / alt fr ww 1/2 T x 8 counts*
- *w ham j'om / alt tri kbk 1/2 T x 16 counts*
- * cue elbows fixed pointing straight back, upper back long, focus on elbow extension - warming up triceps, hamstrings, lengthening through quadriceps
- *w ham j'om / alt tri kbk T x 32 counts*
- *w ham j'om / alt tri kbk 1/2 T x 8 counts*
- *x ski / alt tri kbk 1/2 T x 8 counts*
- *x ski / uni x ski arms 1/2 T x 16 counts*
- * cue focus at shoulder joint reaching forward just below surface of water and back, warming up shoulder and hip joints
- *x ski / uni x ski arms T x 32 counts*
- * cue shorter range of motion
- *x ski / uni x ski arms 1/2 T x 8 counts*
- *jj / uni x ski arms 1/2 T x 8 counts*



- *jj / uni jj arms 1/2 T x 8 counts*
- * cue focus on warming up shoulder and hip adductor and abductors
- *jj / uni jj T x 16 counts*
- * cue shorter range of motion
- *jj / uni jj 1/2 T x 8 counts*
- *n swivel / alt hi tzn 1/2 T x 16 counts*
- * cue abs tucked, no twisting from waist - but swivel entire torso, protect lower back by avoiding over turning
- *jj / uni x fr jj 1/2 T x 4 counts*
- *n swivel / alt hi tzn 1/2 T x 8 counts*
- *jj / uni x bk jj 1/2 T x 4 counts*
- *n swivel / alt hi tzn 1/2 T x 8 counts*
- *jj / hug n sqz 1/2 T x 8 counts*
- * cue focus on pectoral and shoulder activation (hug) and upper back activation (blade squeeze)
- *n ham j'om / uni hh 1/4 T x 8 counts*
- * cue preparation for n ham tk for next round - both legs hamstring curl in unison - no need to jump, just squeeze hamstrings and curl together / member may choose to continue alternate curls instead (we will be using this move in work phase)

- *jj / hug n sqz 1/2 T x 4 counts*
 - *n ham tk / uni huh 1/2 T x 4 counts*
 - *jj / hug n sqz 1/2 T x 4 counts*
 - *n ham tk / uni huh 1/2 T x 4 counts*
 - ***n swivel / alt hi tzn 1/2 T x 8 counts*
 - *jj / hug n sqz 1/2 T x 2 counts*
 - *n ham tk / uni huh 1/2 T x 2 counts*
- ** Repeat 3 times

Show neutral move (n move) to be used in work phase: Feet together, tiny hops on floor of pool (tbh) or pulse squat without lifting feet from pool bottom (A). Upper body is either uni br strk or uni rev br strk as indicated.

While I am demonstrating 'n move' I ask them if they're ready to MARCH! I let them know that we are heading into the work phase (they want to know this especially); and explain the different hand positions and LAPS options.

Stay tuned for the workout phase of Marg's class in the next issue!

DO YOU KNOW WHEN A PARTICIPANT IS HAVING MEDICAL PROBLEMS?

by Patsy Parker, CALA Certified, Alberta

Many people often have difficulty in recognizing participants who may be experiencing medical problems. Even participants themselves may not know when they are having a heart attack, stroke or another potentially serious medical problem!!!

Heart Attack and Angina Attack:

The signs and symptoms of heart attacks and angina attacks vary widely. However, the most common symptom (what the participant will tell you) is denial. Often, the person who is experiencing a heart attack or angina attack will insist that the pain or discomfort is just indigestion and that the pain will soon go away. It is important for the Aquafitness Instructor to be aware of potential medical problems which may occur while leading classes. Other signs and symptoms include:

- a) heavy feeling in the chest (this feeling may come and go);
- b) crushing or squeezing pain in the chest (the pain can be mild to severe);
- c) pain radiating to shoulders, arms, jaw or neck (men tend to have left arm pain, whereas women tend to have jaw and neck pain);
- d) pale, cool, clammy skin;
- e) nauseated feeling that may or may not cause vomiting;
- f) shortness of breath or difficulty in breathing.

A heart attack happens when one of the arteries that supply blood to the heart muscle becomes blocked. An angina attack shows the same signs

and symptoms as a heart attack. An angina attack is one of the first signs of heart disease. Heart attacks or angina attacks may occur when a person is:

- a) physically active;
- b) excited or under stress;
- c) exposed to cold; or
- d) has eaten a large meal.

How to react if you are confronted with a medical emergency during an aquafitness class:

- *Stop the class, notify lifeguard, assist participant to side of pool, (DO NOT ASSIST THE PARTICIPANT ALONE, YOU COULD SERIOUSLY INJURE YOURSELF IF YOU DO!!!)*

If a participant exhibits any of these signs or symptoms, stop your class immediately and contact the lifeguard. Assist the participant to the side of the pool. DO NOT have the participant get out of the pool on their own (i.e. ladder, etc.). This participant must be removed from the water with the use of a lift or spine board. (The physical effort to get themselves out of the water may cause the participant to go into a full cardiac arrest.)

- *Determine if medication is at hand.*

Ask the participant if they have ever experienced this type of pain before and ask if they have medication for the pain.

- *If medicine is available, assist participant with use, following directions.*

If a participant has previously had angina attacks, a medication called nitroglycerine will have been prescribed for them. Assist them with their medication according to the directions.

- **Call Emergency Medical Services if pain persists.** If the medication does not relieve the pain within five minutes or if they have never experienced this type of pain before call emergency medical services or 911.

Note: As long as the participant is conscious and has a pulse, CPR is not required.

Get to know your participants. Par-Q forms are an excellent source to identify people who have a prior history of medical conditions that may occur in your classes. Know the risk factors for cardiovascular disease. People who are at a greater risk of cardiovascular disease:

- a) are smokers;
- b) have high blood pressure;
- c) are overweight;
- d) have diabetes;
- e) are physically inactive (*Watch for new participants in September and January. These are times when people who have been inactive may begin a new exercise program);
- f) have high triglycerides;
- g) are advancing in age; or
- h) have a family history of coronary artery disease.

While waiting for Emergency Medical Services to arrive, place the participant in the most comfortable position (usually a semi-sitting position), monitor them and stay with them until EMS arrives. Be available to assist the paramedics with the details about the particular activities that the participant was doing during the class.

Another potential medical problem that could occur in your class: Stroke or brain attack:

A stroke or brain attack occurs when the flow of blood to some part of the brain is blocked or when a blood vessel supplying the brain bursts. The people who are at great risk of a stroke are the same as those who are at risk for heart attack and angina. Signs and symptoms of a stroke or a mini-stroke (Transient Ischemic Attack) are:

- a) visual problems;
- b) slurred speech or difficulty speaking;
- c) dizziness;
- d) tingling or numbness of the face, arm or hands;
- e) feeling weak, heavy or clumsy on one side of the body;
- f) difficulty understanding speech;
- g) unsteadiness or a sudden fall;
- h) severe headache; or
- i) loss of consciousness.

How to react, what to do:

- **Call Emergency Medical Services**

These symptoms may last a few minutes or hours. It is very important to get medical attention right away. Call EMS immediately.

- **Stop the class immediately, notify the lifeguard, assist participant (DO NOT ASSIST ON YOUR OWN!!!)**

The Aquafitness Instructor should stop the class and notify the lifeguard. The participant may need assistance out of the pool.

- **Place patient in a comfortable position.**

While waiting for EMS, place participants on their affected side, keep them warm and reassure them.

In summary:

As an Aquafitness Instructor on the deck, it is easy to monitor your class and to note any signs and symptoms. If a participant gets out of your class early or during class, be sure to discreetly find out if they are feeling okay – you may save their life.

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a fantastic Canadian magazine that features articles on aquafitness!

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WORKING WITH OLDER ADULTS

By Andrea Pielen

If you are an instructor of older adults, it is important to be aware of the specific needs of this very special target group. My work with older adults for many years has been fulfilling. The University of Saarbruecken, Germany conducted a project about older adults over the last 2 years. Older adult participants were asked about their expectations with reference to a training program.

The most significant responses included the following:

- 1) to become more flexible,
- 2) to improve mobility; and
- 3) to increase range of motion.

Other responses included:

- 4) to have fun,
- 5) to enjoy the movements, and
- 6) to prove to myself 'what I am still able to do'.

With regard to the social expectations of participating in a training program the responses were as follows:

- 7) to work out with others, and
- 8) to make contact with other people.

Another interesting question in this research project dealt with the expectations that older adults had with reference to the instructors in the training program.

The most important instructor features included:

- 9) a high level of qualification,
- 10) a varied and diverse training program, and
- 11) being well-prepared.

When analyzing the responses to various questions, the study revealed another important aspect: the older the group questioned (that means over 65) the more the preferences shifted and this older group wanted:

- 1) to be encouraged,
- 2) to develop more self-motivation to be physically active, and
- 3) not to be over challenged.

Listening to the different topics dealing with older adults at this year's CALA Conference in Toronto, I noticed that instructors are finding it very challenging to cope with age-related attitudes. A predominant question emerged at the conference:

How can I make older adult participants feel more comfortable with physical contact in an aquafitness class?

Sensitivity and skill are required to encourage comfort with touching others in class.

It is important to find out why some people refuse to touch others during partner work. There may be an underlying cause such as: a personal loss, disappointment or even abuse. Personality may affect a willingness to touch. For example, someone who is introverted, shy, quiet, living alone and/or feeling lonely may simply need to be given time and encouragement in order to be receptive to touch. They may have joined the class because they have decided to get out of their loneliness. As an instructor, you may be confronted with prejudice amongst participants. You may find yourself playing the role of mediator in the aquafitness setting.

*Andrea Pielen shows a different face during a beach based class - Punta Cana, April 2001.
Presenter: Older Adults, CALA Convention 2001*



Some practical ideas for instructors:

- Add fun activities like marching or jogging towards a partner, shake hands and introduce each other.
- Hold on to one anothers' hands and circle.
- Form a group circle, hold hands and jog first to the left for 16 - 32 counts. Stop and jog on the spot for 16 - 32 counts (to neutralize the current). Jog to the right for 16 - 32 counts. Jog towards the middle of the circle for 16 - 32 counts. Meet in the centre and raise hands together.
- During the stretch and relaxation phase: Form a 'lotus flower' in a circle: Every second person is standing, the others are supine, supported by their neighbours' arms on either side of them. The people who are standing walk in a big circle, moving to the right for 16 - 32 counts, stopping, then moving to the left for 16 - 32 counts.
- During the stretch - cool down phase of the class, integrate timid participants by asking everyone to stand in a circle, facing one direction, then placing their hands on the shoulders of the person in front and offering a gentle massage.

About the author: Phys. Ed. Diploma University of Saarbruecken, 1970-1976 National Coach Assistant at the Olympic Swimming Training Centre Saarbruecken, Aqua Convention Organizer in South West Germany. College teacher & Instructor in Fitness for 25 years. Specialist in Kneipp Health Consulting and Supervisor for excellence in fitness leadership and certification. Member of the curriculum development team for Phys.Ed. at Technical Colleges for the Ministry of Education Saarland. Healthy Back Consultant. Speedo and CALA certified.

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AQUA PERSONAL TRAINING - SOMETHING TO THINK ABOUT

by Wendy Kennedy, CALA Certified

I challenge each of the Wavelink's readers to think about the words "the fitness industry". What does classifying the world of fitness as an industry entail? Profits, losses, industrialism, economics... Yet, do most fitness instructors believe themselves to be entrepreneurs?

No, most are employees looking for work, pasting together paychecks from one class to another - and at the end of the year coming up with a grand total. Where are the business plans, any plans? Once we are certified instructors, most believe that everything then falls into place - jobs will come. Not always so. And being the new kid on the block can be difficult.

Diligence, talent, knowledge are all important asset, but what about basic business skills? Writing proposals, cover letters, having a professional portfolio, business cards, fliers, advertising, and becoming an entity rather than an individual.

The 2001 CALA convention was incredible, and the business for personal trainers seminar focused mainly on marketing an image. In 2002, we plan to offer more workshops that will help the 'employee', the 'self employed' or the 'contractor' who may be exploring how to stay on top of the market, how markets shift (particularly the fitness market), how to understand the competition and how to stake a rightful place in the fitness industry.



*Wendy Kennedy, Presenter -
CALA Conference 2001 - The
Business of Personal Training.*

WATER YOGA - THE BOW POSE

by Monica Cordes & Sigrid Igel

We would like to thank those who participated in our three hour Water session at the CALA Convention 2001 for their insightful comments, both verbal and written. Many of you found the relaxation, understanding of mind/ body awareness together with the detailed breath work most relevant.

We were uplifted by your show of warmth and enthusiasm for the material presented. It is our intent to emphasize the great importance of Yogic breathing and mindfulness as we continue to teach and expand our program in the water.

Today, we would like to introduce the Bow Pose. Like an archer stringing a bow, you use your hands and arms to pull your trunk and legs together to form a curve. Please note: This pose should only be attempted by intermediate to advanced students after a thorough warm-up. Using a noodle is essential.

How to do the Bow Pose:
Position a noodle under your belly. Lean forward lifting your feet off the pool



deep breaths, then exhale and gently release it. (If you roll sideways out of the pose, say 'so what!' and begin again.)



releases tension in the back, shoulders and neck.



Aside: Congratulations to Charlene and her expert team of volunteers for putting on such a professional conference. A special thanks for Sylvia and Matt Kopansky, Charlene's parents for their helpful input.

Water Yoga Teacher Training Course: to register call Sigrid @ 905-642-5984 or Monica @ 905-479-5676

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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.

CALA CERTIFIED MEANS CLEARLY QUALIFIED

*Congratulations to the following leaders who have recently achieved CALA Certification
April 01, 2001 - September 31, 2001.*

Terrie Baumgartner
Kim Beauregard
Jenna Bourgoin
Jodie Brydle
Erin Callan
Amanda De Baseggio
Elizabeth Dearborn
Megan Donaldson
Jennifer Dort
Cindy Estevao
Diane Farrell
Yvete Ferguson
Anne Gauthier
Martha Gingerich
Theresa Goddard
Courtney Haley
Tara Halinski
Lori Hobson
Rebecca Johnston
Denise Lewis
Megan Macdonald
Liana MacDougall
Diane Marshall-Stewart
Erin Martin
Judy Nelson
Nordianah Nordin
Anne Nicholson
Nathalie Pleau
Sylvie Marie Pouliot
Samantha Ristimaki
Leanne Rouselle

Michelle Ruel
Heather Rumble
Theresa Sellers
Angela Scott
Helena Seymour
Tracy Sherman
Ann Smith
Mary A. Spratt
Charlotte Suringar
Carla Tenbrink
Krystle Tenbrink
Erin Thompson
Robin-Leigh Van Kasteren
Sheena Vandermark
Sharon Yake

Carole Gregory
Janet Hamilton Kyle
Patricia Jarvis
Sharon Jeffers
Deanna Johnson
Judy Laughton
Kim Leong
Michelle Linke
Eleanor Lorenzi
Glynnis Manson
Sandi Marshall
Eleanor Millie
Heather Paszkowski
Jennie Queen
Pat Richards
Marilyn Sawford
Mary Shannon
Elizabeth Teskey
Yvonne Van Camp

CALA Recertified! Wow ! Three years later and still going strong. Well done and huge congratulations to the following leaders who recently recertified with CALA.

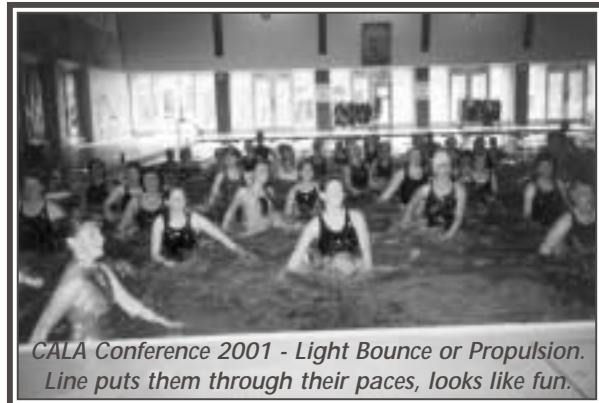
Susan Anderson
Debbie Barry
Sharry Byrd-Wilson
Janet Coyle
Linda Craine
Louise De Baseggio
Laurie Denomme
Elaine Elliot
Lynn Erichsen

CALA certified in Aqua Arthritis Specialty

Pamela Gaines

CALA certified in Aqua for Older Adults Specialty

Brenda Crowder



CALA Conference 2001 - Light Bounce or Propulsion. Line puts them through their paces, looks like fun.



Some more memories from CALA Conference 2001.

INDIVIDUALS WITH QUALITY, INTEGRITY AND COMMITMENT

CALA COURSE GRADUATES FROM CALA FAST TRACK AND TOTAL TRACK AND SPECIALTY COURSES from 03/31/01 - 09/30/01

OTTAWA, ON

FAST and TOTAL TRACK, APRIL 2001

Angela Bromfield
Debra Bush
Nancy Mackinnon
Debbie Packard
Sara Tryon
Eva Tshunza
Trainer: Carol Weerdenburg

CAPE TOWN, SOUTH AFRICA

FAST TRACK, MAY 2001

Jerome Campbell
Caroline Davies
Erik De Wet
Mark Donough
Flecity Jephta
Esma Knoetze
Julie Mandy
Anne-Marie Odendaal
Petrus Serdyn
Elli Yiannakaris
Trainees: Esther du Buisson, Annatjie Goedhals, Cathy Ward

OTTAWA, ON

FAST TRACK, JUNE 2001

Samantha Anstey
Megan Donaldson
Cindy Estevao
Sandra Fransky
Anne Gauthier
Courtney Haley
Lori Hobson
Sarah Kendrick
Helena Seymour
Leah Widynowski
Trainer: Jennie Queen

CAMBRIDGE, ON

FAST TRACK, JUNE 2001

Terrie Baumgartner
Yvette Ferguson
Scott Hammond
Cyndi Michalski
Trainer: Nancy Movrin and Connie Jasinskas

MONTREAL, PQ

TOTAL TRACK, APRIL 2001

Stephane Arduin
Janie Audet
Nicolas Boisclair
Elaine Bouffard
Annie-Claude Caty
Johanne Duquette
Anne-Marie Frigon

Melissa Gaudet

Annick Gemme
Melanie Lavoie
Isabelle Leblanc
Sonia Legault
Marie-Eve Mathieu
Peggy Meus
Emmanuell Morin
Anne Pelletier
Julie Simard

ANNICK THEORET

Melissa Tremblay
Genevieve Venne
Trainer: Marie Claude Leblanc

HAMILTON, ON

FAST & TOTAL TRACK, MAY 2001

Bahram Amintorabi
Erin Callan
Janet Davis
Amanda De Basseggio
Elizabeth Dearborn
Leanne Dumitru
Theresa Goddard
Tara Halinski
Erin Martin
Judy Nelson
Jo-Anne Ruest

Course participants, Simon Fraser University - having fun!



Heather Rumble

Coral Schoug
Debbie Scott-McGarva
Ann Smith
Charlotte Suringar
Kim Thompson
Robin-Leigh Van Kasteren
Buffie Ward
Erit Zajdfudem
Trainers: Tara Jones and Elaine Elliott

CANMORE, AB

FAST TRACK, JULY 2001

Karen Dreaver

Heather Fell

Cindy Ferguson
Gertie Griffith
Monica Helbig
Leslie King
Dawn Landault
Sieja Pauls
Irene Robert
Trainer: Michelle McLaren (formerly Stanyk)

*** Congratulations to Michelle - married September 2001

AMHERSTBURG, ON

FAST TRACK, SEPTEMBER 2001

Nicole Castanier
Sandra Foster
Kerry Hurst
Julie Leboeuf
Mari Maimets
Alison Pillon
Ann Puddicombe
Caroline Scheuermann
Vickie Sinasac
Karen Widish
Katherine Young
Trainer: Tara Jones

INDIVIDUALS WITH QUALITY, INTEGRITY AND COMMITMENT

Amber Konkle

Alynn Kowalczyk
Debbie Males
Elaine McDonagh
Cathy McDonald
Lise Pietek
Natalie Pittman
Tiffany Turner
Trainer: Charlene Kopansky

KINGSTON, ON

FAST TRACK, SEPTEMBER 2001

Dina Beelen
Catherin Ernst
Laura Garofalo
Beth Heaney
Lisa McQuaig
Catherine Offord
Lorie Schulz
Trainer: Catherine Morisset

HAMILTON, ON

FAST & TOTAL TRACK, SEPTEMBER 2001

Edward Diaz
Ali-Al Eidan
Sarah Healey
Jenine Matheson
Lana Miller
Sabrina Philp
Keely Phillips
Miriam Verhaar
Trainees: Tara Jones and Elaine Elliott

SPECIALTY CALA COURSE

GRADUATES - CALGARY, AB

AQUA NATAL SPECIALTY COURSE, APRIL 2001

Sarah Conrad
Jennifer Dort
Brenda Hamre
Barbara Heise
Glynis Manson
Lynette Nienaber
Lynette Nissen
Naissa Preston
Tracey Sherman
Candace Welsh
Trainer: Patty Grant

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

CHARLOTTETOWN, P.E.I.

FAST TRACK, SEPTEMBER 2001

Tom Baker
Marlene Cairns
Sheila Killorn
Chantelle Milligan
Donna Profit
Jan Rankin-Collie
Sarah Smallman
Trainer: Charlene Kopansky

LONDON, ON

FAST TRACK, SEPTEMBER 2001

Kendra Fletcher
Melody Gilmore

UPCOMING NEWS FROM THE CANADIAN AQUAFITNESS LEADERS ALLIANCE INC.

WORKSHOP OPPORTUNITIES - CREDITS WITH ALL ORGANIZATIONS

WATERLOO, ON - WORKSHOP

Aqua Kick Box Workshop (3 hrs)

Date: Saturday, October 20, 2001 from 7:00pm - 10pm

Where: Waterloo Swimplex,

101 Father David Bauer Drive, Waterloo

Trainer: Charlene Kopansky

To register contact

Gus @ 519-886-3844 ext.229

Earn OFC, YMCA, YWCA, CanFitPro (FIS), Speedo and CALA Credits

WINNIPEG, MB - Aqua Extravaganza

Date: October 27, 2001

Where: St. James Centennial Pool

1) Core Aqua Abdominal Training with a Kick Box Twist (1:00pm-6:00pm)

Date: October 28, 2001

Where: St. James Centennial Pool

2) Aqua Spinning and Water Running - Deep Water (8:00am - 2:00pm)

Trainer: Charlene Kopansky

For details contact the pool

@ Phone: 204-986-67071

Earn CALA and MFC Credits

REGINA, SK - SASK FIT 2001

Ready...Set... Go!!

ANNUAL SPR CONFERENCE

1) Aqua Spinning - Deep Water (9:00am-12:15pm)

2) Water Running - Deep Water (1:30pm - 5:00pm)

3) Core Aqua Abdominal Training - (9:00am - 12:00 noon)

Date: November 3 and 4, 2001

Where: University of Regina

Trainer: Charlene Kopansky

For details contact the SPRA

@ Phone: 306-780-9231

CALA Credits must be petitioned...

1 hour = 1 CALA CEC (\$5.00 + GST per credit)

CALGARY, AB - WORKSHOP

Aqua Spinning

Date: Monday, November 5, 2001

from 7:00pm - 10:00pm

Where: Westside Regional Recreation Centre,

2000 69th Street SW, Calgary

Trainer: Charlene Kopansky

To register contact the facility

@ 403-538-5875

For more info, Tracy Currie

@ 403-538-5875 ext. 229

Earn AFLCA, CanFitPro (FIS) and

3 CALA Credits

CHILLIWACK, BC -

Full day of WORKSHOPS (tentative)

1) Aqua Jogging & Water Running (deep)

2) Torpedo Blast - Interval Training (chest deep)

3) Creating the Best Aquafitness Program (dry land)

4) Aqua Kick Box (chest deep)

5) Aqua Tai Chi (chest deep)

Date: Sunday, May 5, 2002 from 8:30am - 5:00pm

Where: Cheam Ctr, 1060 Boulevard, Chilliwack, (on the Old Military Base)

Trainers: Charlene Kopansky/Dylan Harries

To register contact Donna or Jasmine at the facility @ 604-792-3371

Cost: CALA members: \$96.30 inc. GST

Non members: \$123.05 including GST

Earn Credits: 5 CALA CEC's, 6 BCRPA

Renewal Credits

PELLY CROSSING, YK - WORKSHOP

Aqua Kick Box

Date: late May or early June 2002, date to be confirmed

Where: Pelly Pool, Yukon

Trainer: Charlene Kopansky

*** Any interested participants may be assisted with accommodation and transportation, please contact Sharon to discuss these options

For directions & registration contact

Sharon Denton at phone: 1-867-668-7778

or

email: sharon.denton@city.whitehorse.yk.ca

Earn AFLCA, BCRPA, CanFitPro (FIS)

and 3 CALA Credits

WHITEHORSE, YK - WORKSHOPS

TOPICS: to be confirmed

Date: Early June 2002, date to be confirmed

Where: Whitehorse Lions Pool, Yukon

Trainer: Charlene Kopansky

*** Any interested participants may be assisted with accommodation and transportation, please contact Sharon to discuss these options

For directions & registration contact

Sharon Denton at phone: 1-867-668-7778

or

email: sharon.denton@city.whitehorse.yk.ca

Earn AFLCA, BCRPA, CanFitPro (FIS)

and 3 CALA Credits

SPECIALTY TRAINING COURSE OPPORTUNITES

GUELPH, ON, SPECIALTY COURSE - WATER RUNNING

Water Running and

Aqua Jogging Specialty (8 hrs)

Date: October 21, 2001 from 8:00am - 5:00pm

Where: University of Guelph, Athletic Centre

For directions & reg'n to the Athletic Ctr call Pat Richards

at 519-824-4120 ext. 2742

Trainer: Charlene Kopansky

Cost for members of CALA: \$120.00

Cost for non members: \$150.00

(purchase membership through CALA for \$52.43 and pay member fee above)

Earn OFC, CanFitPro (FIS)

and CALA Credits

AQUAFITNESS LEADERSHIP TRAINING AND CERTIFICATION

GUELPH, ON

CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course "Total Track" (44 hrs)

Date: Nov. 2 - 4 and Nov. 9 - 11, 2001

Where: University of Guelph, Athletic Centre

For directions & registration contact Pat Richards at: 519-824-4120 ext. 2742

Trainer: Pat Richards

Recognized by the NFLAC and OFC

and CanFitPro (FIS)

GUELPH, ON

CALA Aquafitness Leadership Training Course (only) (22 hrs) Fast Track

Date: November 2 - 4, 2001

Where: University of Guelph, Athletic Centre

(registration as above)

CALGARY , AB

YWCA - CALA Aquafitness Leadership Training Course (Fast Track) (22hrs)

Date: Nov. 9, 10, 11, 2001. Friday: 6-10pm;

Saturday and Sunday: 9-5

Where: YWCA Fitness on 5th 320 5th Avenue,

for directions phone 403-232-1598

Trainer: Michelle McLaren (Stanyk)

Recognized by NFLAC and AFLCA

For registration contact CALA at

ph: 416-751-9823 or 1-888-751-9823

BURNABY, BC

CALA- BCRPA Combined Basic Fitness Theory and Aquafitness Leadership Training Course "Total Track"

(44 hrs - two weekends)

Date: Nov. 8 (6 - 10pm), 10(10 - 6pm), 11 (10 - 6pm),

& Nov. 23, 24, 25, 2001

Times: 6pm-10pm (Thurs. & Fri.); 10am-6pm (Sat.);

10am-6pm (Sun.)

Where: Simon Fraser University, Athletic Complex

For directions & registration:

604-291-4142

between 8:30am - 4:00pm

For more information about the course

contact Dani Burghi: 604-291-5830

Trainer: Charlene Kopansky

Recognized by the NFLAC and BCRPA,

CanFitPro (FIS)

Course participants can achieve both CALA and BCRPA certification

HULL, PQ

CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course "Total Track" (44 hrs) ***Training in French

Date: Nov. 2 - 4 and Dec. 7 - 9, 2001

Where: University of Hull: Physical Ed. Facility

283 Boulevard Alexandre - Tache

For directions contact Denis Beaudoin at

phone: 819-243-2345 Ext 2559

Trainers: Line Marr & Catherine Morisset

Recognized by the NFLAC, OFC,

CanFitPro (FIS)

OTTAWA, ON

CALA Aquafitness Leadership Training Course "Fast Track" (22 hrs)

*** The "Fast Track" course is an abbreviated version of the "Total Track" course which is 44 hours in length. The shorter course is suitable for the advanced instructor with in depth knowledge of anatomy, physiology and fitness leadership

Date: November 16, 17, 18, 2001 Friday 6-10;

Saturday 12-8; Sunday 9-5

Where: Ottawa Athletic Club, 2525 Lancaster Drive,

call for directions 613-523-1540

Trainer: Carol Weerdenburg

Recognized by the NFLAC and OFC and

CanFitPro (FIS)

MONTREAL, PQ

CALA Aquafitness Leadership Training Course "Fast Track" (22 hrs)

*** The "Fast Track" course is an abbreviated version of the "Total Track" course which is 44 hours in length. The shorter course is suitable for the advanced instructor with in depth knowledge of anatomy, physiology and fitness leadership

Date: December 7, 8, 9, 2001

Where: University of Montreal

Trainer: Marie Claude Leblanc

To register phone: 514-343-2471

Recognized by the NFLAC and OFC and

CanFitPro (FIS)

UPCOMING CALA EDUCATION & CERTIFICATION:

GUELPH, ON

CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course
"Total Track" (44 hrs)

Date: Feb. 8 - 10 and Mar. 1 - 3, 2002

Where: University of Guelph, Athletic Centre
For directions & registration contact

Pat Richards at: 519-824-4120 ext. 2742

Trainer: Pat Richards

Recognized by the NFLAC, OFC and CanFitPro (FIS)

GUELPH, ON

CALA Aquafitness Leadership Training Course
"Fast Track" (22 hrs)

*** The "Fast Track" course is an abbreviated version of the "Total Track" course which is 44 hours in length. The shorter course is suitable for the advanced instructor with in depth knowledge of anatomy, physiology and fitness leadership

Date: Feb 8 - 10, 2002

(registration as above)

OTTAWA, ON

CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course
"Total Track" (44 hrs)

Date: to be confirmed winter or spring - 2002

Where: Sportsplex Pool, 1701 Woodroffe Ave., Nepean, Ontario

For directions & reg'n contact Jennie Queen at: 613-727-6700 ext 261

Trainer: Jennie Queen

Recognized by the NFLAC and OFC and CanFitPro (FIS)

OTTAWA, ON

CALA Aquafitness Leadership Training Course (only) (22 hrs)

*** The "Fast Track" course is an abbreviated version of the "Total Track" course which is 44 hours in length. The shorter course is suitable for the advanced instructor with in depth knowledge of anatomy, physiology and fitness leadership

Date: to be confirmed winter or spring - 2002

Where: Sportsplex Pool, 1701 Woodroffe Ave., Nepean, Ontario

For directions & reg'n contact Jennie Queen at phone: 613-727-6700 ext 261

Trainer: Jennie Queen

Recognized by the NFLAC and OFC and CanFitPro (FIS)

HAMILTON, ON

CALA Combined Basic Fitness Theory and Aquafitness Leadership Training Course
"Total Track" (44 hrs)

Date: to be confirmed spring 2002

Where: YWCA of Hamilton, 75 McNab Street South, Hamilton, Ontario

CALA • 125 Lilian Dr.,

Toronto, ON, Canada M1R 3W6

Tel: (416) 751-9823 • 1-888-751-9823

Fax: (416) 755-1832

calainc@interlog.com • www.calainc.org

For directions & reg'n contact Tara Jones at:

905-522-9922 ext 118

Trainer: Tara Jones and Elaine Elliott
Recognized by the NFLAC and OFC and CanFitPro (FIS)

HAMILTON, ON

CALA Aquafitness Leadership Training Course (only) (22 hrs)

*** The "Fast Track" course is an abbreviated version of the "Total Track" course which is 44 hours in length. The shorter course is suitable for the advanced instructor with in depth knowledge of anatomy, physiology and fitness leadership

Date: to be confirmed spring 2002
(registration as above)

WHITEHORSE, YK

*** Any interested participants may be assisted with accommodation and transportation, please contact Sharon to discuss these options

CALA Aquafitness Leadership Training Course
"Fast Track" (22 hrs)

*** The "Fast Track" course is an abbreviated version of the "Total Track" course which is 44 hours in length. The shorter course is suitable for the advanced instructor with in depth knowledge of anatomy, physiology and fitness leadership

Date: May 24 - 26, 2002
Where: Dawson City Pool

For directions & registration contact Sharon Denton at phone: 1-867-668-7778

or

email: sharon.denton@city.whitehorse.yk.ca

Trainer: Charlene Kopansky
and apprentice trainer: Krista Prevost
Recognized by the NFLAC, BCRPA and CanFitPro (FIS) and AFLCA
(as credits for recertification)

**CERTIFICATION OPPORTUNITIES
PRACTICAL ASSESSMENTS AND
THEORY EXAM WRITING IS AVAILABLE
ALL ACROSS CANADA, CALL CALA TO
ORGANIZE A PROCTOR FOR THE
THEORY EXAM OR TO BOOK AN
ASSESSOR FOR THE PRACTICAL
ASSESSMENT OR TO DISCUSS
SUBMITTING A VIDEO FOR THE
PRACTICAL ASSESSMENT.
CALA CALA for details.**

Cost for certification at a CALA site:
\$74.90 for theory exam and practical assessment

TORONTO, ON - available at any time

*Certification Opportunities
(all CALA Grads welcome)

Write Theory Exam at CALA office,
125 Lilian Dr., Toronto.

*Open book Theory Exam:
2.5 hour time limit

At Willowdale Club:

2235 Sheppard Ave. East
(for directions call 416-491-5830)

* Practical Assessment: Must be booked through CALA well ahead of time

CANMORE, AB

*Certification Day
(CALA Grads welcome)

Date: Sunday October 14, 2001

Contact Leslie King or Lynne Borrowman:
Phone: 403-678-5597
Canmore Recreation Centre

LONDON, ON

*Certification Day
(CALA Grads welcome)

Date: Saturday, December 15, 2001

The Athletic Club - South Location on
Wonderland Road
Contact CALA to register for the practical
assessment and theory exam

HAMILTON, ON*

CALA Certification Date
(CALA Grads welcome)

Date: Dates to be confirmed with Tara Jones:
Where: YWCA of Hamilton
phone: 905-522-9922 ext. 118

GUELPH, ON*

CALA Certification Date
(CALA Grads welcome)

Date: Dates to be confirmed with Pat Richards:
Where: University of Guelph
phone: 519-824-4120 ext. 2742

CHARLOTTETOWN, PEI

*Certification Day
(CALA Grads welcome)

Date: February or March of 2002

Charlottetown Community Centre



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