

wave

L I L I N K



ABS
ABS
ABS

DOUBLE



ABS



FIRMLY PLANTED IN CANADA...

What a year it has been! Deepest apologies for making this a double issue, rather than allowing you to enjoy the summer issue during the summer season. Here we are, well into autumn and finally the 'wavelink juices' are flowing.

Have you ever experienced a 'block' when trying to complete a project? When I assess the 'getting the newsletter to the graphic artist' block, I realized, that after 12 years of business, and 39 issues of this publication, I was at an impasse. In 12 years, I have only had to produce three double issues, all the rest have been within the necessary time frame. For this issue... For some reason, although the materials were prepared and were waiting in the 'TO BE COMPLETED IMMEDIATELY FILE' every time I sat down, with great determination, the editing and writing refused to flow. While looking over the last year, I realized that lots has happened...



Evaluating the months, since issue #39. What has happened with CALA...

MUSIC TO MY EARS...

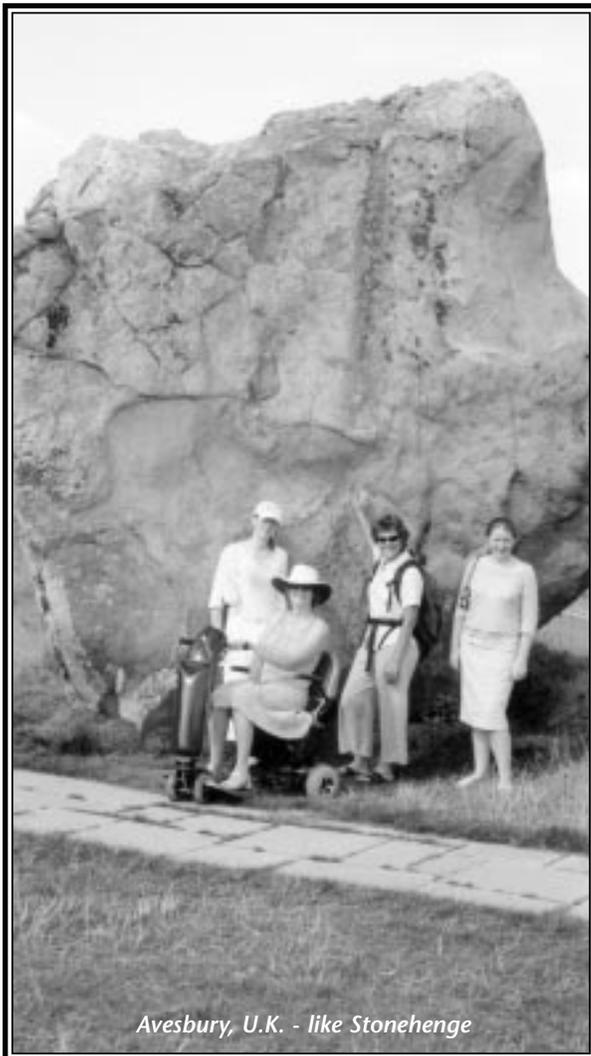
Let there be music ♪ ♫ ♬ ♪ ♫ ♬ ♪ ♫ ♬

- CALA finally completed a series of CDs designed to suit Aquafitness classes:
 - Check www.calainc.org to listen to some of the music tracks
 - Tidal Wave Volume One: two 45 min CD's
 - Tidal Wave Volume Two: two 45 min CD's
 - Tidal Wave Volume Three: two 45 min CD's
- Special thanks to Mic Forsey of Soundsketch and a team of Canadian musicians who contributed to the totally Canadian series of CD's. PLUS, Christy Hodder, CALA certified leader and leader of a Celtic Band, produced a 45 minute Celtic Energy CD with truly exciting music – all with Canadian roots.

ALL MUSIC IS IN STOCK AND AVAILABLE – YAHOO!

CONFERENCES GALORE...

- Check out the grad pages (p30-32), where you will see the multitude of courses that occurred
- In the line of conferences, CALA went all out this year: here is what happened:
- CALA actively participated in the Montreal CanFitPro conference in early 2004
- Hosted the 12th annual national Exclusively Water Conference in Toronto, June
- Hosted the 2nd regional (Alberta based) Exclusively Water Conference in Canmore, September
- Hosted the 1st regional (Eastern Ontario based) Exclusively Water Conference in Ottawa, October



Avesbury, U.K. - like Stonehenge

TRADE SHOWS...

- In the area of Trade Shows, CALA was involved in the industry increasing the company profile at events including:
- Montreal CanFitPro Conference, at the CanFitPro Trade Show Booth, January
- York Regional Aquatic Conference, Markham, Ontario
- Toronto CanFitPro Conference, at the CanFitPro Trade Show Booth, August
- PRO Conference, Collingwood, Ontario
- Provincial Aquatics Conference, Montreal, Quebec

NEW INITIATIVES:

• CALA launched the following new program: Healing Waters: Aquatic Post Rehabilitation Program. Within this program are more than ten specialty modules under development. With the support and encouragement of Liz Teskey and the City of Guelph, CALA launched two specialty modules including: The Aquatic Post-Rehabilitation Prep Course and The Aqua Arthritis Course (re-launch).

Many thanks to Elizabeth Fox, author of the Prep Course manual and to Connie Jasinskas author of the revised Aqua Arthritis Course manual. Also, kudos to Nelia Correia (those of you who have been long time members will remember that Nelia worked in the CALA office for two years.) We welcome Nelia back to CALA in her new role, layout and final edit for CALA manuals.

Also, many thanks to Marlene Cairns and Tom Baker for making this program happen in Charlottetown, PEI.

KUDOS – RECOGNITION FROM THE P.E.I. ARTHRITIS SOCIETY:

The PEI based Arthritis Society has deemed the CALA Healing Waters Program as THE training and certification program for Arthritis leaders on the ISLAND. Thanks to Sharon Vance and Marlene Cairns for seeing the value in the CALA program.

NEW EDUCATIONAL RESOURCES:

- In the area of new resources, you can now find the following available through the CALA office:
- Beyond Abs: Training the Inner Unit, by Charlene Kopansky. Manual and CD



*Austria, Leesa
scooting/hiking*

- Healing Waters: Aquatic Post Rehabilitation Manual (E. Fox), Aquatic Exercise Therapy Text Book (Bates and Hanson) and Aqua Arthritis Manual (C. Jasinskas)

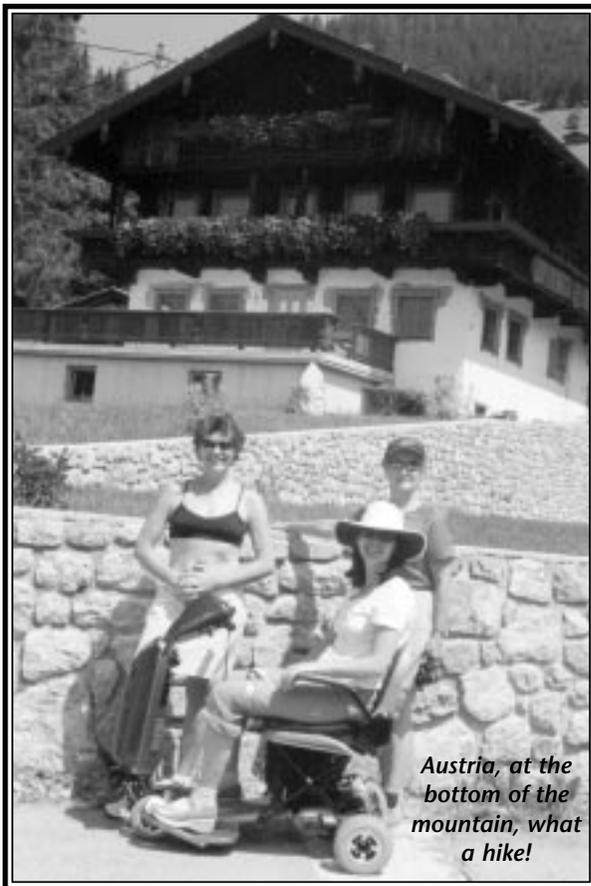
PHOTO SHOOT:

If you subscribe to the Fitness Trainer Magazine, you may have noticed a four page article, full colour published in the October issue. Unfortunately, cost prohibits a full colour newsletter, however, you will find an enhanced version of that article in this issue. The photos were taken, as the sun was setting, on the shores of Lake Ontario, this past September. The shoot took about 20 minutes. The talented photographer, Alistair Parkes, from Nelson, New Zealand... You may have heard this name mentioned during CALA courses with reference to abdominal conditioning and the 'serratus anterior'. If that doesn't ring a bell... you may remember the 'sheep shearer'. Thanks Alistair the photos are perfect.

INTERNATIONAL SCENE:

- Aside from the ongoing work that is happening in South Africa, through the University of Stellenbosch and the CALA-South African Division based in Cape Town, there is great interest to launch the CALA Training and Certification Courses in the United Kingdom.

Stay tuned to www.calainc.org for a conference brochure highlighting Darin Dieterich, presenting in April 2005 in the United Kingdom. Another conference is also planned for June in the UK. Many thanks to Linda Kanninen and Gill Walker (GO50) for continuing to support the CALA educational initiatives in the UK.



Austria, at the bottom of the mountain, what a hike!

Aside from business, another exciting adventure happened this past summer. I would like to share this with you.

LOVING LEESA...

Many of you have had the pleasure of meeting Leesa, my sister. Those of you who know Leesa, may have seen her at conferences, helping at the CALA booth. Leesa is wheel-

chair bound, as her Multiple Sclerosis progresses. She shows immense courage in the way she lives her life.

Imagine having difficulty with the 'simple' things in life:

- getting dressed...
- brushing your hair...
- preparing meals...
- shopping...
- visiting friends and family...

Leesa performs these tasks with great difficulty, and with a persistent and patient attitude. Granted it is not always easy. Falling is a regular occurrence and as you know, concrete is not kind to the body.

Leesa has always expressed a dream of traveling to Europe. Watching her MS progress, slowly and deliberately, motivated me to make a decision. The result, a wonderful 5 week European adventure with Leesa (my sister), Sylvia (my mother) and Doreen (my aunt, and mother's sister). Holland, Germany, Italy, Luxembourg, England and Wales saw four women – galavanting. The trip was abundant with laughter and good times. The people who made it all happen and opened their arms and their homes to four lively females:

- Christine (CALA Certified leader) and Rob, originally from South Africa, now living in Holland
- Darin (CALA Certified leader), AJ and Melanie, Munich, Germany



Doreen, Charlene and Sylvia - enjoying aquafitness in Hotel Bellerive, Salo, Italy.

- Andrea (CALA member), Schwemlingen, Germany
- Linda and Jorma (CALA Reps in the UK), Cardiff, Wales

Take time to celebrate family and friends. Celebrate the freedom you have to make choices in your life. I get all teary-eyed and smiley, when I think of the incredible trip we experienced with Leesa. What we learned, was how to manage in Europe, electric scooter and all, four woman – getting along splendidly... and the most important thing... how lucky we are to have the legs and arms and love to assist one another.

I hope you enjoy the pictures.

2005 – full of promise for CALA and another newsletter within the first three months of the year.

Happy holidays and thanks for staying on board with CALA – enjoy!

Charlene
 Founder and President



Christine and the Crew, enjoying a cruise in Holland.



Leesa's style of Aqua Relaxation, Salo, Italy.



Greithorn, Holland - the dream location of any 'romantic'.

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THE ABS OBSESSION: THE NEED FOR A BALANCED WORKOUT

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

Introduction: *It is astounding and a tad worrying! A workshop title that includes references to training the body core or the abdominals will attract a large audience of instructors. A fitness class description that sends a message about toning this region generally lures more participants. Simply put, the business of fitness and the participants and leaders associated are obsessed with ABDOMINAL TRAINING.*

Following are just a few of the Myths Surrounding Abdominal Exercise, adapted from an "Aqua Abs" manual written by Anne Pitman, 1998.

- 1) Ideally, abdominals should be flat.
- 2) Crunches (modified bent knee sit-ups) are the most effective way to work the abs.
- 3) Crunches disengage the hip flexors and work only the abdominals.
- 4) Crunches will best prepare you for the abdominal strength you need in day-to-day life.
- 5) You should never do abdominal work with straight legs.
- 6) There is no such thing as upper and lower abdominal fibres.
- 7) Strong abdominals are the best way to prevent back injury.
- 8) You need to lie down in a supine position to effectively work the abs.
- 9) It is impossible to exercise the abdominals effectively in the water.

Working to debunk these myths will assist in assuaging the abdominal fixation that continues to permeate fitness. Following are three aquafitness workshop titles with descriptions, that draw a large number of instructors:

1. CALA - MAXIMUM AQUA ABS:

Learn the most effective abdominal exercises according to the latest research. Get Charlene's list of top exercises to work all four abdominals to the max. Experience set abdominal routines in deep water with tips to modify for chest deep water. Take the choreography back to your participants for maximal abdominal results.

2. CALA - AQUA ABS-OLUTELY:

Discover the ultimate workout formula for training the abdominals that will guarantee you 'absolute' results. This formula is a new revolutionary approach to abdominal training that will benefit you and your participants in exercise experience and daily life!

3. CALA - BEYOND ABS: TRAINING THE INNER UNIT:

Awareness of the four abdominals and the superficial back muscles opens the door to understanding the interrelationship between core stability, balance and functional training. Come prepared with anatomical knowledge of the body core. This comprehensive session goes beyond the basics. Learn subtle techniques, aquatic exercises and tips for core strength development.

Our society tends to "obsess" about "flat abs". This preoccupation on the abdominal region is both counter productive and narrow minded. Promises of "washboard abs" or the idealized "six pack", set people up for failure. Genetics, body composition (governed by an incredibly strict diet) and an extensive training regime may enable an individual to attain "incredible looking" abdominals. But, is this goal really achievable by the average fitness enthusiast? Why does it seem so important to have so-called "tight tummies"?

While is it essential for instructors to understand the biomechanics of abdominal, core and back training, it is also somewhat 'dangerous' to focus on this region when leading or promoting fitness classes. As a part of the 'whole fitness endeavour', targetted conditioning of the trunk and core are essential. The educational opportunities provided to enhance understanding of effective design and delivery of exercises for this region are also of utmost importance. However, when the fitness industry obsesses about the abs and the core, we may be setting people up for failure. From an instructor perspective, consider how often you have been approached by clients with the following concerns:

"How can I get rid of this?"



"I have been attending classes on a regular basis for more than ten years, following a healthy diet and including aerobic walking three times per week, but cannot get rid of this roll around my middle. What am I doing wrong?"



"I am going on holidays in two weeks and want to look good in my bikini, how do I get rid of this tummy?"



We (the fitness industry) may in fact be encouraging participants to obsess about the abs, to the point where participants 'feel like a failure' or 'feel like they are not trying hard enough', or 'feel like they are cheating if they eat or drink something that is not considered healthy'. If participants and instructors are unable to achieve the ultimate: flat abs or six-pack abs, then what message is the collective business of fitness sending?

Admittedly, the industry is maturing with workshops that are more technical in nature and an increase in mind-body training techniques. The bottom line is, we, as instructors have an obligation to welcome the 'whole person' into our classes and celebrate the differences in body size, shape and fitness level.

The Dilemma:

How do we remove the obsession from abdominals and balance the workout focus to involve the whole body, the mind and the spirit?

The Solution:

- Ongoing education of the instructor and the participant.
- Putting theory into practice in the fitness class.
- Embracing the whole person, rather than component parts at every possible opportunity.
- Celebrating healthy active living and our body through the messages we send while leading classes or interacting with participants outside of the fitness class.

Where do we (those in the fitness industry) start?

Let's start by ceasing to perpetuate the obsession with abdominals. Instead, let's focus our energy on educating our clients about the need for balanced fitness and the absolute necessity to engage the mind in the movement experience... Putting the mind into the muscle, so to speak.

Instructors are obligated to understand movement mechanics and then to share the information with participants. Knowledge is power. When people understand 'what' the exercise is for, 'why' the exercise is important and 'how' to do the exercise effectively then there are many positive outcomes. From a leadership perspective: the act of leading the classes becomes more rewarding, more meaningful. From a participant perspective, exercise execution becomes more effective, more meaningful.

In a nutshell, workshop facilitators, conference presenters and educators alike have a responsibility to the fitness industry to 'raise the bar' by educating instructors beyond what has tended to happen in the past. "Do this move to tone the abs." Admittedly, the industry has come a long way. If the global fitness certification standards would follow suit, the industry would grow in leaps and bounds and perhaps instructors would actually earn more money to teach classes.

Food for thought: Why are less than 20% of the population engaged in fitness? What are the other 80% doing with their time? We need to make fitness more accessible, less intimidating, more holistic in nature and more meaningful to healthy active living – rather than merely a race to achieve the perfect body.

Now, for a focus on abdominal, back and core conditioning within the context of training the whole body.

continued →

Excerpts from ABS-OLUTELY handout written by Maureen Hagan and Charlene Kopansky. 1999.

TO ACHIEVE ABS-OLUTE RESULTS;

- KNOW
 - i the structure of the specific body region - *determines function/action
 - ii the location (origin and insertion) of the muscles - *determines function
 - iii the line of pull of the muscles - *determines function
 - iv the real life function of the abdominals including the: rectus abdominus, external oblique, internal oblique and the transverse abdominus
- KNOW - the muscle actions and roles of the abdominals
 - i the stabilizer role
 - ii the prime mover role
 - iii the assistant role (secondary mover)
- KNOW - the importance of "upright" posture (sitting and/or standing) for effective training of the abdominals
- KNOW – the order of recruitment of the abdominal muscles for optimal condition in the "upright" posture ("bottom to top")
- KNOW - how to build active strength and endurance required for activities of daily living; quality time versus quantity of repetitions.

With this knowledge the instructor understands why and how to do specific exercises and can educate the participants, over time, during the class.

Take time to share the Functional Significance of a Strong Body Core with your class participants:

- to protect vital inner organs
- to move with ease, grace and agility
- to keep pelvis "level", "square", "in line"
- to prevent excessive curvature in the lumbar spine
- to diminish the prevalence of, or prevent, low back pain
- to improve postural alignment
- to provide stability and flexibility for the body

Take time to explain how to condition the global and core trunk muscles from a biomechanical perspective that makes sense to participants:

- Discuss the "pelvic bowl" or "cup" in relation to creating a balance between the stretch and strength capabilities of the muscles surrounding and influencing the final position of the pelvis. Reinforce the need to condition the muscles to be able to maintain a level pelvis.

- Utilize the "headlights" analogy to create a visual picture of what neutral pelvis looks like. 'Place fists on anterior hip bones. Imagine the fists are headlights (low beams, tee hee) on a car and ensure the lights are shining straight ahead'.
- Play with the positions of the pelvis, by having participants try various pelvic positions, first with eyes open then with eyes closed so that they can feel neutral pelvis. Do a 'hula hoop' style hip circle: including anterior tilt, excessive lumbar curve (lordosis), lateral tilt to the right, posterior tilt, or pelvic tuck, flat back, no lumbar curve, lateral tilt to the left. Then assume a level pelvis, with a natural lumbar curve. Add hips rocking side to side through neutral pelvis. Add hips rocking forward and backwards, through neutral pelvis. Then find and maintain neutral pelvis. By the way, keep the knees slightly soft throughout and move at a comfortable pace.
- Name and identify the muscles which affect the position of the pelvis including the global and inner unit or core muscles. Use diagrams, or show the muscles by indicating where they are on your body as you teach:
 - abdominals (superficial to deep: rectus abdominus, external obliques, internal obliques, transverse abdominus)
 - hip flexors (iliopsoas, rectus femoris, sartorius)
 - erector spinae (21 different muscles)
 - hamstring (semitendinosus, semimembranosus, biceps femoris)
 - specific back muscles (quadratus lumborum, multifidus, iliocostalis lumborum, longissimus thoracis pars lumborum)
 - pelvic floor muscles

Excerpts from Beyond Abs: Training the Inner Unit, workshop handout written by Charlene Kopansky. 2003, with reference to why training the body core is so important to daily living...

"The development of strong muscular stabilizers in the lumbar spine is essential for functional, recreational and sport performance. A strong base of support at the core of the body allows for a better transfer of forces to the extremities when we are lifting, punching, kicking, swinging, carrying etc." Fahren Dhalla, BHSc., PT

When an instructor is able to meet the following objectives, they are then well equipped to integrate the mind, body and spirit when leading classes.

- 1) Understand the anatomy and biomechanics of the body core.



- 2) Know the importance of integrating real life functional abdominal work into the class.
- 3) Learn specific aqua movements which strengthen the body core.
- 4) Practice visual and verbal technique tips and cues to encourage safe and effective exercise execution.
- 5) Understand the importance of stabilizing the body in relation to core strength.
- 6) Experience core strengthening movements in the water themselves.
- 7) Practice utilizing the specific cues and exercises to ensure clients understand 'the why are we doing' and 'the how to do' each exercise.
- 8) Practice pre-choreographed abdominal routines in the water and on deck, then introduce them slowly and thoughtfully to the class.

Actual Exercises: Getting down to actual exercises, the 'meat and potatoes'...

First and foremost: Create a strong base for all movements. Cue participants to activate the muscles of the pelvic floor, draw the navel towards the spine, maintain a level pelvis, long tall spine and continue to breathe comfortably while exercising.

With that said and done (it takes time and effort to actually educate participants about how to do Kegel exercises, activate the transverse abdominus, activate the global muscles of the trunk... all while performing an exercise... good luck, provide ongoing cues and meaningful feedback and over time, participants will 'get it' and they will celebrate!).

In the black box is a list of exercises that will work the body core and global muscles of the trunk, if the appropriate effort is expended and the exercise is performed properly.

References:

Aqua Abs Handout, Flow Consulting, Anne Pitman, MSc., 1993

Therapeutic Exercise for Spinal Segmental Stabilization in Low Back Pain, Richardson, Jull, Hodges, Hides, 1999

Low Back Stability Training Article, IDEA PERSONAL TRAINING, 2001, Len Kravitz

Manual Therapy Centre, Transverse Abdominis Article and CD, 2002

Maximum Abs Handout, Workshop Handout, Charlene Kopansky, 2002

Dhali, Farhan, Core Control CD, 2001 Adapted from: Farhan Dhalla, Core Control Article and CD, 2001

Charlene's Top Ten Aqua Abdominal Exercises:

- 1) *repeater sartorius jogormarch with sartorius arms*
- 2) *flamingo swivels with bow and arrow arms*
- 3) *mogul tuck*
- 4) *kayak arms - variety of legs & different 'phase focus'*
- 5) *abdominal jack with reverse breast stroke arms*
- 6) *recumbent to sitting to vertical to triathlon cycling*
- 7) *anchored narrow jogormarch with unison cross country ski arms*
- 8) *narrow tuck with jumping jack arms*
- 9) *tuck-jack-tuck-ski combo*
- 10) *pumping karate kick with unison arms reaching away from leg*

See pages 10-13 for photos of these moves.

"Core training, while physical in nature, is more effective when the doer understands the mechanics of the movement and feels the work of the body. This is holism in action: body doing, mind thinking, spirit feeling".

Kopansky, Charlene, Maximum Abs Handout, 2000

Hagan, Maureen and Kopansky, Charlene, ABSolutely Handout, 2001

Kopansky, Charlene, Training the Body Core Handout, 2002

Pitman, Anne, Aqua Abs Handout, 1999

Recommended Reading:

Grant, B., Grant's Atlas of Anatomy, Williams, Wilkins and Co., 1992

Thompson, C., Manual of Structural Kinesiology, 13th Ed



CHARLENE'S TOP 10 AQUA AB EXERCISES: PHOTO SERIES OF SELECTED EXERCISES

Pumping Side Karate Kick

Photo # A1:

- a Start with inner unit activation and a powerful stance with global muscles activated
- b Lift knee towards chest, focus on activating the spinal flexors, during hip flexion
- c Keep forearms parallel, in front of chest in a strong isometrically activated position
- d Feel powerful and stable
- e Think about activation of the abdominal and back muscles while stabilizing the body
- f If in chest deep water, keep the knee of the standing leg slightly bent, in deep water - suspended, keep the 'standing leg' straight and unlocked at the knee

Special thanks to Alistair Parkes,
photographer from New Zealand



A1

Photo # A2:

- a Maintain inner unit activation
- b Continue to lift knee towards opposite shoulder while moving the ribs towards the hips by activating the oblique abdominals
- c Reach elbows powerfully towards the sides of the body
- d Take control while pushing and pulling the limbs through the water to increase exercise intensity
- e Option: Change the hands from a fist to a flat-paddle position to increase surface area and the work done



A2



A3

Photo # A3:

- a Reach dorsi-flexed foot to the side of the body by extending the knee
- b Simultaneously reach both hands/arms away from the leg, to opposite side of body by extending the elbows
- c Maintain inner unit and global muscle activation and a powerful, stable posture throughout

Photos shot on the shores
of Lake Ontario



A4

Photo # A4:

- a Continue to push the heel away from the body to full leg extension (soft knee)
- b Also, continue to push both hands/arms away from the body to full elbow extension (soft elbows)
- c Keep the standing leg slightly bent if in chest-deep water, with foot on the floor
- d Put the mind into the muscle by visualizing the work of the inner unit and global muscles



A5

Photo # A5:

- a Bring the 'working' knee towards the chest/opposite shoulder and pull the front elbow towards the 'working' leg
- b Maintain a powerful stance, keep the other arm out to the side of the body, under the surface of the water in a strong position

continued →

Photo # A6:

- a Continue to bring the knee across the body towards the opposite knee
- b Bring the 'outside' arm towards the chest by flexing the elbow
- c Repeatedly 'pump' the foot and arms towards the body, then away from the body while using the resistance of the water and activating the muscles to maintain a stable posture and perform the movements effectively

Narrow Tuck/Jack Combination Move

Photo # B1:

- a Start with inner unit activation and a powerful stance with global muscles activated
- b Lift both knees towards chest, focus on activating the spinal flexors, during hip flexion
Note: When demonstrating this position from the pool deck, the instructor often performs a squat, indicating to the participants that both feet are lifting towards the chest to a suspended position in the water
- c During this spinal/hip flexion phase, press both hands towards the ankles (elbow extension)

Photo # B2:

- a Continue inner unit and global muscle activation
- b Straighten both legs (hip and knee extension) and return to a standing positions (spinal extension) with legs apart (hip abduction) as in a jumping jack position.
- c During this spinal/hip extension phase lift both hands towards the chest, with elbows pointing to each side.
- d Feel powerful and stable throughout the movement
- e Think about activation of the abdominals and inner unit muscles during the 'tuck' phase of the movement
- f Focus on activation of the inner unit and back muscles during the 'jack' phase of the movement
- g For maximum results, push and pull water with the body parts



A6



B1



B2

Repeater Sartorius Jogomarch with 'Sartorius Arms'

Photo # C1:



C1

- a Start with inner unit activation and a powerful stance with global muscles activated
- b Stand tall, reach one arm to the side of the body, just below the surface of the water
- c Keep hips facing forward, in neutral position
- d Rotate leg externally at hip, so that the knee and points to the side
- e Think about activation of the abdominal and back muscles while stabilizing the body
- f If in chest deep water, keep the knee on the standing leg slightly bent, in deep water - suspended, keep the 'standing leg' straight and unlocked at the knee

Photo # C2:



C2

- a Maintain inner unit activation
- b Bend the knee slightly while lifting leg
- c Maintain external rotation of the leg at the hip
- d Lead with inner thigh, facing towards opposite shoulder while moving the ribs towards the hips by activating the oblique abdominals
- e Reach long arm powerfully towards the lifting leg
- f Take control while pushing and pulling the limbs through the water to increase exercise intensity
- g Option: Change the hands from a fist to a flat-paddle position to increase surface area and the work done

Photo # C3:

Focus on the anterior surface of the body, moving powerfully through the water

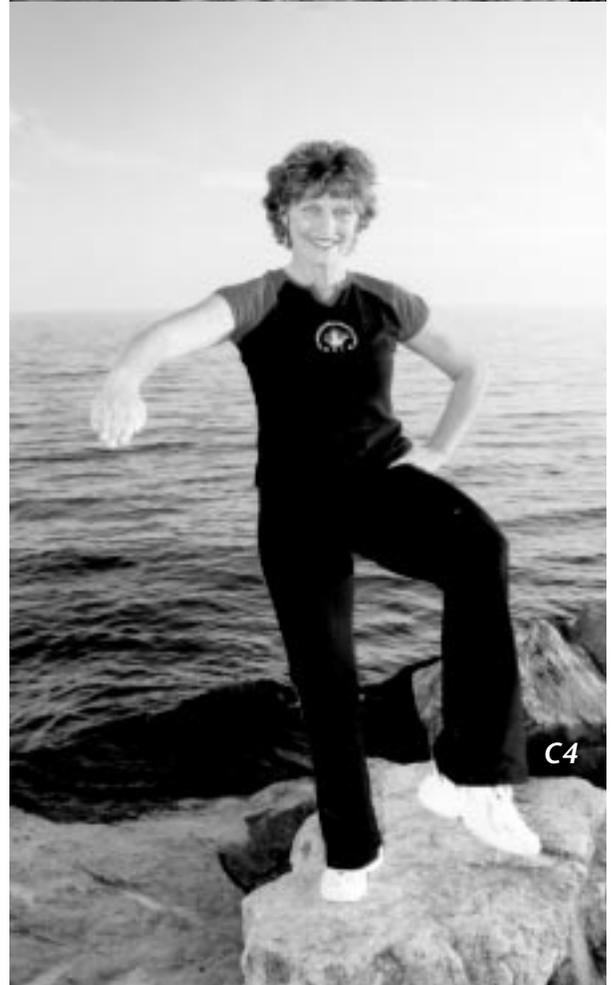
- a Simultaneously reach the hand/arm towards the lifting leg by activating the oblique abdominal muscles
- b Think about the opposite hip and rib cage moving towards one another with powerful spinal rotation controlled by the internal and external abdominals. Continue to reach the arm towards the lifting leg (soft knee) by performing spinal rotation with oblique abdominal activation
- c Continue to keep the lifting leg, externally rotated with the knee slightly bent, during the hip flexion phase
- d Keep the standing leg slightly bent if in chest-deep water, with foot on the floor
- e Put the mind into the muscle by visualizing the work of the inner unit and global muscles.
- f Bring the 'working' leg towards the chest/opposite shoulder and reach the long arm and the torso, acting as a unit, while performing controlled spinal rotation.
- g Maintain a powerful stance, keep the other arm solid, with the hand resting on the hip, elbow bent, out to the side of the body, under the surface of the water, in a strong position



Photo # C4:

Now focus on the posterior surface of the body, moving powerfully through the water

- a Start to reach the arm away from the leg, towards the original start position (C1) while beginning to lower the working leg (soft knee) by performing spinal rotation in a posterior direction
- b Continue to keep the lowering leg, keep the leg externally rotated at the hip, with the knee slightly bent, during the hip extension phase
- c Keep the standing leg slightly bent if in chest-deep water, with foot on the floor
- d Put the mind into the muscle by visualizing the work of the inner unit and global muscles.
- e Continue to move the arm, torso and leg towards the starting position (C1)
- f Maintain focus on the global muscles of the torso, specifically in the back region



FEEDBACK FROM A SATISFIED CALA MEMBER:

Hi to everyone at CALA headquarters. I recently attended the choreography workshop at Kanata Leisure and as expected it was great. Marie-France has a gift in presenting this topic to the creatively challenged of us that need all the help we can get. I have always had difficulty with this aspect of teaching mostly from fear of frustrating my participants when I mess up. The step-by-step approach used in this workshop was very helpful to me and gave me a little more courage to try and break out of the normal format. I usually attend, and then hesitate for some time before trying new ideas. Surprisingly enough it was also refreshing to discover that there are some very basic types of "choreography" we may already be using but do not recognize it to be the stepping stones to build on. As promised by the presenter I was able to apply some of the information right away. My regular participants are aware of my limitations in this area. We gave it a go, on a



Marie-France Herbert

Monday, no less, and at the end everyone was wearing smiles and sharing a mutual round of applause. Please continue to provide these beneficial workshops locally. Based on the number of participants who attended there is clearly an appreciation for them.

Could you also pass on my congratulations to Marie-France for a job well done! Thanks again for continuing to provide us with the tools to improve the quality of the Aquafitness classes that our participants have come to expect and enjoy.

Thanks again, Nancy Peever, CALA Certified! Clearly Qualified, Ottawa, Ontario

PS. Marie-France is now the proud mother of a baby boy, who arrived, full of energy and ready for the world in September 2004. Congratulations to Marie-France. Apparently, Mom, Dad and Baby are all doing well.

IN PRAISE OF ANDREA MANSELL:

Just a note from Dawson City in the Yukon. We certainly have not forgotten the CALA training, with Charlene Kopansky. I just wanted to tell you that one of your students, Andrea Mansell, is very professional on the deck. We really like it when she is our leader as she is so full of spirit and keeps us going at a rapid pace. I told her the other day she should put out a video for "home pool use. She has the ability to keep up with the twenty-year-olds in the pool and ahead of me in the water on most exercises. She's so happy and keeps us in this wonderful mood as our heart rates get higher and higher. It is

always a disappointment when her sessions are done for the season.

On another topic: My arthritis is rapidly getting worse, but I'm sure it is the aquafitness that allows me to just keep moving. I'm so glad I was able to take your course. I'm moving to Qualicum Beach, British Columbia, for the winter so that I will still be able to take aquafitness through the winter months. I have the manual on instructing classes for those with arthritis, but I hope that someday I will be able to take the course.

Mimi Elliott, Dawson City, Yukon

OUTDOOR PROGRAM

I am enclosing some photos of an aquafitness program I led this past summer in Arden Ontario on Big Clear Lake. It was a great experience and I appreciated the opportunity to also share written material on the benefits of aquafitness. As you can see, children and dogs were all part of the program.

I feel a great sense of confidence and joy being CALA certified.

Yours Truly, Marian Brethour



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BECOMING AN IMPORTANT PART OF THE CALA TEAM

CALA Training for Trainers: Alymer, Quebec; January 30th – February 2nd, 2003

Highlights:

A winter weekend of learning at beautiful Chateau Cartier in Alymer, Quebec.

Thank you to Line Marr, CALA Trainer and Manager of Club Sante Spa at Chateau Cartier for welcoming us to her club, teaching a wonderful Master Class and always ensuring our needs were met! We appreciate your time and energy in making this T4T event a true success.

Participants in attendance:

Shelagh Noonan	108 Mile, BC
David Hatch	Toronto, ON
Chantal Laporte	Gloucester, ON
Cindy Estevao	Ottawa, ON
Nancy Peever	Gloucester, ON
Martha Gingerich	Mississauga, ON
Amanda Degrace	Vanier, ON
Angela Curry	Wolfville, NS

Trainers:

Charlene Kopansky, Connie Jasinskas, Nancy Sawler

What the T4T Participants had to say:

"Wow, what a weekend! I jumped into this with both feet and I am so happy and excited that I did. All my expectations were met and more. Having the ability to gain and receive valuable feedback has enabled me to take the next step as a CALA Potential Trainer. Thank you for an excellent weekend!"

"I came to the course to learn how to become a CALA Trainer, a better Mentor and improve my skills and knowledge as an Aquafitness Leader. I thoroughly enjoyed the course and thought the facilitators were very encouraging I learned and received information that I can take back with me to prepare for teaching a course. This weekend presented many opportunities for me to step out of my comfort zone which facilitated personal growth and a feeling of accomplishment."

"I loved the pool sessions, getting a chance to practice and refine the CALA moves with other leaders; a great balance of classroom and practical time!"

"The learning and feedback this weekend has empowered me to open my eyes to so many possibilities. I broadened my networking links and found friendship with others who have similar goals. This weekend gave me the knowledge and tools I need to be a better person on a personal and professional level. I can do this!"

Interested in CALA Training for Trainers ?

Attending the CALA Training for Trainers Course is an important step in becoming a Certified CALA Trainer. At this annual event, the CALA "T4T" Training Team provides a high quality, high-impact learning experience. Develop confidence, enhance knowledge base, improve skill level and get excited about the line-up of training courses and business development opportunities for you!

SHELAGH NOONAN, DIRECTOR OF THE CALA WEST REGION



We are proud to announce the opening of the CALA West Regional Office. Shelagh Noonan, a talented CALA trainer and excellent instructor for land and water is the Director of the CALA West Region. Effective January 1, 2005 all registrations and communications in Western and North Western Canada will be handled through the CALA West Regional Headquarters. CALA is committed to meeting the needs of all water enthusiasts, coast to coast, we know that with a headquarters in Western Canada, our excellent customer service will continue.

Shelagh Noonan, B.A., B.Ed., CALA, BCRPA & CPAFLA certified aquafitness, fitness instructor & consultant, brings her passion for fitness and whole body wellness. With a purple belt in Tae Kwon Do and a blue belt in Nia, Shelagh works at a Destination Spa. A believer of "through movement we find health", Shelagh offers an alternative outlook to health and well being. CALA trainer in Group Aquafitness, Water Running & Kick Box, Shelagh has a gentle, yet powerful style of leading. We welcome Shelagh to our team.

Contact Shelagh at cala.west@ca.inter.net

NUTRITION TIPS FROM LISA'S KITCHEN

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

How do we know that we are eating the right ratio of each type of food? What do our bodies need? Are we getting enough of the vitamins and minerals? We feed ourselves on fast food and on a schedule imposed by work, family and stressful lives. The key is finding a balance in all we do. From the amounts of a certain foods we eat to work, play and relaxation. As far as Nutrition is concerned:

Macro-nutrients- carbohydrates, fats protein

Ideal macronutrient ratios for most people are:

- Carbs 50-70%
- Fat 15-20%
- Protein 15-30%

Micro-nutrients

- Vitamins are needed by the body for normal growth and tissue repair. Raw foods are rich in vitamins.
- Minerals are inorganic substances found in the soil and are needed for proper composition of body fluids, formation of blood and bone and maintenance of healthy nerve function.
- Enzymes play an essential role in every biochemical activity of the body. Two types are digestive and metabolic. They are obtained from raw food.
- Water - 2/3 of the body is water. We lose water every day through sweating, breathing and elimination.

Anti-Nutrients

- Lack of sleep
- Lack of exercise
- Refined foods - white sugar, flour
- Caffeine
- Smoking
- Alcohol and drugs
- Some supplements
- Antibiotics
- Birth control pills
- Pop and soft drinks
- Overeating
- Chemicals and food additives
- Physical, emotional, and spiritual stress

When foods are refined, they create a nutrient debt. When you eat white refined sugar, your body is looking for the vitamins, minerals, fat, protein and fiber which have been stripped in the processing. You keep eating to search for what is missing. Eventually these nutrients are pulled from the body in order to continue support of the metabolic activities fuelled by the sugar. It is important to realize that with modern refined foods containing large amounts of sugar, obesity and malnutrition may occur together.

Take a look at the preceding list and see if you can recognize some of the reasons for stress, low energy and feeling low. Taking the simple steps that follow will help you eliminate these feelings and guide you towards optimum health.

Choose whole foods as close to their natural state as possible. Processed foods create a nutrient debit. Vitamins, minerals, enzymes and fiber are removed. You need all these things for your cells to be healthy. Healthy cells create healthy organs. Healthy organs create healthy bodies.

- Eat as much raw live food as possible
- Fresh fruits and vegetables
- Nuts and Seeds
- Whole grains
- Whole forms of animal products like dairy, eggs, fish and meat (organic if possible)
- Dairy - Whole milk and yogurt vs. low fat. You need the fat to metabolize and absorb the nutrients. North America has the highest number of cases of osteoporosis and the highest consumption of pasteurized dairy foods
- Whole eggs not egg white.

1 Organic as much as possible, no chemicals, pesticides, herbicides, fungicides, or artificial fertilizers. All of these things play havoc on your cells and this is how mutations start. This also saves the environment. Rivers lakes and oceans. This also maintains the quality of the topsoil, the complex Eco system including insects soil based organisms, humus ,clay, that make up the earth.

2 Choose food that is local fresh and seasonal. Pay attention to your body and feed it according to the seasons and your environment.

3 Eat a variety of foods, colours, flavors, textures, shapes, direction of growth

4 Choose flavours that include sour, sweet, bitter salty, astringent and pungent

5 Select a variety of textures - soft, crunchy, chewy, watery, smooth, granular

Practice conscience eating by beginning to notice how the food you eat affects you: sleep, how you feel in the morning, bowel movements and how you feel physically, emotionally, mentally, spiritually.



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PARTICIPANT/INSTRUCTOR HANDOUT

DON'T BE A DUMBBELL!

By Judy Laughton (Leaders please copy for your participants)

Recently I have noticed a disturbing trend toward the increased use of dumbbells and buoyant aids in aquafit classes, although dumbbells have been around our facility for 16 years. In the past, some leaders have used dumbbells in moderation with specific instruction for their use.

What concerns me now is that some of my participants, who are all seniors (60+), want to use the dumbbells throughout an entire class. They say they like to "work hard.... and do my own thing". They choose to jog in deep water using the aids for the entire 45 minutes. With 25 to 30 people in each class, it is impossible to monitor how safely the dumbbells are used.



My main concern is the effect the use of dumbbells has on participants' joints and their bodies. Aging joints (meaning anyone over 45 years old) do not take well to the stress and overuse dumbbells create. Continual use for 45 minutes taxes some muscles and neglects others. A biceps curl with a dumbbell means the muscle works in an unbalanced way throughout the two phases of the movement. The triceps muscles do the work in the down or straightening phase and the dumbbell



returns to the surface during the biceps phase with little or no effort spent because of the buoyancy, because the dumbbell tends to bob to the surface, the trapezius muscles, neck and upper back are put in constant contraction for 45 minutes.



An average woman past menopause can lose up to 15 percent of bone cells within 15 years after menopause. About seven percent of this can be in the vertebrae of the spine. The added stress of pushing down a buoyant aid is likely to increase the risk of small bone fractures in the cervical and thoracic vertebrae. An average woman over 50 years old unaware of any possible bone loss may be putting herself at the same risk as one who has been diagnosed with osteoporosis. Further, it is worrisome that women who have osteoporosis often use the aids throughout classes thinking they are helping themselves. In my classes, I see several women with cervical curvatures who think the dumbbells are the answer to becoming strong. Some of the women report their wrists and hands are sore from the use of the dumbbells. Excluding those suffering from Rheumatoid or Osteoarthritis, it could be dangerous for anyone over 50 to use dumbbells. Further, some participants with neck problems want to use dumbbells continuously during the class, and it is obvious these participants are using the buoyant aids elsewhere. With over 100 types of arthritis under the arthritis umbrella, do instructors know every participant well enough to promote the use of buoyant aids in a large class?

Because of my thoughts on this subject, dumbbell use in my classes is limited. Participants who say they like them because it is a "hard workout" are told that shoveling snow is also hard but can be dangerous unless done safely and properly. Hard is not necessarily better. When an injury occurs (and it will happen at some point), they will be sidelined from their chosen activity for an indefinite period.

It is best that dumbbells be limited to small groups where proper instructions are given and exercise monitored. Personal training and circuits are perfect places for the use of dumbbells as long as the use is restricted to a short period and with specific instructions.



Leading seniors' classes is what I love most. When I started teaching aquafitness I was young and now consider myself to be one of them, a senior. For 27 years, I have been teaching various fitness classes and have been in aquafitness for almost 17 years. I am an original CALA member and a former nurse. I began teaching arthritis, back, and rehab classes before it was trendy. My concern for safety, however, rests not only with the older age groups but also with participants of all ages. A good portion of aquafitness participants are attracted to water exercise because of physical problems and injuries. I believe we owe them a responsibility to deliver an injury-free zone, which will not irritate existing conditions.

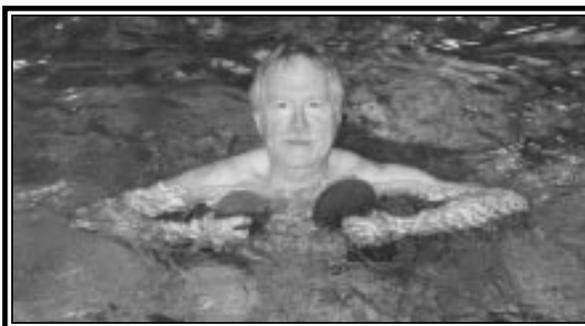
Doctors have as their motto "Do no harm." I believe we as aquafitness instructors have an enormous responsibility to follow this principle. Why is our liquid weight room so good? The magical and healing powers are the reason. Instead of dumbbells, we need to use what the healing powers of water have to offer. By introducing buoyancy for resistance, we remove the reasons we are in the water. Weights and buoyant aids should be saved for land classes where monitoring of use may be easier than in a large pool.

How can we do it?

- Using water resistance and turbulence - water is 1000x the resistance of air.
- Speed of movement creates more turbulence and more resistance.
- Increasing the surface area of the body to present a greater area and increase the resistance.
- Vary resistance by changing hand and foot positions.

- Multidirectional resistance - resistance is always in the opposite direction to the movement of the water.
- Muscle balance resistance - take advantage of the combination of concentric contractions for two muscle groups in the same movement i.e. biceps, triceps 'flexions'.
- Resistance of the water prevents jerky motions and reduces the risk of injury.
- Energy expenditure: achieve a workout as intense as on land.

Movements are slower in the water and, therefore, done in a controlled fashion. Water provides an opportunity to increase range of motion and strength with the same movement.



For those who wish to use equipment, suggest the use of household sponges of varying size (small, medium and large). These provide a broader surface than one's hand but are safer than dumbbells as they absorb water. Sponges are also easier on the wrists and they are soft. For many years, breast cancer classes have used sponges to provide added resistance for the upper body. For breast cancer survivors it is essential to exercise the arms well on the affected side to lessen the incidence of lymph edema (swelling), which may result from the surgery.

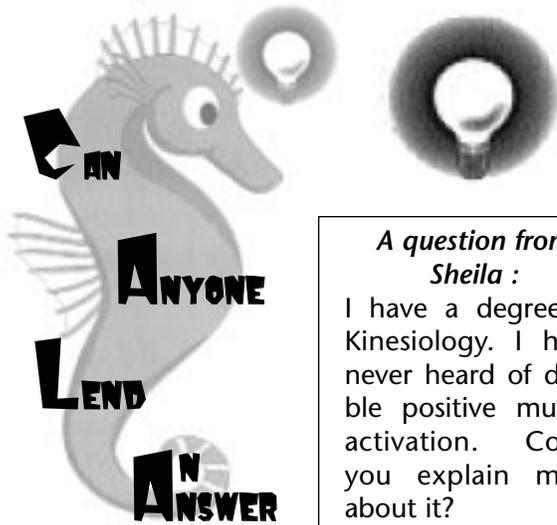
Water is forgiving but let us not push the limits by introducing something that puts our participants at risk. The healing powers of water can do wonders. Why not start now and embrace 'water power' and its magic?



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ASK THE SEAHORSE



A question from Sheila :

I have a degree in Kinesiology. I have never heard of double positive muscle activation. Could you explain more about it?

Answer from Charlene, CALA Founder and President:

Thanks for reading the articles on our web site. I also have a degree – Honours Biological Science with my major in Human Kinetics and a degree in Education. The double positive muscle activation refers to the following: When immersed to shoulder depth: performing knee extension and flexion: the quads will activate concentrically during the knee extension phase; the hamstrings will activate concentrically during the knee flexion. This is due to the fact that the 'location of the load changes' - water is all around the body, you are constantly pushing and pulling it (multidirectional resistance). The 'nickname' for concentric muscle action is positive muscle activation. The nickname for eccentric is negative muscle action.

The lack of soreness is because of the balanced work: double concentric or double positive. While the quads are working concentrically, on knee extension, the hams are releasing - getting a fresh blood supply - so the lack of eccentric is the same as saying double concentric or double positive. Just a different way of saying the same thing. During our CALA Foundation Course, we do discuss the lack of eccentric muscle work during most movements in water.

Does this make sense now?

Response from Sheila:

No, it still doesn't make any sense, are you talking cardio component or muscular component? I thought that in order to actually gain muscle strength, you must have a concentric and eccentric phase. I also do not understand the reference to a "release of muscle tension".

Response from Connie Jasinkas:

- A "Double positive" muscle activation isn't necessarily the technical terminology for what happens, but it beats saying "concentric-concentric".
- B Double positive or "concentric-concentric" muscle activation means that eccentric muscle work is reduced or absent, and therefore, DOMS is reduced or absent.
- C There is a "release of muscle tension" when using the opposing muscle group. Refer to the work of Dr. Herman Kabat (mid 1950s), based on the work of Dr. Charles Sherrington. Sherrington's Laws of muscle activation 'Reciprocal Innervation / Inhibition', states, "a reflex loop mediated by the muscle spindle cell ...causes one muscle to relax (be inhibited from contracting) when the opposing muscle (the antagonist) contracts. This allows movement to occur around a joint. For instance, when the quadriceps muscle contracts, the hamstring is reciprocally inhibited, thereby allowing the knee to straighten". Source: Facilitated Stretching, R. E. McAtee, HK press 1993. If the antagonist did NOT relax when the agonist activated to cause movement, we would be constantly tearing antagonistic muscles, or be locked immobile in isometric cramps.
- D Re: Your statement: To actually gain muscle strength, you MUST have a concentric AND eccentric phase. This is not true, otherwise, gains in strength could not occur in the water, or with hydraulically braked exercise equipment.

Question from Janet:

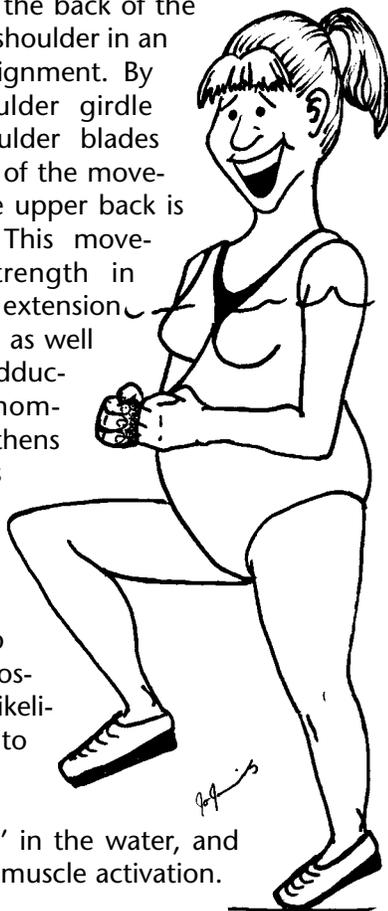
There has been some controversy at our pool about hand position during a breast stroke. One person is saying that the thumbs can't be down during the pull back, they must be up, or it is not a healthy action for the shoulder. If this is so, we must have a lot of lane swimmers hurting their shoulders!

Response from Connie:

Either move is possible for the shoulder joint, and I am not aware of any danger inherent in a 'thumbs down' breast stroke pull-back. However, in this action, the shoulder joint is medially (internally) rotated. Many people are habitually in this alignment due to working on computers and other forward-focused manual activities. It is often wise to counteract this habitual postural misalignment during physical training activities. If possible, to try to restore more functional alignment to the shoulder joints and shoulder girdle.

To see if you or your participants are medially rotated in the shoulder joint, face a mirror (or your participant) while standing in a relaxed, forward-facing posture. If the back of the hand is facing forward (thumbs against the thighs), the shoulder is rotated inward. To correct this, roll the shoulder blades up, back, and down. Think of dropping the scapulae (shoulder blades) into your back pockets. Assume tall posture with ears over shoulders, and shoulders over hips; transverse abdominals and pelvic floor activated (think of pulling the hip bones toward each other, together with 'kegel' exercises). Now, observe the alignment of the arm and hand. The palms should be facing the thighs, with the thumbs facing forward, not inward. This is functional, "Power Posture".

When the thumbs are up (with the thumb held against the hand) during horizontal abduction of the shoulder joint, participants encounter aquatic resistance to the back of the arm and back of the shoulder in an externally rotated alignment. By adducting the shoulder girdle (squeezing the shoulder blades together) at the end of the movement, training of the upper back is also accomplished. This movement can build strength in external rotation and extension of the shoulder joint, as well as shoulder girdle adduction (trapezius, rhomboids). It also lengthens tight internal rotators of the shoulder (subscapularis, teres major, pectoralis major). Such exercises can help improve functional posture and reduce the likelihood of injuries due to misalignment.



Try both 'alignments' in the water, and feel the difference in muscle activation.

Question from Lori, CALA Certified Leader, Summerside, PEI:

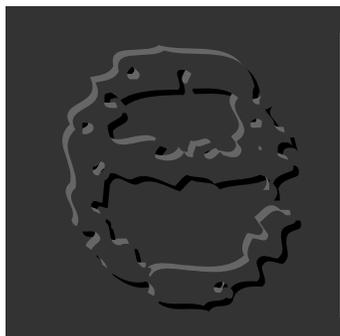
I have a very pregnant women in my class around 8 months along. She is now doing "no bounce" movements, fine tuning her abdominal movements and just listening to her body which is great. My question is about the swivel. Should she restrict her movement on this or should I eliminate it from her program all together? Any other hints you can give to me as advisories for her would be appreciated.

Having lots of fun here, enjoying all my participants.

Response from Connie Jasinkas, CALA Master Trainer and Author of the following resource: CALA Aqua Natal Manual:

Hi Lori, I'm glad your classes are going well and that you have a participant enjoying the water well into her pregnancy. The issue you raise doesn't have a 'black and white' answer in my opinion. It will depend on her size, her strength, and her body awareness / ability to stabilize. To start, please remember that a swivel does not involve torso twisting. The turn happens at the shoulder joint, and the torso is stabilized and moved as one well-aligned unit in opposition to the shoulder joint action.

If the woman is carrying very large in front, swivel action will create a large resistance because of the size of her belly (if done 1/2 tempo or faster, with music at about 125 bpm). Her option is to continue to do the movement at 1/4 tempo or slower, or eliminate the movement if it causes her any back or shoulder discomfort. If she is comfortable, and can maintain strong, functional alignment while moving, there is no reason why she can't continue at a speed that is comfortable for her. Done correctly, the swivel will help her to train/maintain torso (stabilizer) and shoulder (prime mover) strength.



STAY IN TOUCH!

The best way to be notified of all CALA workshops and courses as they are announced is through email; we urge you to contact CALA as soon as possible, and let us know your email address.

Email cala@interlog.com today!

REMAINING 'FOREVER YOUNG'

by Robi Roncarelli, CALA Certified

Do you ever become too old for Aquafitness? Not according to Magda Feldman, an active, regular participant in the Monday, Wednesday and Friday morning aquafitness classes led by CALA Certified Robi Roncarelli at Toronto's North Toronto Memorial Community Center (NTMCC).

Magda has been a very active participant to the classes almost since the Center opened 12 years ago, and she walks there and back, a round trip of over three kilometers, more recently with the help of her walker. Not bad for a 97 year old lady.



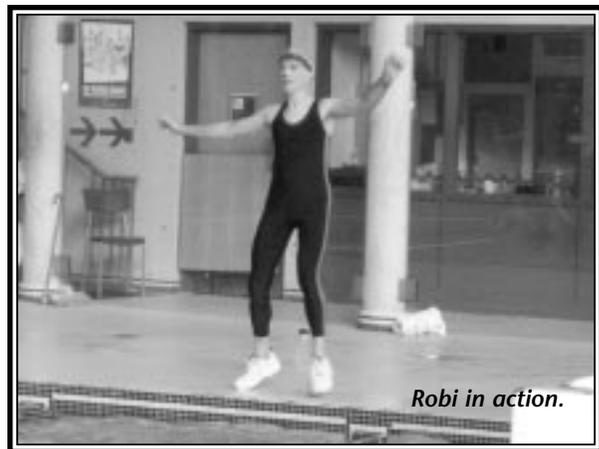
Magda is from Estonia, and endured the German and then Soviet occupations during and after the Second World War. Like a core of other Estonians living in Canada, she escaped to Sweden, and after a couple of stops on her way, came to Canada to raise her family. Family visits, both in Toronto and elsewhere are about all that will keep Magda from her aquafitness classes.



"She is terrific," Robi says. "She always has a big smile on her face when she is in the class, and I missed it for a few weeks. When she returned, I asked her if she was OK, she said that her arthritis had been acting up, and her doctor had told her not to do the classes. After a couple of weeks away, she knew that was not the right advise, and she returned to



the classes so she could feel better. Every now and then to amuse herself Magda counts all the individual movements I do during the class, and lets me know after how many hundred I did."



Robi leads two Monday and Friday morning aquafitness classes an NTMCC - first an Intermediate class followed by a Senior's class - and both are usually close to their 50 participant capacity. Often, the Senior's class bulges when a few latecomers sneak in over the limit, but everyone makes room and has fun. "This is a very active, focused and energetic, Senior's class, and all the participants work hard. Everyone works to their own level, as we have a couple of MS sufferers, and a Post Polio Syndrome sufferer, along with the usual Senior's complaints, but they won't have it any other way."

Robi has a goal, He wants to be leading the classes when he reaches the age of 97, and Magda says she will try to be there to keep him on his toes.



C A L A



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.

Price change effective immediately. Note: the price of the Aqua Mat has remained the same for members, but has increased for non members. Another advantage of membership with CALA.

This price increase was inevitable, due to the high cost of shipping from the USA.

CANADIAN PRICES: For CALA members

1.0 metre mat: \$152.50 + \$30.00 (S & H) + tax

1.7 metre mat: \$225.00 + \$30.00 (S & H) + tax

CANADIAN PRICES: For non members

1.0 metre mat: \$194.00 + \$30.00 (S & H) + tax

1.7 metre mat: \$255.00 + \$30.00 (S & H) + tax



AQUAFITNESS AT 97

MY JOURNEY THROUGH CALA TRAINING AND CERTIFICATION

by Leela Sandrasagra

In 1994 there was a lot of commotion happening in the Athletic Department. I saw a stunning woman going in and out of Pat Richard's office. I stopped in at Pat's office and inquired, "What is all this hullabaloo about Pat?" She mentioned that a big conference was taking place in June with the Canadian Aquafitness Leaders Alliance (CALA) and the founder's name - Charlene Kopensky.

It was during this time that I recently underwent surgery on my knee. I decided to take up swimming everyday as a healing remedy for my knees. As the months went by my knee started to feel a whole lot better. The water exercise prevented me from having to see the doctor again for the other knee. As a direct result of the therapeutic powers that water had on my knees, I decided to look into the water fitness course.

For the first time in the summer of '94 the CALA course was at the University of Guelph. I decided to take the course and its was held for a 40 hour time period. Charlene, the founder and instructor of the CALA course, was exquisite, energetic, and vibrant on deck; and I thought to myself that I would like to be like her one day. At the end of the third day we were exhausted, but revitalized mentally and physically. I had learned so much, and still wanted to know more. At the end of the course we had to write an assignment on the course material. However, I put it off for several years.

In the meantime I was working for Pat at the Athletic Department, as an Aquafitness instructor. Every year Pat kept asking when would I was going to write the examination to complete the CALA course. I smiled and kept saying later, the 'laters' turned into a year and the year turned out to be nine years.

During the nine years I continued to take some of the new courses offered by CALA. Including "Aqua Helps Arthritis", 1996, "Fibromyalgia and Water", 1996, "Bridging and Linking" 1995, "Aqua Africana" 2001, "Aqua Jogging and Aqua Running Specialty Course", 2000, and "Shallow and Deep Creative Splash", 1998.

This year Pat was out to get me, she was adamant and encouraging for me to do the test. With her inspiration and love, I took her advice, and started to memorize the course content, studying day and night. When the test day came along. I told Pat, don't make me sit, where there are too many people watching over me, as I get more nervous, so, Pat put me in a quiet room. The good news... I passed.

My practical assessment was also a challenge for me. I was nervous but did not show Pat, as I pretended that she was not around, but it was hard, as she kept marking the assesment. When all was done, Pat said; Leela let's chat, come to my office. Pat said, "Leela would you mind if Ray listens to our discussion?" Pat

hugged me and said "I am very proud of you Leela, you have done well. You got 2 A's and 3 A+". I was so happy and could not stop my tears. I hugged, Pat and Ray with joy.

Thanks to Pat, for encouraging, guiding and inspiring me. Charlene Kopensky, founder and president and international presenter and trainer, I thank you so much for this wonderful program. Water is a miracle healer, it is magical, magnetic and it is a mystery.

It is still worth it, after waiting for 9 years to complete this wonderful program. I encourage everyone, to feel the way I do. Never say, I can't only that you can try.



Darin Dieterich with Pat Richards

AQUA ABBA FEEDBACK

by Georgina White, CALA Certified! Stephenville, Newfoundland

I was just re-reading a "Wavelink" newsletter and noticed that there was a session offered at the "Exclusively Water CALA Conference 2003", by Dylan Harries using 'Abba music'! I couldn't believe my eyes when I saw that. What a coincidence, I have been teaching aqua classes using the same style of music.

I personally love 'Abba music' and decided to try a class, using the music, to see how the participants would react. My aquafitness group is always asking for different and new music. I thought it would be a treat to surprise the group with new music featuring the 'Abba theme'.

Following is what happened: I told the group they were in for a real "treat", stating that the music had a theme, while not letting them know what it was, until the music actually started. I really got into my class (because I love the music) and the participants were 'pumped up' for the entire class! Throughout the class they

were singing along with the music while they exercised with vigour. They had smiles on their faces the entire time.

For the relaxation part of the class, I used a couple of slower "Abba" songs that were perfect for stretching. At the end of the class, while the music was still playing, the group headed to the large hot tub to socialize and continue relaxing. I received lots of good comments on the music and they loved the class! They said they were really motivated because I was "pumped up and into my class" while teaching. The participants left the pool saying they were looking forward to the next "Abba Night".

Feeling that I had a formula for success, I tried the same music with the 'morning class'. I got the same enthusiastic response. Talk about "MIND - BODY - SPIRIT" - it was all flowing - positive energy everywhere!



Mamma Mia! Dylan Harries presenting Aqua Abba.

MEMBERS AQUABELT PRICES:

- Medium \$30.00 + S&H + Tx
- Large \$32.00 + S&H + Tx
- X-Large \$34.00 + S&H + Tx

NON-MEMBERS AQUABELT PRICES:

- All Sizes \$38.00 + S&H + Tx
- Shipping and Handling \$15.00 + \$2.00 per belt.
- We only take orders for 12 or more belts

AQUABELT SIZES:

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

REPLACEMENT STRAPS:

- All Sizes \$5.00 + \$1.50 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.

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THE CANADIAN AQUA FITNESS LEADERS ALLIANCE – SOUTH AFRICA

Technical Series - By Catherine Ward, CALA Trainer, South African Division, Edited by Charlene Kopansky

INTRODUCTION

This set of 10 Classes has been put together to educate and inform participants in the general aquafitness class. I noticed that, despite my caring leadership, participants would keep on performing their moves incorrectly. After having spoken to some individuals, it was revealed to me that they “THINK” they correct their movement after my persistent demonstration. I realized that it was necessary to go right back to basics in order to correct bad habits formed over the years, as well as bring in new, inexperienced aquafitness participants. These 10 classes therefore, are aimed at ALL people: those who have been doing aquafitness for years and those who have never been to the pool before.



CONTENTS

1. Introduction (Lecture class – no pool work involved)
2. Resistance
3. Buoyancy
4. Anatomy of Stabilization (part 1) – Abdominals
5. Anatomy of Stabilization (part 2) – Back
6. Putting it all together
7. Conditioning the body (part 1) – Chest and back
8. Conditioning the body (part 2) – Hip: abductors/adductors and flexors/extensors
9. Conditioning the body (part 3) – Knees and ankles: flexors/extensors
10. Party class (bring a friend)

OBJECTIVES

- To educate aquafitness participants
- To improve quality of workout
- To eliminate injury
- To improve enjoyment of workout
- To entice those land-based participants who have always been too scared to come to the pool (South Africa has a large non-swimming population)

Special notes for first class

- Lecture class – no need to bring bathing suit
- Meet at the pool
- Bring along a writing utensil
- Notes will be handed out

(Note: to any instructor who would like to follow this 10-lesson plan: The preceding 2 pages can be put up on an advertising board in your fitness facility to draw new participants.)

Class 1: Introduction

OBJECTIVES

- To understand the CALA philosophical approach to aquafitness
- To learn the basic rules and etiquette required for participating in an aquafitness class
- To understand how the components of fitness are improved through water training

PHILOSOPHY

The philosophical approach to aquafitness, which forms the foundation of this technical series of classes, embraces the mind, body & spirit. This holistic philosophy is the cornerstone of the Canadian Aquafitness Leaders Alliance Inc. – South Africa (CALA-SA). We aim to create a movement experience using the magical medium of water. Bring an open mind, willing body and accepting spirit and I will create experiences within aquafitness, which will allow your “mind to discover, your body to move and your spirit to soar.” C. Kopansky. 1993

The CALA-SA Division is dedicated to providing a high quality training, certification and communication network for aquafitness leaders and post-aquatic rehabilitation specialists and water training specialists. CALA-SA promotes professionalism and excellence through careful integration of the mind, body and spirit.

CALA-SA TRAINING COURSES AND WORKSHOPS ARE DESIGNED TO DEVELOP THE EXCELLENCE TO BE FOUND IN EVERYONE. This relies strongly on the self-acceptance and self-responsibility of the individual.

ESSENTIALS

ARRIVING ON TIME is of the utmost importance! Not only is it respectful and courteous, it is also of the utmost importance to your body. The warm



Authors at work.

up phase of a class lasts between 5 and 15 minutes. The purpose is to prepare the body physically, mentally and spiritually for the workout to follow.

Warm up involves movements of gradual increasing intensity. This results in:

- elevated heart and respiratory rate
- joint lubrication
- blood flow to and from the working muscles
- engagement of the mind
- elevation of the spirit in the activity →



THE BODY	
<i>Physical changes</i>	<i>Significance</i>
<ul style="list-style-type: none"> • Redistribution of synovial fluid within the joint 	Lubricates and nourishes joint. Improved shock absorption. Decreased friction
<ul style="list-style-type: none"> • Increased heart rate 	Circulates blood more rapidly to lungs, muscles, and other organs & tissues
<ul style="list-style-type: none"> • Increased respiratory rate 	More rapid exchange of oxygen and expulsion of carbon dioxide in the lung; improved 'gas' (oxygen/carbon dioxide) transport for working muscles
<ul style="list-style-type: none"> • Open capillary beds in the working muscles 	Increased blood flow to working muscles; better delivery of oxygen and nutrients; removal of wastes
<ul style="list-style-type: none"> • Increased muscle temperature 	More efficient metabolism, more pliable (flexible) muscles
<ul style="list-style-type: none"> • Redistribution (shunting) of blood from other organs (i.e. stomach) to the working muscles 	More blood available to the working muscles

THE MIND

Mindful exercise is safer than just going through the motions and following the leader. *(Involve the group by asking them how they think the mind is prepared during the warm-up phase. Let them write down their answers next to the bullets below)*

-
-
-
-
-

THE SPIRIT

Participants who continue to live an active lifestyle usually do so because of how it makes them feel both physically and spiritually. Participants are encouraged to celebrate themselves and the movement. *(Involve the group by asking them how they think the spirit is prepared during the warm-up phase. Let them write down their answers next to the bullets below)*

-
-
-
-
-

WATER

Always bring WATER. When we exercise we speed up our metabolism. Waste products are created by metabolism and these need to be removed. One way to remove waste products, is by drinking water. If we drink too little water, the water we drink when we feel thirsty, only hydrates the body, it does not remove wastes. In the long run, kidneys can become clogged, which will cause infection. Do remember that you perspire when doing aquafitness.

Be aware that the hydrostatic pressure of water enhances return of blood to the heart. Therefore the amount of blood moving through the kidneys is greatly increased. This results in increased production of urine. It is referred to as a "diuretic effect". You may have to leave the pool to urinate during the aquafitness class experience.

OUTFIT

Ladies, please wear support for your breasts while exercising in the pool. Most of you would not dare to go to an aerobics class without a bra. An old bra or a 'crop top' may be worn under an aquafitness suit or swim-

suit. Also ensure that the suit has supportive straps and a firm fabric to reduce jiggling that accompanies movement. Ladies and gentlemen may wear short leggings. Goggles are not needed for aquafitness.

DURATION

An aquafitness class is approximately 45 minutes long. One of the magical properties of water is called Thermal Conductivity. Due to this property, the body cools off very quickly in water and an aquafitness class cannot be too long, as participants will become too cold to reap the benefits of exercise. If participants focus on the workout and apply effort to the movements at hand they will receive sufficient exercise intensity to improve health and well being within the 45 minute time frame.

COMPONENTS OF FITNESS

FOCUS

To achieve your goals of fitness and well being you have to apply a certain amount of effort. "Aqua" as a discipline will give you everything and more than you have ever dreamed – as long as you give it everything you have got. Movement in an aquafitness class is only part of the picture in the pursuit of health and fitness and well being. Remember that proper nutrition and adequate rest are also essential components.

When designing an aquafitness class, one of the goals is to improve the functioning of the body. This will occur when exercises are included to improve the following components of fitness:

CARDIOVASCULAR ENDURANCE: The ability of the cardiovascular system (heart, lungs, and circulatory system) to respond effectively by delivering oxygen and nutrients to the working muscles.

MUSCULAR ENDURANCE: The ability of the muscles to perform repeated actions against a load, for an extended period of time.

MUSCULAR STRENGTH: The force that a muscle group can exert against a resistance in one maximal effort.

FLEXIBILITY: The range of motion at a joint or series of joints. It is joint specific.

BODY COMPOSITION: The relative proportion of body fat to lean body mass.

BALANCE: The ability to maintain static (while stationary) or dynamic (while moving) equilibrium.

POWER: The ability to generate a great deal of force in a short period of time.

COORDINATION: The ability to execute controlled movement of more than one body part at the same time.

AGILITY: The ability to change direction of movement of the body or body parts rapidly with control and ease.

SPEED: The ability to move quickly.

(Involve the group by ending the session with a question and answer period. Creating a warm and welcoming environment will put participants at ease and provide encouragement for them to attend classes.)

THE CANADIAN AQUA FITNESS LEADERS ALLIANCE – SOUTH AFRICA

Copyright: CALA, Catherine Anne Ward, Charlene Kopansky

References:

- CALA Combined Basic Fitness Theory and Aquafitness Specialty Training Manual (second edition): Charlene Kopansky and Connie Jasinskas
- The Complete Athlete: John Winterdyk PhD and Karen Jensen NDI,
- The Complete Guide to Exercise in Water: Debbie Lawrence
- Water Exercise: Martha White
- Water Workout: Bill Reed with Murray Rose
- Water Workouts: Steve Tarpinian and Brian J Awbrey, M.D.



INDIVIDUALS WITH QUALITY, INTEGRITY AND COMMITMENT

CALA Course Graduates from CALA Foundation Course and Specialty Courses, from February 2, 2004 – December 1, 2004

**Ontario, Ottawa, Orleans Rec. Ctr.,
Foundation Course, Nov 2004**

Stephanie Calleppi (Refresher)
Dianne Cox
Nicole Dery
Caroline Halle
Libusa Kadlecik
Debbie McNamee
Kathleen Muldoon
Amanda Schnitker

Trainer:

Amanda DeGrace
A special thanks to Amanda DeGrace for hosting this course.

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

Andrea Campbell
Farideh Jamshidi
Susan Lonergan
Diane Marcks
Denise Revoy
Rita Shahin
Shadi Tahmasebi

Trainer:

Tara Weiderick
A special thanks to Odain Barrette for hosting this course.

**British Columbia, Langley Rec. Ctr.,
Foundation Course, October 2004**

Ruth Adam
Shannon Baldwin
Karin Ebert

Trainer:

Shelagh Noonan
A special thanks to Koreen Gurak for hosting this course.

**Ontario, University of Guelph,
Foundation Course, October 2004**

Joan Berry
Robert Duncan
Val Hayward
Anna Kozak
Sandra Labelle
Brenda Ryan
Sylvia Smith

Trainer:

Pat Richards, Connie Jasinskas
A special thanks to Pat Richards and the University for hosting this course.

**Quebec, Sherbrooke University, Sherbrooke,
Foundation Course, October 2004**

Jeremie Boileau
Anika Dionne
Catherine Dubois
Helene Harnois
Vincent Hudon
Josianne Labrie
Jessica Laferriere
Sophie Leblanc
Danielle Lemay
Francisca Levasseur
Pascal Malenfant
Veronique Moore
Stephanie Ouelett
Roxanne Perinet-Lacroix
Nathalie Plante
Isabelle Roy
Melanie Savard
Marie-Pierre Simoneau
Veronique St Pierre

Trainer:

Nancy Shannon
A special thanks to Nancy Shannon for hosting this course.

**Quebec, Aquadome, Montreal,
Foundation Course, October 2004**

Marie Allard
Marie-Noelle Beaulieu
Julie Blondeau
Daniel D'Aoust
Ariane Erkoreka
Frances Gallagher
Muller Garnier
Caroline Theoret

Trainer:

Marie-Claude Leblanc
A special thanks to Ann Gauthier for hosting this course.

**Ontario, Jasper Fitness Centre Inc., Jasper,
Foundation Course, August 2004**

Meztley Abrego
Erin Foster
Marc Gauthier
Louise Johnson
Bill McGregor
Sheri-Lyn Peters

Trainer:

Chantal Laporte
A special thanks to Cyndi Kinch for hosting this course.

**Alberta, Calgary Winter Club, Calgary,
Foundation Course, August 2004**

Lorissa Chan
Marianne Grant
Lyndsey Koentges
Michelle Rosenberg
Kelly Urbinsky
Linda Urbinsky
Sue Wood
Shaunna Yuzik

Trainer:

Michelle McLaren
A special thanks to Marilyn Sawford for hosting this course.

**Prince Edward Island, Charlottetown Rec. Ctr.,
Foundation Course, July 2004**

Wendy Chappell
Erin Ferguson
Margaret Keizer
Anna Lacroix
Kimberly Saville

Trainer:

Angela Curry
A special thanks to Tom Baker for hosting this course.

**Newfoundland, Bruce II Swimming Pool,
Port-aux-Basque, Foundation Course, July 2004**

Sacha Anderson
Dianne Graham
Gerard Merrigan
Joan Pearce
Candice Skinner
Christine Thomas

Trainer:

Angela Curry
A special thanks to Candace Skinner for hosting this course.



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

Jill Campbell
Miranda Christmas
Brettanie Deal-Porter
Tara Hurford
Cheri Kelly
Ruth Ann Nicholson
Patrick Savoury

Trainer:

Angela Curry
*A special thanks to Angela Curry for hosting
this course.*

**Ontario, YWCA of Hamilton, Hamilton,
Foundation Course, July 2004**

Helen Albert
Kim Catalano
Sara Kurki
Christine Leveque
Ashley McKinley
Jane Ohberg
Debbie Phillips

Trainer:

Tara Weiderick
*A special thanks to Marg Taylor and Tara
Weiderick for hosting this course.*

**Ontario, GoodLife Fitness, London,
Foundation Course, May 2004**

Justin Elie
Brianna Gatt
Karen Hastings
Nicole Henderson
Kristy Hoomnick
Vanessa Joubert
Georgia Mattheos
Linda Noest
Jason Reynolds
Rachel Wagner

Trainer:

Charlene Kopansky
*A special thanks to Maureen Hagan and
Monica Zavitz for hosting this course.*

Ontario, Thornlea Pool, Markham, May 2004

Katherine Duffy
Janice Firth
Desiree Knack
Danielle Koehn
Kelly McKay
Robyn Pimm
Marilyn Porter
Carmen Wong

Trainer:

Tara Weiderick
*A special thanks to Susan Bennett for hosting
this course.*

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

Sara Boyd
Jacqueline (Janice) Forand
Katherine Forand
Tanya Pennell
Susan Savoury
Jana Tretina

Trainer:

Angela Curry
*A special thanks to Angela Curry for hosting
this course.*

**British Columbia, Comox Sports Centre,
Comox Foundation Course, March 2004**

Vanessa Brown
Sheila Catherwood
Sarah Dorran
Deanna Johnson
Ron Keld
Katie Richardson
Stacey Stromme
Kandee Wilkinson

Trainer:

Shelagh Noonan
*A special thanks to Angela Curry for hosting
this course.*

**Ontario, Dryden, City of Dryden Foundation
Course, February & March 2004**

Cheryl Halchuk
Sandra Kutchaw
Cory MacLeod
Melissa Reid
Nancy Shine – Part 1 only

Trainer:

Connie Jasinskias
*A special thanks to Ruth Jacklin for hosting this
course.*

**Quebec, Aquadome, Ville de LaSalle,
Foundation Course Part 1 only, February 2004**

Melissa Bauco
Marie Suzanne Bedard
Ginette Bui
Stephanie Cappelli
Rhiannon Crosman-Faragher
Vicky Desloges
Laura Edelman
Marie-Andree Gervais-Charest
Julie Larouche
Isabelle Picard
Jodi Portigal
Erika Rath
Martine Riscalla

Trainer:

Marie-Claude Leblanc

**Ontario, University of Guelph, Guelph Foundation
Course Part 1 only, February 2004**

Susan Bennett
Sophia Bossinakis
Gina Giammarco
Brianna Provan
Paula Robertson
Matt Wright

Trainer:

Pat Richards and Connie Jasinskias
*A special thanks to Pat Richards for hosting
this course.*

**Ontario, University of Guelph, Guelph Foundation
Course Part 1 & 2, February 2004**

Sarah Buma
Katherine Kane
Roberta Kelly
Catherine Kitscha
Nancy Rumble
David Turnbull

Trainer:

Pat Richards and Connie Jasinskias
*A special thanks to Pat Richards for hosting
this course.*

**Ontario, Ottawa Foundation Course Part 1 only,
February 2004**

Crystal Dillon
Linda Kaip
Rebecca Mulligan

Trainer:

Amanda DeGrace and Line Marr

**Ontario, Ottawa Foundation Course Part 1 & 2,
February 2004**

Shannon Farquhar
Liana French
Denis Lavergne
Marie-Josée Laviolette
Brianna Porter
Maggie Rafferty

Trainer:

Amanda DeGrace and Line Marr

**South Africa, University of Stellenbosch,
Foundation Course "Vertical Water Training –
The Kopansky Method" February 2004 &
"Group Aquafitness Specialty Course" March 2004**

Lists of Graduates for this course will be
published in an upcoming Wavelink issue
*A special thanks to Estelle Van Niekerk for
hosting this course and to Annatjic for
assisting in the certification process.*

SPECIALTY COURSES:

HEALING WATERS PROGRAM:
*Aquatic Post Rehabilitation Prep Course
 and Aqua Arthritis Course*

**Ontario, West End Community Centre,
 Guelph, September 2004**

- Louise Allaire
- Marsha Anguish
- Susan Casson
- Ray Coghlin
- Margaret Colquhoun
- Sandra Di Paolo
- Patti Drake
- Jennifer Edwards
- Susan Gillis-Lawson
- Susan Griffins
- Helen Holtham
- Pam Kelly-Brown
- Susan Kennedy
- Albert Klein
- Desiree Knack
- Christine Leveque
- Diane Marshall-Stewart
- Barb Minnick
- Pradeep Ranchod
- Sylvie Roy
- Liz Teskey
- Alison Weaver
- Matt Wright

Trainer:

Connie Jasinskas

A special thanks to Elizabeth Teskey and her team for hosting the event and promoting the Healing Waters Program throughout Ontario. And a very special thanks to Elizabeth Fox and Connie Jasinskas for writing the manuals for the Healing Waters Program. Well done team!



CALA course participant - Toronto



Toronto Foundation Course participants

**P.E.I., Charlottetown Community Centre,
 November 2004**

- Tom Baker
- Marlene Cairns
- Wendy Chapell
- Angela Curry
- Christine Kelly
- Barb McNeill
- Peggy Stirling
- Lori Wedge

Trainer:

Connie Jasinskas

A special thanks to Tom Baker for hosting the event and promoting the Healing Waters Program throughout the Maritimes.

**CENTRE OF POWER:
 AQUA KICK BOX SPECIALTY COURSE**

**Alberta, Canmore Recreation Centre,
 Canmore, September 2004**

- Sharon Burns
- Jocelyn Davidson
- Dawna Evans
- Brenda Hamre
- Lenore Harder
- Leslie King
- Joy McGregor
- Debbie Palmer
- Lorraine Peters
- Paula Sorbetti
- Debbie Spiller
- Tawnya Tourangeau
- Sue Wood

Trainer:

Shelagh Noonan

A special thanks to Michelle McLaren and Lynn Borrowman for hosting the Aqua Kick Box Speciality Course at the CALA Conference in Canmore

**WATER RUNNING and AQUA
 JOGGING SPECIALTY COURSES:**

**South Africa, University of Stellenbosch, WATER
 RUNNING and AQUA JOGGING SPECIALTY COURSE,
 March 2004**

Lists of Graduates for this course will be published in an upcoming Wavelink issue
A special thanks to Estelle Van Niekerk for hosting this course.

**Alberta, University of Calgary, WATER RUNNING
 and AQUA JOGGING SPECIALTY COURSE,
 October 2004**

- Marianne Grant
- Sylvia Jones
- Sarah Katz
- Crystal McKenzie
- Brenda Murray
- Laurie Pow
- Sheila Rico
- Christina Scott
- Shaunna Yuzik

Trainer:

Michelle McLaren

Special thanks to Dominique MacDonald for hosting and promoting this specialty course.

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



CALA CERTIFIED MEANS CLEARLY QUALIFIED

GROUP AQUAFITNESS CERTIFIED LEADERS
Certification earned between the months of Feb. 2. - Nov. 24/04. The following leaders will be eligible for recertification in 2005. They will require 8 CECs to maintain their certification status. CALA promotes ongoing growth and development of our leaders. Start banking your CECs now. It is advisable to check out www.calainc.org on a regular basis for a list of upcoming events.

Marie Allard
 Jennifer Anderson
 Sacha Anderson
 Meghan Badun
 Tom Baker
 Marie Suzanne Bedard
 Sara Boyd
 Vanessa Brault
 Vanessa Brown
 Karen Bruce
 Ginette Bui
 Jill Campbell
 Denise Camps-Saulnier
 Susan Casson
 Larysa Chalupa
 Janet Chan
 Isabelle Charlebois
 Miranda Christmas
 Tyrone Clarke
 Ray Coghlin
 Rhiannon Crosman-Faragher
 Mitchell Crossman
 Valerie Cyr
 Daniel D'Aoust
 Brettanie Deal-Porter
 Vicky Desloges
 Crystal Dillon
 Valerie Dimitroff
 Sarah Dorran
 Shara Downey
 Patti Drake
 Deborah Dryden
 Danielle Duffie
 Sonya Elias
 Shannon Farquhar
 Jacqueline Forand
 Katherine Forand
 Marie-Andree Gervais-Charest
 Dianne Graham
 Susan Grout
 Linda Harding
 Melody Hopkinson
 Laura Hunt



*University of Stellenbosch, Stellenbosch, South Africa.
 Outdoor pool - divine course participants.*

Galen Ireland
 Jocelyn
 Vanessa Joubert
 Linda Kaip
 Roberta
 Donnamarie Kerbashian
 Anna Lacroix
 Julie Larouche
 Denis Lavergne
 Christine Leveque
 Oxana Liszczak
 Amanda McCarthy
 Barb McNeill
 Gerard Merrigan
 Jennifer Mottashed
 Sylvia Mudge
 Danielle Nerman

Linda Noest
 Joan Pearce
 Rebecca Penty
 Isabelle Picard
 Hayley Poirier
 Brianna Provan
 Melanie Rainville
 Pradeep Ranchod
 Melanie Reddy
 Jason Reynolds
 Martine Riscalla
 Nancy Rumble
 Leela Sandrasagra
 Debbie Scott-McGarva
 Candace Skinner
 Stacey Stromme
 Tanya Strus

CERTIFIED - QUALITY

Christine Thomas
 Kelly Thomson
 Sarra Tidjani
 Liz Tilden
 Tawyna Tourangeau
 Kate Trussler
 Katie Uttley
 Lori Wedge
 Kristy Whyte
 Barb Wilkins
 Kande Wilkinson
 Carla Young

**CALA CERTIFIED MEANS CLEARLY QUALIFIED
 WATER RUNNING AND AQUAJOGGING
 CERTIFIED SPECIALTY LEADERS
 FEBRUARY 2, 2004 – NOVEMBER 24, 2004**

Nicole Boyd
 Susan Casson
 Chris Cecile

**CALA CERTIFIED MEANS CLEARLY QUALIFIED
 AQUA NATAL CERTIFIED SPECIALTY LEADERS
 FEBRUARY 2, 2004 – NOVEMBER 24, 2004**

Carol Benard
 Carole Lefebvre

**CALA CERTIFIED MEANS CLEARLY QUALIFIED
 AQUA KICK BOX
 CERTIFIED SPECIALTY LEADERS
 FEBRUARY 2, 2004 – NOVEMBER 24, 2004**

Chris Cecile
 Pradeep Ranchod

**A NEW WAY OF ACKNOWLEDGING
 OUR RE-CERTIFIED LEADERS**

**CALA RE-CERTIFIED! CONGRATULATIONS TO
 THE FOLLOWING RECERTIFIED
 GROUP AQUAFITNESS LEADERS**

Note: If your recertification is due after March 31, 2005. Your name will be noted in the next issue of the CALA "Wavelink" newsletter.

Note: If your name does not appear in the lists below, contact the CALA office.

Note: Certified leaders are encouraged to contact the CALA office to process your recertification according to the recertification date listed below. Remember, you will need to gather continuing education credits (CECs) in order to be eligible for recertification.

RECERTIFIED UNTIL DECEMBER 31, 2004

Carol Benard
 Janet Huffman
 Pauline Johnston
 Cynthia Kinch
 Patsy Kohnke
 Jennifer Kopp
 Sonia Lake
 Heather Lay
 Sabrina Rielly
 Ingrid Van Waterschoot
 Deena Williamson

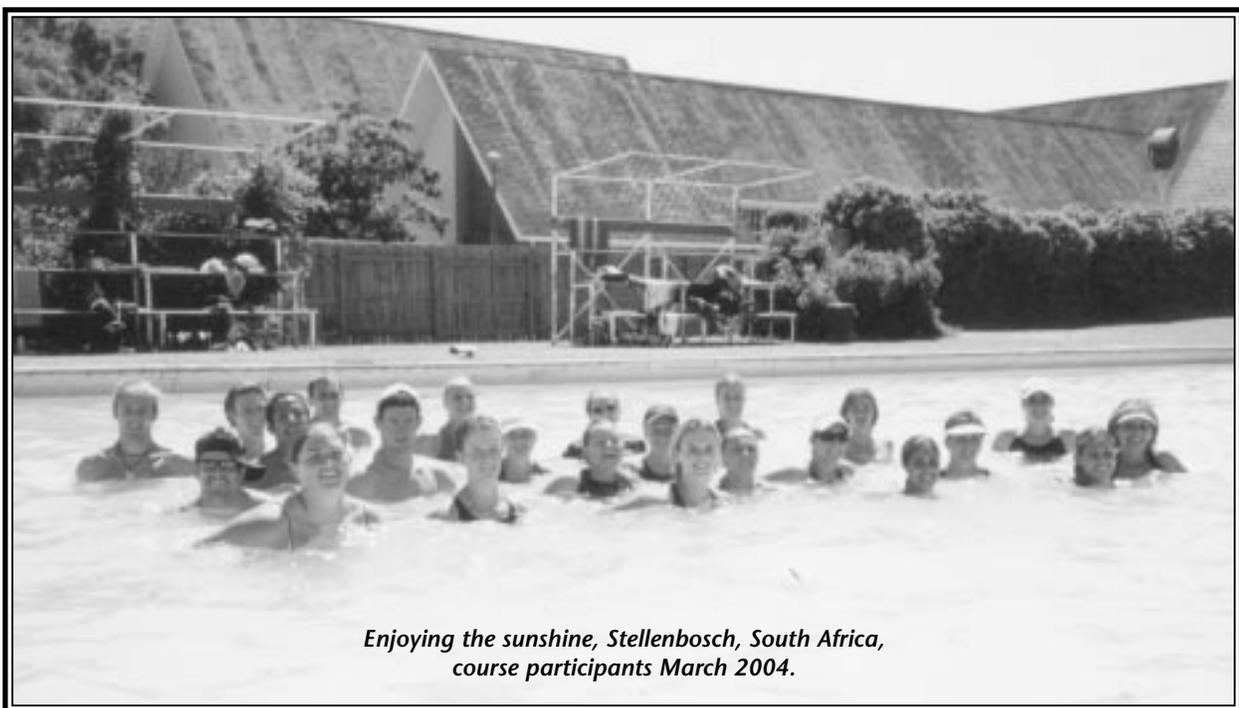
RECERTIFIED UNTIL JANUARY 31, 2005

Simin Bassir
 Sharon Burns
 Brandi Dickinson
 Diane Farrell
 Staci Forsen

Marie-France Hebert
 Sara Kendrick
 Aleksandra Lesniak
 Tracy Lewis-Currie
 Susan Long
 Eleanor Lorenzi
 Betty Lusk
 Karen MacDonald
 Patsi Martine
 Lana Miller
 Cathi Moreau
 Sandy Riley
 Nancy Sawler
 Lilian Seim
 Elizabeth Spencer
 Vicky Straw
 Kim Thompson
 Yvonne Van Camp

RECERTIFIED UNTIL FEBRUARY 28, 2005

Melissa Atwood
 Cathy Belanger
 Sarah Beutel
 Dawn Colgan
 Donna Collini
 Katy Farow
 Marie-Josée Girard
 Carole Gregory
 Beth Heaney
 Carole Houde
 Marnie Kennedy
 Mary Kloosterman
 Matthew Lucien
 Amanda McCarthy
 Helene Nordstrom
 Anne Parr



*Enjoying the sunshine, Stellenbosch, South Africa,
 course participants March 2004.*



CALA course participants... and more sunshine - South Africa.

Lorraine Peters
 Suzy Rozsavolgyi
 Nadine Senechal-Massie
 Diana Shore
 Kelly Thomson
 Isa Tozzi
 Tara Weiderick
 Marine Yzerman-Baker
 Janet Zomer-Ber

RECERTIFIED UNTIL MARCH 31, 2005

Bettie-Ann Clarke
 Margaret Colquhoun
 Thera Colquhoun
 Jo-Anne Dunk
 Norrine Fawcett
 Shelly McCarron
 Debbie O'Grady
 Katherine Preston
 Carolyn Quantril
 Heather Scheibelhoffer
 Sue Sitki
 Charlotte Suringar
 Georgina White

**CALA RE- CERTIFIED! CONGRATULATIONS
 TO THE FOLLOWING RECERTIFIED
 AQUA ARTHRITIS SPECIALTY LEADER
 RECERTIFIED UNTIL JUNE, 2005
 Mary Shannon**

**CALA RE-CERTIFIED! CONGRATULATIONS
 TO THE FOLLOWING RECERTIFIED
 WATER RUNNING AND AQUA JOGGING
 SPECIALTY LEADER
 RECERTIFIED UNTIL MARCH 31, 2005
 Katherine Preston**

Gentle Recertification Reminder: Some leaders got certified when CALA had a three year recertification period requiring 24 CECs in that time period. January 1, 2003, CALA revised its policies. Every certified leader will be phased in to a one year recertification period requiring 8 CECs per year. Also, the recertification and membership renewal date will be merged. 2005 is the final year for this merge to happen. So by 2006, all membership renewals and recertifications will be on the same date and will be done on an annual basis.

The good news is:

- 1 It will be easy to track your recertification date, because it is the same as your membership date.*
- 2 You will only require 8 CECs per year and can petition for CECs if you do not have enough CECs.*
- 3 You can still bank your CECs, Extra CECs that you earn can be bumped to the next recertification period.*
- 4 We accept CEC petitioning from all other training and certifying organizations including studies at the university level.*



Toronto Foundation Course participants



CALA UPCOMING EVENTS:

Meeting the needs of Vertical Water Training Enthusiasts
-Aquafitness Leaders -Aqua Natal Specialists
-Aqua Kick Box Instructors -Aqua Yoga Enthusiasts
-Aquatic Post Rehab Specialists -Water Runners and Coaches

ONTARIO REGION

KITCHENER

CALA Foundation Course, Part 2
Location: Forest Heights Pool
Dates: December 17 & 18, 2004
Contact: CALA 416-751-9823 or 1-888-751-9823
Web: www.calainc.org
Email: cala@interlog.com

GUELPH

CALA Foundation Course, Part 1 & 2
Location: University of Guelph, Aquatic Centre
Dates: February 5,6,7 and February 25,26,27 2005
Contact: CALA 416-751-9823 or 1-888-751-9823
Web: www.calainc.org
Email: cala@interlog.com

COURTICE

CALA Foundation Course, Part 1 & 2
Location: Courtice Community Centre
Call to add your name to the interest list

MARKHAM

CALA Foundation Course Part 1 & 2
Location: Markham Centennial Pool
Dates: Part 1, June 7, 9, 14, 16 2005
Part 2, June 25, 26 2005
Barcode: Part 1 only - 91419
Part 1 & 2 - 91420
Call the Town of Markham
@ 905-294-6111 ext 232 to register

CALA Deep Water Aquafitness
Location: Milliken Mills Pool
Dates: January 2, 2005
Barcode: 91421

CALA Aquatic Post Rehab Intro Workshop
Location: Thornhill's new Therapy Pool
Dates: August 20, 2005
Barcode: 91422

CALA Aquatic Kick Box Workshop
Location: Thornlea Pool
Dates: October 7, 2005
Contact: 905-475-4731
Web: www.markham.ca
Barcode: 91423

TIMMINS

CALA Foundation Course Part 1 & 2
Location: Archie Dillon Sportsplex Pool
Dates: To Be Confirmed
Call to add your name to the interest list

TORONTO

CALA Healing Waters Program:
(i) Aquatic Post Rehab Prep Course
(ii) Aqua Arthritis Course
Location: Bloorview MacMillan Centre
Dates: February 2005
Contact: CALA 416-751-9823 or 1-888-751-9823
Web: www.calainc.org
Email: cala@interlog.com

OTTAWA

CALA Water Running Specialty
Location: Orleans Recreation Centre
Dates: February 5, 2005
Contact: CALA 416-751-9823 or 1-888-751-9823
Web: www.calainc.org
Email: cala@interlog.com

CALA Aqua Kick Box Specialty
Location: Orleans Recreation Centre
Dates: February 6, 2005
Contact: CALA 416-751-9823 or 1-888-751-9823
Web: www.calainc.org
Email: cala@interlog.com

CALA Healing Waters Program:
(i) Aquatic Post Rehab Prep Course
(ii) Aqua Arthritis Course
Location: Plante Pool
Dates: March 2005
Contact: CALA 416-751-9823 or 1-888-751-9823
Web: www.calainc.org
Email: cala@interlog.com

ORANGEVILLE

CALA Water Running Specialty
Location: Adler Street Recreation Complex
Dates: May 1, 2005
Contact: CALA 416-751-9823 or 1-888-751-9823
Web: www.calainc.org
Email: cala@interlog.com

QUEBEC AND THE MARITIMES

MONTREAL

CALA Foundation Course Part 1 & 2
Location: Aquadome, Ville de LaSalle
Dates: February 11,12,13 and Feb 25,26,27, 2005
Contact: CALA 416-751-9823 or 1-888-751-9823
Web: www.calainc.org
Email: cala@interlog.com

CALA HEALING WATERS PROGRAM
Aquatic Post Rehabilitation and
Aqua Arthritis Module
Location: Aquadome, Ville de LaSalle
Dates: To Be Confirmed and Announced Soon
Call to be added to the interest list

CALA Aqua Kick Box Specialty
Location: Aquadome, Ville de LaSalle
Dates: April 2005 - exact date to be confirmed
Call to be added to the interest list

ALBERTA AND BRITISH COLUMBIA REGIONS

WATERTON PARK, AB

CALA Foundation Course
Location: Waterton Park
Dates: February/05 - exact date to be confirmed
Contact: CALA 250-791-6788
Web: www.calainc.org
Email: cala@interlog.com

Waterton Park Workshops
Location: Waterton Park
Dates: February/05 - exact dates to be confirmed
Contact: CALA 250-791-6788
Web: www.calainc.org
Email: cala@interlog.com

CALGARY, AB

CCALA Foundation course
Location: Calgary Winter Club
Dates: March 18, 19, 20, 2005
Contact: CALA 250-791-6788
Web: www.calainc.org
Email: cala@interlog.com

LANGLEY, BC

CALA Foundation Course
Location: Walnut Grove Community Centre
Dates: April 2005 - exact date to be confirmed
Contact: To register call 250-791-6788
Web: www.calainc.org
Email: cala@interlog.com

CALA Aqua Natal Specialty
Location: Walnut Grove Community Centre
Dates: February 5, 2005
Contact: To register call 250-791-6788
Web: www.calainc.org
Email: cala@interlog.com

NEW! Foundation Courses coming up in
Victoria! Call 250-791-6788 for more
details

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