



- **Boot Camp: May 29th - June 26th**
- **Surfboards & SUPs FOR SALE**
- **Surf Ontario at MEC Paddlefest Toronto**
- **Surf Ontario Tsunamis – Sick Kids Slo-Pitch Tournament**
- **Mike's Training for 70km Paddle Updated**
- **The Paddle for MS Update: 59%**
- **Surf Ontario in Get Out There Magazine**
- **4 Fast Facts**
- **Fitness Equipment Recommendation**
- **Recommended Reading: Xtreme Sports Training**

VIDEO



Never Give Up

www.youtube.com/watch?v=ywdh31_nCvY

Meet Nick Vujicic
www.lifewithoutlimbs.org

MINI BOOT CAMP

Indoor / Outdoor 4-6 People

- 1 or 2 Times Per Week
- 4 Weeks
- May 31st to June 26th



Choose From 2 Plans:

1. 'Super Stoked'

Both Days, 4 weeks, 8 sessions: \$160

2. 'Break the Ice'

Pick 1 day, 4 weeks, 4 sessions: \$80

Strength Circuits – Core – Flexibility – Intervals - Relays

Time Slots

- Monday - 7:30pm
- Saturday - 10:30am

Location: **WAVES** Training Studio (Thornhill near Promenade)

Contact Mike to book: 416-906-5793 / mike@catchawavefitness.com



Product Recommendation

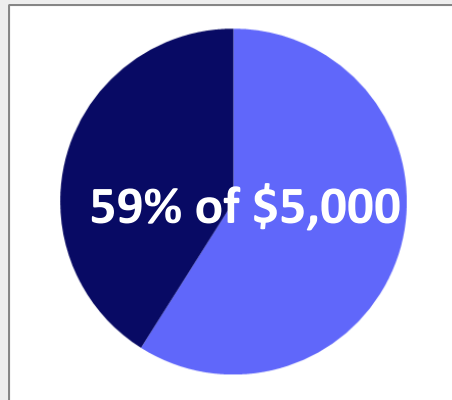
Kettlebells

Fitness anywhere, anytime for anyone!

Kettlebells are the most versatile exercise tool on the market. They are spreading like wildfire because with hard work – they get results!

Waves Fitness has a variety of Kettlebell sizes to choose from. Contact Mike for details to see how you can get into Kettlebell training.





In support of



Support the Paddle for MS

Recently my sister was diagnosed with MS. Among other symptoms, MS is characterized by double vision, paralysis, loss of balance and concentration. She is an active, energetic teacher who is an inspiration to many young minds and we can't let this disease get in her way! I also have a number of close friends battling with MS and it is for these reasons that I have made it a priority to raise funds and create awareness.

For those of you who don't know, MS is the most common neurological disease affecting young adults in Canada and there is no known cure. Currently in Canada, 3 people a day are diagnosed with MS and it is a disease that affects many of us in one way or another.

As a fundraiser this summer, I am planning a long distance Stand Up Paddle Board paddle 'across' Lake Ontario from Burlington Beach to Ash Bridges Bay in Toronto. The paddle is approximately 67 kilometres and will take 12-16 hours to complete. Grant Kennedy, my friend, web designer & fellow lake surfer, will be joining me in this feat. We will set off on this journey between August 6th – 9th, depending on favourable wind and weather conditions.

I know there are many great causes out there, however this one is personal and any type of support would be greatly appreciated. Please help me increase MS awareness and fundraise over \$5,000 to help put an end to MS.

Thank you very much for your donation,

Mike Sandusky

Please follow the link to make your pledge. We're more than halfway there!
Thank you for your continued support.

<http://my.e2rm.com/personalPage.aspx?SID=2455908>



SURFING NEWS

http://www.mec.ca/Main/content_ext.jsp?bmLocale=en&FOLDER%3C%3Efolder_id=2534374302887491&bmUID=1272391992694



Join Surf Ontario at Paddlefest June 12th & 13th for board demos and more,
at Sunnyside Beach, Toronto

The SUP lesson season is officially underway; contact us to set up a time for your lesson!

info@surfontario.com
<http://www.surfontario.ca/book-online.htm>



One Day Softball Tournament!

Join the Surf Ontario Tsunamis for a FUN 1-day recreational mixed softball tournament to help raise funds to purchase priority Oncology equipment for Sick Kids Hospital!

Entry fee is \$20 and is due by June 18th – email mike@surfontario.com to sign up.

Date: Saturday July 17th
Time: 9:00am - 6:00pm
Location: Dunton Athletic Fields
Street: 6180 Kennedy Road
City/Town: Mississauga, ON

Surf Ontario featured in Get Out There Magazine

<http://content.yudu.com/Library/A1njrt/EastMayJune2010/resources/index.htm?referrerUrl=http://www.yudu.com/item/details/154208/East-May-June-2010>

Click on Stand Up Paddle Boarding comes to Canada!



Canada SUP – SUP blog

<http://canadasup.com/>

Gavin's Lake Ontario
Webcam & forecasting

<http://gavinf.no-ip.com/~Gavin/Surf/LiveWebCam/LiveWebCam.html>

Don't miss the surf this summer; get on the SURF'S UP MAILING LIST! Email info@surfontario.com to sign up.
The season will commence mid June!

For more details, follow this link:
www.surfontario.ca/faq_surf.htm



**SURF ONTARIO is a proud supplier of IMAGINE
ECO Surfboards and Stand Up Paddle Boards**

Surf Ontario is currently featuring 2 surfboards & 4 SUPs

The Fat Fish



5'5" x 23" x 3 1/4" - 43 ltr
5'2" x 22" x 3" - 37.8 ltr

The Fat Fish is your go to board when the surf isn't all-time. Don't get bummed when Mother Nature isn't cooperating, grab your Fat Fish, increase your wave count, blast through the sections and make the surf fun. This board is very responsive and lively in small to medium sized surf.

Follow this link for more details:
<http://www.imaginesurfboards.com/eng/fatfish.html>

The Mini Mal



8'1" x 23 1/4" x 2 3/8" - 72.3 ltr
7'9" x 22 3/4" x 3 1/4" - 63.4 ltr

The Mini Malibu is combines fun, performance and an ability to catch waves with ease making it an ideal board for surfing the Great Lakes. If you don't want to fight with a longboard, but you need that extra length and float to catch waves and paddle, then this is your ultimate board.

Follow this link for more details:
<http://www.imaginesurfboards.com/eng/minimalibu.html>

The Trainer



12" x 30" x 6 3/16" - 230 ltr

The Trainer is a flat water specific SUP giving you the ability to cover great distances effortlessly on a stable platform. Packing a lunch and a camera? No problem, this board has a deck bungee rigging to safely store your gear. Choose the Trainer for flat water paddling and downwind swell riding .

Follow this link for more details:
<http://www.imaginesurfboards.com/eng/trainer.html>

Get your boards & gear right here: www.surfontario.com



**SURF ONTARIO is a proud supplier of IMAGINE
ECO Surfboards and Stand Up Paddle Boards**

The Crossover



**11'6" x 34" x 6 1/2" - 311.5 ltr
11' x 32 7/16" x 6 1/4" - 275 ltr**

The Crossover is the ultimate board that combines surfing and paddling disciplines. It is stable enough to learn on, while manoeuvrable enough to turn on demand. Whether you want to cruise for miles or paddle into some fun waves, this is your board.

Follow this link for more details:
www.imaginesurfboards.com/eng/crossover.html

The Chopper



9'10" x 33" x 5 1/2" - 215 ltr

The Chopper is an amazing all-round board for paddling and surfing, handling wind chop and white wash in the surf with ease. This great do it all board offers manoeuvrability and stability in the waves and smooth planning on the flats.

Follow this link for more details:
www.imaginesurfboards.com/eng/chopper.html

The Stand Up 10



9' 9" x 33" x 7"

The Stand Up 10 is a versatile board that you can paddle and surf, AND it even doubles as a kayak! IMAGINE has made this board so tough you'll never worry about rocks. Performance and durability makes the Stand Up 10 the ultimate family board at the cottage.

Follow this link for more details:
www.imaginesurfboards.com/eng/s_tand_up_10.html

Get your boards & gear right here: www.surfontario.com

4 Fast Facts

1. A 1 kg loss of body weight during exercise means you need to replace 1.5 litres worth of fluids.

2. Average lake water temperatures in Fahrenheit as of May 20th
(And quickly rising!)

Lake Ontario: 50

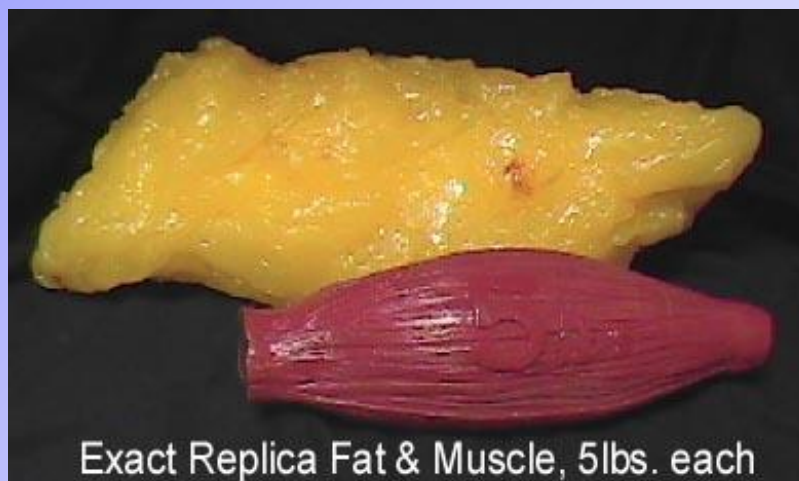
Lake Erie: 52

Lake Huron: 50

Lake Wilcox: 60

3. *"Lower back strength is an important component of sports conditioning. The deadlift builds back strength better than any other exercise, bar none. And back strength built with the deadlift is useful; while the bar is the most ergonomically friendly tool for lifting heavy weights, a 400 lb barbell deadlift makes an awkward 85 lb box more manageable."*
Starting Strength. 2nd Edition 2008

4. This one is worth repeating with the addition of a photo below!
1 pound of muscle is equal to 1 pound of fat. However, 1 pound of fat has far more volume than 1 pound of muscle. Overall, fat has roughly 1.5 times more volume than muscle. Muscle is much more dense than fat.

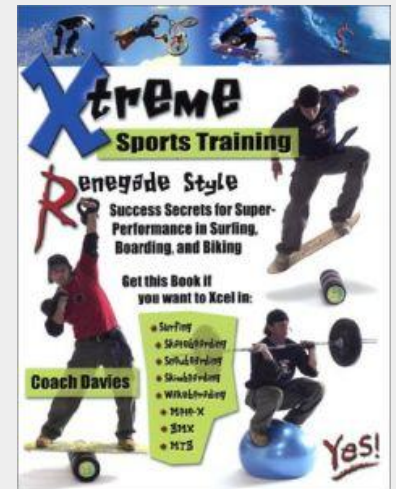


RECOMMENDED READING:

Xtreme Sports Training Renegade Style

A Dragon Door Publication

Coach Davies demonstrates some of the most challenging exercises imaginable and puts them all together in this comprehensive book detailing programs for surfers, skaters, wake boarders, and snowboarders.



Your Hydration Level & How to Check

A 1% decrease in hydration results in a 10% decrease in performance.

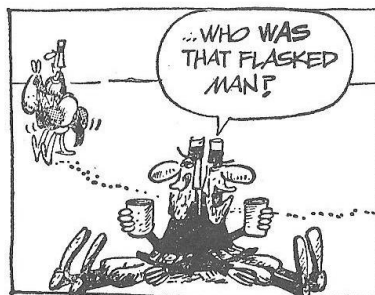
A dehydrated body can lead to headaches, diminished coordination, decreased neuromuscular control and more.

We need to stay hydrated, but how can you tell how much is enough for you?

1. A urine check is a simple way to tell if you are getting enough fluids. A pale to clear colour usually means you are adequately hydrated.

2. The most accurate method is to weigh yourself before and after you exercise. If you have lost 1 kg of body weight, you need to replace that with 1.5 litres of fluid!

After some trial and error, you will find the formula that works best for you. We will definitely need some more fluids as summer approaches!



**Stay Tuned for June's Newsletter & Read Below
To Follow Mike's Monthly Training Program!**

www.surfontario.com

www.catchawavefitness.com

TRAIN 2 LIVE

TRAIN 4 LIFE

Mike's Periodized Training Regime for a 70 km Paddle

	December	January	February	March	
Training Phase	Anatomical Adaptation 4	Anatomical Adaptation 4	Maximum Strength 4	Maximum Strength 2 Muscular Endurance of Long Duration 2	
Energy Systems	Aerobic	Aerobic	Aerobic Lactic	Aerobic Lactic	
Skill	Surfing	Surfing	Surfing	Surfing	
	April	May	June	July	August
Training Phase	Anatomical Adaptation 4	Maximum Strength 4	Maximum Strength 2 Strength Maintenance Phase in: Muscular Endurance of Long Duration 2	Muscular Endurance of Long Duration 2 Strength Maintenance Taper 2	Paddle 4 MS
Energy Systems	Aerobic Lactic	Aerobic Lactic	Aerobic Lactic	Aerobic	
Skill	Technical – Surfing, SUP	Technical – Skateboard, Surf, SUP	Technical- Skateboard, Surf, SUP	Technical – Skateboard, Surf, SUP	

The official training program for the 67 km paddle began in December. I will be updating my training monthly on the newsletter to better describe the phases involved and show examples of exercises and formats used throughout the program.

As you can see in the upper left hand box, training begins with an anatomical adaptation phase of 8 weeks (December & January) combining light aerobic work and surfing as the main skill set trained.

Anatomical adaptation is the beginning phase of training for athletes and beginners into fitness. It prepares the joints, (ligaments, tendons) and muscles for further training. **The focus is on core stability, postural improvement and muscular balance through corrective exercise.** The body is used in full and there are a lot of variety in this phase to train your body with different angles. The exercises are not sport specific at this stage; the emphasis is on injury prevention and preparing a strong foundation for heavier lifting and more dynamic sport specific training.

Circuit training is best for this phase combining 9 to 12 different exercises back to back with 2 to 3 sets per exercise. There is minimal rest between each exercise and the repetition range is 12-20. This phase can be as short as 4 weeks, but it must occur at least twice during a year. My phase was longer as I was overcoming an injury from October.

Anatomical Adaptation Sample Workout:

Dynamic Track Style Warm-up: 8 Minutes

Strength Training Workout: 3 Sets, 12-20 reps, no rest between exercises

Body weight squats
Push ups
Pull ups
Multi-directional lunges
Military press
Bent over row
Reverse glute hyperextension
Side plank & prone plank
Lower back extension

Stretching: Chest, lats, SMR roller – hips, Swiss ball back extension, thoracic rotation

In February, **Maximum Strength training was phased into the program.** This type of lifting trains the prime movers of the sport to be extremely strong. The central nervous systems and muscles are fully recruited in heavy lifts of **80% to 95%** of one repetition maximum. **Higher rest intervals, more sets and lower rep counts characterize** this phase. Two three week **cycles** of lifts obtain the best results using a **step loaded program.** When lifting using a step loaded program with fluctuating intensities, it allows for recovery and great gains in strength without added bulk.

Take this Bench Press Example:

Low	Week #1 – 80% or 5-7 reps at 185 lbs	Low	Week #4 – 80% or 5-7 reps at 195 lbs
Medium	Week #2 – 90% or 3-4 reps at 205 lbs	Medium	Week #5 – 90% or 3-4 reps at 215 lbs
High	Week #3 – 95% or 2-3 reps at 225 lbs	High	Week #6 – 95% or 2-3 reps at 240 lbs

Maximum Strength Sample Workout From Week #2:

Dynamic Surf Style Warm up: 8 Minutes

Strength Training Exercises: 5-6 sets, Rest Interval 3-5 minutes, Reps 3-4

Dead Lifts	Chin Ups + Weight Added	Strict Bent Over Row
Set 1 – 40% 135 lbs	Set 1 – 40% 0 lbs	Set 1 – 40% 95 lbs
Set 2 – 60% 225 lbs	Set 2 – 60% 25 lbs	Set 2 – 60% 115 lbs
Set 3 – 90% 275 lbs	Set 3 – 90% 45 lbs	Set 3 – 90% 165 lbs
Set 4 – 90% 275 lbs	Set 4 – 90% 45 lbs	Set 4 – 90% 165 lbs
Set 5 – 90% 275 lbs	Set 5 – 90% 45 lbs	Set 5 – 80% 135 lbs
Set 6 – 80% 245 lbs	Set 6 – 80% 35 lbs	

Core Strength Maintenance – 5 Minutes

Stretching: Similar flexibility protocol as prior months was observed.

I'm currently in the Maximum Strength phase of training. Here is an example of a resisted chin up.

The lower cables are attached to my waist belt, effectively increasing my body weight by 70 pounds.



Muscular Endurance of Long Duration

This phase of training takes strength gained from the maximum strength phase of training and converts it to useable muscular endurance. Training loads are low enough (30%) that exercises are executed for 5 to 7 minutes in duration, thus training the aerobic energy system. The prime movements of the activity are trained and results in your endurance sport are realized.

Muscular Endurance of Long Duration Sample Workout:

Dynamic Warm-up – 8 Minutes

Injury Prevention - Shoulder Stability – 5 Minutes

Endurance Workout – 45 Minutes Continuous

X3 FSU Bosu Cable Paddling Rows – 7 Minutes

X3 Indo Board Balance – 7 Minutes

Core Strength Maintenance – 5 Minutes

Stretching: Similar flexibility protocol as prior months was observed.



Paddling endurance rows with SUP paddle and cable resistance standing on Flat Side Up Bosu Ball.