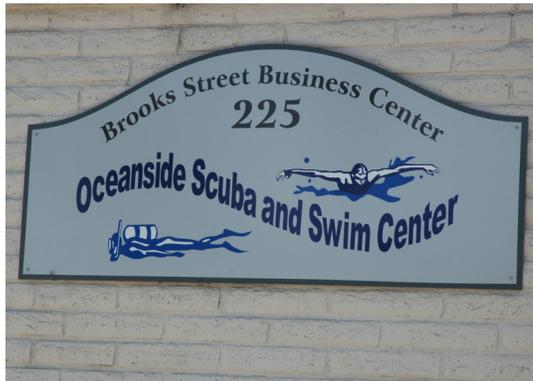


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Get in Shape for Lobster Season (Photos)



Oceanside Scuba and Swim Center (Gretchen M. Ashton, Photographer)



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Lobster hunting requires physical conditioning over and above that of recreational diving. Attributes of the sport combine fast and steady fin-kick swimming with bouts of rapid whole body movement over periods of hours and often consecutive days. Enthusiastic hunters often add intensity to these physical demands by diving during inclement weather and seeking out remote hunting locations. This usually involves carrying gear for extended distances over uneven terrain and swimming in shore surge, currents and high surf. Whether diving from a boat or shore, avid hunters often press physical limits with multi-dive days of three or more dives. Since lobster season extends through the winter months, water temperature is another major toll on the diver. Further, many divers who are only interested in lobster may have been inactive during the off season.

Physical conditioning for lobster hunting combines aerobic exercise, strength training, balance and coordination. This is often referred to as endurance and agility. Endurance is the ability to exert oneself for an extended period of time. While cardiorespiratory fitness is

primary to all diving activity, long-term aerobic training can compromise strength if resistance training is not incorporated into the workout. The lobster hunter must combine cardiorespiratory fitness and muscular strength when training for endurance. Agility describes balance and coordination which are important when changing directions and accessing tight locations such as rocky crevices, ledges and holes where lobsters are found. Improved mental acuity and hand-eye coordination are added benefits of physical conditioning suited to lobster hunting.

Prepare for lobster season with the following **ScubaFit**® tips:

- Participate in aerobic exercise five to six days a week for 45 minutes or more.
- Maximize aerobic endurance training with heart rate training zones of 70% and 80%.
- Combine strength training with aerobic exercise.
- Focus strength training on the **legs**, back and abdominals.
- Add calisthenics, ball exercises and balance boards for balance and agility.

Lobster season is just a few weeks away and the staff at **Oceanside Scuba and Swim Center** is preparing for opening week aboard **Truth Aquatics'**, **The Vision**, a liveaboard dive boat. The trip usually sells out so register early to reserve a spot. Lobster hunters are required to carry a **California State Fishing License** with the Ocean Enhancement Stamp, and a Lobster Report Card. Additional necessary equipment above and beyond dive gear are a lobster gauge and catch bag. Be prepared for night dives.

Oceanside Scuba and Swim Center is a **PADI 5 Star** dive center and an **American Red Cross** swim center. It is owned by Ray Simon, who has owned the **Scuba Center** at Camp Pendleton since 1993. As one of only a dozen PADI Course Directors in the state of California, he has a reputation for extensive experience, vast dive knowledge, and strong, honest business practices. Having started his diving recreationally overseas in 1974 while serving with the United States Marine Corps, he became a dive professional in 1986. Ray is a PADI Course Director, DAN Instructor Trainer, an Atlantis/Dolphin Rebreather Instructor Trainer as well as Tec-Deep Instructor Trainer.

Kara Aniya, is one of the many well-qualified dive professionals that keep the center running smoothly. "Our goal is to provide good service." Kara shared the most popular activities at the center are open water diving and wreck certifications. She leads weekly night dives at **La Jolla Shores** where there is always a "lot of friendly scuba divers." The dive community is flourishing at **Oceanside Scuba and Swim Center** with more than 50 members in their **Aquamarines Dive Club**. For more information about lobster hunting and dive activities contact kara@oceansidescubaswim.com

