



Dear Active After Schools Community Program coordinator,

I'm writing this letter to inform you about Peak Fitness Challenge After School Sports Program (formerly known as Team Rex) and what you we can offer you as part of the AASC program. The Team Rex program has been operating in the Geelong region since 2002.

After teaching physical education and sport for a number of years I felt more needed to be done within this area so I made the decision to establish a business that allowed me to drive my passion and expertise into as many schools as possible. Since making that bold move I'm proud to say that Peak Fitness Challenge has managed to involve over 15,000 adults, teenagers and children in a variety of forms of physical activity. The basis of these programs comes from my qualifications and experience. I have ten years experience teaching physical education in primary schools, have lectured in physical education at Victoria University, hold coaching accreditations in football & cricket, am a qualified personal trainer and a registered AASC deliverer.

What does Team Rex offer?

Team Rex is registered as a multi sport deliverer. This means that we can deliver a variety of activities to your students based on your needs and age level of your participants with a minimum level of equipment required. However, the qualifications that I posses and experience I have in teaching physical education means that programs based around specific sports can also be designed. For these specific needs we employ young, local people that have a passion and experience in specific sports so that they may be able to pass on their own enthusiasm for that particular sport to the participants. The following page has a list of the specific sports we have delivered at individual schools in the past two years.

The needs at each school vary and at no point do we believe we can cover all of these needs but there are things that we are looking for when working with a school. We are looking to develop a relationship with schools through the AASC program. Within this relationship we aim to have open lines of communication. This means that if we can't provide a program that suits your needs of an instructor that I know can confidently deliver the program then we won't waste your time, or more importantly, the time of the participants! However, communication is a two way street and this means that we can only provide quality programs based on the information we are provided. Numbers in the program, working space available, wet weather areas, equipment available, trained OHSC or school staff that can play a role in the program delivery and age of the students (i.e. predominantly Grade 3 to 6 or Prep. to 4) all make a huge difference to the success of a program. I know when schools are communicating with us directly, and relationships are forged, that successful programs are achieved as we have discovered with Geelong Grammar, Fyans Park Primary School and the schools that have been involved in the Peak Fitness Challenge.

So for all of the above what does it cost?

I've placed a pricing schedule on the following page but would urge you to think about more than just price when utilising certain service providers as part of the AASC program. As a person that is heavily involved in local sporting clubs I believe it has been great to see the use of local sporting groups as part of AASC and I actively encourage you to continue this at your school (or start if you haven't already).



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However, I believe all that I have outlined above justifies our pricing schedule and how we can assist your students. Remember this program is about getting children active in a time slot that has huge links with a sedentary lifestyle, we must develop good habits for our children and money should not be an issue when it comes to steering us away from the “obesity epidemic”.

I thank you for taking the time to read my letter and if you have any further queries then please don't hesitate to contact me via one of the methods below. I look forward to the possible opportunities of working with your school in the future.

Prices:

1 instructor (1-20 students) = \$94 per session

2 instructors (21-40 students) = \$162 per session for both

Yours faithfully,

Dale Ringin

Peak Fitness Challenge Managing Director



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