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The Focal Point April 2008 Issue

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I started last month's issue with excitement flowing from the keyboard but this month it's bursting out! Our new website is live! Although there may be some minor teething problems to start with, the fresh new look (created by Colourfield Creative) and new layout (done by Craig Briody at CECC) is brilliant! Some of the new functions include an online quote form for schools wanting to operate an On Campus Program, promotional footage about the Interschool Event & On Campus Program, updated staff contact details and kids & parents section (that will evolve over time) that will provide simple but fun resources on keeping active and healthy. The "old" functions like event calendars and details, archived newsletters, Interschool Event results, Frequently Asked Questions and school resources will still all be accessible.

The other promotional element of

the business that has me pumped up is the signage on the crewman Ute (see photos on page 4). Thanks to Jared and the team at Signific for their vision and patience, it was all worthwhile as the Ute looks fantastic and has got great feedback.

After writing The Focal Point articles for nearly two years my first article to a new audience was published in the Geelong Business News. The Geelong Business News has a large distribution and I'm looking forward to being able to share information about health and wellbeing amongst Geelong businesses.

Finally, heading into the cooler months the brave soles that have enrolled in the new Transformation program should be commended. I'll be getting up at 6am to join them (as their trainer)- what's your fitness regime like for the colder months?

Dale Ringin

Staff Profile-Peta Grigg

Peta began working for us in February of 2008, acting as the instructor at both the Clifton Springs (multi-sport) and Fyans Park (baseball) primary schools AASC programs.

Peta has a long list of qualifications in the sporting area, in conjunction with almost completing her Human Movement degree at Ballarat University she also has:

- Certificate IV in Sport Development and in Sport & Recreation
- Level One Cricket, Basketball, Rugby, Sport & Disabilities coaching accreditation
- Austswim instructor and basketball umpire qualifications

Peta also works for a Geelong chiropractic business, does some babysitting and was a sports trainer for Modewarre Football & Netball Club in 2007. Her vast range of experience and qualifications means that she is a fantastic asset to the business.

In Term Two Peta will again be conducting an AASC program at Fyans Park (games and tabloids) and will conduct the soccer program at Ashby PS.





Warm Ups with Equipment

Heading into the cooler months it's crucial to do a thorough warm up. Grabbing a few simple pieces of equipment can liven up the warm up as participants (of all ages) start to use their minds and their bodies, hence preparing them for the exercise, activities or drills to come.

Skipping ropes

Individual: Skip for a set time frame with the rope going forwards or backwards. Allow half the rest time (e.g. 1 minute skipping, 30 seconds rest). The Skier– take the rope forwards or backwards whilst doing small jumps to the side. The Bell– take the rope forwards or backwards whilst doing small jumps backwards and forwards.

Partner: One partner skips as fast as they can for a set time frame whilst the other partner rests. Swap roles when the time runs out. Resting partner could also do body weight exercises such as push ups or lunges. Increase the time frames or difficulty of the skipping action.

Pairs skipping– with two ropes and standing side by side, partner A holds one handle of partner B's rope with the "inside" hand (closest to their partner) and vice versa. Pairs attempt to turn both ropes at the same time and do as many skips in a row as possible.

Small Group: in a set time frame, all group members do as many skips as possible and then add their scores together for a team total. Time frames can be varied and handicaps (e.g. starting later or more difficult type of skip) can be placed on teams/individuals.

Team laps– set up 4 cones in a square. Place 1 team member at each cone. On go the team member A skips with a running motion to the next cone (clockwise or anti-clockwise). Upon arriving team member A skips on the spot and team member B skips with a running motion to the next cone where team member C awaits. The pattern is repeated as the team attempts to do as many laps of the square in the set time frame. Whilst waiting at a cone, team members are always skipping on the spot.

Balls

Individual: Holding a ball above the head complete forward or backward lunges or holding the ball horizontally in front of the body complete walking lunges to a cone or set line.

The individual rolls the ball out in front of themselves, chases after it and returns to the starting point as quickly as possible. Each time the distance the ball is rolled should be increased (distances can be marked by lines, cones, poles etc.).

Partner: the old fashioned partner sit up and ball pass. Make sure participants have a neutral spine when sitting up and a comfortable/safe surface. Feet can be 'locked in' behind partners legs to give assistance. Partners can down and up at the same time to increase the work rate.

Keep it alive– partners work to keep a ball in the air using their body parts (e.g. knees, head, feet, chest). Pairs work together so every time the ball touches the ground there is a penalty for both partners (e.g. 2 push ups, 10 high knee lifts etc.).

Small Group: passing relays where participants are kept on the move. The ball can be rolled, chest passed, bounce passed, handballed, rugby style passed, underarm throw. Vary the distances, time frames and keep the groups small for maximum activity.

Pass & run– set up 4 cones in a square. Place 1 team member at each cone. On go the team member A passes the ball to team member B and then runs to the cones team member is standing at and back to their original cone. The pattern of passing, running to the cone and back is repeated by each team member as the team attempts to do as many laps of the square in the set time frame.



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www.peakfitness.net.au



Interschool Events: The Southern B District (in Geelong) have set their challenge date for Grade 3/4 students. The challenge will be conducted on Friday 30th May at the Life Be In It Centre with the district challenge for 5/6 students happening later in the year. We're also excited about the possibilities of new Interschool Events happening this year, with discussions continuing for schools around Kilmore and Narre Warren North areas.



On Campus Program: On Thursday 3rd April the first Huff n Puff in the Park day (ran by the Melton Shire) for 2008 operated at Diggers Rest. The 80 children aged 4 to 12 participated in a variety of PFC events along with interacting with community based providers. Equipment such as the ladders, skipping ropes, mini steppers and the radar gun were all utilized. Parents were also able to participate in wellbeing activities. Thanks to Chris Lunn from the Melton Shire for his organization of the day and to all of the PFC staff that made it such a successful day in Diggers Rest.

On Friday 11th April Kieren ventured to Beulah (north of Horsham) to run a PFC Circuit for the students of Beulah, Jeparit and Yaapeet primary schools. Paul Tudurovic from the Horsham Athlete's Foot store also attended and kindly donated prizes to all students and some balls to Beulah PS. The students approached all of the activities with great enthusiasm and were encouraged by a

positive group of teachers and parents. Thank-you to Dianne Phelan for her organisation and support of the On Campus Program and for giving us the opportunity to work with students in the Mallee region.

News: Our great relationship with the Melton Shire will continue into the coming holidays with two more Huff n Puff in the Park Days booked for Term 2 and 3 holidays. We've also booked a second family fitness day through the community development department. We're looking forward to building upon the experiences we are able to provide children in the Melton Shire.

August may seem off in the distance but it will come around fast. That's why we're urging schools to think about their Olympic theme (2008 Olympics start 8th August). The On Campus Program will have special Olympics package available that will include elements such as flag ceremonies, "Olympic fitness" events, medal presentations and culminating event to challenge parents and teachers. Book now as dates are filling fast—go to the website for an online quote to be completed for your school.

Thank-you to Arthur Reed Photos once again for being a Support Sponsor. They have been a proud sponsor of the Peak Fitness Challenge since 2003—we truly appreciate their support!

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Seated Posture by Dr Steve Cunneen

In February issue Dr Steve Cunneen wrote about neutral spine, this month he focuses on seated posture.

Think of how many hours in the day we spend sitting? It varies for everybody but why is good sitting posture so important?

The spine uses a certain amount of energy just to keep us in an upright position. Our bodies are constantly under load from gravity and the way we position ourselves changes the amount of loading on the body. Good seated posture will allow you to use the support of the chair. Keys to good seated posture are:

-sit deep in the chair so that your lower back is using the support at the base of the chair. For people with short legs this is hard to do, so pick chairs that have a smaller base on them so that it still allows you to have the hips and knees at 90 degrees. If a chair is too high for you try using a foot stool or the phone book is always an easy fix.

-keep the hips, knees and feet all pointed forward in the same direction. People often allow their legs to fall out to the side when sitting which causes contraction of the larger gluteal and piriformis muscle. Because of their broad muscle attachment into the hip bones this is what often leads to the stiffness and pain people may experience from poor seated posture.

-use your pelvic floor muscles while seated. As we move a certain amount of hydration and lubrication runs around the spine so if you can't get up and walk around focus on contracting your core muscles.

-repetitive load and vibration are two of the major causes of back pain. This is why people often experience lower lumbar spine problems on extended time in the car. Many new cars have lumbar supports build into the seats, or alternatively use a lumbar roll or a small rolled towel in the small of your back while driving to maintain correct spinal alignment. You should be able to touch the back of your head on the head rest with very little effort, if not whined the seat forward into a more upright position.

If you find regardless of how many chairs you try you can never sit comfortably, or maintain good seated posture, it is a good idea to have a check up with your chiropractor.

Dr Steve Cunneen

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The Beaut Ute

