



# The Focal Point

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August 2008 Issue

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I was glad to be able to help the teachers at Leopold PS kick off Term 3 with an optional fitness session. Some of the staff members that regularly attend group training sessions (with me on a Wednesday night) joined other staff members to go through a variety of fitness exercises for an hour. The session was aimed at getting the staff doing a physical activity together and gaining an idea of training options to help improve fitness. So far this year the staff have participated in a different physical activity each Term.

The Olympic month has been a busy one but there's been plenty of energy and our programs have engaged children in activity all over the state. The On Campus Program has traveled to Balnarring, Lower Templestowe, Sydenham, Portland, Blackburn, Keilor, Shepparton, Echuca and Ballarat for the Olympics. The

Olympic spirit has also been alive and well with flag ceremonies, torch relays and loads of Olympic based activity- what a great time to be a kid and involved in exercise!

I've also had the Olympic flavour continue through my monthly article for the Geelong Business News with Stuart Hinds (Barwon Soft Tissue Therapies) agreeing to be interviewed from the Australian Recovery Centre. Stuart was kind enough to give us a small idea of what it's like in the recovery centre treating Australia's athletes and working with leading physiologists/strength & conditioning coaches. Dale Ringin



## Client Profile- Jason Howell



**Name:** Jason Howell

**Age:** 38

**Occupation:** Fitter & Turner

**Program:** Boxing for Fitness

**Date joined:** June 2007

**What were your reasons for joining the Boxing for Fitness program?**

"To do something different for fitness that was also close to home."

**What benefits have you experienced to date?**

"I've lost 3kg and I feel a lot stronger"

**What's the best part of participating in the sessions?**

"You are under instruction of a great trainer and get to meet new people"

**What has been your experience of PFC Personal Training?**

"Staff are very friendly and helpful"

**Any tips for other participants?**

"Just go and do it! Set goals, make it part of your routine and make it to every class."



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[rhsports.com.au](http://rhsports.com.au)

RHSports (Ross Haywood Sports) are the newest sponsor of The Athlete's Foot Peak Fitness Challenge, signing on to be a Minor Pinnacle sponsor. RHSports has a great reputation with schools throughout Victoria, New South Wales and Tasmania, providing quality sporting equipment. Keep an eye out for the Nyda range of equipment at our challenges and schools should take advantage of the generous offer by RHSports listed on Page 3 (under the News section).

Commencing in 1978 as a small suburban retail sports shop, our dedication to the schools' market has intensified over the years and we are proud of our position as the premier specialist school sporting goods supplier in Australia. NYDA is our exclusive brand and is the cornerstone of our dedication to the school market. NYDA has been specifically designed and developed to address the quality and price requirements of educational institutions whilst being at the forefront of innovation. Our headquarters is now based in a 1500 sq. metre warehouse in Ringwood Victoria, which we moved into in April 2003. Our expansion has enabled the company to continue to grow and respond quickly and effectively to all orders. Overnight delivery into Sydney, Melbourne, Canberra and Tasmanian metropolitan areas is achievable, utilizing sophisticated order processing system. Employing 27 people, the company has a policy of holding large stock levels, with over 1800 stock lines on our shelves, and aims to dispatch any orders received by 1pm on the same day.— *Taken from rhsports.com.au*

Right– the foam, portable, joinable balance beams from RHSports in action at Balnarring Primary Schools Olympic On Campus Program. The 'Jamaicans' were working hard leaping over the beams.



## Staff Profile– Jess Jehu

Jess began working with us in Term 2 of this year. She has been involved in after school programs at Ashby and Clifton Springs primary schools, Melton Shire Huff n Puff in the Park day and recently at the Corio PS On Campus Program session.



Jess is currently in her 4th year of a Bachelor of Education (Primary) at Deakin University. Whilst studying for her degree Jess has majored in Health and Physical Education and completed teaching rounds at Warrnambool, Norlane West, Highton and Hamlyn Banks primary schools. Jess has also assisted with the first day of school for Corio South PS Preparatory students, been involved with a mathematics day at Leopold PS and taught science lessons at Oberon PS.

On the sporting front Jess coached rowing teams during high school and now keeps fit by going to the gym, doing yoga and Pilates.



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**Interschool Events:** Entries have opened for the Bellarine-Eastern Geelong, Surfcoast District, Bendigo and Werribee District challenges (see website for closing dates).

**On Campus Program: Bethany Community Support (Corio PS)-** on Tuesday 5th August we went to Corio PS to operate five fitness stations for students in Grades Preparatory to Grade 2. The school was a buzz with activity, with the “leap of faith” tower set up to challenge students (and I’m told after all of the children went home it was going to be the staff’s turn). Unfortunately for us, just as we’d got set up the heaven’s opened up but we were able to adapt and run the session under cover. Well done to all of the staff involved in the day, some for the first time. Thank-you to Briony (from Bethany Community Support), Linda and the P-2 teachers for involving us in such a great initiative.

**Balnarring PS (by Kieren Thurston)-** there was no Beijing style rain or pollution as Balnarring PS kicked off the Olympics on Friday 8th August on a sensational day. 331 students from the school represented 15 different countries at Peak Fitness Challenge Olympic events. The challenge opened with an official flag ceremony (with every country paraded and introduced to the crowd). Before the challenge began all of the competitors took the Olympic oath and a real effort was made by everyone to represent their assigned countries via flags, clothing and hair colour.



Left– teachers and students got into the spirit of representing their assigned country.

Below— the jumping sacks from RHSports in action.

**News:** RHSports (Ross Haywood Sports) have signed on as a Minor Pinnacle Sponsor for 2 years. We’re extremely excited about this new partnership with RHSports being able to assist us with new apparel, ribbons and innovative equipment. RHSports are also offering schools (that participate in PFC Interschool Events and On Campus Programs) 10% of all Nyda equipment. Find out more about RHSports on page 2.



**St Joseph’s College Circuit trial (by Kieren Thurston)-** On Thursday 17th July I went to St Joseph’s College to run a circuit session for three different Year 9 groups. The circuit session incorporated three different variations of a circuit, each one having a different fitness focus and equipment. All students were surveyed at the end of the session, with an average of 3.5 to 4.5 (out of five) being scored on all areas of the session. Our secondary school program is gradually being refined as a variety of schools around Geelong assist us in providing feedback to improve the program. The program is specifically aimed at secondary schools with more information to come about our trials in the coming issues.

Dale will again be presenting at the annual Victorian ACHPER conference at Monash University. At this stage he will be presenting on Thursday 27th November between 1 and 2.30pm. More information to follow about the session and other possible presentation times in later issues.



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## September Calendar

DATE(S)	EVENT/ACTIVITY	DETAILS
Monday 1st	Carlisle River PS On Campus Program	Circuit format incorporating other surrounding schools. Grade Prep.-6.
Tuesday 2nd, 9th & 16th	Boxing for Fitness	Wandana Heights Hall, 6.30-7.15pm, \$10 per session
Monday 1st, 8th & 15th	Transformation	6 week outdoor group fitness program, 3 days per week, 6-7am, varied locations around Geelong.
Wednesday 3rd, 10th & 17th	Transformation	6 week outdoor group fitness program, 3 days per week, 6-7am, varied locations around Geelong.
Wednesday 3rd, 10th & 17th	Leopold PS Teacher Exercise Network	Group fitness sessions held at the Leopold Indoor Neighbourhood Centre (LINC), 4-4.45pm. Open to all fitness levels and people from the Bellarine area. Upfront payment or casual rates.
Friday 5th, 12th & 19th	Transformation	6 week outdoor group fitness program, 3 days per week, 6-7am, varied locations around Geelong.
Thursday 4th	Dimboola PS On Campus Program	Circuit format. Grades Prep.-6.
Sunday 7th	Father's Day	
Wednesday 10th	St James the Apostle PS On Campus Program	Circuit format. Grade Prep. 9.30-11
Friday 12th	Skye PS On Campus Program	Mini PFC format. Grades 3-6.
Wednesday 17th	Bellarine Secondary College Tabloid trial	Trial session of our new secondary school program.
Friday 19th	End of Term 3	
Monday 29th	The Athlete's Foot State Forum	Melbourne Zoo



### Corio PS Photos

Left: Sarah-Jane has the students working hard on the gymsticks.

Right: Rob keeps the children active at the jumping sacks.

