



The Focal Point

www.peakfitness.net.au

December 2008 Issue

Inside The Focal Point

Welcome Pg. 1
ACHPER Conference Pg. 1
Anaconda Adventure Race report Pg. 2
The Athlete's Foot PFC update Pg. 3
PFC Calendar Pg. 4
Summer Running pg. 4



Congratulations to Steve, Barry and Jess on getting teaching positions for 2009. Steve will be working at Bell Park North PS, Barry at Pascoe Vale North PS and Jess at Kurunjang PS. Both Steve and Barry have been working for us for nearly two years and Jess started work with us this year. I wish all three an exciting and fulfilling teaching career.

I'd also like to congratulate the staff at Corio West Primary School for being this year's Biggest Improver. The 9 staff members (plus Kerrin from Corio PS) have been contributing to a team score all Term by scoring points for the certain types of exercise they complete. Last year's winning school, Leopold PS, had 7 staff members contribute to their team score but weren't able to topple Corio West's average total score. Individually it was Sharlene Sault that scored the most amount of

points for Corio West and Rachel Grace scored highest for Leopold. Well done to all of the ladies that put in over the Term.

It's hard to believe that I'm writing my final thank-you's and well wishes for the year— another one has flown by! I'd love to be able to thank you all individually but to all of the teachers, students, OSHC staff, sponsors, PT clients, local government staff, business associates and PFC staff members it's been another year of growth and learning and I thank-you all for your involvement in our business. We hope you have a merry Christmas and we're looking forward to continued growth in 2009 with new opportunities, improvement and relationships developed.

Dale Ringin



ACHPER Conference



This year's annual ACHPER conference was held on Thursday 27th & Friday 28th November at Monash University. The focus of my session this year was on activities, games and relays for middle years students using quick step ladders, agility poles and gymsticks.



Top left: Taking a breather above. Bottom left: Ladder work. Top right: Hoops & poles. Bottom right: Partner gymstick work.



Thank-you to Rob for his help during the session, to the RHSports team for extra equipment and to Sports-Port Agencies for the gymsticks kit. Session notes from the day will be posted on our member's section in the New Year.





December 2008 Issue



Anaconda Adventure Race report



This year the Peak Fitness Challenge was represented by 3 teams in Lorne. Only myself, Nick Masters and Trent Leslie (from the 2007 teams) made the return journey which meant we had 7 new team members that had not competed in an adventure race. PFC Team 1 was made up of Nick Masters (swim), Trent Leslie (paddle) and myself (run/ride); PFC Team 2 was Glenn Zeeuwe (swim), Duane Meredith (paddle), Mike Forsyth (run) and Jase Lydom (ride); and PFC Team 3 had John Wells (swim/paddle), Paul Price



(run) and Ben Hickey (ride). Team Hooganvargan was also revived with Chris Lacy (swim), Steve Cunneen (paddle), Ben Cornish (run) and Luke Hercus (ride) racing— all but Chris had been PFC team members in 2007.

The majority of the team meet on the Saturday, registered and then went off to do introductions before aiming to get plenty of rest (there was already some nervous energy and plenty of questions). On the Sunday morning we all arrived between 6.30 and 7.30am only to find out the course had been changed—the paddlers were now doing 2 laps of the bay and the runners had an extra 2.7km added to the course which was changed to an out and back. Not good news for some of our spectators/followers who were looking to watching us come through the Cumberland River caravan park (where they were camped).

The swimmers started off the other side of the pier for a 1.9km dip with John coming in fastest followed by Chris (Hooganvargan), Glenn and then Nick. The paddlers went off for their 13km tour of the bay, having to actually get out of the boat and re-launch when arriving back in at the beach (before their second lap). John was again fastest followed by Steve (Hooganvargan) but Trent made up ground to come in ahead of Duane. Off went the runners for a tough 13.9km run (bloggers on the website are actually claiming it was further!) that involved two swims through St George's River, bush running and two lots of rock hopping. Mike caught me just after the pier (few hundred metres to go) with Ben (Hooganvargan) next and then Paul. For me, cramps had started up on the soft sand which was the result of dehydration from a head cold. The mountain bike riders then left for some road/hill work, bush tracks, fast downhills and beach section to finish off. Luke (Hooganvargan) caught Jase and myself (still suffering cramps) but had an enormous stack at the bottom of a hill which took him out of action for a short while. Ben (also sporting large cuts from a crash) came in after me. We all ran down the beach with our respective team mates to finish off the race— what an adventure! Overall Team 2 finished 281st in 6.11.21, Team 1 finished 381st in 7.01.35 and Team 3 finished 384th in 7.19.29. Team Hooganvargan was 324th in 6.26.07.

For some great images of our team members in action or to see our respective leg times go to www.rapidascent.com.au. Click on the results tab down the left hand side, click on sub heading Anaconda Lorne 08. From this page you can check out all the race stats, easiest way is to then click on the Category Results button and then click on the Male Team button. You can choose your team from there to check out.



Top left: Duane next to his boat he raced in.

Top Right: John getting ready for the swim.

Bottom Left: Team 1 crosses the finish line.

Bottom Right: Ben relays the story of his crash to Dale & Paul.





December 2008 Issue



News: On Campus Programs will be sporting new names in 2009. Over this year we've taking on board the feedback given by staff and students as to why certain types of On Campus Programs are chosen and believe we need program names that are reflective of this information.

Trials of our secondary school program for 2008 have also been completed with great feedback coming from Grovedale College, Werribee Secondary College, St Joseph's College, Lara Secondary College and Bellarine Secondary College. We're confident the format Kieren Thurston has been working hard to develop along with the equipment utilized will compliment existing secondary school fitness programs.

In 2009 the Interschool Events format will undergo some changes to how it is booked and set up for schools/districts. An information letter was sent out to all schools that participated or planned on participating in the challenge during 2007 or 2008. Some of the changes mean a greater onus back on 1 teacher or District Secretary but we know that looking for ways to improve the entire operation of an Interschool Event can only make it a better experience for schools.

Interschool Events:

Hoppers Crossing District- On Friday 14th November the Hoppers Crossing District ran their inaugural Interschool Event. Students from MacKillop College did a brilliant job running the stations which enabled the 5 competing schools to give it their all. The eventual winner was Heathdale Christian School with the fittest male also hailing from Heathdale and the fittest female from Mossfiel PS.

Thank-you to Michael Sarpi from MacKillop College for his support, Jess and Ben for their hard work on the day and Joe Grimes for drive and passion to see an Interschool Event operate in his District.

On Campus Program:

St Andrew's PS (by Kieren Thurston)- a Mini PFC event was run at St. Andrew's Primary School for the third year in a row. The competitors and officials were very enthusiastic which was shown by some stunning results being recorded in our 10 events. Not only did different body shapes and sizes take out different events but the young gentleman that took out the fittest male medallion was a pocket rocket and a crowd favorite. A very successful day was created through teacher Anthea Walsh's assistance and many thanks to Kate and Barry for their work on the day.

Sunshine Christian School (by Rob Baker)- Combining students from Prep to Year 6 in a fun learning activity is always great to experience and this was the case recently at Sunshine Christian School where Principal, Diane Milne, organised a Circuit Challenge for 94 students. In a very small playground, the activity was limited to 8 events but the fun and enthusiasm was far from limited. The students at the school have a broad range of cultural heritages so the universal concepts of fitness and having fun in challenging yourself to do your best was something that all students were able to aspire to. "The Ali Shuffle" with the opportunity to lay 10 punches at a teacher holding a boxing pad was the highlight for many. The Gymsticks also proved very popular by challenging many students that hadn't ever experienced that type of exercise before.

Running it as a multi-age event was a great way for the school to undertake a Peak Fitness Challenge and is an example to other schools that may be looking for something a bit different in their program.

Echuca West PS (by Kieren Thurston)- beautiful weather greeted us at Echuca West Primary School for a full school circuit on 11th December. The intensity and team support was a highlight of the day, with spectators and a photographer from the local paper looking on, competitors were giving it their all. A real feature of the challenge was the 'boys versus girls' races at the mini hurdle dash. Thanks to Brendan at Echuca West for giving us the opportunity to work with another Echuca area school, we look forward to more challenges in the area during 2009.



December 2008 Issue



January Calendar

DATE(S)	EVENT/ACTIVITY	DETAILS
Tuesday 13th, 20th & 27th	Boxing for Fitness	\$10 per session, Wandana Heights Hall, Wandana Drive, 6.30-7.15pm
Thursday 15th	Melton Shire Huff 'n' Puff in the Park	Hannah Watts Park, Melton
Thursday 15th, 22nd & 29th	Boxing for Fitness	\$10 per session, Cameron Park, High Street, 6.15-7am
Monday 19th & 26th	Challenge Yourself Summer Training Camp	3 sessions at week for 4 weeks, varied locations, upfront payments TBC , 6.15-7am
Wednesday 21st & 28th	Challenge Yourself Summer Training Camp	3 sessions at week for 4 weeks, varied locations, upfront payments TBC, 6.15-7am
Thursday 22nd	Melton Shire Family Fun & Fitness Day	Parkwood Green Community Centre, corner of Catherine Drive & Community Hub, 11am-1pm, varied free fitness activities for children
Friday 23rd & 30th	Challenge Yourself Summer Training Camp	3 sessions at week for 4 weeks, varied locations, upfront payments TBC, 6.15-7am
Monday 26th	Australia Day	Challenge Yourself Summer Training Camp still on.
Friday 28th	Term 1 starts for teachers	



Summer Running



There are some fantastic fun runs on over the summer months so how do you get started in terms of preparing to run a set distance?

1. You need to know what your end goal is— how far do you want to be able to run?
2. You need to know what it is you can run comfortably now. Do an “out and back” run as a test, at least if you’ve had enough by the half way mark you know how far you’ve got left to get home.
3. You need to be able to work out a training plan that builds you up over time from what you can run to what you want to be able to run. This plan needs to take into account the time you have available to train and what other commitments may impact on this plan (e.g. holidays, work, family etc.). The plan also needs to include rest and recovery sessions (e.g. massage, plenty of hydration and other forms of cardio like riding or swimming)
4. You need to track your progress to keep yourself on track to reaching the end goal.

Once you have your plan it’s a matter making sure you have good footwear, have worked out your running route or venue and then putting the plan in motion. Even try to get a friend involved with your plan (not every session do you need them) to help with motivation.

A great website you can use to find out about fun runs across Victoria is www.coolrunning.com.au/calendar/vic.php?TargetCal=VIC&Months=12 or perhaps try your local cross country club or city council. Enjoy this great time of year to get out a challenge yourself on a run.