



Inside The Focal Point

The Focal Point
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The Focal Point February 2008 Issue

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On Wednesday 16th January we had our very first staff briefing at Cucina 112 in High Street Belmont. The purpose of the night was to outlay and prepare the current (and prospective) staff about the future direction of the business (and 2008 plans). The food (and room) from Cucina 112 was brilliant and the positive vibe amongst the attendees really helped make it a great night. I'd like to thank Anthony and his staff at Cucina 112 for looking after us. I also truly appreciated the number of people that gave up their own time to come along and thanks them for the positive leads/ ideas it has since generated.

The staff briefing also gave current and prospective staff a chance to meet (and hear from) those are a playing a more permanent role in the future direction of the business. Both Kieren Thurston and Rob Baker have been profiled in previous

Focal Point issues and offer a range of skills, talents and strengths that will assist us in 2008. Rob will continue in his role (as he did in 2007) of promoting the On Campus Program to schools throughout Victoria (both country and metropolitan). Rob will also take on a staff mentoring role, liaising with myself on staff performance issues. Kieren will also be doing a minor promotion role of the On Campus Program but will be heavily involved in the coordinating and operation of On Campus Program sessions along with developing the secondary school element of the program.

I'm also excited about what new skills, contacts and skills are being brought to the business in 2008. There'll be more to come in following issues.

Finally, thanks to Dr Steve Cunneen for his generous offer, attached with this month's issue.

Dale Ringin

Melton Shire Fun & Fitness Day by Kieren Thurston

The Melton Shire Summer Fit & Fun day was held at Parkwood Green Community Centre on Wednesday 16th January. The day was free for all attending and organised by the Melton Shire. It consisted of face painting, a barbeque, an animal farm and the Peak Fitness Challenge™ activities.

The aim of the day was to provide activities for children to keep them active and entertained. Activities varied from regular Peak Fitness Challenge™ events such as the Stair Climb, Mini Hurdle Dash and The Skier, to other exercise based activities such as Velcro Ball Catching, Rainbow Ribbon Balls, Beanbag Throwing Competitions and the use of the Exercise Dice.

The day lasted for three hours and over 50 individuals attended the day. Thank you to Barry for his assistance and ability to keep the children active. Also, thank you to Alex Maggi (coordinator for the day) for involving the Peak Fitness Challenge™ and conducting such a smoothly ran event..



Sporty Spot- Steve McGarrigle

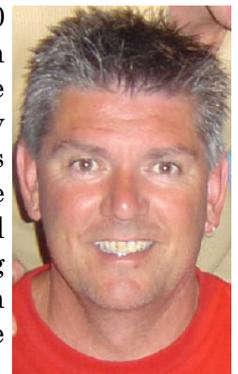
This month we profile Steve "Gags" McGarrigle.

After graduating from Deakin University Steve started teaching at Woodville PS in Hoppers Crossing. He then went on to teach at Corio West and Iramoo Primary Schools, having a couple of stints as the PE teacher along the way before being appointed Assistant Principal at North Shore PS in 1995. He was principal at North Shore PS from 1997-1999 and then Rollins PS to present. He is currently on secondment to the Department of Education's Conduct and Ethics Branch in Melbourne.

On the sporting front Steve played State League level Soccer for Altona City as a seventeen year old after representing Victoria at junior levels. In later years he played locally for Corio. He has also played many sports at a social level including mixed-netball, basketball, indoor soccer and cricket. Some of these sports have stemmed from Steve's involvement in several Victorian Teachers' Games. Recently his sport of choice at the games has been lawn bowls. Although Steve only ever played Australian Rules Football at school he has a real love of the game (just catch a look at him during a Geelong FC game!) and was the Junior Coordinator at South Barwon FC for four years. He has really enjoyed seeing the juniors he had involvement with now playing senior footy and winning GFL premierships.

Steve represented Victoria in soccer as a junior playing at the 1974 National Championships in Adelaide, and has won several Best and Fairest awards at Altona City, Mossfiel Rangers and Corio. His biggest claim to fame is winning the B&F at Altona City when he played in the same Under 16 team as Alan Davidson, who went on to play professional soccer for Nottingham Forest (in England's top league) and international soccer for Australia. His most enjoyable sporting achievement was to play cricket with his son in the Highton Sixths. They made a 50 run partnership batting together with Steve making 7!

Steve lives in Highton with his family and loves the fact that they are only 20 minutes from good beaches. He is happily married to Jenny and has two children (Andrew 20 and Anthea 18). They all keep pretty fit with Jenny and Steve walking and going to the gym. According to Steve, they have to stay reasonably active because they love a good meal with a nice wine. Steve hopes that his interest and involvement in sport has influenced his kids in their decision to be active people. He loves to watch most sports and still has a passion for soccer (and has been a Melbourne Victory member since their inception). He is also a big supporter of local sport and has been actively involved at both South Barwon Football and Highton Heat Cricket Clubs. He recently won a surfboard in a raffle so his next challenge is to learn how to surf.



Interschool Events & On Campus Program

PFC News: The Athlete's Foot (as naming rights sponsor to the Peak Fitness Challenge) are committed to the health and well being of people of ages. We're looking forward to working with a variety of schools in 2008 as are the numerous TAF stores across the state. There will be more up to date information about footwear provided at the challenges along with discount vouchers for competitors and special offers for schools. The Fit Print machine will again play a role a certain



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challenges and TAF store owners are eager to foster positive relationships with schools within their greater communities.

We're also working to secure a number of new sponsors over the coming months, with details and information about what our sponsors can provide to be printed in following issues.

Our brand new promotional DVD will be able to be viewed soon. It gives a 3 minute visual overview of the type of activities students engage in when participating in a Peak Fitness Challenge event or program.

Interschool Events: The upcoming Corio District challenge on Wednesday 12th March has a record equalling 290 enrolments. This is the largest Interschool Event operated shared only with the 2007 Bellarine-Eastern Geelong challenge. North Geelong SC has again made themselves available to officiate the day and I'm again looking forward to seeing the visual production of (the North Geelong SC students) their involvement in the day.

We also have plans in place to build upon the healthy eating section of the challenge to reinforce the healthy eating, lifelong pursuit of activity theme. There will be some innovative and varied trials over the 2008 Interschool Events calendar.

On Campus Program: Due to the Victorian Teachers stop work our Oakleigh PS Mini PFC has been moved to Thursday 21st February (there will be a report about the day in the March newsletter).

Rob Baker has been out and about attending District sports meetings along with making contact with schools that showed interest in the On Campus Program in 2007. Also, both Kieren Thurston and myself have been contacting eastern suburb, Gippsland and past participating schools. I'm looking forward to filling the pages with news about the new areas and schools we are beginning to work with.

Ways to get running

Barring injuries that disadvantage you when running, there is a method of gaining benefits from running for everyone, even if you think running is "not for you"!

Interval– break up your run with some stride/jog work or sprint/walk. You can use time or distances (such as landmarks) to set your variance in speed.

Time– set out a course and time yourself. Try to bet that time on every occasion.

Equipment– use running training equipment such as quick step ladders or mini hurdles to break up type of running you are doing. Your body and mind will benefit as you can also incorporate coordination movements. Improvise if these aren't available to you with safe items from around the home (e.g. bricks or pieces of wood, Frisbees or toys).

Terrain/venue– add variety to your runs by changing the venues and terrains you run over. Running on sand, up hills, on tracks or on grass all vary the work out for the body in subtle ways.

Increased distance– progressively run further than you did last time. Doing more than you did last time challenges the body. You may need to do some measuring first but if you have an end distance in mind (say for a fun run) then you can gradually build up to it over a time frame.

Relays/games– one of the best ways to get running without even realising how much you are running– the possibilities are endless! Friends are definitely required for this one though.



Spinal Care by Dr Steve Cunneen

Personal trainers often talk about maintaining a neutral spine while exercising but what are some of the benefits? Dr Steve Cunneen from Coastal Chiropractic says that it allows you to train more effectively by:

-reducing the likelihood of accident or injury due to poor technique or fatigue. Unbalanced movements such as the classic lift and twist injury are common causes of back pain. Do it often enough on a poorly balanced spine and you will cause yourself an injury.

-providing greater flexibility, strength and muscle coordination. Having the spine balanced as we perform exercise allows muscle contraction to occur through its full range of motion providing better development, strength and endurance. Muscle needs to be able to contract, then return to its full length for correct function.

-a neutral spine allows you to breath better throughout your exercise. Holding your breath while doing strenuous efforts can aggravate the neck, thoracic spine and the attaching rib structure. Think of doing sit ups incorrectly and leading with your neck rather than keeping the head supported over the shoulders, people often strain the jaw and neck muscles.

The best way to keep a neutral or well balanced spine is to think in straight lines. Look in the mirror front on and look for symmetry. Looking at someone from the side the head should be centred over the shoulders with the ear and tip of the shoulder in a vertical line above the hips and knees.

If you find that no matter how hard you try to achieve a good posture you are still unable to do this or continually do the same injury time after time, a check up with your chiropractor could be just the think you need to help you reach your next goals. Good luck, train hard, and enjoy the benefits

Coastal Chiropractic Torquay are located at 3/7 Bell Street Torquay, phone 5261 5699. Take up their discounted offer for The Focal Point readers only. We'll feature more spinal care information from Steve in the coming months.

Team Rex

Term 1 2008 sees us doing programs at Clifton Springs and Fyans Park primary schools.

We have had along association with Clifton Springs through Peak Fitness Challenge Interschool Events but this will be our first Active After School Community program at the school. The now seven week program (reduced from eight weeks for AASC sites) will be a mutli-sport program with a different sport used each week as the basis of the program.

At Fyans Park PS we are again thrilled to be working with the students (and Julie from the Out of Hours School Care) to provide a Baseball based program. The students will have the opportunity to work with baseball gloves but also learn the varied skills involved in baseball through a range of modified games that cater for Preparatory through to Grade Six students.

Both programs will operated by Peta Grigg who is completing her Human Movement degree at Ballarat University and also has a number of Level 1 coaching accreditations along with experience coaching junior sporting teams.

Next month I'll fill you in on the five week soccer program at Ashby Primary School.
