



The Focal Point

www.peakfitness.net.au

January 2009 Issue

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Welcome to 2009 and January has moved a lightning pace already! Hopefully the year has got off to a great start for everyone and the festive was a safe one.

The new year has started off with some changes for Peak Fitness Challenge. We have moved into a new office— 244 La Trobe Terrace, Geelong. I'd like to thank Tim, Donna, Damian and Jack for making us welcome in our new business home.

We are also gradually making small improvements and changes to the website. Some of these changes you may notice straight away, others will appear over time. The changes are all based on making the site a greater resource to all that visit it. For **personal training clients**, you can now download information sheets about programs, pre-exercise questionnaires and payment sheets. For anyone wanting to find some useful links

to other sites our **downloads** section is one area of the site that will continue to grow over time.

In January we kicked off our very first training camp (see details below). I also began training Clinton and Steve from Country to Coast Windows. As business owners that work long hours Clinton and Steve have realized the importance of their own well being and make time in their busy days to improve their fitness. You'll see more about the guys next month.

Finally, I'd like to thank Jo-Anne McDonald at the AASC program for getting me involved with the Berry Street Kids program. Jo-Anne asked for volunteers so I spent two hours with a small group of children playing soccer games. It was great session to be involved in.

Dale Ringin



Fitness Training Camps

The first of our training camp series kicked off at 6.15am on Monday 19th January. The nine eager participants have been training three mornings a week at various locations around Geelong. The focus of the program has been to improve cardiovascular fitness and muscular endurance. Anyone interested in doing a trial session with the group can attend for \$20 a session.

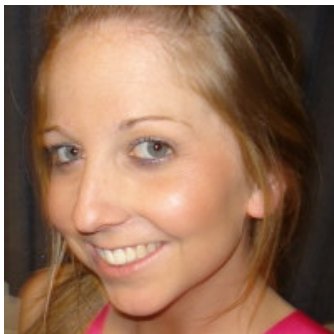
Run for Your Life Training Camp starts Monday 16th February

Run for Your Life training camp is the 2nd **PFC™** camp series program in the 2009 for those who want to improve their cardio fitness through varied types of training. **Run for Your Life** will operate predominantly running based sessions from well known Geelong fitness venues for one month. Participants will also have the option of joining the **PFC™** 'Relay for Life' team at the end of the program (go to our website for more information).

Early Bird Price \$185 upfront (valued at \$200)- offer until Feb 11
(price includes free Boxing for Fitness extra training session per week)



Staff Profile: Sarah-Jane McDonald



This month we profile Sarah-Jane McDonald who has been working for us (around university and work commitments) for a year. On the sporting front Sarah is extremely active being a member of the Ballarat University Gymnasium and The Sands Gymnasium Torquay. Has played netball for St Joseph's, South Barwon and Grovedale Netball Clubs, been part of the GFL Representative netball team 2005 and 2007, played for the Geelong Flyers Netball Club 2002-06, and represented Sacred Heart College. She has also been a Geelong swimming club, Torquay surf life saving club and Grovedale athletics club member.

Sarah-Jane has completed Auswim accreditation, Netball Coaching Level 1, Level 2 First Aid Certificate and Bronze Certificate Surf Life Saving qualification. Whilst studying a Physical Education degree full time at Ballarat University Sarah-Jane also works the School Holiday Programs at Surfworld Torquay during each of the term breaks and coached Netball at Geelong Grammar during the winter months. Sarah-Jane loves playing netball, bike riding, swimming, walking, going to the gym and travelling. She has been lucky enough to travel overseas to England, France, Bali, New Zealand, Hawaii, Singapore and lots of places within Australia. She also enjoys spending time with family, friends and her two pet dogs Kelly and Mac, going out in Ballarat with her university friends and taking photos to put into creative memory albums.

Sarah-Jane decided to work for us as she could see there would be opportunities and experience that she could gain from working with an organization like Peak Fitness Challenge. Travelling to various schools across Victoria has made her more aware of how the schools operate. The interaction with other members of the staff at Peak Fitness and the diverse schools is also valuable experience. Being that she is studying with a busy timetable, the flexibility of working with Peak Fitness to fit in with her timetable is also very helpful.



On Campus Program: Look out for the re-naming of our On Campus Programs for 2009 (and beyond). The names of the programs will be more reflective of the activities, set up and purpose of the individual programs. More information in our next issue and coming on the website. Schools that book a session for Term 1 will be eligible for between a 10-30% discount on their quoted price. Go to the website to complete an online quote form.

Local Government: Another successful Huff n Puff in the Park was operated in Melton during January. Jess, Corey, Danny and Kate all operated stations for the Melton Shire in conjunction with other community groups. Thanks once again to Chris Lunn for his set up and organization of the day. Corey also went to Hillside for Melton Shire's Family Fun & Fitness day. Although the windy conditions weren't ideal, the children involved all enjoyed the varied activities.

Interschool Events: A reminder to all schools that have previously competed in Interschool Events—due to the amount of work required to organize events (pre, on the day and post) all interschool events will need to be booked with a total quoted price to be submitted by PFC prior to any events being confirmed.



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February Calendar

DAY & DATES	PROGRAM OR EVENT	DETAILS
Monday 2nd & 9th	Challenge Yourself '09 Training Camp	3 sessions a week for 4 weeks,, varied locations, \$20 for casual sessions , 6.15-7am
Tuesday 3rd, 10th, 17th & 24th	Boxing for Fitness	\$10 per session, Wandana Heights Hall, Wandana Drive, 6.30-7.15pm
Wednesday 4th & 11th	Challenge Yourself '09 Training Camp	3 sessions a week for 4 weeks,, varied locations, \$20 for casual sessions , 6.15-7am
Wednesday 4th	Modewarre Junior Football & Netball Club Coaches session	Development of pre-season programs for junior footballers & netballers
Thursday 5th, 12th, 19th & 26th	Boxing for Fitness	\$10 per session, Cameron Park, High Street, 6.15-7am
Friday 6th & 13th	Challenge Yourself '09 Training Camp	3 sessions a week for 4 weeks,, varied locations, \$20 for casual sessions , 6.15-7am
Wednesday 11th, 18th & 25th	Modewarre Junior Football & Netball Club sessions	Junior football and netballers fitness program, 5-6.30pm, Mt Moriac Reserve
Wednesday 11th	Early bird offer of \$185 for Run for Your Life Training Camp finishes	Price increases to \$195
Friday 13th	Relay for Life entries close	go to our website
Monday 16th & 23rd	Run for Your Life Training Camp	3 sessions a week for 4 weeks,, varied locations, Early bird price of \$185 up-front .6.15-7am
Wednesday 18th & 25th	Run for Your Life Training Camp	3 sessions a week for 4 weeks,, varied locations, Early bird price of \$185 up-front .6.15-7am
Friday 20th & 27th	Run for Your Life Training Camp	3 sessions a week for 4 weeks,, varied locations, Early bird price of \$185 up-front .6.15-7am
Sunday 22nd	Barwon Banks Fun Run	2km, 5km or 10km run along Barwon River.

Client Quotes

"I write to thank you most sincerely for your expert involvement in our leadership retreat last Thursday and Friday. The level and quality of the program you provided was perfect for the group and we all felt encouraged to ensure that we work hard at putting together an ongoing program to stay fit and alert in the job."

Dr Jim Watterston, Regional Director Eastern Metropolitan, Department of Education & Early Childhood Development