



# The Focal Point

[www.peakfitness.net.au](http://www.peakfitness.net.au)

July 2008 Issue

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Welcome to the July issue of The Focal Point, you may notice some subtle changes to format and content of the newsletter and this will continue over the coming months— we hope you enjoy it.

On page 3 and 4 we've got some information about the On Campus Program and the Olympics. The calendar for Olympics time and school events is nearly fully booked but there are still some spots available. Did you know that the Olympic motto of "Citius, Altius, Fortius" means "Swifter, Higher, Stronger" in English?

Last month I welcomed Rebecca Hickey to the team but unfortunately Rebecca is moving on to some more permanent work. I'd like to thank Rebecca for all that she has done so far and wish her all the best in her new job. We also had Stuart Hinds write an article in last month's issue, I'm pleased to announce that Stuart

will be writing more articles for us in coming issues.

So many people you talk to at this time of year are sick, cold and tired. This is when the winter training rut can kick in and it can be so much easier to sit at home in front of the TV with the warm heater going. Let's be honest, we've all been there at some point in time. If getting outside to exercise is not for you then now is the perfect time to try a new class at the gym or an indoor fitness class. It's also a great time to exercise with a friend, especially if motivation is an issue for you.

Dale Ringin



## Staff Pizza Night

Our mid-year staff get together was a pizza night at La Porchetta Geelong. Philip Hunt from Life Hunt Coaching Services was our guest presenter. He spoke to the staff about behaviour types and personality types. As a group we worked through some (DiSC based) personality tasks and gained a greater understanding about each other and working in groups. Thanks to Phil for his time and to all staff that attended.

To find out more about Life Hunt Coaching Services got to [www.lifehunt.com.au](http://www.lifehunt.com.au), phone Philip on 0407 874 176 or email him at [phil@lifehunt.com.au](mailto:phil@lifehunt.com.au).

## Congratulations

For the past 8 weeks Jessica Burgess has been training with me 1 on 1. Jess set herself three goals to work on over the 8 weeks and worked hard in every session to achieve them. Over the 8 weeks Jess and I trained at venues around the Grovedale/Waurn Ponds, using interval training, Gymstick exercises, boxing, body weight exercises and resistor harnesses to help her achieve her goals. I'd like to congratulate Jess on achieving her running goal and also wish Jess and Marcus (fiancé) all the best for their upcoming wedding.



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## Transformation by Lizz Ainsworth

**TRANSFORMATION**  
your goals - your pace - your program

Swim Sport & Leisure's 'Transformation' group training program is helping people of all ages and abilities transform their lives. The program is designed to help people achieve their goals whether it is to lose weight, get fit, tone up or to simply improve general health and wellbeing. The six week program includes three sessions per week at a variety of indoor and outdoor locations. All participants receive pre and post fitness assessments, ongoing educational information, motivation, support and lots of fun! Non members also receive a free six week membership to their nearest Swim Sport & Leisure centre!

Enrolments are now being taken for the next program commencing the 6th of August or for the **free come and try session on the 26th of July at Eastern Beach.**

Enrol today at either Leisurelink, Splashdown or Waterworld or log on to [www.ssl.geelongaustralia.com.au](http://www.ssl.geelongaustralia.com.au)

"This is my 3rd program and there's heaps of variety. I won't miss my 4th!"

"The awesome trainers keep you motivated and make it fun. They rock!"

" I gained fitness, lost 5 kilos, and am off my blood pressure medication. Thanks."

"Six weeks ago there was no way I would have made it up those stairs or hills at Eastern Beach, but now I can easily!"

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## Mitch's 1st Birthday

I know it's not ground breaking news but it was a pretty important day in our family's calendar when our son Mitchell got "out of the months" and "into the years" – the first birthday. Those who have children will know exactly what I'm talking about here. That look of excitement when Mitch realised the present in my hand was for him (and the fact that it had wheels) just made my day.

The birthday boy blowing out candles (with Mum's help) on his racing car cake.



The first present (an all terrain vehicle) and birthday card from Mum and Dad.



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Tell us about your On Campus Program experiences. We're happy to include photos and reports about the day from your students. Just email to [info@peakfitness.net.au](mailto:info@peakfitness.net.au)



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**Interschool Events:** The **Mitchell South District** Interschool Event has been set for Friday 5th December. With the assistance of Vicki Whitty at Assumption College we have booked the Assumption College stadium to conduct the inaugural event. Thank-you to Damian Hecker at Kilmore PS (now working with the AASC) for his support and vision to get the challenge off the ground. Also, thank-you to Vicki Whitty at Assumption College and Terry Cooney at St Patrick's PS for their follow through and assistance. More details about the challenge will be added later in the month to the website, just go to Interschool Events on the headings menu.

**On Campus Program:** **Werribee Secondary College** had their 2nd PFC Tabloid for Year 7 students on Tuesday 17th June. The session was again officiated by Year 10 students and some new events were trialed. Thanks once again to Lynne Beaumont for giving us the opportunity to work with Werribee SC.

The **Best Start** community program for the Melton Shire engaged the Athlete's Foot Peak Fitness Challenge on Friday 27th June for 6 local primary schools. The students involved were in Grade Preparatory and rotated through 5 Peak Fitness Challenge stations along with Go For Your Life and other organizations. Thanks to Jade Moffat from the Best Start program for all of her work and involving us in such a great initiative.

Ben and I ventured to Hillside to be involved in the second **Melton Shire Family Fun and Fitness Day**. Organised by Alexandra Maggi from the Melton Shire, the day enabled children and parents to enjoy a small variety of activities (including a mobile petting zoo and face painting) during the holidays. We ran games of quoits, kicked the football and tested out the steppers as part of our involvement in the day.

Kieren coordinated a PFC Circuit on Wednesday 9th July for the **City of Greater Geelong holiday program**. The four holiday program sites came together at the Barwon Valley Activity Centre for 10 fitness based stations. Children from ages 5 to 13 participated in fitness based activities for 2 hours. Thanks to Michelle Garnier and the other holiday program

The 4th **Huff n Puff in the Park day** was held at the Caroline Springs Leisure Centre on Thursday 10th July. The popularity of the program in the Caroline Springs area has grown dramatically, therefore, two separate sessions on the one day were conducted. Melton Shire recreation officer Chris Lunn continues to build upon the success of the Huff n Puff day and we look forward to the October event in Melton.

**News:** We're looking forward to the challenge of operating events all over the state for varying schools during the Olympics. There are **still limited dates available** for Olympics time depending on what type of program schools are looking to operate. If your school is keen to conduct an Olympics based Athlete's Foot Peak Fitness Challenge then contact Dale on 0411 158 972. Alternatively, schools may wish to use the week or two after Olympics has finished to culminate their unit of work.

Newtown PS has again booked 3 On Campus Program sessions for Term 4. They join Strathfieldsaye PS, Whittington PS, St Andrew's PS (Werribee) and Oakleigh PS that have booked dates for Term 4.

The Bellarine Eastern Geelong interschool event has now tentatively been set for Friday 10th October, the Bendigo area event has been set for Wednesday 22nd October at Flora Hill Secondary College and the Southern B District Grade 5/6 event will be run on Friday 7th November.



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## August Calendar

| DATE(S)                                      | EVENT/ACTIVITY  | DETAILS   |
|--|---|---|
| Tuesday 5th, 12th, 19th & 26th               | Boxing for Fitness  | Wandana Heights Hall, 6.30-7.15pm,  |
| Tuesday 5th                                  | Bethany Community Support On Campus Program                 | Corio PS, Grade P-2 students, Circuit format, 10-12.30.   |
| Friday 8th                                   | Balnarring PS On Campus Program                             | Circuit format, Olympic theme, Grades P-6, 11.30-1.30.  |
| Monday 11th, 18th & 25th                     | Transformation  | 6 week outdoor group fitness program, 3 days per week, 6-7am, varied locations around Geelong.  |
| Wednesday 13th, 20th & 27th                  | Transformation  | 6 week outdoor group fitness program, 3 days per week, 6-7am, varied locations around Geelong.  |
| Friday 15th, 22nd & 29th                     | Transformation  | 6 week outdoor group fitness program, 3 days per week, 6-7am, varied locations around Geelong.  |
| Monday 11th                                  | Templestowe Heights PS On Campus Program                    | Circuit format. Olympic theme. Grades P-3 from 9-11 & Grades 4-6 from 11.30-1.50.   |
| Tuesday 12th, Wednesday 13th & Thursday 14th | Sydenham-Hillside PS (Sydenham campus) On Campus Program    | Tabloid format for Grades 3-6, Circuit format for Grade 1/2. Olympic theme. 9-1.30 each day.  |
| Thursday 14th                                | St John's Lutheran School (Portland) On Campus Program      | Circuit and Tabloid formats. Olympic theme. Grades 3-6 from 9.35-12.10 & P-2 from 12.20-2.45.   |
| Friday 15th                                  | St Luke the Evangelist School (Blackburn) On Campus Program | Circuit format. Olympic theme. Grades 3-6 from 9.30-11 & Grades P-2 from 11.30-1.   |
| Tuesday 18th                                 | Keilor Downs PS On Campus Program                           | Circuit format. Olympic theme. Grades P-2 from 11.30-1.30.  |
| Wednesday 19th                               | Mooroopna North PS On Campus Program                        | Circuit format. Olympic theme. Grades P-6 from 9.30-12.35.  |
| Thursday 20th                                | Echuca South PS On Campus Program                           | Tabloid format for Grades 3-6. Circuit format for Grades P-2. Olympic theme. Grades P-2 from 8.50-11.40 & Grades 3-6 from 11.45-3.20. |

**“I have to say that this last 10 weeks has been great! I really enjoyed the outdoor work we did and cardio too. I liked the knee and elbow work, as we discussed, because you start to learn more moves and then can start to put them into different combinations.”**  
**Rebecca Carmichael, Boxing for Fitness client.**