



The Focal Point

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Our 6th birthday competition was drawn on 2nd June, thank-you to all the entrants but unfortunately there could only be 3 winners. First prize went to Carla O'Leary, 2nd prize to Michelle Garnier and 3rd prize to David Hills. We hope all three winners enjoy their prizes. A huge thank-you to Tony Stewart at The Athlete's Foot, Phil Hunt at Life Hunt Coaching and Jude Sharp Massage Therapist for providing prizes.

Our second Boxing for Fitness programs finish in June, with the Wandana Heights program finishing on 17th and Moriac program on 25th. The next Wandana Heights program will start on Tuesday 8th July from 6.30-7.30pm.

I'd like to welcome our new staff members that started in May and

June. Rebecca Hickey has taken on an administrative role with a focus on developing the work we do with local government and holiday programs. Rebecca's experience in recreation and school programs will be invaluable to the growth of the challenge. Jessica Jehu has conducted some sessions as part of the Active After School Community program and will be an instructor at upcoming PFC events for the Melton Shire. Jessica is completing her teaching degree at Deakin University and has a keen interest in the field. Jamie Keehn will be involved in the Melton Shire challenge on 27th June and we're looking forward to Jamie's sporting experience shining through when working with children.

Dale Ringin

Introduction to Circuits

What: Introduction to Circuit Training is a 6 week program conducted jointly by Peak Fitness Challenge and Xtrafit Personal Training. The focus of the program is to introduce participants to varied types of circuits and gain a whole body workout. Sessions will be conducted with a minimum of ten participants so there will be opportunities for both individual and partner work.

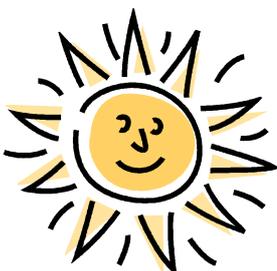
Why: Circuit Training is a fantastic way to kick start your morning. There is the opportunity to work a variety of muscle groups and also socialize with others. Circuit training also provides a great amount of variety in terms of time, repetitions, equipment, format and lay out which in itself is a motivating factor come the winter months.

When: Wednesday 25th June to Wednesday 30th July, 6.15 to 7.00am.

Where: Grovedale College gymnasium, Wingarra Drive, Grovedale.

How much: \$60 upfront (6 sessions).

Enrolments close Friday 20th June so go to www.peakfitness.net.au or contact Dale 0411 158 972 or Jase 0418 849 600 for more information.





Stretching- to do or not to do by Stuart Hinds

Should I stretch ? When is the best time to stretch before or after activity? Are among the most common questions I get asked as a therapist. I treat athletes from all levels of sport and activity, some have regular stretching program and others have no regular stretching program. How do they compare you ask, well in order to compare a range of factors need to be considered.

The type of activity/sport they participate in: There are 2 points to be considered , firstly you need to make sure that you have sufficient flexibility for the activity you have chosen i.e. ballet dancers vs. hockey players, even middle distance runners require different flexibility compared to sprinters, as the middle distance runners to have a shorter stride than sprinters therefore a difference in the muscle's ability to lengthen is required.

The second most overlooked benefit from stretching is the maintaining of balance between major muscles groups. i.e. cycling tends to shorten the muscles in the front of the pelvis and lengthen the ones in the rear , therefore it is imperative to improve the flexibility of the muscles that are held in shorten positions in order to help establish balance through the pelvis. Imagine you develop a short tight hip flexor on one side, the potential effect is that it may drag one side of the pelvis down and forward , creating insufficiency in power/endurance through the pelvis, possibly leading to pain and dysfunction. Want to reduce visits to your therapists for treatment of pain & dysfunction this should be reason enough to stretch.

How often do you train/compete time: The amount of time you chose to train/compete are also important – if you just train to keep generally fit compared to training to compete then stretching programs should differ. Training once- twice a week without competition should require 2 to 3 stretching sessions compared with those that train/compete 4 plus times a week a looking at 4 to 5 stretching sessions.

Why?: Research tells us that static active stretching 4 times a week over 5 weeks increases the active/passive range of movement (Roberts, Wilson 1999), holding stretches for a length of 5 to 15 seconds , however, holding for 15 seconds increases the active range more.

POINTS TO REMEMBER

- Holding stretch with a comfortable tension only , definitely no pain, if painful to stretch seek professional advice.
- Stretching 3 to 4 times a week maintains existing range of movement.
- Stretching 5 plus times a week increase existing range of movement.
- Be mindful if stretching an unstable or irritable joints.
- Stretch opposing muscle groups.

Stretching routines can be tailored to suit your needs depending on your sport and commitment.

STUART HINDS is a lecturer in remedial soft tissue techniques at Victoria University (Melbourne Australia). Stuart has been a practising soft tissue therapist for 17 years in that time he has worked with elite road cyclists and a range of athletes from all professional levels of sport, and is currently a soft tissue therapist for the Geelong Football Club. Stuart has also published articles relating to soft tissue treatment and it's relationship to musculoskeletal dysfunction within the industry journals and mainstream publications. Stuart was part of the soft tissue team for the 2004 Australian Olympic Team in Athens and presented at the 2003 Australian Conference in Science and Medicine in Sport on the practical dynamics of soft tissue treatment of adductor strains. More recently he was keynote speaker at the (2005) The 3rd Joint Sportex Sports Massage Association Conference, Loughborough University, Leicestershire, United Kingdom.



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Interschool Events: The Southern B District Grade 3/4 Interschool Event was held on Friday 30th May at the Life Be In It Centre, South Geelong. In it's second year, the challenge had 270 students participate from Fyans Park, Oberon South, Highton, Grovedale and Roslyn primary schools with Grovedale College students officiating. The Geelong Supercats players Shawn Meyers and Brad Bridgewater were present (as ambassadors to the challenge) to hand out some family passes to their games and Tarrant from The Athlete's Foot spoke about footwear at the end of the challenge. In the end it was Grovedale PS that went 'back to back' with the fittest female and male being won by Fyans Park PS students.

Due to Gala Day not operating this year in Geelong and many schools taking Geelong Show Day as a holiday the date for the Bellarine-eastern Geelong Interschool Event now has to be changed (originally scheduled for Friday 17th October). A new date will be published on the website and schools informed as soon as possible.

The Colac area Interschool Event has been set for Wednesday 5th November. This is a move away from the traditional date due to aligning with the festivities of the Colac Five Day Ultra-marathon. Lee Troop is coordinating the five day event and is eager to have the Colac area schools play a part in raising the excitement of the week. More details related to the day (e.g. venue, timeline etc.) will be published on the website and sent to schools in the months to come.

The Officer and District Sports Association Interschool Event has been set for Wednesday 29th October. Venue and final price per student is still to be confirmed.

On Campus Program: On Friday 23rd May Kieren and Barry ventured to Winters Flat PS in Castlemaine to operate a PFC Circuit for P-2 students and then a PFC Tabloid for Grade 3-6 students. Winters Flat competed in last year's Castlemaine area Interschool Event and teacher Samantha Chapman was eager to again have her students involved in a challenge. Thank-you also to Graham Beet from the Bendigo Athlete's Foot store for his support and involvement on the day.

On Tuesday 27th May Luke and Rob went to Good News Lutheran School in Tarneit. The Grade 3-6 students participated in a PFC Tabloid in the morning and the P-2 students a PFC Circuit. The Grade 6 students also demonstrated fantastic leadership when officiating the events for the P-2 students. Despite the rain interrupting the day, the challenge was a great success. Thanks to Rob and his wife Jan for again involving Good News Lutheran School students in a challenge.

On Friday 6th June Kieren went to the Caroline Springs Leisure Centre to operate a PFC Circuit for Caroline Springs College Grade 4 students. The 160 Grade 4 students trialed some new events and equipment with great success and the indoor venue was an excellent working space. Thanks to Tegan for organizing the other campuses and booking the venue.

News: Information about our Olympic theme is available on the website, just go to the On Campus Program page and click on the link. We do require 4 weeks notice for bookings (and the Olympics are in weeks 5 & 6 of Term 3) but are happy to do post Olympic events. Bookings so far include Sydenham-Hillside PS (Sydenham campus), St Luke's the Evangelist School (Blackburn), Keilor Downs PS, Robinvale SC and Echuca South PS.



Why Do You Get a Stitch?



As a personal trainer running is generally a regular part of what we do. A common question that will come from clients is “why do I get a stitch” or “what causes a stitch”.

A ‘stitch’ is a sharp and intense pain under the lower edge of the ribcage which is caused by a muscle spasm of the diaphragm. They are common in novice runners who tend to have more shallow and quick breaths, however, about 30% of all runners have experienced a stitch at some stage.

When we inhale our lungs fill with air and the diaphragm is pushed downward. When we exhale the diaphragm is pushed upwards. Combine that with the inner organs that attach to the diaphragm that are forced downward with every step and the diaphragm will cramp. Stitches generally tend to occur on the right hand side because the liver is a heavier organ and places more stress on the diaphragm. A stitch can also be caused by some being trapped under the diaphragm when we exhale, eating too close to exercise or exercising too vigorously.

While running it is important to take full breaths to help prevent a stitch. Take a deep breath in to allow the diaphragm to lower fully, hold for a couple of seconds and then exhale fully and forcibly through pursed lips.

Altering your breathing/striding pattern while running may also help treat a stitch so that you are exhaling when your left foot hits the ground (rather than the right foot).

Going back to a walking pace and concentrating on deep breathing can be used as a last resort if you are training.

Also allowing enough time after eating food will assist and doing a thorough warm up to allow you time to adjust for exercise and regulate your breathing.



Team Rex

In Term 2 Team Rex programs (as part of the Active After Schools Community program) have continued at Ashby and Clifton Springs primary schools.

At Clifton Springs PS Luke conducted a Hockey program for P-6 students. Luke has conducted Hockey based programs previously for us so felt confident being able to coordinate the Clifton Springs program. The school has great facilities and equipment which meant Luke was able to vary the games and activities the students participated in with ease.

At Ashby PS Peta continued on with a soccer program (as Kieren had operated in Term 1) for P-6 students. The focus of the soccer program was to build upon the skills learnt in the previous program and utilise them to greater effect in games. Although from term to Term there is a different group of students involved in the AASC program, Peta was able to adapt the program from week to week according to the age and skill level of the students. As part of our mentoring program (and as he had done in Term 1 for Peta and Kieren), Rob also went out to one of the sessions to assist Peta and aid in her development as an instructor.
