



# The Focal Point

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## The Focal Point March 2008 Issue

### Inside The Focal Point

Welcome note
Staff Profile- Barry Rees
Personal Training programs
The Athlete's Foot PFC
Fitness Games
Team Rex

The start of this month's issue has excitement and sadness for me. I'm thrilled to announce that I will be writing some articles for the Geelong Business News. My focus in the articles will vary from month to month but the general theme will be how health and well being plays a large role in business today. The publication goes to businesses and organizations all over the greater Geelong region and is a great read for those in business.

I'm also wrapped to have more space available now (for equipment transport) via my new crewman ute. The vehicle will have signage work added in late March so look out for the photos in the next issue. Thanks to Dean Hackwill at Geelong Financial Group and Bill Norton at Norton Ford for their help in finding the right vehicle.

The touch of sadness comes from the fact that I will no longer be

conducting 9.30am sessions as part of the City of Greater Geelong's Transformation program. I've thoroughly enjoyed working with the clients that have been part of the program and know that there is a unique bond amongst the participants during that timeslot. I hope all of the clients doing the program will continue on and improve upon their fitness and well being.

I'd also like to pass on a huge "all the best" to Kelly Morton from Ascent shoes. Kelly finishes with the company on 6th March and she will be sadly missed at our Peak Fitness Challenge Interschool Events. We profiled Kelly last year in The Focal Point and know those that worked with Kelly (both in schools and in the business world) would know the dedication and application she had for her job.

Enjoy the Easter break!  
Dale Ringin

### Staff Profile- Barry Rees



Barry began work for us in September 2007 but had previously done some volunteer work with the Melton Shire Huff 'n' Puff in the Park day.

Barry is married with 4 children and has previously been an insurance broker, aircraft mechanic and roof repairer/restorer. He is currently in his 4th year of a Bachelor of Education course at Victoria University and hopes to be able to teach locally (Taylor's Lakes area) when he completes his course.

Barry is currently doing his placement at Sunshine North PS but also has a range of experience in the related education field. He is a Level 1 AFL coach and is participating in the Western Bulldog's Football Friendly Program. He has coached junior football at Under 12, 14 & 16 level, coached Under 16 cricket, is a qualified Austswim instructor, and has certificates for Netball/Softball/Athletics.

On the sporting front Barry currently captains the Taylor's Lakes 5th grade cricket team, been involved with East Keilor CC, Footscray Colts Junior CC and St Bernard's Athletic club, played football for Palm Beach Currumbin FC (in Queensland) and Parkside FC.



## Personal Training Programs



**Pictures:**  
Left- the Grovedale group outside.  
Right- uppercuts in the sun.



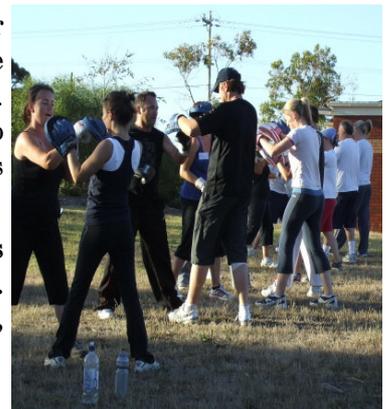
**Teacher Exercise Network-** The TEN program started up again at both Corio and Leopold Primary Schools. The focus of the program is for staff members (and their family/friends or other colleagues) to exercise together and improve their fitness at the school campus. The Leopold PS program is entering it's 3rd year with Karen, Kathy, Danni, Marta and Marianne all coming along for the first time to join the other regular participants. At Corio PS, the third program also has some new faces with Linda, Kerrin and Michelle willing to have a go. Term 1 is a short, therefore, the program has a variety of fitness elements for just 6 sessions. In the following Terms, each program will operate over 10 sessions and will have a particular theme (e.g. Term 4 is the school vs. school "Biggest Improver" competition). Corio PS sessions operate on Tuesday nights from 3.45-4.45pm and Leopold PS on Wednesday from 4-5pm. All new faces from schools or the general public are welcome to join in. Participants can pay an upfront (discounted) fee or \$15 per session. Alternatively, we're happy to speak to schools/teachers about starting up their own program.

**Boxing for Fitness-** Our new Thursday night Boxing for Fitness session began on 28th February at the Grovedale Community Centre. The program is initially operating for 6 weeks as a joint venture between PFC Personal Training and Xtrafit Personal Training. Jase Lydom from Xtrafit Personal Training has been assisting me with Tuesday night sessions at Wandana Heights and is more than qualified to run the sessions (as a qualified Thump Instructor and current lead trainer for the Transformation program). In the first two weeks the Grovedale sessions have involved 15 and 18 people, with some new faces coming along both weeks. The additional program allows existing clients (from Wandana Heights on a Tuesday or Winchelsea on a Wednesday) to do a second night for the week and an opportunity for new clients to come along a train with Jase. The aim is for PFC Personal Training and Xtrafit Personal Training to have 4 nights of Boxing for Fitness available to clients at varied locations. We still have one to three sessions operating at the three venues (dependant on the venue) so all are welcome to come for a trial. Our new programs will start on the week of 14th April at varied locations (check the



website for details soon) or come meet us for an informal get together at the Grovedale Hotel on Friday 28th March from 7pm. Both Jase and myself are also available to conduct "one off" sessions for business groups or sporting clubs.

**Pictures:** Left- One of our new women's singlets being sported by Tracey. Right- our sessions cater for all ages, gender and fitness capabilities.





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**St. Laurence** Pictures from Oakleigh Primary School.



Bottom left- the Stair Climb and start of the Weight Retrieval.

Bottom right- The Skier and Agility Weave in action.



**News:** Arthur Reed Photos have again signed on as Support sponsor for 2008. Arthur Reed Photos have been a great supporter of the challenge and provided us hundreds of brilliant images of the challenge in action. We are again looking forward to working with them in the second half of the year to capture both Interschool Events and On Campus Program sessions in action.

Unfortunately, Sports Force will not continue its sponsorship of the challenge that began right at the start in 2002. Sports Force have been a loyal supporter of the challenge and assisted in numerous ways in getting the challenge to where it is today. I'd like to thank all of the past and present staff for their support over the past 6 years.

**Interschool Events:** The Corio District event was the first for year and biggest one we have ever done, eclipsing the 2007 Bellarine-Eastern Geelong challenge by having 296 competitors. We were again fortunate enough to have North Geelong SC students officiate the day and they did a brilliant job (thanks to Sarah Bridges again for supporting the challenge). Lara Lake PS made their challenge debut competing against Bannockburn, Rollins, Norlane West, Bell Park North, Little River and Corio South primary schools. However, it was Bannockburn PS that took home the trophy for fittest team with the fittest boy from Little River and fittest girl from Bannockburn. Thank-you also to Dale from The Athlete's Foot and Brad Bridgewater from the Geelong Supercats (challenge ambassadors) for assisting with presentations.

**On Campus Program:** On Thursday 21st February (after delaying a week) we operated a Mini PFC for Grades 3-6 students at Oakleigh PS. The parental support to help officiate the events was fantastic and consequently made for a very "smooth" challenge. The 150 students participating demonstrated enthusiasm and effort all the way through the challenge.



Thank-you to Melinda Kinniburgh for her passion and organization to make the session a true success. Also, thank-you to Rachel from The Athlete's Foot for assisting with the events/presentation and providing the students all with a small prize. We're looking forward to conducting another successful challenge at Oakleigh PS again in November.



Across the state we are taking bookings, Term 2 includes Beulah/Jeparit/Yaapect primary schools PFC Circuit, Kilmore PS PFC Tabloid and Winters Flat PS. Term 3



already has bookings from Gippsland Grammar Junior School PFC Circuit, Carlisle River/Cressy/Beeac/Swans Marsh/Forrest primary schools PFC Circuit and Skye PS.

Next month Kieren will report on the Melton Shire Huff 'n' Puff day.





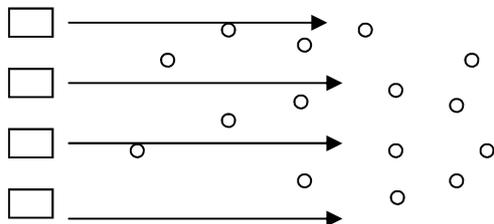
## Fitness Games

Games are a great way to lift the heart rate, improve your fitness and have fun while working out. Below are some of my favourites that can be adapted for all ages.

**Ball tag**– Equipment required: 1-2 balls of any type, 4 cones/markers.

Set up a rectangle or square for participants to work in. Choose 2-3 participants to be taggers. Using 1 ball (initially), taggers must attempt to tag other participants with the ball. When in possession of the ball taggers cannot run (only pivot). Taggers cannot throw the ball at the other participants but may pass the ball to each other. If tagged, participants must run a set number of laps around the rectangle/square before re-joining the game. The game can also be played in teams.

**Potato farmer**- Equipment required: 10-30 balls or bean bags, 4-8 cones/markers.



Place participants into equal teams behind markers (number of markers depends on number of participants). One participant (“farmer”) from each team runs out to collect only 1 bean bag/ball (“potato”) at a time (that are randomly placed out in the working area) and returns with it to their team’s marker. The next participant in line then repeats this action and this is continued to be repeated until all bean bags/balls are collected. To keep participants active have them complete a movement while waiting (e.g. run on the spot, push ups, squats). If you have bean bags/balls of varied colours then set a ranking on a particular colour (e.g. blue bean bags/balls are all worth 3 points).

**Knee slaps**– Equipment required: none.

Place participants into partners. Partners must try to tag each other on the knees using index/middle fingers. Partners try to dodge (not run away) each other’s knee slaps and no blocking is allowed. Partners keep their own score by calling out every time they make contact and the first to get ten slaps must jog on the spot while the other partner does some form of penalty (e.g. 10 push ups or squats). Rotate partners every 30 seconds.

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## Team Rex

We were delighted to be contacted by Ashby PS (in Geelong West) this Term to operate an AASC program for 5 weeks. The program is based around the skills and games of Soccer. Lead by Kieren (with 1 session aptly filled in by Luke), the P-6 students from Ashby PS are developing their soccer skills. This includes dribbling/ ball control, passing, goal scoring & keeping, and teamwork. These skills are brought about through individual, partner, small group work, whole group games and challenges that emphasise both the skill and fun of being involved in structured activity. Kieren also ensures that the students are taken through an adequate warm up (usually in the form of a movement game) and a cool down (either an activity or static stretches). In May and June we’ll report on programs at Ashby, Clifton Springs, Fyans Park and Our Lady Star of the Sea schools.

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