



# The Focal Point

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

## March 2009 Issue

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I want to start this month's issue with a question to everyone—where are you up to with your fitness goals? It's a simple question to possibly make you think about some of those resolutions or best intentions you had back in January. Whether or not you have achieved your goals now is the time to reassess, refocus and even set yourself a new challenge/direction.

To all of those clients that have completed the last 3 months of training with us I'd like pass on my congratulations. I know you have all benefited and I'm wrapped to see some clients continuing on their own fitness journey and getting together to keep training. I look forward to being able to present new training options as year progresses and seasons change.

To teacher readers that have previously operated or are considering an On Campus

Program for your school, please don't let the year pass you by! We aim to run programs that cater to each schools needs and budget. However, we are not interested in wasting anyone's time so if you are genuine about using our programs then we'd love to be able to provide a quote (and hopefully book in a date as soon as possible). There are just over 30 schools weeks left for the year and we require a booking submission at least 4 weeks prior to the chosen date—so act now!

Finally, our website is developing piece by piece. Online quotes are also available for Interschool Events Local Government programs. Our News & Events page is regularly updated, more resources are being added and there is a dedicated Local Government

Dale Ringin



**News:** In Term 2 we are offering the first 2 schools to book an On Campus Program a \$50 RHSports voucher. Caroline Springs College has already booked a date so be quick to get the 2nd voucher. Did you know that all schools that participate in a PFC event can receive 10% discount on Nyda range sports gear from RHSports?

RHSports have also just secured a contract with the New South Wales government to provide sports equipment to schools. Go to [www.rhsports.com.au](http://www.rhsports.com.au) to find out more.

**On Campus Program:** St John's PS ran a Fit 'n' Fun day on Friday 6th March. Thanks to Kieren and Casey for running the day and to Louise for her work at the school organizing the day.



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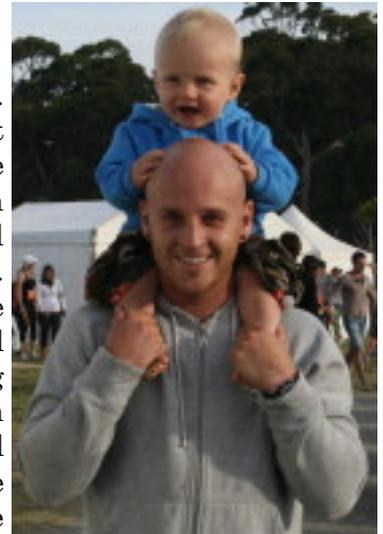


## Staff Profile- Corey Bolton

This month we profile staff member Corey Bolton.

### What is your sporting background?

I started playing footy when I was 9 and have been playing ever since. I spent U11's - U13's playing for Modewarre FC and played my first year of U15's at South Barwon FC but went back to Modewarre the following year to play with my cousins Gary & Nathan Ablett, which was a very fun year! I went back to South Barwon to play U17's and stayed there until 2001 where I played my first year of senior football. In 2003, I went back to Modewarre before moving to the Bellarine Peninsula and changing clubs to Portarlington. I've recently moved clubs again and this year have located to Buninyong and will be playing with Buninyong FNC in the Central Highlands FL. Footy is the main sport I play but I love my surfing and skateboarding also. My dad taught me to surf and have been surfing for over 11 years now. I've never really competitively surfed apart from a couple of comps I've been in. The best result I had was 2nd in my age group in the Strapper Junior in 1999.



### What is your current study load?

I'm currently in my first year of a Bachelor of Education (Physical Education) degree at University of Ballarat. I have about 21 contact hours and trying to find work and make time for family and footy and other things that come up, life is pretty busy!

### Why did you decide to work for Peak Fitness Challenge?

Last year I completed my Cert IV in Fitness and wanting to combine both my new qualifications and earning a bit extra money, I was looking to get some work with a fitness company. I had known Dale for some time through football and other areas and when I found out about Peak Fitness Challenge, I approached Dale and asked if he needed any more staff and here I am. I started doing the Active After School Program in various schools which was a great way to gain experience for other roles that I may be placed in with the company.

### Anything else you would like to tell the readers about yourself?

I'm 26 years old and have a beautiful wife, Sarah, and a very energetic 15 month old son, Judah. We hope to have some more kids soon! We've been married for 6 years this October and in each year of our marriage we've lived in the following places: Leopold, Point Lonsdale, London, Oxfordshire, Israel, Drysdale, Clifton Springs & Buninyong. That's a lot of moving! Something else I look forward to doing in the near future is competing in the Gatorade Tri-Series. There's a lot of training involved in a triathlon! I really enjoy my running.

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## Training in Pairs

On **Monday 6th April** we start our inaugural **Pairs Power Work Out** program. The program runs over 6 weeks, twice a week, with participants encouraged to sign up with a partner, friend or colleague. One session a week will be indoors and circuit based while the other session will be outdoors and cardio based. Go to our website to find out more about the program.

There are a number of benefits to training with a partner.

1. We all have fitness strengths and weaknesses. Training with someone else can help you aim to improve upon a weakness (by trying to reach your partner's standard) or work hard to maintain your strength (as your partner strives to reach your level).



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## Training in Pairs cont.

2. Motivation– your partner can be your motivator during the sessions when it gets tough to keep pushing yourself.
3. Support– as with motivation, your partner is there to help you stick to your commitment and make it to all of the sessions/programs you planned to do.
4. Variety– if you are motivated enough to train yourself it can be difficult to come up with variation in your training program. Having a partner means that you can take it in turns deciding the content of your training session and the ability to put in something challenging for each other.
5. Share your achievements– pride in our achievements is human nature and having someone else to share these achievements with is generally more uplifting. Going through a physical program with someone else and coming out the other side better for it is also a great way to strengthen bonds and relationships.

## Relay for Life Report



Jodie, Ben H, Ben W, Amanda, Andrea, Claire, Jason H, Jason A, Jase L, Annette, Kate, Casey, Mick & Michaela joined me on 14th March for Geelong's Relay for Life. As a team we raised just over \$2000 in 4 weeks so we were keen to tackle the track for 24 hours. Ben H, Michaela, Annette & Andrea had also put in 4 weeks of cardio training leading up to the day. Setting up camp was difficult in the bucketing rain but Jason H & Annette did a brilliant job with other team members coming along to chip in.



My mother Jeannie and father Don completed the Cancer Survivors and Carers lap (pushing Mitchell in the pram) to open the relay. Jodie then took off with our PFC cape on and under the umbrella as the heavens opened up again. The day progressed well with the rain ceasing and team members having a red hot go at completing as many laps as possible in their assigned 30 minute lot. As a team we completed 232 laps until the storm hit in the evening and blew a number of tent sites away. Organisers gave teams the option of quitting only to re-assess about half an hour later (based on more storm warnings being issued). All finished by 8pm! So Andrea cooked up a brilliant BBQ



before we packed up camp and headed home. Thanks to the team, family members and everyone else that supported us prior to and on the day. We'll just have to set ourselves some bigger targets for next year!





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## April Calendar

DAY & DATES	PROGRAM OR EVENT	DETAILS
Wednesday 1st	Bendigo South East College	PFC Contest, 265 Year 7 students
Friday 3rd	Term 1 ends	
Monday 6th, 20th & 27th	Pairs Power Work Out	Circuit based sessions with a partner, Wandana Heights Hall, Wandana Drive, 6.15-7am
Tuesday 7th, 14th, 21st & 28th	Boxing for Fitness program 2	\$10 per session, Wandana Heights Hall, Wandana Drive, 6.30-7.15pm
Thursday 9th, 16th, 23rd & 30th	Boxing for Fitness program 2	\$10 per session, Wandana Heights Hall, Wandana Drive, 6.15-7.00am <b>Note- change of venue</b>
Friday 10th, 17th & 24th	Pairs Power Work Out	Cardio based sessions with partner. Varied venues, 6.15-7am
Friday 10th	Good Friday	
Monday 13th	Easter Monday	<b>No Pairs Power Work Out- Wednesday session instead</b>
Wednesday 15th	Pairs Power Work Out	Circuit based sessions with a partner, Wandana Heights Hall, Wandana Drive, 6.15-7am
Tuesday 14th & Wednesday 15th	Monash City Council Holiday program circuits	Tuesday sessions at Sussex Heights PS and Parkhill PS. Wednesday session at Glendal PS.
Thursday 16th	Melton Shire Huff 'n' Puff in the Park	Diggers Rest. 10.30am-12.30pm
Monday 20th	Term 2 starts	
Thursday 23rd	Caroline Springs College	PFC Fit 'n' Fun for 200 Grade 4 students
Friday 24th	PFC Staff get together	Geelong Bowling Lanes. 7pm TBC

On 17th February I ran a small circuit at Upwey South PS for approximately 16 teachers. The circuit involved predominantly RHSports equipment and was to show the teachers some ways to use the gear.

