



The Focal Point

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May 2009 Issue

Inside The Focal Point

Welcome Pg. 1
The Athlete's Foot PFC update Pg. 1
RHSports Advertisement Pg. 2
Personal Trainer profile- Richie McAdam Pg. 2 & 3
Staff profile- Kate Parkes Pg. 3
June Calendar pg. 4

Happy birthday to my wife Jodie for May and to all the mother's that should have been spoiled on their well deserved day.

Thanks to Richie, Lauren, Jason, Melissa, Jimmy, Claire and Todd for taking the time to celebrate their hard work from past training camps, it was a relaxing way to round out our first three programs of the year. We're looking forward to getting feedback from everyone to help take our programs forward.

I'd also like to thank all the clients, especially those that brought along a friend, that attended our Activity & Information session. Although the focus of the session was based around Boxing for Fitness, those in attendance got the uses of FitDeck cards and gymsticks. The compression garment quiz at the end also gave us a great indication of client knowledge in relation to these garments.

The AASC program this Term is at Ceres PS and based around the games and skills of touch rugby. After playing in a local touch rugby competition over summer myself I'm looking forward to being able to develop the students skills and enjoyment of the game.

Our 9.30am Autumn Action training camp group have already jump started themselves for exercising in the winter—something that can be difficult to stay motivated for. Twice a week indoors is the “winter” formula for our next 6.15am training camp, “Raise the Bar”, starting 22nd June. We also have regular indoor Boxing for Fitness sessions running for clients to maintain fitness. Don't let the drop in temperature drop your exercise routine.

Dale Ringin



News: FitDeck is now available through RHSports (see page 2). A portable fitness tool already used in PFC school, local government and personal training programs. Dale will also be presenting at ACHPER conference this year with the FitDeck.

Did your school compete in an Interschool Event last year? If so, take up our extended offer until end of Term 2. Book an On Campus Program for **anytime of year** by end of Term 2 and receive **7% off our quoted price**. On Campus Program sessions can be operated **for any year level** at a **time of year that suits your school calendar**. Contact us or go to the website to find out more.

The next Huff 'n' Puff in the Park moves to Caroline Springs on July 9th and the City of Greater Geelong holiday program Healthy Habits day will be on 8th July at Leopold.



May 2009 Issue



RHSports



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Personal Trainer profile- Richie McAdam

Richie has been involved with our training camps from the start of the year along with running the most recent Thursday morning Boxing for Fitness program. He's been a fantastic asset to our personal training programs and a well liked and respected trainer.

What are your personal training qualifications/CEC certificates?

I did certificate 3 and 4 in Fitness at the Victorian Fitness Academy.

The course was really interesting, good fun, good presenters – highly recommended! I have also taken a 'kickboxing for personal trainers' course and recently did the Level One Boxing Instructor course at Thump Training Systems which was really enjoyable as well.





May 2009 Issue



Personal Trainer profile- Richie McAdam

Why do you believe it's important for people to maintain their fitness?

Keeping physically and mentally fit gives you the best chance to achieve the things you want to. More importantly, a fitter person is a happier person and makes better company.

What's the toughest or most beneficial exercises you prescribe for clients?

I love running and think it's the most beneficial exercise, whatever your goals may be – weight loss, 'tone up' etc. I play footy and the running training I do is more specific to the running you do in a game of football (i.e. interval running, which can be really tough!). A beneficial and tough resistance exercise would be the push up with a single arm dumb bell row. All you need is a set of dumb bells and you can give you whole upper body a workout!

Why do you enjoy being a personal trainer and working for Peak Fitness Challenge?

I enjoy helping people help themselves. All the guys that train with Peak Fitness Challenge are really easy to get along with and have a great attitude towards training, this makes each session good fun.

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

As I mentioned earlier I play footy (at Inverleigh), love playing footy! I might only have a couple of years of football left in me though and when I do finish footy I might give a few small triathlons a go, maybe there's a few guys that train with Peak Fitness Challenge that might have a crack as well!

Staff profile—Kate Parkes

What is your sporting background?

My sporting back ground includes growing up playing netball and indoor soccer. However, now I just attend the gym 3 times a week and try and live a healthy lifestyle with regular exercise.

What is your current work/study load?

I am currently studying Education at Victoria University, full time. I am majoring in Physical Education (Primary) and History. This year I have teaching rounds at Westbourne Grammar and my other teaching rounds include Grade 3/4 at Carranballac College Point Cook (2008) and Preparatory at Seaholme Primary School Altona (2007).



Why did you decide to work for Peak Fitness Challenge?

I decided to work for Peak Fitness Challenge as it relates to my course and I really enjoy the events that I have done.

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

I love travelling and would love to be able to go back overseas to explore Europe further. There are too many countries to list that I would love to go to but Spain, France, Austria, Italy, Poland, England and Greece to list a few. When I went overseas last year I went to Turkey, Germany, Czech Republic and Singapore.



May 2009 Issue



June Calendar

DAY & DATES	PROGRAM OR EVENT	DETAILS
Monday 1st, 15th & 22nd	Leopold PS Teacher Exercise Network	LINC front room, 4-4.45pm, Circuit based training. Upfront payment.
Tuesday 2nd, 9th, 16th, 23rd & 30th	Boxing for Fitness program 3	\$10 per session, Wandana Heights Hall, Wandana Drive, 6.30-7.15pm
Wednesday 3rd & 10th	Autumn Action Training Camp	9.30am training camp. 1 or 2 sessions a week. Varied locations.
Thursday 4th, 11th, 18th & 25th	Boxing for Fitness program 3	\$55 upfront payment. 6 week program. Wandana Heights Hall, Wandana Drive, 6.15-7.00am
Friday 5th & 12th	Autumn Action Training Camp	9.30am training camp. 1 or 2 sessions a week. Varied locations
Monday 8th	<i>Queen's Birthday holiday</i>	
Monday 22nd & 29th	Raise the Bar Training Camp	Circuit based sessions (with personal bests challenges) and 'indoor boot camp training' (with varied equipment including gymsticks). All indoor sessions (venues TBC). 6.15-7am
Friday 26th	<i>Term 2 finishes</i>	<i>7% discount offer (for 2008 Interschool Event participants) finishes</i>
Friday 26th	Raise the Bar Training Camp	Circuit based sessions (with personal bests challenges) and 'indoor boot camp training' (with varied equipment including gymsticks). All indoor sessions

The hardest thing about training in the winter is actually getting there!

So this winter we've got training sessions indoors for you –no excuses, you've just got to get to the sessions.

Raise The Bar training camp:

Monday & Wednesday 6.15-7am, starts 22nd June. Circuit training (personal bests challenges each week) & indoor training sessions (using gymsticks & a variety of equipment), early bird price of \$170 available to 12th June

Boxing for Fitness:

Tuesday nights 6.30-7.15pm & Thursday 6.15-7am (6 weeks– upfront \$55)

Wandana Heights Hall, Tim Hill Reserve, Wandana Heights

Contact us straight away to make that commitment to maintaining your fitness