



The Focal Point

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Congratulations to Luke Daffy, one of our valued staff members, for getting his first teaching job after completing his studies. Luke has worked for us since early 2007, operating after numerous after school programs, interschool events and on campus sessions. We wish Luke all the best in his teaching career.

Luke, Corey and Peta have also been successfully operating AASC programs at Ceres, Clifton Springs and Fyans Park primary schools. All three staff members have been having a great time at the schools running Soccer, Cricket/ Basketball/Soccer and Tennis based programs.

Our 2008 Interschool Events program has been extremely busy in Term 4 and has once again given us insight into how to improve the program. 2009 will see some changes such as new events (and equipment), a new booking procedure of challenges, a

greater spread of dates and improved feedback for schools. Information for schools that competed in 2007 and 2008 will be sent out in early December.

Our Anaconda teams for 2008 are finalized, with three teams racing under the Peak Fitness Challenge banner. We have seven new team members this year, with Trent Leslie, Bryce Balsillie and myself racing together as the experienced team. We're looking forward to our new team members sharing the adventure of the race with us!

Finally, "The Strangers" touch rugby team (which I'm involved in this season) has come together for an evening competition. So far we have won our first 4 games in B grade- not bad for a bunch of strangers! Touch is a fantastic game to help improve fitness and agility.

Dale Ringin



Staff Profile- Ben Hornsey

Ben started working for us in October 2007 doing his first event in Bendigo. He is currently studying a double degree course, with postgraduate masters bachelor in arts architecture and bachelor in construction management masters in a bachelor of design architecture. He is also a display home attendant for Dennehy Builders P/L. On the sporting front Ben has played cricket



since juniors, captaining a GCA under 17 side, winning a Southern Leigh District A grade premiership with Jan Juc and being named B grade Club Most Valuable Player. He has also won best and fairest awards along with coached senior women's teams for Hockey. Ben says when working at Peak Fitness Challenge events he enjoys getting outside and working in a different environment than which he is used to, and interaction with children is a nice change of pace. He also likes the fact that he's facilitating a positive environment for children and teaching them how to lead a healthy lifestyle.

How to Choose Shoes part 2 by Tony Stewart (TAF)

Shoe Shape

Flat feet generally need a shoe with a straighter last. High arched runners can compensate their foot and leg motion with more curved and cushioned shoes, depending on the severity of the problem.

Cushioning

Your body can experience shock through your legs that is 3 to 4 times your weight when you run. Shoes with good cushioning are vitally important. Better shoes have added shock absorbing materials in the midsoles. If you have high arched feet you will need the greatest cushioning.

Support Features

Different brands use different internal support features. Most use contoured moulded midsoles which allow the foot to sit down into the midsole for additional support. For over pronators all brands provide shoes with two or more density midsoles. The firmer densities are positioned to reduce excessive rolling in of the foot.

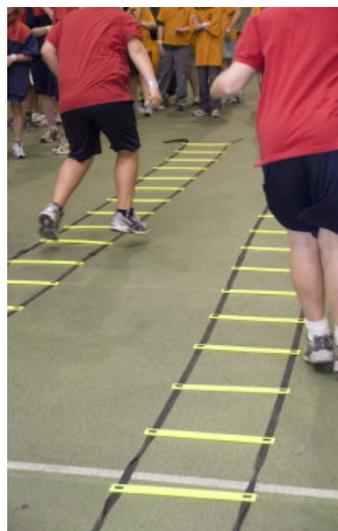
Comfortable Fit

When you run your feet elongate and spread upon impact. Long runs in warm weather can even make your feet expand up to a half size bigger. So ensure you don't buy shoes that are too tight fitting. For length there should be space the width of your thumb nail between the end of the shoe and the tip of your longest toe on your longer foot. Make sure you can wiggle your toes freely and the heel should fit snug but comfortably. Above all else get your foot measured every time you buy new shoes since aging and injuries can increase your foot size. The Athlete's Foot has trained Fit Technicians to fit you correctly. They're trained in basic foot anatomy and physiology so they can recognise your foot type and with the benefit of Fitprint technology, match you with the type of shoe to suit you best.



Action from Southern B District Interschool Event

Photos taken by Arthur Reed Photos



The Agility Weave and The Skier in action.



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Interschool Events:

I'd like to apologise to schools that experienced delays or difficulties with their certificates on CD. We've rectified the problem with our CD burner so please contact me if you have any further issues.

Bendigo– This year's event was held at Flora Hill Secondary College's three court stadium on 22nd October. Malmsbury (who competed at the 2007 Castlemaine PFC), Victory Christian College and Quarry Hill all made their Bendigo Interschool Event debut. Kieren also made his media debut, being quoted in not only the Bendigo Advertiser but also in a story on WIN TV sports news the night of the challenge. In the end White Hills PS made it back to back wins with the fittest male from Dunolly PS and fittest female from Malmsbury. The combination of officials from Bendigo Senior Secondary College and La Trobe University proved successful– we thank both institutions for being involved. Well done also to Ben for working at his first interschool event.

Werribee District– On 24th October Luke, Kieren and Jess went to run Werribee to run the annual district challenge. A slightly smaller challenge in size compared to previous years but first time winners Manorvale were extremely happy. They also had one of their students win the fittest male with Westgrove PS having the fittest female. Werribee Secondary College students again did a great job of officiating the day.

Officer District– Our very first indoor/outdoor interschool event was held at Beaconsfield PS. The weather threatened to wash us out on occasions but competitors and officials continued on to make the inaugural challenge a great success. Two major factors in the day's success was the work done by Pakenham Secondary College and the willingness of Anthony Cole and Beaconsfield PS to accommodate the challenge. Beaconsfield PS were also the winners of this year's shield with Clyde PS producing the fittest male and Narre Warren North PS the fittest female. Thank-you also to Paula Spierings for all of her follow up work from Alan Campbell's initial thought to operate a district challenge.

Southern B District Grade 5/6– The Life Be In It Centre again hosted the Southern B District challenge. Grovedale PS again took home the trophy for the second year running with Highton PS having the fittest male and Roslyn PS the fittest male. A huge thank-you to Dave Ellis and the students at Belmont High School for offering to officiate the challenge at short notice, we look forward to having the school involved again next year.

On Campus Program:

Strathfieldsaye PS– On Tuesday 14th October Kieren, Luke and Peter ventured to Strathfieldsaye (just out of Bendigo) to operate a Mini PFC over two days. The Grade 3/4 students competed in house teams on the Tuesday with the Grade 5/6 students having their turn the next day. As in 2007, the teachers and parent helpers did a brilliant job of running the events which made for two sensational days of activity.

Kennington PS (by Kieren Thurston)– On 23rd October I headed up the highway to Kennington PS in Bendigo. A beautiful big school with tremendous facilities allowed us to conduct two different circuits; one for Grades 3-4 and one for Grades 5-6. Participants had the opportunity to test many different fitness components, competed to the best of their ability and cheered on their fellow competitors. Thank-you to the students from La Trobe University, parents and teachers who officiated on the day. Also, thanks to Graham from The Athlete's Foot who helped and provided prizes.



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December Calendar

DATE(S)	EVENT/ACTIVITY	DETAILS
Tuesday 2nd	Corio West PS Teacher Exercise Network	Boxing for Fitness sessions at Corio West PS gym, 3.45-4.30pm. Upfront payment or casual rates. Staff, friends and family welcome.
Tuesday 2nd	Clifton Springs PS AASC program	Basketball, soccer & cricket. 4-5pm
Tuesday 2nd & 9th	Fyans Park PS AASC program	Tennis. 4-5pm.
Tuesday 2nd & 9th	Boxing for Fitness	Wandana Heights hall. 6.30-7.15pm. \$10 per session.
Wednesday 3rd & 10th	Circuit Training	Grovedale College gymnasium. 6.15-7am. \$10 per session.
Wednesday 3rd	Nelson Park School AASC program	Multi-sport. 3-4pm.
Wednesday 3rd	Holy Family PS AASC program	Multi-sport. 3.50-4.50pm.
Wednesday 3rd & 10th	Leopold PS Teacher Exercise Network	Group fitness sessions at the LINC, 4-4.45pm. Upfront payment or casual rates. Staff, friends and family welcome.
Wednesday 3rd & 10th	Boxing for Fitness	Winchelsea. 7-7.45pm. 4 additional sessions \$40 upfront or \$15 casual rate.
Thursday 4th	Ceres PS AASC program	Soccer. 3.30-4.30pm.
Friday 5th & 12th	Boxing for Fitness	Cameron Park, Belmont. Outdoor sessions. 6.15-7am. \$10 per session.
Friday 5th	Mitchell South District Interschool Event	240 students at Assumption College—inaugural event
Sunday 7th	Anaconda Adventure Race	Lorne, 8am. Swim, paddle, run & ride.
Sunday 14th	Geelong Ring Road fun run	10km and 5km run, 60km bike ride.
Wednesday 17th	Burwood East PS	P-2 PFC Circuit.
Friday 19th	End of Term 4	

On Campus Program:

Whittington PS— On Monday 20th and 27th of October the students of Whittington PS participated in two separate challenges. The Grade Prep. to Threes had a go at a PFC Circuit first week with the Grade Four to Sixes completing a PFC Tabloid the next. The parents and staff once again did a great job of operating stations and we thank Kerrie Sanders for again involving us with the school.

Finally, thank-you to all staff and sponsors that have been involved with the challenges over the October/November period— it's been busy but great to have so many people involved!