



The Focal Point

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October 2008 Issue

Inside The Focal Point

Welcome
Pg. 1

AASC programs
Pg. 1

How to Choose
Shoes pt 1 by
Tony Stewart Pg. 2

The Athlete's Foot
PFC update
Pg. 2 & 3

PFC Calendar
Pg. 4



October has started with a flurry of action. We had our quarterly staff briefing on Saturday 4th October at Grovedale College. Jase Lydom took staff through a Boxing for Fitness session before Kieren Thurston showcased part of our secondary school circuit program and some Gymstick work with myself to finish the session. Thanks to all staff (and clients) that made it along, your feedback was invaluable.

The Biggest Improver competition this year is between Leopold PS staff and Corio West PS staff. Teachers are battling for the Biggest Improver title along with individual prizes at the end of Term by improving the levels of exercise.

It's been great to see all Boxing for Fitness clients embrace our policy on wearing inners or hand wraps at session. Not only is it important for hygiene but hand wraps help protect from injury when

boxing and preserve the life of our gloves.

I'm again looking forward to presenting at this year's Victorian ACHPER conference at Monash University. Last year the session I ran involved games/drills with mini hurdles, ladders and medicine balls. This year's session will involve some the same equipment but also the use of gymsticks. All notes from the session are available (for teachers who register for the conference) on ACHPER's website.

Finally, looking for a challenge in December? Something a little out of the ordinary? Then come join our Anaconda Adventure race team. Last year we had 5 teams and we welcome new faces. Information about the different legs, costs etc. are available on our website. You never know, it may just be the challenge you are looking for!

Dale Ringin

AASC programs

In Term 4 we are kicking off some new programs as part of the Active After Schools Community programs at Holy Family PS, Nelson Park School and Leopold PS. We're looking forward to working with Holy Family and Nelson Park students for the first time and are wrapped to be back at Leopold PS (one of our original 'user pays' Team Rex schools).

At Holy Family PS Corey will conduct a multi-sport program on a Wednesday. Each week the students will develop skills through games focused around a specific sport, with a different sport being used throughout the seven weeks.

At Nelson Park School Jess will also conduct a multi-sport program on a Wednesday night for students aged 10-13. Each week Jess will focus on a different sport with similar sports (e.g. sports involving ball handling or striking or kicking) following along from one another.

At Leopold PS Corey will operate a soccer based program with the students on a Friday. Corey will build on the soccer skills and game sense of the students over the Term.



How to Choose Shoes part 1 by Tony Stewart (TAF)

Run in Comfort

Not all runners are alike. People have different foot types and run differently, so to find the right shoes you need to balance cushioning, stability, durability and fit. The right shoe for you will remain comfortable during long and short runs and even help prevent injury.

See How You Run

All feet are not the same. Fortunately the best shoe fitting system in the world is now at The Athlete's Foot. This process uses advanced computer technology to reveal your individual pressure points, so highly trained Fit Technicians can recommend the shoe that fits you best. If you want more comfort, better performance and better injury protection then only Fitprint is good enough for you.

Everyone has a unique running action or gait. Around 50% of the population have flat feet that tend to roll inwards too much, this can cause strain on ankles, knees and hips Others have high arches (around 20%) that send excessive shock up through your legs as you run.

Take a look at your old running shoes and you may see a tell tale pattern. If the sole is worn towards the inside and the upper is overhanging the sole you're rolling inwards more than normal which means your foot is flatter than average. If all the wear is on the outside of the sole, and the upper bulges out that way you may not roll enough.



Interschool Events: Bellarine-Eastern Geelong– Officially the largest event we have ever operated with 297 students participating in challenge (which has now been operating for 6 years). Wendy Cohen from Bellarine SC again went above and beyond in preparing her students, providing a staggering 50 students to help officiate the day. It was fantastic to see Leopold PS back at the challenge and although I don't normally single out school efforts, I believe a small school such as St Leonard's PS finishing 6th overall was a brilliant effort. For the records, it was Surfside PS that made it three in a row for fittest team. The fittest male was from Moolap PS and fittest female from Wallington PS. A fantastic job was also done by Kerrie and Sarah-Jane at the recording station.

Surfcoast District– 6 schools from the Surfcoast District competed in this year with Lorne-Airey's Inlet P-12 College making their debut. Oberon HS students (despite being left behind by the bus company) did a magnificent officiating job for the day. Bellbrae PS were crowned the fittest team in a tight contest, with the fittest male also from Bellbrae and fittest female from Winchelsea. I'd personally like to thank Kieren, Luke and Rob for taken on the role of running the challenge on the day and allowing me to view it from an operational stand point. Thanks also to Peter Korevaar from Ceres PS for being such a strong supporter of the challenge within his district.



October 2008 Issue



Action shots of the staff from RHSports at their annual sales conference.



News: **Lara SC-** Kieren continued the development of our secondary school circuits program with a trial of Year 7 students at Lara Secondary College. We received some

fantastic feedback from students and staff and are working to utilize that information to help improve the program.

Bellarine SC- As part of their preparation for officiating the Bellarine– Eastern Geelong Interschool Event Kieren ran approximately 50 students through a data collection version of our secondary school program. The trial once again gave us an opportunity to review structure, set up, types of events and lay out. Thanks once again to Wendy Cohen for her support and willingness to allow us to work with her students.

Huff n Puff in the Park—Rockbank (by Luke Daffy)- Our involvement with the Melton Shire continued over the spring holidays through the Rockbank ‘Huff and Puff Day.’ The day was a huge success with bright sunshine, high participation and wonderful staff/officials. The day was broken into two sessions offering more families a chance to attend. The introduction of boxing into one of the activities was a huge hit and children loved the interaction between it and the ladders. The ‘Kanga Jumping Sacks’ provided many thrills and spills, while the ‘Gymsticks’ and ‘Body Buster cards’ left children looking fit and healthy. Many thanks go out to all involved on the day with particular mention to Chris Lunn who organised the day so well. Also, thank-you to Jess, Barry and Kate who acted as Peak Fitness Challenge officials for the session.

Interschool Events- Southern B District Grade 5/6 Interschool Event on Friday 7th November has now been confirmed and entries for the Mitchell South and Sunbury districts are now open.

On Campus Program:

Carlisle River PS- On Monday 1st September Kieren went to Carlisle River PS (out of Colac) to run a PFC Circuit. Other small schools from around the area joined Carlisle River PS for the challenge. Principal of Carlisle River PS, Jeff Douma, has been a huge supporter of the challenge over the past four years and was the driving force behind involving students from schools such as Forrest, Cressy and Deans Marsh. We’re looking forward to making this a regular event on the calendar of these schools and hopefully even sharing the site of the challenge from year to year.

Dimboola PS (by Kieren Thurston)- I headed up to Dimboola for a post Beijing Olympics challenge on Thursday 4th September. Competitors from 10 different countries participated in PFC Circuit activities similar to events our Olympians experienced in Beijing. The support from Kirralee Holmes and the rest of the staff at the school (including a former university mate of mine) made the day a huge success. A large emphasis was placed on participation rather than winning, which provided an atmosphere where everyone was having a go and fun.

Skye PS (by Jess Jehu)- On Friday 12th September, Kieren, Luke and myself were on the road at 5:30am heading for Skye PS to operate a Mini PFC (recording results and entering them into the computer program as part of a house competition) for 8 fitness stations for the Grades 3/4’s and then Grade 5/6’s. Despite very strong winds, branches and gum nuts flying at us, a broken tent, papers and sports equipment being blown away, dirt in our faces, up our noses and in our ears...the day was a success!! The students put in a great effort in all fitness stations and had a blast! I just want to say a very big thank you to all the parents and volunteers that helped out on the day. Job well done!



October 2008 Issue



November Calendar

DATE(S)	EVENT/ACTIVITY	DETAILS
Tuesday 4th	Melbourne Cup	<i>Get on a winner!</i>
Tuesday 4th, 11th, 18th & 25th	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 4th, 11th, 18th & 25th	Clifton Springs PS AASC program	Basketball, soccer & cricket. 4-5pm
Tuesday 4th, 11th, 18th & 25th	Boxing for Fitness	Wandana Heights hall. 6.30-7.15pm. \$10 per session.
Wednesday 5th, 12th, 19th & 26th	Circuit Training	Grovedale College gymnasium. 6.15-7am. \$10 per session.
Wednesday 5th, 12th, 19th & 26th	Nelson Park School AASC program	Multi-sport. 3-4pm.
Wednesday 5th, 12th, 19th & 26th	Fyans Park PS AASC program	Tennis. 4-5pm.
Wednesday 5th, 12th, 19th & 26th	Holy Family PS AASC program	Multi-sport. 3.50-4.50pm.
Wednesday 5th, 12th, 19th & 26th	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 5th	Boxing for Fitness	Winchelsea. 7-7.45pm. 6 week program. \$60 upfront or \$15 casual rate.
Thursday 6th, 13th & 20th	Kardinia International College after school sports program	Multi-sport. 3.30-4.30pm.
Thursday 6th, 13th, 20th & 27th	Ceres PS AASC program	Soccer. 3.30-4.30pm.
Friday 7th, 14th, 21st & 28th	Boxing for Fitness	Cameron Park, Belmont. Outdoor sessions. 6.15-7am. \$10 per session.
Friday 7th	Newtown PS On Campus Program	Tabloid format. Grades 3- 6.
Friday 7th	Southern B District Grade 5/6 Interschool Event	240 students enrolled, Life Be In It Centre.
Tuesday 25th	Sunshine Christian School On Campus Program	PFC Circuit for P-6.
Thursday 27th & Friday 28th	Victorian ACHPER conference	Monash University.

School quote

“The assistance from the secondary students as scorers is essential. Good interaction between them and the primary students. This and the equipment make the day great. There is a nice mix of activities. Lots of our kids are ‘plodders’ yet they all had success, without it being too easy for them”- Principal, Fyans Park PS