



The Focal Point

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September 2008 Issue

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Spring is a great time of year to get out and exercise and our group fitness programs start to grow in the warmer weather. Our Tuesday night Boxing for Fitness sessions will continue, morning Circuit Training will return to Grovedale College and an outdoor Boxing for Fitness program will start on Friday's. See the calendar on page 4 for all details or contact me if you are interested in your own personal training program.

Mark it down- Sunday 7th December, the Anaconda Adventure Race in Lorne. Entries close 21st November so adventurous people to join our team. For more information about the race go to anacondaadventurerace.com.

The Athlete's Foot PFC On Campus Program offers something for all schools from a 'fitness for fun' type day with P-6 students right through to recording of data and ranking students raw scores

for upper primary students. Visit the website to see the different programs offered and submit a free online quote.

Our yearly Kardinia International College After School Sports Program has now closed enrolments. We've had a great tradition of operating large programs over the past 4 years and are looking to another successful seven week program. Below is Luke running a touch rugby session at Ceres PS, one of three programs for the Term.

Dale Ringin



Client Profile- Jenny Curypko

Name: Jenny Curypko **Age:** 29 **Occupation:** Software Engineer

Program: Boxing for Fitness (Tuesday night)

Date joined: About a year ago

What were your reasons for joining the Boxing for Fitness program? I already run about 10-15km per week, so I needed something that worked on my arms and core. Also, boxing is fun!

What benefits have you experienced to date? Greater strength, I can now do 30 push ups (the proper ones) in a row.

What's the best part of participating in the sessions? Great group of people.

What has been your experience of PFC Personal Training? It's been great. I don't like how they push me during a session, but I do like the feeling of achievement afterwards!





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Nike Sport Band

I'm writing about my newest toy here but a product that could be very useful for the "average Joe" runner. The Nike Sport Band has a USB stick that you take out and plug into your computer upon completion of your run. You log onto the Nike Plus website and the information about your run is uploaded to your profile. The Sport Band measures distance travelled, time elapsed for the run, calories burned and pace of your run. The information about your run is sent to the USB stick via a sensor that sits in your shoe (I just place mine in the heel of my running shoe) whilst running. When starting a run you simply press and hold the button for about 3 seconds (and walk) to activate the sensor and you can pause it at any stage.

Some of the other great aspects about the band include:

1. The website can display your run as a worm, showing you're your run pace at each kilometre marker.
2. The website has training tips, opportunities to join global running challenges, set your own running challenges and even create your own funky little cartoon like profile.

The two major negatives to the band I've found so far are:

1. The screen runs the same direction as the band, is small and does not illuminate at night—all of which make it hard to read when running.
2. Although you can place the sensor anywhere in your shoe for some people this could be annoying when running and cause issues.

Nike Sport Bands are available from The Athlete's Foot stores.



Interschool Events: Entries for Bellarine-Eastern Geelong, Surfcoast District, Bendigo, Werribee District and Officer & District Interschool Events have now closed with all events going ahead as scheduled.

Entries for Southern B District, Melton District, Hoppers Crossing District & Colac have opened (see website for closing dates).

News: Lara SC were kind enough to operate a **circuit trial** with their Year 7 students on Friday 5th September. Were hoping to be able to operate more sessions at the school and gained some valuable feedback about the operation of our first trial at the school.

City of Greater Geelong holiday program has booked an Olympic themed challenge for the first week of the September holidays, a report on the day in the next issue.

On Campus Program (Olympics reports):

Templestowe Heights PS Monday 11th August (by Kieren Thurston)- the Beijing rain followed us to Templestowe Heights, fortunately an indoor stadium was available at the school. Two circuits were held on the day, with the younger students participating in the morning, and the older students in the afternoon. Great to see not only participants and Olympic marshals but also spectators to create a great atmosphere for the Olympic Challenge.



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Sydenham Hillside PS Tuesday 12th, Wednesday 13th & Thursday 14th August– The Grades 1 to 6 students of the Sydenham campus were challenged on three separate days during the Olympics. The Grade 5/6 students competed in a PFC Tabloid on the Tuesday representing eight different countries, the Grade 3/4 students then followed the same format on the Wednesday with the Grade 1/2 students participating in a PFC Circuit on the Thursday. There were almost 900 students that participated in PFC activities and embraced the Olympic spirit. Thank-you to the PE staff at Sydenham Hillside and particularly Paul Balesia for all of his organizing pre-event. We'd also like to thank Kelly from The Athlete's Foot for bringing along the Fit Print machine for the students to walk over.

St John's Lutheran School Thursday 14th August (by Kieren Thurston)- events were squeezed into a dry area which included an undercover area and inside a hall. Even though the weather was miserable, St. John's friendly staff and parents made up for it. The day was a huge success, with a Circuit being run for the junior grades in the morning, and a Tabloid for the senior grades in the afternoon. An Olympic spirit of trying your best and encouraging others was evident on the day. Some remarkable performances were witnessed in the positive environment which had been created by all.

St Luke the Evangelist School Friday 15th August (by Kieren Thurston)- the day began with a flag ceremony as the participants from 10 different countries entered the Olympic arena. The next act that followed was one of the highlights of the Olympic period; the running of the Olympic flame. With older students of the school kicking the day off, we saw some maximal efforts and some great results. Thank you to the house captains who were the Olympic marshals, and half of them participated and helped with the younger students. Though the rain started to come down, we were able to keep the Challenge going by use of undercover areas. The rain did not damper the day and the younger students were also keen participants. Thank-you to Kelly from The Athlete's Foot who helped out on the day and Shaun from RHSports for visiting.

Keilor Downs PS Tuesday 19th August (by Rob Baker)- all Prep to Year 2 children participated in a Circuit during the Olympics. John Watt, PE teacher, organized the school house captains and vice captains to manage each of the activities, which not only gave them valuable leadership experience but also freed up the teachers to move amongst the activities and fully appreciate the challenge. The school very much appreciated the organizations of the whole event and will be looking to follow up again next year.

Echuca South PS Thursday 21st August (by Kieren Thurston)- a magnificent way to see off the Olympics. Not only were teams dressed in country colours, including clothing, hair spray, face paint, and head pieces, but an Olympic spirit was seen in all. Marshals motivating participants, participants giving their all, and participants cheering on and helping each other out. It was exceptional to see a participant who had a vision impairment still be able to participate in events such as the 1500m, by following the voices of his team mates. The event was finished off with presentations, which saw some dominate performances. An enjoyable day and thank you to Ben Ridge for all his hard work.

Caledonian PS Friday 22nd August (by Rob Baker)- A sharp, cold wind welcomed me to Caledonian PS in Ballarat to conduct a whole school circuit. 157 children didn't all quite fit in the heated gym so half of the activities were held outside. But with some sunshine and dry conditions (as well as some very committed teachers) the challenge progressed. The only mishap for the day– yours truly managed to slip over on slippery asphalt during a demonstration of the slalom. Not the best demonstration but the officials got to see “not what to do”.



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October Calendar

| DATE(S) | EVENT/ACTIVITY | DETAILS |
|---------------------------------------|---|--|
| Wednesday 1st, 8th, 15th, 22nd & 29th | Circuit Training | Grovedale College gymnasium. 6.15-7am. \$10 per session. |
| Wednesday 1st, 8th, 15th, 22nd & 29th | Boxing for Fitness | Winchelsea. 7-7.45pm. 6 week program. \$60 upfront. |
| Thursday 2nd | Melton Shire's Huff n Puff in the Park | Rockbank. 10am-12pm. Open to Kindergarten to Grade 6 Six students. PFC activities along with other community organisations. Free. |
| Friday 3rd, 10th, 17th, 24th & 31st | Boxing for Fitness | Cameron Park, Belmont. Outdoor sessions. 6.15-7am. \$10 per session. |
| Saturday 4th | Quarterly Staff Briefing | Grovedale College gym, 8.45-11.30am. |
| Tuesday 7th, 14th, 21st & 28th | Boxing for Fitness | Wandana Heights hall. 6.30-7.15pm. \$10 per session. |
| Tuesday 7th, 14th, 21st & 28th | 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 from the area welcome. |
| Wednesday 8th, 15th, 22nd & 29th | Leopold PS Teacher Exercise Network | Group fitness sessions at the LINC, 4-4.45pm. Upfront payment or casual rates. Staff, friends and family from the area welcome. |
| Thursday 9th | Irymple South PS On Campus Program | Circuit format. Grades Prep.-6. |
| Friday 10th | Bellarine Eastern Geelong Interschool Event | 300 students enrolled, Bellarine SC gym (Drysdale Campus). |
| Tuesday 14th & Wednesday 15th | Strathfieldsaye PS On Campus Program | Mini PFC format. Grade 3-6. |
| Thursday 16th | Surfcoast District Interschool Event | 260 students enrolled, Life Be In It Centre. |
| Friday 17th | Malvern Central School On Campus Program | PFC Tabloid format. Grade 3-5. |
| Monday 20th & 27th | Whittington PS On Campus Program | PFC Circuit for P-2 & PFC Tabloid for Grades 3-6. |
| Wednesday 22nd | Bendigo area Interschool Event | 250 students enrolled, Flora Hill SC gym. |
| Thursday 23rd | Kennington PS On Campus Program | PFC Circuit format. Grades 3-6. |
| Friday 24th | Werribee District Interschool Event | 240 students enrolled, Werribee YMCA. |
| Thursday 30th | Officer District Interschool Event | 270 students enrolled, Beaconsfield PS. |