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The Focal Point

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The Focal Point

Thank-you to all of the people that offered feedback on the first edition of The Focal Point, it was all deeply appreciated and extremely positive. I hope that the following editions are able to continue to generate interest, educate and inform all of you in some form.

The coming months, and as the weather gets warmer, will see Physical & Sport Focused Services involved in a variety of new projects/clients whilst still maintaining links with those that have helped PSFS grow.

First time Peak Fitness Challenges will be conducted in the Melton and Sunbury areas.

A variety of age groups and ability levels are gaining positive experiences related to fitness at Whittington PS, Oberon PS and Barwon Valley School (through the Peak

August Issue

Fitness Challenge incursion program).

New Team Rex after school sports programs will be available at Barwon Heads PS, Newtown PS, Bellbrae PS and Kardinia International College.

There are also new clients regularly getting involved with PSFS personal training programs.

With the warmer weather comes enthusiastic attitudes towards sport and exercise, therefore, I can't wait for Spring to start and for more of our programs to begin. I hope that Spring generates a heightened enthusiasm towards activity for you also! Dale Ringin

**Please let us know if
you believe someone
else would benefit
from receiving
The Focal Point**



Deakin Dash Update

In 2005, after a previous 12 months of hard work came together in the form of the inaugural Deakin Christmas Dash. The aim of the event was to “give something back” to the community, and the Barwon Health Foundation was chosen as a recipient of the expected funds raised. The plan was to build on this initial structure in 2006/2007 by focusing on a niche market whilst still leaving the run open to the general public. Our goal was to operate a challenge amongst the local Geelong football/netball clubs that could be incorporated into their pre-season schedules. We currently have not received sufficient response from the clubs to ensure we could progress with the goals we have in mind. Therefore, the Deakin Christmas Dash will not be able to operate in late 2006/early 2007. We are looking to continue discussions with the governing bodies of local football leagues so that the Deakin Dash can become a regular part of the “fun run calendar”.



The Focal Point



Staff Profile- Allisa Bollom

Allisa began working as a Team Rex instructor in 2006. Allisa operated the Team Triumph program at Bellaire PS in Term 2 with 14 preparatory students and is this term operating girls only Australian Rules Football sessions for Geelong Grammar (Bostock House campus) as part of the AASC program.

Allisa has also operated dance programs at a number of Geelong schools as part of the AASC program and currently teaches tap dancing to adults.

Allisa is currently studying commerce at Deakin's Waurn Ponds campus, enjoys playing Netball and going out with friends. She has been a great asset so far to the Team Rex program!



First 2006 PFC Incursion



The brand new Peak Fitness Challenge Incursion program for 2006 kicked off at St James the Apostle Primary School in Hoppers Crossing. Ninety five enthusiastic Preparatory aged children participated in 10 different fitness based activities with 100% endeavor. The session combined some of the tried and tested Peak Fitness Challenge events, such as The Skier and Agility Weave, with some of the new events, such as the Rocket Footy Throw and The Horseshoe Hurdle (as pictured). St James the Apostle has also booked a session for 167 of their Grade One/Two students in September. Go to www.psfs.com.au/cb_pages/peakincursion.php for more information about program options and pricing.

Something to add?

Nothing from the masses this month but we are still more than willing to accept contributions for September's edition.

Want to work out your target heart rate for exercise? The following website allows you to enter your own details and only requires your resting heart rate (always best to take when you wake up in the morning) and your maximum heart rate. If you don't know your maximum heart rate then it can calculate it for you based on your age and gender. You can then print off the results from the calculator so you know how hard you are working during an exercise session by simply finding your pulse and counting for ten seconds. Go to <http://www.stevenscreek.com/goodies/hr.html>

If anyone else has any great websites that could be useful in the fitness or sporting worlds, then please let us know.



PEAK FITNESS

The Focal Point



CHALLENGE™



The Peak Fitness Challenge is starting to gather steam with 3 challenges alone in August. These 3 challenges will involve 680 students from 19 different schools plus tertiary and secondary students from different institutions/schools. Information on the Corio District and Colac challenges is to follow in September's issue.

Warrnambool: on Friday 4th August 241 students from 7 different local schools participated with officiating being done by South West TAFE and Deakin University students. St Patrick's (Port Fairy) and St Pius X both made their challenge debuts. The challenge was won by Warrnambool PS, giving the school it's third win in as many years. The Fittest Boy award went to Ben Brady from St Patrick's PS and the Fittest Girl title was awarded to Mikaela Gleeson from Allansford & District PS.

Ballarat: on Thursday 10th August 240 students from 6 different local schools participating with officiating being done by Ballarat University students. Wendouree Primary School made it's challenge debut and this year's event was moved to the Ballarat Netball Association's Llanberris Stadium. The challenge was won by Alfredton PS, making it three in a row for the school. The Fittest Boy award went to Josh Smith from Alfredton PS and the Fittest Girl title was awarded to Natasha David from Redan PS.

The Athlete's Foot and Ascent are providing a shoe lace tag for every child that attends the challenge. The tag shows what type of foot the child has (to assist with fitting) in conjunction with offering a \$10 discount (to be presented at the local Athlete's Foot).



On Tuesday 25th July the Team Rex after school sports program began basketball at Fyans Park Primary School. The program (operating as part of the Australian Sports Commission's "Active After Schools Community" program) is being run by Adam Mackay. The focus in this particular Team Rex program will be upon developing the children's fundamental basketball skills (passing, shooting and dribbling) through a variety of cooperative and stimulating games/activities. Adam's personal training background also means that he is keen to utilize the program to help develop the participant's fitness levels.

Team Rex has been operating programs at Fyans Park PS as part of the AASC program since Term 4 2005 with previous programs including Soccer and Multi-Sport. Prior to the introduction of the AASC program, Team Rex operated two successful "user pays" programs (at the school) for children in Prep. to Grade Three based upon Basketball/Netball and Ball Handling.

"Fabulous program! I like the way it was immediately after school and conducted at the school" Parent



The Focal Point



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THE SPORTY SPOT: JUSTIN HEALY

This month we are profiling Justin Healy from Face to Face Fitness.

Justin completed a Human Movement degree and Diploma of Teaching before teaching Physical Education for five years. He then went on to establish Face to Face Fitness, delivering nationally accredited training programs in the fitness industry. Face to Face Fitness operates Certificate III in Fitness (Gym Instructor) and Certificate IV in Fitness (Personal Trainer) courses in conjunction with corporate fitness and personal training programs. Justin also operates fitness courses for clients such as the Western Bulldogs, the Collingwood Football Club, the Geelong Football Club and the Melbourne Storm.

Justin has played sport in Geelong, giving service to Geelong West - St Peter's Football Club before a knee injury cut him down. Some of his greatest business achievements include operating his own successful business in a field that he loves, working with elite athletes such as Shane Crawford and being able to speak to large corporate groups of over 800 people about health and fitness.

Being a benefactor of the Certificate IV in Fitness course myself, I can thoroughly recommend the skills, knowledge and contacts that can be made from being involved with what Justin delivers.

For more information about Face to Face Fitness courses go to www.fited.com.au or contact Justin on 0408 123 670.