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The Focal Point

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August 2007 Issue

I'd like to start this issue by congratulating the Geelong Supercats Basketball Club on their fantastic achievement on Saturday 11th August. The Supercats (who are ambassadors to the Peak Fitness Challenge) created history by winning their third successive SEABL title. The club have 2 great imports and an experienced coach leading them but the strength of the team is the depth of local talent on their playing list. Well done guys!

This year I'll be involved in the 12th annual Victorian Teachers Games held in Geelong on September 23rd to 26th. My involvement in the games will be in a number of sports including basketball, badminton, squash, indoor soccer and volleyball. I'll also have Luke Daffy and Kieren Thurston assisting me to convene some of the sports just listed and

welcome anyone else that is willing to volunteer their time over the three days of competition. The games are a great event, originating in Geelong 12 years ago and we're looking to make them bigger than 2006. For more information and entry details go to www.teachersgames.com

One last reminder, new Indoor Boxing programs will be starting up in September so keep an eye on the website for dates and venue details (new venues and structure being trialed) or contact me directly. Also, thank-you to all of the people who supported the inaugural Moriac program, I know those that have stuck at it have benefited greatly and look forward to seeing you all at one of the programs in the future.

Dale Ringin

Corio PS Teacher Exercise Network

The brand new Corio Primary School Teacher Exercise Network started on Tuesday 24th July. The aim of the network is to bring staff members from within schools (along with their family and friends) to the one common venue to exercise on a regular basis, meet new people or join existing colleagues in a "non-work related" activity, and achieve health/fitness related goals.

After a year and a half of successful operation of a program at Leopold PS it has been exciting to be able to replicate the work done at Leopold PS and get the opportunity to work with a new group. The initial small numbers have in no way dampened the enthusiasm and effort levels of the Corio PS staff members that are participating. In the 4 weeks so far that the program has operated the participants have played a number of fitness based games, worked on their boxing technique, and developed their upper/lower body and core strength. There are still another 4 sessions to go in Term 3 so anyone in the Corio PS is most welcome to join us on a Tuesday at 3.45pm. Also, I'd personally like to thank Peter Anastin for his assistance and support in getting the program off the ground.



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Your Feedback

After one year of producing The Focal Point I thought it was time to get your input. In general feedback from those on our mailing list has been very positive but there is still the odd person unsubscribing.

I realize that time is valuable nowadays but your feedback is invaluable so if you could please send your answers to the following questions via email it would be deeply appreciated.

Email responses to info@psfs.com.au, in the subject box type "The Focal Point Feedback". The **first 3 responses receive a free pedometer** so make sure you put down your postal details.

1. Do you prefer the newsletter in an attachment form or a link to the website (please indicate "attachment" or "link" for your response)?
2. Do you prefer the content of the newsletter to be about (please indicate the letter or letters):
 - A. Fitness tips and information
 - B. Upcoming programs
 - C. Profiles on individuals
 - D. Reports on current or past programs/events
 - E. Peak Fitness Challenge
 - F. Personal Training and Group Fitness
 - G. Team Rex or School Sporting Services
3. How would you rate The Focal Point overall (please indicate 1 to 5)?
1 (Poor) 2 3 (Average) 4 5 (Excellent)
4. Would you consider advertising in or submitting articles for The Focal Point (please indicate "Yes" or "No" and "Advertising" and/or "Articles")?
5. Do you have any other suggestions/feedback in regards to The Focal Point?

Staff Profile- Sandi Carroll

Sandi began working with us in Term 2 of 2006 at Geelong Grammar as part of the AASC program. Since then she has been working hard at the Life Be In It Centre in South Geelong to develop their netball programs and after school competitions. We've been fortunate enough to have Sandi again work for us in Term 3 at Moriac PS. Sandi is operating a fitness based program for the P-6 students at Moriac PS as part of the Active After Schools Community program.

Sandi has completed AASC Community Coach training, Certificate II in Fitness, her Duke of Edinburgh (Bronze, Silver and Gold Awards), Level 2 First Aid, Bronze Medallion for swimming and has her Netball Umpiring Badge. Sandi has a strong netball background (previously playing and umpiring in the Bellarine Netball League) but has also achieved in other sports (whilst she was at secondary school). She was a Track & Field State Finalist, Under 20 Western Zone Athletics Age Group champion in 2005 and was a State Finalist in Cross Country for 4 years. Sandi's interests also include hiking, music and callisthenics.



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PEAK FITNESS CHALLENGE™



August is an extremely busy month for PFC Interschool Events, with 5 operating within 21 days. In this month's edition I'll report on the inaugural Surfcoast District challenge and the Southern B District Grade 5/6 challenge.

The inaugural Surfcoast District challenge was held on Wednesday 8th August at the Life Be In It Centre in South Geelong. There were 220 students from six schools (Ceres, Moriac, Anglesea, Clifton Springs, Winchelsea and Bellbrae) with Grovedale Secondary College students taking on the officiating duties. Winning school went to Clifton Springs Team 3 with Clifton Springs Team 2 finishing 2nd followed by Bellbrae Team 4 in 3rd. The fittest male was won by a Clifton Springs student and fittest female was awarded to an Anglesea student. Thank-you to all of the Surfcoast District schools that supported the inaugural challenge and a special thank-you to Clifton Springs (even though they did slightly dominate the event) for enabled us to have a boosted number of participants.

The Southern B District Grade 5/6 challenge ran on Friday 10th August also at the Life Be In It Centre in South Geelong. Two hundred students from Highton, Fyans Park, Grovedale, Roslyn and Oberon South primary schools again took part (the Southern B District Grade 3/4 challenge involved the same schools on 1st June). Twenty five Oberon High School students again officiated the day, doing a remarkable job considering it was a curriculum day for them! Grovedale PS (Team 1) followed on from their Grade 3/4 school mates by winning the fittest team component of the challenge. In 2nd place was Highton Team 2 followed by Roslyn Team 4. The fittest male was from Roslyn PS and the fittest female from Oberon South PS. I'd like to thank Derek Herbison (Oberon HS) for his continued support and willingness to still have his students involved as officials. I'd also like to thank the schools from the Southern B District for fully embracing the Peak Fitness Challenge concept.

PFC news:

- You may have noticed the new Peak Fitness Challenge logo at the top of this page which combines with our Major Pinnacle (naming rights) sponsor, The Athlete's Foot. It is great to have The Athlete's Foot support over the next two years for both the Interschool Events and On Campus Program. TAF stores will not only be involved with the challenge but are also willing to work with individual schools and clubs within their area to help forge strong relationships and develop mutual support.
 - Online entries for the Bendigo Peak Fitness Challenge are now open. As was printed in the May edition of The Focal Point, due to a unique sponsorship arrangement for the Bendigo region a revised pricing structure has been put in place. The pricing structure is as follows:
 - 200-220 total participants= \$4.10 per child
 - 221-250 total participants= \$3.85 per child
 - 251 plus total participants= \$3.60 per child
 - Carlisle River, Cressy and Swan Marsh primary schools have combined to book an On Campus Program for their P-6 students in October– we can't wait to report on that one!
 - The inaugural Castlemaine Peak Fitness Challenge Interschool Event will be conducted on Friday 7th September at the Castlemaine War Memorial Stadium.
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Geelong Grammar Advanced Game Skills

Term 2 and 3 has seen the continuation of the Advanced Games Skills program (reported on in the March edition of The Focal Point) at Geelong Grammar. Although the numbers for the sessions haven't been exceedingly high, the enthusiasm and range of students participating during Terms 2 and 3 has been outstanding. The structure of the program has continued to revolve around educating the boys about fitness along with improving their fitness. This has been achieved through varied warm ups, body weight strength exercises, boxing with focus pads, speed and agility work with quick step ladders and mini hurdles, skipping, core strength development with medicine balls and static stretches at the end of the sessions. The other element of the program has been centred upon developing the participants teamwork and tactical skills through a variety of games that involve minimal rules or equipment. Some of the games have involved whole group team work to achieve a common goal but there are also a great deal of competitive games (used late in the session when the boys are more fatigued). Thank-you to Bruce Harvey for his continued support of the program and efforts to ensure there have been enough numbers for it to proceed each Term.

Sporty Spot- Rob Baker



This month we profile Rob Baker in the Sporty Spot.

Rob has recently retired from the Department of Education after 37 years of teaching, with the last 17 years in principal positions at Batesford, Newtown and Manifold Heights primary schools. During his teaching Rob also acted as District Secretary of the Bannockburn Sports Association (for 5 years) and taught Physical Education at Newtown PS for 5 years.

Rob has now established his own Education Consultancy business providing support to schools with OH&S, Compliance, PRMS, Strategic Planning, School Councillor training and curriculum advice. I'm also extremely fortunate to have Rob involved in the promotion of the Peak Fitness Challenge to schools throughout Victoria.

Rob has always been a keen sportsman, being involved in mainly football and tennis but also playing basketball, golf, table-tennis, squash, korfbal and lawn bowls. His sporting achievements include three club best and fairest awards in junior football with Leigh Districts which lead to a year at the Geelong Under 19's playing with the Nankervis brothers, Rod Blake, Larry Donohue etc. Rob is a life member of the Newtown Little League, umpiring (Under 10 & 12) for 10 years and still going strong with almost 300 games. He has also won several tennis premierships with Maude, Melton and Western Heights. One of his most recent "awards" was by basketball team mates, being dubbed "Mr Opportunity" because as Rob says, "I missed every opportunity they gave me!!"

Rob's "new-found" spare time sees him enjoying two new granddaughters, helping his children establish their new homes and gardens, planning to build a new home in Highton, walking, bike-riding, playing golf and spending as much quality time as possible with his hard working wife (who is a Principal at a school in Werribee). Those involved in this year's Teachers Games may also see Rob as he'll be in the background of a number of sports and helping with the organisation of the games in any way he can.
