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Another year nearly over and many advances for the business. This was my first year away from teaching in the school setting, although I would like to thank Tony Watt and Victoria University Melton for the chance to stay involved with Physical Education.

The Peak Fitness Challenge has again grown from 7 interschool events last year to 11 this year and the Incursion program involving almost 1500 children. Our trade display at the ACHPER State Conference was very worthwhile with just over 100 schools showing interest in the challenge for next year, 3 of which have confirmed bookings for 2007 already! We were also fortunate enough to make some great contacts with other organizations at

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the traded display that may be able to assist us in the future.

The personal training side of the business has also gradually started to build, with many thanks to the staff at Leopold PS, clients from the Bendigo Bank branch in Highton and the guys from Cucina 112/La Porchetta Geelong. I'd also like to thank Justin Healy, Ian Martin and Aaron Whear for words of advice along the way.

Also, thank-you to all of the organizations, businesses, schools and individuals that have supported our programs and services over the year. I wish you all a merry Christmas and look forward to catching up with you in the New Year.

.Dale Ringin



Leg Exercises



One of the great leg exercises that is sometimes undersold is lunges. This exercise can sometimes be viewed in a negative light (by the uneducated) but the benefits are enormous.

Done correctly, lunges allow you to work multiple muscle groups (quadriceps, hamstrings and gluteus maximus get a great work out), require minimal (to no) equipment, require little space, can be placed into a daily routine and can be varied to challenge the training capacity of individuals. Lunges require stability and balance, so correct technique needs to be mastered before progressing. You must remember to maintain a straight upper body (no leaning forward at the trunk), step forward so that the front leg is at a 90 degree angle with the weight of front foot over your front ankle, and lower your back knee towards the ground so that your back leg is also at a 90 degree angle. Once static lunges are mastered progressions may include using dumbbells, a medicine ball, stepping backwards, right up to integrating the lunge movement into a motion for the sport that you play. As mentioned before, technique is paramount so to avoid injury consult a personal trainer or gym instructor so that the exercise fits with your goals, capabilities and set program.





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Cricket was the chosen sport for the Term 4 AASC Geelong Grammar (Bostock House) program. The program was ran by Paul and operated for 7 weeks. The children involved in the program honed all of their cricketing skills, working on fielding, batting and bowling all in a game orientated approach. I'd personally like to thank Geelong Grammar and the teachers for allowing Team Rex to be a regular part of their after school sports programs.

The Term 4 AASC program for Fyans Park was based upon the skills of Hockey. As the program involved children from Preparatory through to Grade Six it was important to develop some basic skills in a fun and game centered manner. The skills that were covered included dribbling, trapping of the ball, push passing, goal scoring and tackling. For some of the children these types of skills really tested their concentration but all of the children involved put in their best efforts. I'd also like to personally thank Fyans Park PS and the OSHC staff for their support throughout the year.

In 2006 Team Rex has operated at 8 different Geelong schools with over 200 students participating in 14 different programs.

THE SPORTY SPOT: ANDREW HAIR

This month we are profiling Andrew Hair, teacher at Leopold PS and finding out about the Moneghetti Sports Region (for which he is convenor)

Andrew has been teaching for 10 years, mainly as a Physical Education specialist. He has continued to have heavy involvement in running a variety of interschool sporting events over the years along with implementing sporting initiatives into his own school or sports district. Andrew is also the "brains" behind the Peak Fitness Challenge, coming to me in 2002 with a fantastic concept that had room to grow. Andrew's own sporting career has seen him competing in triathlons and winning both state and national long course titles in the duathlon. He was offered a cross country scholarship with the University of Hawaii but on to run in the 800 and 1500 metre events, also winning medals at state and national level. He currently is still very active, training via a run, swim, ride or kayak everyday to maintain his fitness.

The following report was written by Andrew for the Victorian Primary Schools Sports Association: Moneghetti Region was very successful this year. We had great turn outs in Athletics, Swimming, state team trials and winter sport finals. Despite our varsity (it takes 5-6 hours to drive across out region!), parents and schools are willing to travel these distances in the search of sporting opportunities for all children. Some families have made a few 4am starts to make the pilgrimage in search of the holy grail and advancement to the state round of competition. One of the only concerns is the need for some families to travel at this early hour. Therefore it was made policy that Moneghetti Regional events will be conducted (where they can) between the hours of 10am and 2:30pm. I am confident in saying that every child in the Moneghetti Region has the best opportunity to perform in their chosen sport. We are committed and willing to introduce new sports where it appears that a need may arise. Such introductions in 2005/2006 included Mountain Biking and Surf Lifesaving. In 2007/2008 it is a goal of Moneghetti Region to introduce Triathlon and adventure sports to the program. The Moneghetti region covers Geelong, Ballarat, the Grampians and South Western Victoria with over 450 schools in that approximately 25,000km square area. To find out more about regional primary school sport visit: <http://203.208.91.231/regionhome.asp?regionid=1> or email hair.andy.ju@edumail.vic.gov.au



PEAK FITNESS

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CHALLENGE™



November was another busy month for interschool challenges. All three challenges were inaugural events for their sporting districts.

Geelong Southern B District challenge was held on Friday 3rd November at the Life. Be In It Centre with officiating being done by Oberon High students. Although some of the schools had attended a challenge before it was the first time that Roslyn, Oberon South and Highton Primary Schools had been involved. At the end of the fittest school honours went to Fyans Park PS with the fittest girl going to Lydia Mackinlay-Campbell from Fyans Park PS and fittest boy to Keith Wrzuszcak from Oberon South PS.

The newly formed Geelong City District challenge happened on Friday 10th November also at the Life. Be In It Centre., with Belmont High students acting as officials. The challenge took a slightly different format with students competing in their age groups rather than teams and schools entering 9 year olds through to 12 year olds. The overall challenge was won by Mandama PS with individual age group winners (rather than event winners) being awarded ribbons. For the record books, the fittest boy went to Jai Russeler and fittest girl to Lauren Berridge (with a massive 980 points)– both from Torquay PS.

After a trial challenge at Mowbray College in 2005, the Melton District challenge ran on Monday 20th November at the Melton Indoor Recreation Centre. Students from Melton Secondary College officiated the day with eight different schools participating. It was Mowbray College that took home the trophy (as shown in the shot below), with James Silicy from Kurunjang PS winning the fittest boy medallion on count back and Jessica Failli from Mowbray College winning the fittest girl with 930 points.

Images below were taken at the Southern B, Geelong City & Melton District challenges.



Thank-you to the Ballarat Miners Basketball Club, Geelong Football Club, the Bendigo Braves Basketball Club and the Werribee Devils Basketball Club for acting as ambassadors to the 2006 Peak Fitness Challenge.



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PFC Incursion

St Andrew's Primary School in Werribee booked separate incursions for both their Grade 5/6 students and the Grade 3/4 students. The Grade 5/6 students participated in a "Mini PFC" on Tuesday 14th November. The students participated in the 10 "traditional" events that are used at the Interschool challenges. There were some fantastic individual performances with Tyler Adams and Mariah Wells being crowned the school's fittest boy and fittest girl. Due to the heavens opening up (a rare statement at this time of year) the "PFC Tabloid" for the Grade 3/4 students was re-scheduled to Wednesday 29th November. A touch of drizzle early in the morning threatened to ruin the second attempt but the sun gradually made its way out and the students were eager. The students participated in a total of ten events, with the Mini Hurdle Dash, Chest Pass Push and Ball Fetch all being used at the school for the first time. It was also fantastic to see such a range of students receive ribbons for the best result at each event. I must also express a huge thank-you to Kate Crookshanks for supporting the program and organizing the parents to officiate on both days.

Newtown Primary School's third "PFC Tabloid" for Grade 3 to 6 students was held on Wednesday 13th December. The aim of the third session was for the students to really push hard at improving upon the first two sets of results. In the previous two sessions individuals were awarded ribbons for getting the best result at each event, but on Wednesday it was all about personal bests. It was clearly evident that this message had got through to the children as there was constant checking of the leader board and plenty of awareness of what was needed to score a P.B. Thank-you to all of the teachers and helpers for operating the events and to Quentin Pritchard for his organization and support over the three sessions.