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January 2007 Issue

2007 is upon us and already moving a break neck speed (that's how it feels for me). In the last issue of The Focal Point I wrote about the great year for Physical & Sport Focused Services. 2007 brings with it new and exciting opportunities which will again see the business have different opportunities to work with a wider variety of individuals, schools, organizations and businesses.

The Peak Fitness Challenge Incursion program has been re-branded to be known now as the On Campus Program. This new program enables us greater flexibility in working with a wider range of schools and age levels. Already we have a bookings for Term 1 with Lowther Hall Anglican Grammar and Skye PS.

The Peak Fitness Challenge Interschool events continue to grow with 2 new events being introduced this year and a greater range of resources being posted on the website to assist teachers in their preparation for the challenge.

Our Group Fitness and Outdoor Personal Training Services will be utilised by the Modewarre Football Club for their pre-season campaign.

The Team Rex program will also give me the opportunity to work with the students from Barwon Valley School again as part of the AASC program.

Looking forward to another exciting year and plenty to talk about in The Focal Point.

Dale Ringin



Time to get fit?



Summer is here, the new year's resolutions have been cast and it's time to get fit. Or is it? As they say, "there's no time like the present". My view is that fitness is something that we need to continually work at and depending what goals you are trying to achieve or your reasons for wanting to "be fit" then this will determine the frequency and type of training you pursue. A favourite quote of mine is, "fitness is the hardest thing to get and the easiest thing to lose". It reinforces that you've got to keep working at it, set yourself new physical challenges (and goals) and vary what you do. Remember, the body is quite good at adapting, if you work it hard it will respond so that it can survive the next session better than the last. So do a little more than you did last time or if you like a routine then change your program every month. Also, getting fit should also help you train your body for life. Form and function training is extremely important given that we are constantly using different muscles in our body as part of our every day life. You need to train your body to perform the movements you use in your job, your recreational pursuits and your everyday living to avoid injury, be at your best physically and maintain a proper functioning body.



The Focal Point



Term 4 2006 was the first AASC program that Team Rex was involved in at Bellbrae PS. Team Rex had previously operated as a “user pays” program at Bellbrae PS for Prep. to Grade Three students back in 2004. The Term 4 program was operated by Paul and focused on a variety of team sports. Numbers for the program were a little lower than expected but the enthusiasm of the children was always evident, with a different sport each week generating interest amongst those attending.

Team Rex also operated a “user pays” program for Prep. to Grade Two students at Barwon Heads PS. The Double Dribble program was ran by Allisa and focused upon the skills of Basketball and Netball. The program provided the children with the fundamentals through a variety of skill challenges and minor games that were centered around dribbling, catching, passing and shooting. I’d like to thank the parents, staff and children of Barwon Heads PS for their continued support of the Team Rex program over the past two years.

Achieving Goals

Achieving our goals is not always an easy thing to do. But for most people that feeling of achievement is one that brings about great satisfaction and grows self belief. Achieving goals does however take some planning, commitment and desire. A well used acronym for goal setting is SMART. S= specific (make sure you know exactly what is you want to achieve not just general statements such as “get fit”). M= measurable (make sure you have a way of measuring your goals so that you can keep an eye on your progress). A= achievable (no good setting goals that you won’t ever be able to reach, once you reached a goal you can always set a higher and harder one). R= realistic (along the same lines as achievable but you need to know what your body can do and where you think you can get it to). T= time based (goals need to have a time frame, that way you can “tick off” the smaller goals as you progress along a timeline to your major goal). Even though they are your goals, having someone else to look over them doesn’t hurt and the above methods of goal setting is applicable to any part of your life.

My most recent goal achievement was the Anaconda Adventure Race in Lorne back in December 2006. I was part of a team but the run section of 11.2 kilometres was my role in the team. My original goal was just to finish the race even though I had never ran that actual distance before or competed in an adventure race. The process that I used was simple: write a training program using the overload principle (having a starting point and running further each week until I knew I could cover the race distance), building that program into my weekly’s activities so there was no excuses for missing a session and achieving smaller goals along the way (such as doing a second run each week around the same course and improving my times). I also made sure that I ran at least half of the course (as not to get lost on the day) as 6km of the 11.2km was through the bush. After all of my training I also set myself two other goals on the day– 1. finish in the front half of the field and 2. run the 11.2km in 1 hour and 15 minutes. I’m proud to say that I finished 128th out of 355 runners and did the run in 1 hour and 23 minutes– guess I’ll have to have another go this year to achieve that second goal!

For those of you that would like to get a glimpse of myself and my team-mates in action go
to

<http://www.rapidascent.com.au/Photos/Photos.asp?mode=2&e=4&ev=4>

and in the “Photos For” box type 323 and hit enter.



PEAK FITNESS

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CHALLENGE™



The inaugural Sunbury District challenge was held on Friday 8th December at the Boardman Stadium with students from Sunbury College (some of which had already finished their own studies for the year) taking on officiating duties. The behaviour of the competitors from all five schools was fantastic and the undermanned Sunbury College students were brilliant. At the end of the day fittest school honours were awarded to Kismet Park PS with the fittest girl going to Jayde O'Farrell and fittest boy to Sean Anderton both from Kismet Park PS.

New position advertised– Peak Fitness Challenge assistant position was advertised on Saturday 6th January in the Geelong Advertiser. The two positions are Interschool Events assistant (part time– 15 hours per challenge) and On Campus Program assistant (formerly known as Incursion Program) on a casual basis. I'd like to take this opportunity to thank Carly Mitchell, who was the Interschool Events assistant in 2006. Unfortunately for the Peak Fitness Challenge Carly will be heading overseas this year but I'm sure I speak on behalf of all that were involved in challenge last year in thanking her for such commitment, enthusiasm and professionalism towards the event.

Statistically wise 2006 was a big year for the challenge. 66 schools participated in the 11 interschool challenges, 29 of those schools being first time participants. From those 66 schools, over 2,500 children participated and the 11 challenges were officiated by 250 secondary and 30 tertiary students. New interschool challenges operated in Sunbury, Melton and Geelong (Corio, Southern B and Geelong City districts). In its first full year the On Campus Program (formerly Incursion Program) involved nearly 1,500 students from 18 different schools. These schools came from Geelong and Werribee but involved students from Preparatory to Grade Six along with students from Barwon Valley Special School.

2007 brings some exciting new changes. The event is continuing to grow and after setting up a trade display at the 2006 ACHPER Conference there has been interest shown from both primary and secondary schools across the state. Some of the more promising opportunities include an open invitational Grade 3/4 challenge in Geelong, a Year 7 challenge at Flora Hill Secondary College (Bendigo), a Grade 5/6 Interschool Challenge for the Narre Warren and Hoppers Crossing areas, a PFC Tabloid at Skye PS and a PFC specialized session for Year 12 students at Lowther Hall Anglican Grammar. The website will be upgraded to provide a greater number of resources that will make life easier for teachers, especially those entering an interschool challenge for the very first time. Also, we have re-named the Incursion Program to be now known as the "On Campus Program". We feel that this gives the Peak Fitness Challenge greater scope to work with more schools and present a service that is both flexible but able to maintain the vision of the Peak Fitness Challenge. Finally, we are looking forward to working with the Ascet Group (based in Ballarat) to help us deliver the Peak Fitness Challenge message in a stronger way to the corporate world and lift our profile across the state.

Sponsorship for the 2007 Peak Fitness Challenge is now available. If you know of a potential sponsor or would like to become a sponsor of the continually evolving Peak Fitness Challenge, then contact us straight away!



The Focal Point



We have a variety of different sized play balls for sale.
 High pressure/low bounce size 3 & size 5 balls in red, yellow, blue & green.
 PVC Heavy Duty 4 & 6 inch sized balls in multi colour and primary colours.
 Great multi-purpose balls for developing ball handling skills for children.
 Quantities in different sizes vary. Selling at cost price.
 Contact us if you are interested or would like a price on the play balls shown below (0411 158 972 or info@psfs.com.au)



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Leopold PS Teacher Exercise Network



PFC Incursion Program

