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



# The Focal Point

**The Focal Point 2006**

**July Issue**

## WELCOME TO THE FIRST ISSUE

Welcome to the inaugural issue of The Focal Point. The Focal Point aims to share information not only about Physical and Sport Focused Services but also the wider community of physical activity.

Four years ago I established the business with the broad aim of improving physical education, activity and sport. In this time PSFS has been able to extend this aim across school and community groups, organizations and clubs.

As I write this welcome I think about the all of the areas of physical activity that I have involved myself and the business in since 2002. At times, some areas have been

more rewarding than others (in more ways than one). However, through all of the organizations and projects PSFS has been involved with I have always attempted to uphold my passions and beliefs in the benefits of physical education, sport and activity.

I hope that in reading the following editions of The Focal Point that you not only gain a greater understanding about PSFS but also find that little something that may in turn benefit your involvement in physical education, sport or activity. Dale Ringin

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## Geelong Grammar Football Program

During April to June I have been involved with coaching football at Geelong Grammar, assisting the Year 7, 8 & 10 programs. Geelong Grammar have made a sensational commitment to developing the footballing skills of their students by appointing Garry Hocking as head of football and also have Cameron Loftus (well known in the local football circles) as coach of the 1st XVIII. It has been especially pleasing to see the development in the players at Year 7 & 8 level and a great deal of this development is due to the positive environment created from all of the devoted and enthusiastic teaching staff. There are definitely some talented young footballers that could come out of the “Grammar stable” in the coming years.



## The Focal Point



### Staff Profile- Carly Mitchell

Carly joined PSFS in February this year as Peak Fitness Challenge assistant coordinator. Her role involves the liaising with schools, community organizations and sponsors in the lead up to the challenges. On the day of the challenge, Carly is responsible for overseeing the officials desk and ensuring the smooth operation of the event. She has been pivotal in enabling the challenge to grow in 2006.

Carly has operated a Certificate IV in Outside School Hours Care, Certificate II in Sport & Recreation (Fitness Instruction), operated numerous out of school hours and holiday programs, and worked in sports administration.

Carly also plays Netball for Geelong Club St Joseph's, is regularly involved in a variety of physical activity and a Collingwood fan.



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### Teacher Fitness Network



The staff at Leopold PS have been involved in regular physical exercise once a week after school during Term's One & Two. The fitness programs operated by PSFS and conducted by Ben Rowe (a qualified personal trainer) at the LINC has involved low intensity warm up games, stretching exercises, circuits focusing on cardiovascular endurance and exercises focusing on specific muscle groups. In Term Three, PSFS is making the program available to teachers in the surrounding Leopold area. The sessions will still focus upon fitness but give teachers the opportunity to network with staff from other schools in a fun environment. The Term 3 program commences on Monday 10th July, phone 0411 158 972 for details.

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### Something to add?

Have you got something you believe you could contribute to The Focal Point (and the broader physical education, sport and activity sector)? Maybe a great website, a handy resource, a piece of fitness equipment that you've recently used, promotion of yours or someone else's services, information about an upcoming event, informing us of your team's recent success, an inspirational quote, or just some good old fashioned (and informed) advice.

If so, we'd love to hear from you. Just send us an email entitled THE FOCAL POINT to [info@psfs.com.au](mailto:info@psfs.com.au)

Here's one to start with: [www.justinherald.com](http://www.justinherald.com) For those that don't know Justin's story it's worthwhile hearing and seeing what he has achieved. Tangible advice from a man that has gone from having only \$50 to his name to being International Entrepreneur of the Year. Check it out.

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The Focal Point 2006

**PEAK FITNESS**



**CHALLENGE™**



A great deal of work in the first half of the year has resulted in the Peak Fitness Challenge growing from strength to strength in 2006. In Terms 3 and 4 of this year there will be eleven interschool challenges across Western Victoria, with first time challenges operating in Melton and Sunbury. A number of primary school sporting districts are also operating a challenge for the first time.

The challenge will again be officiated by over 300 local secondary or tertiary students. As a result of the challenges' continued growth, a "Training DVD" has been produced with the assistance of GEST Media. With an expected 2,500 students from over 70 schools to compete in the challenge this year, it is important that the officials for the day understand the requirements of their event and the overall purpose of the challenge.

The challenge has once again been supported by some great sponsors. As in 2005, The Athlete's Foot and Ascent have committed to being Minor Pinnacle sponsors and have this year been joined by Sports Force (who have supported the challenge since 2002). Bri-Ter Offset Printing, Arthur Reed Photos and Subway are also 2006 sponsors. The support and effort of these great sponsors continues to enable the challenge to grow.

The challenge has also expanded to now being able to offer the Peak Fitness Challenge Incursion program where all of the excitement, enthusiasm and equipment of the challenge can be brought to individual schools. There will be more information on upcoming incursions in following editions or go to [www.psf.com.au](http://www.psf.com.au) to find out more about the program.

*Since 2002, over 3,500 students from 113 schools have participated in the challenge.*



On Monday 24th July the Team Rex after school sports program will begin at Mandama Primary School in Grovedale. The program will operate as part of the Australian Sports Commission's "Active After Schools Community" program. Team Rex will operate a multi-sport program for Grade 4 to 6 children on a Monday night and for Prep to 3 students on a Thursday night. The multi-sport program will utilize the "game sense" approach to develop the students skills and capabilities, with a different sport focused upon each session.

The Team Rex program is once again proud to be involved with Mandama Primary School, after operating a program in 2005. The program on that occasion was based upon basketball and netball, with a focus upon developing the skills and enjoyment of activity for children in Grades Prep to Three.

Team Rex programs will also be operating at other schools throughout the Geelong region, with updates on their progress in upcoming editions and more information available at [www.psf.com.au](http://www.psf.com.au)

*"Our after school fitness program conducted by Physical & Sport Focused Services provided an excellent opportunity for students to build on personal fitness and to further develop individual skills."*

*Principal, Bell Park North PS*



## The Focal Point



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[www.psfs.com.au](http://www.psfs.com.au)

## THE SPORTY SPOT: BRYCE BALSILLIE

Each issue of the PSFS newsletter will see this spot filled by either a guest columnist or profiling of a local sporting personality.

For the first issue we have profiled Bryce Balsillie. Bryce has recently taken up a new role as Business Development Manager for the Bendigo Bank's Community Enterprises arm. This role will see Bryce liaising with sporting and social clubs, offering an opportunity to act as an agent so that the bank can give the clubs a share of the income the bank earns from their club's members by way of a trail commission. For more information about this great initiative contact Bryce on 0415 530 340.

From a sporting perspective Bryce is avidly involved in numerous activities. He has regularly participated in the Pier to Pub/Mountain to Surf combination, the Danger 1000/Bells Bash combination, the Ripview Classic, the Murray River Marathon, Around the Bay in a Day, Rip to River Run, the inaugural Anaconda Adventure race and numerous triathlons.



Some of Bryce's sporting successes include representing Kennington Football Club in the seniors at age 14, playing in the Geelong Football Club under 18 side, winning the Charlton Open Tennis Tournament and winning a G&DFL premiership with Modewarre Football Club.