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The Focal Point

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The Focal Point

July 2007 Issue

The start of this issue is filled with excitement and pride. I'm so pleased to announce the arrival of Mitchell Brendon Ringin, born Tuesday 3rd July. I know this can be a very self indulgent section of a newsletter but my paternal instincts leave me no choice but to show off my little man to the world (see pictures below). I can report that both Mitchell and Jodie are healthy and it's the joyride of parenting to look forward to from now on in. We'd like to thank the staff at St John of God hospital and all of the presents/kind words we've received from family and friends.

On the business side of things, August marks the start of the third Transformation program (group personal training

program operated by the City of Greater Geelong). The six week program (3 days a week) for both the 6am and 9.30am sessions is planned to start with pre-assessments on Saturday 11th August. For more information contact either Splashdown, Waterworld or Leisurelink– a great opportunity to kick those winter fitness blues!

A brand new Teacher Exercise Network program at Corio PS is also beginning in Term 3. After a year and half of operating a regular program at Leopold PS, I'm extremely excited about improving the fitness levels of the staff at Corio PS. Staff from schools in the surrounding areas are also welcome to join us for the 8 week program. Dale Ringin



Left: Dad & son sitting up to watch The Footy Show in hospital– well one of us was watching.

Right: My strong little man holds himself high on Dad's shoulder.





Although the rain at times throughout Term 2 made it slightly difficult the Fyans Park PS program focused upon Minor Games and the skills that students can learn through a variety of games. The sessions were conducted by Liana on a Tuesday night over 8 weeks with cooperative/self umpiring games such as Bocce combined with structured games (that focused on certain skills) such as Stop Softball.

In Term 3 we look forward to reporting on a Soccer program for Fyans Park PS and a new fitness program beginning at Moriac PS.

Fitness Facts- Fighting Fatigue part 2

In the second part of fighting fatigue we look at sleep and psychological issues.

A common cause of fatigue is poor sleep quality, poor sleeping habits or not enough sleep. The following points may seem very straight forward but it's amazing how many of us don't adhere to them:

- **Get enough sleep**– the average adult needs about eight hours sleep per night. Although this does not apply to everyone it's important to get to know your body and how much sleep you require per night. Some parts of our life make it very difficult to stick to this but where possible make the necessary lifestyle changes in order to get a better night's sleep. For example, if your favourite TV show is on late and you have an early start then record it and watch it at a time when you want to (and can) relax.
- **Learn how to relax**- a common cause of insomnia is thinking or worrying about problems while lying in bed. You need to trial some different relaxation techniques to find one that works for you. Examples include focusing on your breathing, having music playing softly in the background or even keeping a notepad by the bed to get all of those thoughts onto paper (and out of your head!).
- **Limit your caffeine**– caffeine is a stimulant and too much of it (particularly in the evening) can cause insomnia. Limit caffeinated drinks during the day and avoid drinking them after dinner.
- **Limit exercise before bed**– the body needs time to recover from exercise to replenish, re-hydrate and slow down your heart rate. Minimise the intensity of the exercise and the amount of exercise done before going to bed.
- **Avoid sleeping pills**– sleeping pills are only a solution that should be prescribed by your doctor but also they are not a solution to the cause of the insomnia.

Psychological issues also play a huge part in fatigue cases:

- **Assess your lifestyle**– are you putting yourself under unnecessary stress? Are there problems in your life causing anxiety or depression? Are you seeking advice from professionals to aid you in improving your lifestyle?
 - **Relaxation training**– Using techniques such as yoga, tai chi and meditation aid the body and mind to “switch off” and gain time to recover.
 - **Learn to do nothing**– modern life can be extremely hectic and draining. Try to find hours in your week to simply relax and do nothing. If this is hard to do then you may need to take a closer look at your priorities and commitments.
 - **Have more fun**– They say laughter is one of the best medicines. Find ways to enjoy life and have plenty of fun along the way.
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PEAK FITNESS

The Focal Point



CHALLENGE™



I believe this is known as the “calm before the storm”. The second half of the calendar year is traditionally “busier” and 2007 is no exception. There are 10 interschool events already planned from now through to December along with a number On Campus Program sessions being booked/confirmed. We will also begin to work more closely with The Athlete’s Foot stores to further strengthen the existing relationships schools have with TAF along with taking the PFC news:

- **Online entries** for the inaugural Castlemaine challenge are now open (closing Friday 10th August). To enter your school go to http://www.psfs.com.au/entry_form.php or to find out more about the challenge go to http://www.psfs.com.au/cb_pages/peakinterschool.php
- Busy times ahead with interschool challenges planned for the Surfcoast District, Southern B District, Ballarat District, Warrnambool and Colac areas all happening in August. Event reports will follow in the August and September issues of The Focal Point.
- **PFC Resources page** is continually being updated to provide useful and time saving documents for teachers. Not only does the resources page contain information about the general operation of a Peak Fitness Challenge but there are also templates for permission notes and writing to local sponsors, thank-you letters and certificate templates for officials, recording sheets to operate your own trials and plenty more useful items to follow. The members page (currently only available to schools entering the interschool event) will also have more useful resources added over time and have greater access. To view the resources page go to: www.psfs.com.au/cb_pages/peakresources.php
- Small mistake– in last month’s issue of The Focal Point I wrote that the PFC Personal Training program (for secondary schools) was now available. This is correct and the program structure is still it’s just the name of the program is **PFC Group Training**.

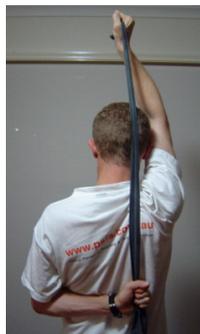
Boxing for Fitness

Boxing is a great way to develop overall body fitness with numerous major muscles groups all being worked at the same time. Some of the benefits of boxing training include:

Increased agility, improved balance, increased cardiovascular fitness, improved coordination, improved muscle tone, improved posture, possible weight or fat loss, greater core strength and improved confidence levels.

The Boxing for Fitness program at the Mt Moriac Reserve Hall has started with a bang, with twenty people already participating in the first three weeks of the eight week program. Participants of varied age, gender and fitness levels have attended the sessions held one night a week. The sessions have been predominantly designed around boxing work with focus pads, with participants developing their jabs, hooks, ducks and uppercuts in a variety of ways. General cardiovascular fitness activities such as games, skipping, relays, body weight exercises and quick step ladder work are also included in the program. We already have planned more Boxing for Fitness programs in the future so keep an eye on The Focal Point or our web page for upcoming dates.

Resistance Bands work



Some additional resistance band exercises following on from the May Issue of The Focal Point. Once again these exercises are a great addition to an existing resistance program or great for those people that have minimal time to do a full gym work out.

Triceps extension (to the left)- The extension of the arm should be done at a steady and controlled pace. To begin you can start with the bottom arm running horizontally across the lower back (as shown) but to increase the resistance of the band (and difficulty of the exercise) then the bottom arm can be moved up the back (towards the

head). Remember correct posture when completing this exercise.

Front raises (to the right)- can be done with either one (as shown) or two bands. Starting with the band in front of the body and knuckles pointing to the roof, raise it to shoulder height with a controlled and steady movement. Again, to increase resistance then reduce the “length” of the band between your feet and hand by simply wrapping the band around your hand or placing more of it under your foot. Correct posture is also important for this exercise to ensure that you are isolating the upper back muscles.



Sporty Spot- Kelly Morton

In this month’s edition of the Sporty Spot we profile Kelly Morton.

Some of you may recognise Kelly from Peak Fitness Challenge events where she attends as a representative of Ascent Shoes (a sponsor of the challenge).



Kelly spent eight years working for The Athlete’s Foot. Her last three years of her time with The Athlete’s Foot saw her travelling around Australia and New Zealand setting up new franchise and company stores. Kelly then went on to work for New Balance for three years before moving across to Ascent Shoes (who are exclusive to The Athlete’s Foot) as the area representative for Victoria, South Australia and Tasmania. In her fifteen months with Ascent Kelly has been involved in marketing the company through a variety of different avenues such as Little Athletics program, school education programs (about feet and footwear) and of course the Peak Fitness Challenge.

On the sporting front Kelly is a keen Netballer and Basketballer, having been selected in representative teams at under 15, under 16 and under 17 for Netball. Kelly also keeps herself in shape by regularly hitting the gym.

Although her role with Ascent sees her working hard she loves to spend time with family friends, especially her niece and nephews, and desperately would love to do some travelling down the track.

Anyone wanting further information about Ascent’s free school lessons on footwear can contact Kelly on 0418 286 511 or check out the flier on our website– www.psfs.com.au/peak.php

