

The Focal Point

www.psfs.com.au

Inside The Focal Point

The Focal Point

October 2007 Issue

Introduction
Advertise in The Focal Point
Team Rex
Staff Profile– Steve Smith
The Athlete’s Foot Peak Fitness Challenge
New PFC sponsor– Vitality Brands
Boxing for Fitness programs

I don't like to start the newsletter with a negative but I feel this needs to be aired. Being let down by individuals and companies you believed were willing and able to commit to you is at least extremely frustrating. We potentially had managed to link in with a company that would help strengthen the healthy eating/stay active message of the Peak Fitness Challenge. A long list of non-returned phone calls/emails and then delivering to the wrong address ended that relationship. Disappointment was just the start for two individuals that committed to operating Team Rex programs only to change their minds or have other foreseeable commitments take precedence. With both heading into teaching careers I worry about their abilities to look forward and be organized.

Back to the positive stuff though. I'll be presenting at the ACHPER conference on Thursday 29th November for teachers along with having a trade display for the Peak Fitness Challenge. I'm looking forward to being able to catch up with some familiar faces and also present some fitness ideas to teachers.

Out teams for the Anaconda Adventure race are nearly completed, check out the website for some interesting profiles. It's going to be a big race!

Finally I'd like to wish Geoff Coasby all the best in his new life in Tasmania. I profiled Geoff in a previous issue of The Focal Point. I personally wouldn't have been able to make it through the last 8 football seasons without Geoff's "healing hands". All the best mate in your new life!

Dale Ringin

Advertise with The Focal Point

WANT TO REACH A SPECIFIC AUDIENCE?

The Focal Point is sent out monthly to over 450 people who are in the education system, in the fitness industry, business owners, parents and interested in their own health/well being.

Your brand, business or school could be positioned right here as a one off or as an ongoing advertisement—reaching the type (s) of audiences that you deal with the most.

For costs and further ideas on how to maximize this opportunity contact Dale on 0411 158 972 or info@psfs.com.au



The Focal Point
www.psfs.com.au



In Term 4 we are operating two AASC programs at Fyans Park PS. On a Monday night I operate a golf program and on Tuesday's Luke conducts a minor games/tabloids based program.

The students are not only learning about the technique pointers for golf (as I'm no tiger Woods myself) but also working with others, sharing, scoring systems for golf, correct terminologies and the enjoyment from getting and there and whacking a ball around! Each session the students are developing there different elements of the game (i.e. putting, driving, chipping) in a variety of modified and game related activities.



On a Tuesday, the sessions revolve the minor games that primary age children love to play along with participating in some varied forms of tabloids and circuits (e.g. with a partner, in small groups, time based, fitness or even skill based activities)

We've also started a new multi-sport program for the first time at Portarlinton PS. Luke operates the program on a Monday night for children in Prep. to Grade Six as part of the AASC. Each week the students focus upon a different sport through a variety of games and modified versions of the set sport.

Staff Profile- Steve Smith



Steve began working with us in October, conducting both the Ceres PS and Newcomb Park Grade 3-6 Team Rex programs. Steve has also assisted at both the Bellarine Interschool Peak Fitness Challenge and the Whittington PS Grade 4-6 PFC Tabloid.

Steve's own sporting career includes playing senior football for Queenscliff for six years which also included coaching of the Under 15 and Under 16 teams. This year he started central umpiring Australian rules football games and was awarded the Most Promising First Year Umpire with an invite to attend the VCFL Academy in 2008. He has played mixed netball for ten years as a goal attack, enjoys surfing, road cycling, mountain biking and running.

He is currently completing his Bachelor of Education-Primary (Health and Physical Education major) and whilst on teaching rounds has helped out with numerous sporting events, taking on the coordinators role of the Barwon Zone Girls Football championship in 2007.

Steve is also a proud father of 3 children under the age of six and has been married for seven years.



The Focal Point
www.psfs.com.au



PEAK FITNESS CHALLENGE™



Interschool Events reports: **Bendigo**– On 19th October we traveled to Bendigo, with 260 students from 8 different Bendigo area schools participating. Dunolly and Kennington primary schools both made their challenge debuts but it was White Hills PS that took home the fittest school trophy, twice in three years. The fittest boy also hailed from White Hills PS with the fittest girl coming from St Monica's PS. The limited number of Weeroona SC students (with help from the primary school teachers) did a brilliant job running the day smoothly. Thank-you once again to Scott Ross and Steve McKerrow for their continued support and promotion of the challenge in the greater Bendigo area.

Werribee District– On 26th October the Werribee District challenge operated with 280 schools from 5 different Werribee District primary schools. This is the third year in a row the challenge has involved 280 students and it was again officiated (in a brilliant manner) by students from Werribee Secondary College. Werribee PS made it three in a row by winning the fittest school and it was Thomas Chirnside PS producing the fittest male with Westgrove PS having the fittest female.

Bellarine-Eastern Geelong– The largest The Athlete's Foot Peak Fitness Challenge Interschool Event ever! 290 students (eclipsing the record previously held by Werribee) from 9 different schools and the ever reliable Bellarine Secondary students again taking on officiating duties. Surfside PS made it back to back titles for the fittest school and the school also having the two students that won both fittest male and female.

On Campus Program reports: **St Catherine's PS in Melton** wasn't able to control the amount of wind on the day of their PFC Circuit but the enthusiasm of their Grade 1/2 students was overwhelming. With great parental support and encouragement from the teachers the participants gave it their all at every event.

For the third year in a row **St Andrew's PS in Werribee** conducted an On Campus Program session for their upper school students. The morning session was a Mini PFC for Grade 6 students, with ribbons presented to the event winners and a medallion to the fittest boy and girl. Then the rain came but the Grade 4/5 students were keen to have their turn at the PFC Tabloid. Thank-you to Anthea Walsh for all of her organizing and the parents that officiated so wonderfully (even in the rain).

For the second year in a row **Whittington PS** booked us for a PFC Circuit (for P-3 students) and a PFC Tabloid (for Grade 4-6 students). Seventy Prep to Grade 3 students enjoyed a beautiful Spring day to complete their 10 events and had fantastic support from parents and volunteers. The PFC Tabloid was held on the following Thursday with the weather again being kind and another fantastic show of support from parents/volunteers to help make sure the afternoon ran smoothly. There was also a truly unique result at Whittington PS with a three way tie for girls and a five way tie boys happening in the Hamstring Challenge!

Newtown PS 2nd challenge for the Term was held on Friday 9th November, with four different events rotated into the session in comparison to the October session. The Plyo Hurdles event was trialed for the very first time and the introduction of new events had a bearing on the varied number of students receiving ribbons at the end of the day. A huge thank-you to the parents that again helped out and a special thanks to the Matthew Flinders and Sacred Heart students.



The Focal Point
www.psfs.com.au



New PFC sponsor- Vitality Brands

As our lives become busier, we have less time to devote to the important things in life – like our health and what we eat. At Well Naturally we recognize this, so have created a range of innovative, healthy snack products that are not only good for you, but taste great as well. ‘Good for you’ can mean different things to different people, but whether you’re looking to shed some unwanted body weight, are a sports and exercise enthusiast, or are looking for a nutritious snack, there is a Well Naturally product to suit you!



The Well Naturally range includes highly nutritious Freggie Bars and High Protein Snack Bars in a variety of yummy flavours – at last there’s a high protein snack bar that actually tastes great! Well Naturally also has a variety of Sugar-Free Block Chocolate that are 0% sugar, 70% cocoa and 100% taste! And Well Naturally’s premium Organic block chocolate comes in three rich and creamy

...well,naturally.™

flavours and won’t cost you the earth. Visit www.wellnaturally.com.au for more information about Well Naturally products, stockists and our special deals.

“the great taste for health conscious people.”

Boxing for Fitness programs



November 12th and 13th marked the end of both our ten week Boxing for Fitness programs, held at Moriac and Wandana Heights.

Over the ten weeks the clients involved in the programs have not only gone through the variety of punches but have also developed their cardiovascular endurance, core strength, muscular endurance and coordination.



The majority of the sessions have involved partner work with focus pads but variety was included in each session through use of gym equipment, variations on time and repetitions of punches, body weight exercises and circuits. Well done to all those that put in during the sessions and worked up a sweat.; and I hope that you all gained some benefit from the program.

The next lot of Boxing for Fitness programs will begin in January so keep an eye on the website and the newsletter for details. There is also a program currently operating a Winchelsea started through a group of interested ladies, so if you have a group of friends and a suitable venue then contact us to discuss a possible program.

For those that are interested, a number of the members from the finished programs will be maintaining their fitness leading up to Christmas. Group personal training sessions (with a boxing component in each session) will run from Tuesday 20th November to Tuesday 18th December, 6.30-7.30pm, Coolabah Park (Coolabah Drive, Grovedale).

All are welcome- \$10 per session.

Photos taken outdoors at the Wandana Heights session

