

**Inside
The Focal Point**



PSFS website
Group training services
Staff Profile– Melissa Duckworth
Warm Ups
Peak Fitness Challenge
Team Rex - Mandama PS
Equipment profile- Quick Step Ladders
The Sporty Spot– Geoff Coasby

The Focal Point

October Issue

The Physical & Sport Focused Services website is continuing to evolve. At this stage the website is primarily utilized as information tool but look out for some changes in the coming months. Some points about our website you may not know:

1. Parents can download enrolment forms for the Team Rex program and also see the scheduled start and finish dates of the programs.
2. Schools can download generic recording sheets to use when testing their competitors leading into an Interschool Peak Fitness Challenge.
3. Competitors (and teachers) from the Interschool Peak Fitness Challenges can see where their team finished in comparison to others.

4. Teachers can see which schools have participated in the challenge in the past.

5. Businesses can download the sponsorship proposal for the Peak Fitness Challenge and also view current sponsors.

5. Individuals can download past editions of The Focal Point or check out our soon to be updated Fitness Services.

As the Interschool Peak Fitness Challenges grow (from one in 2002 to eleven in 2006) choosing a date as early as possible is crucial. Bookings for 2007 Interschool Peak Fitness Challenges are now being taken– don't miss out on your preferred date, book now on 0 4 1 1 1 5 8 9 7 2 or info@psfs.com.au

Dale Ringin

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

Group Training/Outdoor Fitness

Our group training sessions have already involved staff from Leopold PS, the Bendigo Bank and Cucina One Twelve.

Group sessions, outdoor fitness or one on personal training services are available to suit the fitness goals of clients. Feedback from current clients: *“Just wanted to add that myself and others are really enjoying your sessions. The attention you give to us all & the energy you put into perfecting our techniques is really appreciated. Thanks Dale.”*

With the warmer weather already here now is the perfect time to take on a new fitness program whilst soaking up the outdoors. For prices and negotiable session times/venues contact PSFS on 0411 158 972 or info@psfs.com.au.





The Focal Point

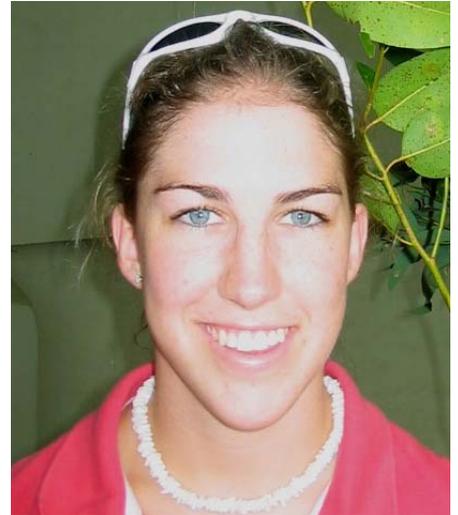


Staff Profile- Melissa Duckworth

Melissa joined the PSFS team in Term Two 2006, operating the Soccer program at Fyans Park PS. This Term Melissa will be jointly operating the Team Triumph program at Kardinia International College.

Melissa is currently in her third year of an education (primary) degree at Deakin University, Geelong. Melissa represented her school in the Australian Basketball Championships, represented the Yarra Valley Netball Association and also represented the Eastern Metropolitan Independent Schools in Netball.

Melissa's interests include Football, Cricket, Netball and Surfing and she was also a volunteer at the 2006 Commonwealth Games (as a tray bearer in the medal ceremonies).



Warm Ups

Students at a Peak Fitness

Challenge do a vigorous warm up to prepare for their event.



Warm ups are crucial part of any exercise program but what can be used as a warm up? Warm ups should get the body ready for the activity or sport that is about to follow. Not only should the body be prepared but the mind also needs to be switched on. Games are a great way to get mind and body ready for action and give maximum enjoyment. Larger groups can get into invasion games, smaller groups can use relays and tagging games, and partner challenges always promote cooperation. Remember to always take into account the safety aspects (number of participants, surface, weather conditions), the amount of equipment required in comparison to participants and the capabilities of the participants. Here are some simple warm up games:

Knee taps– a great game for small and large groups that really gets the heart rate up. In pairs, participants attempt to tap their opponent on the knee using their fingers. Participants try to avoid being tapped whilst attempting to get their partner. No grabbing or holding is allowed and partners are to dodge (not chase) each other.

Belly Starts – ideal for small groups and great way to get the participants having a say in the session. For the first go have all participants laying on their stomachs (as seen in the beach flag races). On go, have the participants run to a set point or past a pair of cones (distance can vary based on the participants). For the following “races”, vary the starting positions and even the type of movement (and ask a different participant each time for their own ideas). For example, on two knees with hands above the head or balancing on one leg and then skip.

Ball Tag– great way to get movement in a small space along with some teamwork. Using a ball of any size, start with 2 taggers (or split the group into 2 teams). The taggers must work together to tag the other group members with ball. However, the ball is not to be thrown (so taggers must be within “striking distance”) and the person with the ball in their hand is not allowed to run or move with it. Once tagged you must join the taggers or if in a team situation a specific number of tags need to be made.



PEAK FITNESS

The Focal Point



CHALLENGE™



On Wednesday 13th September I traveled to Oberon PS (located in Geelong) to conduct a PFC Circuit for the children in Prep. To Grade 6. The weather was fantastic, the children were in their favourite footy jumpers and the enthusiasm amongst the group was at fever pitch. Being a small, community orientated school it was all hands on deck to help operate the events but from the smallest preparatory students right up to the Grade Six leaders of the school, effort was displayed at all ten events.

The last day of Term 3 was a great one for the Grade One/Two students at St James the Apostle PS in Werribee. After being washed out the prior week the weather was kind and excitement level was up. Some of students had little brothers or sisters participate in an earlier PFC Circuit and were excited to gain the same experiences. All that were involved gained huge benefits with one report filtering back to me via a teacher (from a student)- "I want that guy to come and run these activities at my home".

The start of a new Term has also had Newtown PS embark on three months of fitness with the first of three PFC Tabloids for the Term. Eight core events will be used to measure the children's fitness levels over the three incursions, with two new events being included for each session. The standards have already been set high with ribbons going to students from Grade Four to Six.

Bri-Ter Offset Printing have now proudly sponsored the Peak Fitness Challenge for two years. Bri-Ter's expert services are utilised for the production of the challenge booklets (used by the officials) and the participant's certificates.



In Term Three I operated the Active After Schools Community program at Mandama PS for the Grade Four to Six students. The students experienced a different sport each week with Australian Rules Football, Hockey, Bat Tennis, Touch Rugby, Basketball and Soccer all part of the program.

For most of the session the group was made up of boys only but as the program progressed a small group of girls began to join in the sessions. The students that participated also demonstrated an extremely eager attitude towards physical activity and a willingness to tackle any sport (which I'm sure is partly due to the great work done by Physical Education teacher Rick Scade).

This Term Team Rex is operating program at Geelong Grammar, Fyans Park, Bellbrae, Newtown, Barwon Heads and Kardinia International College.

"I thought the program was great fun and was suitable for boys and girls" Parent



The Focal Point



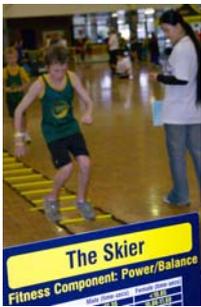
Quick Step Ladders are a great training tool in both a personal training and school environment. Ladders can be used in warm ups, to develop coordination, aid with speed and power training (get those "fast feet" happening). The Peak Fitness Challenge utilizes the quick step ladders for both The Skier and The Army Ladder Run events. The ladders also come in varied lengths and made of different materials to suit the specific training environment.

Tubular rung 4m ladders-\$45

Tubular rung 8m ladders-\$55

Flat rung 4m ladders- \$35

Flat rung 8m ladders- \$45



www.psfs.com.au



THE SPORTY SPOT: GEOFF COASBY

This month we are profiling Geoff Coasby, owner of Geelong All Sports Massage Therapy.

Geoff has been living in Geelong for 16 years and started the business in 1993. In that time Geelong All Sports Massage Therapy has services over 6,000 clients. The business has recently move premises to 59 Carr Street with Geoff also employing three regular staff members (Cameron Gawith, Nikki Shea-Simmonds and Hayley Atkins). Geoff's clinic has provided remedial massage to a number sporting champions across a wide variety of sports, even managing to get this body through nine seasons of football in Geelong.

In his younger years played both Rugby League and Rugby Union, and is a one eyed Parramatta Eels supporter (and also follows Essendon in the AFL). Nowadays Geoff believes he is more suited to the passive recreational sport of Pool/Snooker.

Business hours are 9am-7:30pm (Monday to Friday) and 9am- 6pm (on Saturday), for appointments phone 5229 0893.

