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## The Focal Point

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

### The Focal Point

I recently had the opportunity to work with students from Barwon Valley School. The school booked a Peak Fitness Challenge Incursion for the Middle and Later Years students. Some of the events had to be adapted to meet the needs of the students but the idea of getting them active and physically challenged was high on the agenda.

My time spent with the school really did give me a true appreciation for the time, effort and patience that the staff give to the students. Their dedication and enthusiasm towards the students participating in some physically challenging activities truly inspired me.

Not only did the staff open my eyes (over those 2 days) but also

### September Issue

the efforts of the students. Not all of the students were capable of proficiently completing the activities but in one way shape or form they were all having a go. Knowing the levels of capability that some students were showing earlier in the year (from talking to the staff) to what they were able to complete at the Incursion was magnificent to view. It also gave me a heightened motivation to keep building upon the physical challenges and enjoyment that PSFS programs are able to achieve. I must extend a huge thank-you to Rhonda Valkenburg for giving me the opportunity to be involved with Barwon Valley School and for her enthusiasm towards the sessions.

Dale Ringin



### Geelong North Cluster Schools PFC Tabloid

The schools in the Geelong North Cluster (Herne Hill, Hamlyn Banks, Manifold Height, Shelford & Inverleigh) participated in a PFC Tabloid (as part of our brand new Incursion program) on Friday 8th September at The Arena's Annexe. Over 250 students participated in 10 fitness activities (5 of which were brand new), with ribbons being awarded to event winners at the end of the day. Ronna Harris (cluster educator) from Western Heights Secondary College initiated the day and it was fantastic to once again have Western Heights SC students officiating (after previously officiating the Corio District challenge). Many thanks must be extended to Ronna for her vision to get as many students involved as possible and her organisation of the officials and schools.



## The Focal Point



### Staff Profile- Paul Trotter

Paul began working as a Team Rex instructor in 2006. He has so far operated the Team Triumph programs at both Bellaire and Barwon Heads Primary Schools in Term 2 and the Team Triumph program for P-3 students at Mandama PS in Term 3 (as part of the AASC program).

Paul has completed a Certificate IV in Sport & Recreation Development, Certificate II in Fitness and Certificate II in Sports (Officiating). Paul's officiating skills have led him to attaining a Level 2 AFL Field Umpire Accreditation and receiving the VFL Golden Whistle Award in 2005.

Paul's skills taken from his other sporting interests, experience and background has meant that he is a very versatile Team Rex staff member.



### Improve Your Lower Body Function

Every time we stand up or sit down we are using muscles in our lower body. But have you got those muscles working correctly? Two great exercises to help get those "buns of steel" and ensure you get the gluteus muscles firing are Bridging and Marching (from the Bridging position).

*Bridging Instructions:* Start laying on your back with arms resting comfortably and knees bent. From there perform a hip extension by lifting your stomach and upper legs towards the sky whilst keeping your feet and shoulders on the ground. The body should be lifted up so that there is a reasonably straight line created from the knees down to the shoulders. The exercise should be completed at a steady pace to ensure correct technique and maximum activation of the gluteus muscles.

*Marching (from a bridging position) Instructions:* Start in the position shown in Figure B (bridging position). From this position begin a marching action by extending one knee and alternating legs (as shown below). As with bridging it is important to maintain technique and position to gain the maximum benefits from the exercise.

For more lower body function exercises and personal training services contact PSFS on 0411 158 972 or [info@psfs.com.au](mailto:info@psfs.com.au)

Figure B





**PEAK FITNESS**

**The Focal Point**



**CHALLENGE™**



Corio District: on Thursday 17th August 199 students from 6 different schools participated in the inaugural Corio District challenge with officiating being done by Western Heights Secondary College students. Lara Primary School and Geelong Baptist College both made their challenge debuts. The challenge was won by Lara PS with the Fittest Boy award going to Jayden Ettridge from Lara PS and the Fittest Girl title was awarded to Jade Williams from Rollins PS. Jade continued a “family tradition” with her sister winning the previous year. There was also another challenge first with a three way tie in the boys, meaning Jayden’s title was decided by the best score in the demanding Weight Retrieval event.

Colac: on Friday 1st September 211 students from 6 different local schools participated in the 3rd Colac challenge with officiating being done by Colac College students. Carlisle River and St Brendan’s Primary Schools both made their challenge debuts. The challenge was won by Sacred Heart School, making it three in a row for the them. The Fittest Boy award went to James Menzies from Sacred Heart School and the Fittest Girl title was awarded to Ellie Cuolahan from St Mary’s PS. There are another 7 challenges planned for Term 4, with Werribee and Geelong City Districts already confirmed.

*Sports Force has been a proud sponsor of the challenge since we started back in 2002. Over the past 5 years Sports Force has been our supplier of trophies, medallions and ribbons along with the majority of the equipment used at the challenges.*



Team Rex has been operating programs at Geelong Grammar as part of the AASC program since it started in Term Two 2005. Team Rex has worked with students at both the Corio and Bostock House campuses with previous programs including Fitness, Basketball/Soccer, Cricket/Tennis, Basketball and Netball. In Term Three of this year the Team Rex after school sports program began Australian Rules Football with Geelong Grammar’s Bostock House campus. The program (operating as part of the Australian Sports Commission’s “Active After Schools Community” program) was run by Allisa Bollom. Allisa had a “girls only” group which enabled her to focus heavily upon developing the girl’s fundamentals of football but also their enjoyment of the game in a single gender environment. After being involved in one of the session’s myself, it was clear that Allisa’s rapport and enthusiasm with the girls has sparked their enjoyment for football (evident through the number of girls wearing AFL jumpers to the sessions).

*"We have been very happy with our daughter's hand-eye coordination and confidence with balls skills, a 100% improvement"- Team Rex parent*



## The Focal Point



Universal Badges is a Geelong based company with a goal to see children being acknowledged for their individual efforts at school. They produce 'Award Badges' to be given to the children to say thank you and well done for your efforts. The children are encouraged to sew the badges onto their school uniforms so they can reflect on the different teams they have represented and feel proud of their achievements.

**SPECIAL OFFER-** All new and existing customers ordering badges before November 1<sup>st</sup> 2006 will receive a 10% discount and FREE set up costs. Badges start at \$1.30 each. Badges can be produced in any colour to match school uniforms.

**EXCLUSIVE PEAK FITNESS CHALLENGE BADGES-** challenge participants are now able to order exclusive Peak Fitness Challenge Badges. These are only available to those children participating in the Peak Fitness Challenge. These can be ordered through the Peak Fitness Challenge web page ([www.psfs.com.au](http://www.psfs.com.au)) or contact Universal Badges directly (see contact details below).

So for a great personal service that all schools deserve don't hesitate to contact Universal Badges.



Paula Hair  
Ph: (03) 52430678  
M: 0424460069  
F: (03) 52437078  
E: [paulahair@bigpond.com](mailto:paulahair@bigpond.com)



## THE SPORTY SPOT: TONY STEWART

This month we are profiling Tony Stewart, owner of The Athlete's Foot Geelong.

Tony, along with his wife Pauline and daughter Belinda, has now owned The Athlete's Foot Geelong store for 10 years. In that time the store has won Market Square Retailer of the Year three times, The Athlete's Foot Australia/New Zealand Store of the Year twice and a Geelong Business Excellence Award in 2000. The store also has a direct marketing policy that supports community events and the Peak Fitness Challenge itself has been a direct benefactor of The Athlete's Foot's involvement, along with numerous other sporting groups and events around Geelong.

Tony has also enjoyed success in the sporting arena. He was Australian Long Course Champion in Triathlons and was a member of the 1990 Australian Team at the World Championships, with a very honorable personal finishing place of fifth. Tony went on to coach in the triathlon field for ten years and still maintains his fitness through running, cycling and swimming. He has been a member of the Geelong Cross Country Club and finds time to enjoy fishing and bushwalking.

From a business point of view Tony has been a great supporter of everything that PSFS has been involved with, starting out with the Barwon Zone Cross Country. Not only has Tony's support been of great value to me but it has been a pleasure to get to know such an approachable, informed and professional business man.

