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The Focal Point**

The Focal Point
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The Focal Point

September 2007 Issue

I'd like to pass on my congratulations to the players and staff at both the Geelong Supercats (for winning their 3rd successive SEABL title) and the Geelong Football Club (for finishing minor premiers in the AFL). Both the Supercats and Geelong FC are ambassadors to the Peak Fitness Challenge and have been great supporters of the program over the last 3 years.

As I wrote about in the last issue of The Focal Point I am involved in a number of sports for the 12th Victorian Teachers Games in Geelong during the September school holidays. Organization of the games and the different sports (I'm convening Basketball, Badminton, Indoor Soccer & Volleyball) is coming together extremely quickly. Luke Daffy, Sara McKee, Kieren Thurston Leigh Kentish, Ben Silva and Frankie Simovic are also assisting to coordinate some of the sports I've been assigned.

There'll be a report on the games in October's issue.

Also coming up in the September school holiday's is the Melton Shire's Huff 'n' Puff in the Park. Once again The Athlete's Foot Peak Fitness Challenge stations will be set up (as we did in April) to provide some fun and activity for children in the Melton Shire. This time Huff 'n' Puff in the Park moves to the Brookside Oval in Caroline Springs on Thursday 27th September (10.30am-12.30pm).

In the August issue of The Focal Point I included a survey about the newsletter and how it's put together to gain your feedback. Thank-you very much to those people who responded, truly appreciated. If it slipped your mind or if it's on your "to do list" then I'd still appreciate your feedback- just go to the website to download last month's issue.

Dale Ringin



ARE YOU UP FOR AN ADVENTURE?

**Come and join our team for the 2007 Lorne Anaconda Adventure Race
on Sunday 9th December.**

For more information about the race go to:

www.rapidascent.com.au and click on "Lorne" at the top of the page

**Keep an eye on our website for training and team information along with the
coming editions of The Focal Point for updates on our build up.**

TEAM REX

The two Team Rex AASC programs operating this Term have been at Moriac and Fyans Park primary schools. Fyans Park PS students have been doing a soccer based program with Luke, building upon their dribbling, passing and goal scoring skills through a variety of games catering for all levels. Moriac PS students have been doing a fitness based program with Sandi. The students, through a variety of games and team orientated physical challenges, have been developing their overall fitness along with enjoyment of physical exercise. This is our first opportunity to work with Moriac PS students in the AASC program and so far the feedback has been fantastic! We hop to be able to provide many more programs for the school.

Core work with medicine balls

Bending and twisting are part of everyday life and often done with some form of load (e.g. getting the groceries out of the car or picking the kids up off the floor), yet how many of us “train” our bodies for these types of movements? Once again, enter the medicine ball and the varied ways it can be used as a training tool. Back in the March and April issues of The Focal Point I listed some training ideas for medicine balls but in this article I want to highlight some of the simpler, everyday movements that can be used in your resistance program or even just as a warm up. Using a 2 or 3kg medicine ball is ideal for all of these movements.



1. Side to side twists: Starting with the arms extended and the ball in front of the body, start by twisting from side to side (about 90 degrees) and have your eyes follow the ball so the neck muscles aren't kept tense. As the body warms up you can increase the pace and the range of movement. You can even do this exercise in front of a wall with the aim being to reach around and touch the ball against the wall.



2. High to low: Reaching across the body, the ball can be taken down low (near the ankles) and then up high (above and to the side of the head). Remember to work both sides of the body equally, so switch sides after approximately 20 repetitions. Once again a wall can be used to touch the ball against.



3. Under and over: Take the ball in both hands and reach above the head (remembering to keep a neutral spine) and then reach down (in a squatting motion) between your legs. **Find a partner or a group of friends and the intensity of all of these exercises can be increased with tosses and throws also being able to be incorporated.**





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PEAK FITNESS CHALLENGE™



I'd like to start by apologizing to the participants of the Surfcoast District challenge for the misprint in last month's edition of The Focal Point. It read that the fittest female was won by a student from Anglesea PS when it should have been the fittest female was from **Bellbrae PS**.

On Thursday 16th August the Ballarat District challenge moved back to the Wendouree Sport & Entertainment Centre. 210 students from 5 schools (Ballarat North, Alfredton, Yuille Park, Forest Street and Urquhart Park) participated with Mt Clear College students taking on the officiating duties. It was the first time Mt Clear College, Yuille Park and Urquhart Park had been involved in the challenge but a regular performer, Alfredton PS, took home the trophy for the 4th year in a row. Honors for the fittest boy and girl were also awarded to Alfredton PS students.

The Warrnambool area challenge was held on Friday 24th August for the first time at the Warrnambool Netball Association Stadium. St John's PS made their challenge debut along side regular participants from Warrnambool, Warrnambool East, Warrnambool West, Allansford & District and St Patrick's (Port Fairy) primary schools. Brauer College students, after not being involved for a couple of years, acted as officials on the day and did a great job. It was again Warrnambool PS, for the 4th consecutive year, that produced the winning team with the fittest boy from Allansford & District PS and the fittest girl from Warrnambool West PS.

On Friday 31st August the 4th Colac area challenge operated at the Blue Water Fitness Centre. 200 students from Lavers Hill P-12 College, Sacred Heart, St Mary's, Colac South West and Alive Consolidated (in their very first challenge) participated with Colac College students again officiating the day. The fittest boy and girl medallions went to students from Sacred Heart Catholic School but in a surprise to many involved in the day it was Colac south West PS that ended up with the trophy.

PFC news:

- Term 3 was a busy month for contacting schools to promote the On Campus Program. We made some great contacts in The Athlete Foot store areas of Brighton, Camberwell, Chadstone, Frankston, Rosebud and Ballarat. We will continue to contact with the schools in these areas through Term 4 along with contacting schools in Malvern, Horsham, Greensborough, Ivanhoe, Shepparton, Taylor's Lakes and Werribee. Any teachers out there that have already experienced the benefits of the PFC and have contacts in the listed areas please don't hesitate to pass them onto us!
 - Strathfieldsaye PS (in Bendigo) book a Mini PFC for both their Grade 5/6 and Grade 3/4 students in November– we can't wait!
 - Not only will The Athlete's Foot Peak Fitness Challenge have a presence at this year's Victorian ACHPER conference via a trade stall but I will also be presenting a session for primary school teachers on innovative fitness ideas on Thursday 29th November from 3-4:30pm.
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Staff Profile- Kieren Thurston



Kieren started work for us back in March at the Skye PS Mini PFC and also helped out at Melton Shire Huff 'n' Puff in the Park day, however, due to study commitments he has not had the opportunity to take on further work with us until now. Kieren has volunteered his own time to convene the Badminton at this year's Victorian Teachers Games and will be involved at a number of Peak Fitness Challenge events during Term 4.

Kieren's currently in his 4th year of a Bachelor of Education (Physical Education) at the University of Ballarat. Aside from the experienced he has gained on teaching rounds Kieren has also coached cricket at Geelong Grammar, been assistant Under 17 cricket coach at Modewarre CC, gained his Bronze Medallion and been a camp leader for Werribee PS.

His sporting leadership achievements include being Under 18 captain at Modewarre FC, Under 17 captain at Modewarre CC and First XI captain at St Joseph's College. He's also represented the Bellarine Football League at Under 18 level, won the Norm Smith Medal at Geelong Cricket Country Week and won the club Batting Average at Guild-St Mary's Cricket Club.

As you can see by his achievements Kieren has a strong background in Football and Cricket but he's also interested in Rugby, Soccer, Indoor Soccer, Indoor Cricket and European Handball.

Sporty Spot- Brian Walsh

In this month's edition of the Sporty Spot we profile Brian Walsh.

Brian is the managing director of Bri-Ter Offset Printing which he founded in 1992. Prior to this Brian worked as a printer for five years and also as baker and chef. Brian has built up Bri-Ter Offset Printing to provide not only a variety of printing solutions but also website building and hosting.

His sporting career includes playing A Grade Football, basketball, cricket, squash, hockey and golf and has now retired all of these sports with the exception of golf (you can regularly see photos of him having a round in the Geelong Business News). In each sport Brian has also represented ara teams in different states of Australia.

Apart from playing golf, nowadays Brian follows and supports his two sons in their own sporting careers and is an avid supporter of local sport throughout Geelong.

Right: Brian (on the right) pictured with Geelong Supercats home grown basketball star Jason Reardon. Bri-Ter Offset Printing are a sponsor of the Supercats, the EJ Whitten Legends game and a number of other sporting organisations around Geelong.



Bri-Ter Offset Printing have been a proud sponsor of The Athlete's Foot Peak Fitness Challenge since 2004. Letterheads (for certificates) and Officials Recording booklets produced by Bri-Ter Printing have assisted in the professionalism of the challenge. For more information about the

Bri-Ter approach call 5229 7582, email sales@bri-ter.com.au or go to www.bri-ter.com.au.
