

# fitness @ flagstaff

group personal training outdoors

SPRING 2010 NEWSLETTER



## Perpetual Cup

*Kat, a 3 time nominee for the fitness@flagstaff award, came away with the trophy. Kat is a quiet achiever on the track, managing to maintain a regular routine despite study and work challenges and has shown consistent long term improvement.*

*deleale*

## ✕ Quotation Corner ✕

*"Great things are done by a series of small things brought together"*

Vincent van Gogh

## CITY BAY FUN RUN 2010

f@f had another strong presence in what was a record breaking City Bay fun run. The bus driver delivered 16 runners to the start line, with all successfully completing the 12km course.

Inspired by the extra training sessions (in trying conditions), there were some impressive performances:

Mary won the overall f@f City Bay Award, dropping an impressive 6.30 min and finishing in second place for her age group. Well done Mary.

Sam Bradley was awarded the f@f City Bay Improvement Award, improving a massive 19.01 min.

Steve achieved his goal to stop the clock before it ticked over to 50 min.

Five runners striving to break the 1-hr barrier achieved their goal.

And it was pleasing for me that everybody who backed up from last year improved their time.

Well done to all.



## F@F HAS DIBS ON ALL THE PRIZES

Proving once and for all the theory of healthy body-healthy mind, f@f fielded two tables at the local scout club annual quiz night and took out first and third place. Maybe next year we can enter 3 tables and aim for a clean sweep??

Thanks to Daryl & Margaret for coordinating our tables, everyone had a great night.

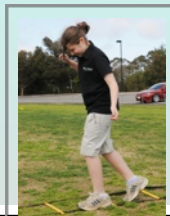


## Teenage Bootcamp

*Kick start the new year with a boot-camp, structured especially for teenagers!*



Fitness contributes to confidence, resilience and self esteem...important qualities for all of us, especially teenagers. These 45-minute sessions will raise more than a sweat, introducing your teenager to the benefits of regular activity in a fun, non-threatening environment, where they are encouraged to achieve their best.



**What:** Incorporating cardio sets, resistance training, boxing and games.

**When:** Tue 11th Jan      Tue 18th Jan  
Thu 13th Jan      Thu 20th Jan

**Where:** Flagstaff Hill Oval  
(Coromandel Ave FH)

**Time:** 8.30am to 9.15am:

**Cost:**  
Members: \$40  
Non-members: \$50  
(including t-shirt & drink bottle)



# f@f Sturt George Bush Walk

On a perfect spring morning more than 50 walkers (and Brocky the mischievous Labrador) set out from flagstaff oval, down York Drive to the Sturt George.

The recent rains made the river crossings interesting, the camp site in the clearing alongside the river took us all by surprise ...and Brocky couldn't resist snatching the tongs left lying around the campfire!

Back at York Drive members and their families enjoyed the fresh fruit and yoghurt on offer while the awards were presented. Jarred was a great help and proved himself a credible egg and bacon chef (and thanks to Liz for the use of her oven for the muffins).

It was great to see so many families enjoying the morning in the outdoors.

## 300 SESSIONS

Sam B    Darrell  
Steve K    Nat



f@f celebrated it's 2nd birthday during October. The last two years have been enjoyable and rewarding.

## 200 SESSIONS

Kat            Di  
Janelle      Darren S  
Kim            Ian  
Michelle     Graeme  
Francis      Peter M  
Sarah         David T

I feel privileged to be able to work in a field I am passionate about and alongside such a great bunch of interesting and motivating people.

Thank-you for your continued support, it is much appreciated.

## 100 SESSIONS

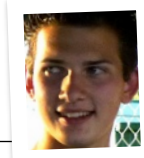
Trina    Nathan    Jenna  
Lyndall    Mary      Sanya  
Kay      Hayley R    Tam  
Julie H    Pauline    Sheryl  
Bree H    Lyn L      Ellie  
Andy B    Liz         Nikki

## NEW INITIATIVES

Now the euphoria of the second birthday is over, look out for :

- ★ Wednesday X-Training (6.00am)
- ★ Monday Boxing (7.30pm)
- ★ New web-site (coming soon)
- ★ Teenage Summer Boot Camp (Jan 2011)
- ★ New Fitness Test format (2011)
- ★ New school sport hall (2011)

While I have held prices stable for the past two years, a small increase has been scheduled to come into effect in the new year. Check the new web site or ask me for details.



Jarred has been a regular assistant on Saturday mornings and Thursday evenings and will continue to help out during busy sessions.

## BABY BOYS

Congratulations Anita and Luke on the safe arrival of Lewis, a little brother for Aiden.

And congratulations Megan and Jason on the safe arrival of Will, a brother for Abbi and Bonnie (and nephew for Adrian and Michelle!)

## WELCOME DARREN

I would like to formally welcome Darren Simmons to the f@f coaching team.



Darren will earn his fitness qualifications in the new year and I am looking forward to him joining the coaching team. Darren will be assisting me on the track and in the gym while studying, with a view to taking a regular session(s) next year.

Having Darren on board will add flexibility, variety and freshness to your fitness sessions and will allow me to train with the umpires panel in 2011.