

Spring Sensation at Monash Sport

Member Newsletter
Issue 2, August 2009

Caulfield - 9903 2358
Clayton - 9905 4103
Peninsula - 9904 4496

Welcome!

Welcome to the second issue of our Member Newsletter at Monash Sport.

We hope you enjoyed reading our initial newsletter and we're sure you will enjoy this one. There are plenty of things to get involved in over the coming months.

If you have any feedback or suggestions on how our member newsletter can be improved, please let us know. We would love to hear about what you enjoy reading and what you would like to see more of. Feedback can be sent to:
feedback@sport.monash.edu.au



Customer Satisfaction Survey

To ensure that we are staying on top of our game and as part of our ongoing desire to provide the best possible facilities and services to our members we invite you to take part in our annual customer satisfaction survey.

Everyone that completes the survey will have the chance to win 1 of 8 1GB Flash MP3 players.

The survey is available online and closes Monday 31 August.

www.sport.monash.edu/survey

TeamMONASH™ – Melbourne Marathon & Around the Bay in a Day

We would like to extend an invitation to all members, your family and friends to come and join our team and participate in the next TeamMONASH™ community fitness events - Melbourne Marathon and Around the Bay in a Day.

These events cater for all abilities and ages. They are a great opportunity to interact with other members and make new friends. By being part of our team you will be given training assistance and a TeamMONASH™ uniform.

For further details on both events and how to register please visit: www.sport.monash.edu/events





Aviva Tennis Hot Shots

Monash University Clayton Campus

Great after school program for 5 to 12 year olds to learn the basics of tennis, improve their skills and be active.

For more information, please call Belinda Pelle on 9905 4102 or visit:
www.sport.monash.edu/tennis-hot-shots.html

Group Fitness Q3 Launch

Experience the Group Fitness revival at the Q3 Launch. Everyone is welcome! Group Fitness is an enjoyable way to improve your fitness in an energized environment.

Caulfield	Mon 24 Aug 5:30pm – 7:30pm Thur 27 Aug 12:00pm – 2:00pm
Clayton	Tue 25 Aug 5:30pm – 7:30pm Thur 27 Aug 4:30pm – 7:30pm
Peninsula	Thur 27 Aug 5:30pm – 6:30pm

Q3 Promotions:

- Preview all new class choreography
- Training advice by the instructors
- Door prizes!



Member Rewards

At Monash Sport we try to provide the best possible facilities, services and value for money possible and as such we have developed a range of special offers with participating retailers to provide our members* with valuable discounts.

During August we have created an exclusive offer with the Adidas store where members* can receive 40% off marked prices.

For a full list of offers available please visit:

www.sport.monash.edu/fitness/member-rewards.html

* Members must be direct debit or 12 month upfront to be entitled to Member Rewards.

Bring a friend and make new friends, have fun and achieve your fitness goals!

Entry is FREE!

Food for thought

For those that enjoyed our initial recipe here is another to tickle your taste buds this time from Healthy Eating And Training (HEAT) consultant Trent Crockett. This quarter we are cooking up a delicious **Chinese Chicken Tortillas** which will satisfy any hunger while being healthy too.

Ingredients:

8 mushrooms – Cut into thin strips stem off	1 tablespoon soy sauce
2 beaten eggs	1 tablespoon cooking oil
1 clove garlic, minced	1 cup shredded bok choy
3 green onions, sliced	8 6-inch flour tortillas
250g skinless chicken breast, cut into bite sized strips	
220g can (1/3 cup) sliced bamboo shoots, drained and cut into strips	

Directions:

Place chicken strips into wok and cook until starts to turn golden brown. Clean Wok.

Pre heat wok over medium heat, add eggs and tilt wok so that eggs form a thin sheet over surface, cook without stirring until set. Slide egg sheet onto cutting board and cut into small strips and set aside.

Sauce - In a bowl stir together soy sauce, cornstarch and 1/3 cup water. Add sauce to wok, cook and stir until bubbly, add bok choy, bamboo shoots, green onions, mushrooms and egg strips, cover and cook for 1 minute.

Spoon chicken mixture with some sauce into each tortilla, roll and serve

Approximate time

Preparation: 30 minutes
Cooking: 10 minutes



Nutritional information per serving
27g protein, 29g carbohydrates, 10g Fat, 192 mg cholesterol, 349mg sodium and 515mg potassium

Training Talk

Looking for a workout that will challenge you? Why not try these cardio and resistance training options...

Option 1: Cardio - Indoor Triathlon

This session will attempt to simulate a triathlon with a row leg replacing the swim leg. The aim in a triathlon is to get the best possible time.

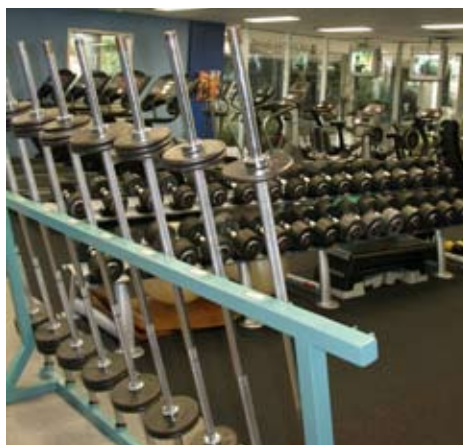
Leg	Beginner	Intermediate	Advanced
Row	1000m	2000m	2500m
Ride	6km	10km	15km
Run	1km	2km	3km

Beginning on the rower complete the first leg of the challenge. Once completed move to the bike keeping the transition period as short as possible (max 30 seconds). Complete the allocated ride leg before moving onto the run leg.

Option 2: Resistance Training – Be Fighting Fit

This challenge is based on a 4 round boxing bout with each round being 3 minutes in length with a 1 minute rest between rounds. Exercises are to be completed as fast as possible.

Round 1		Round 2	
Exercise	Time	Exercise	Time
Burpees	60 seconds	Push Ups	45 seconds
Push Ups	60 seconds	Squats	45 seconds
Squats	60 seconds	Burpees	45 seconds
		Push Ups	45 seconds
Round 3		Round 4	
Exercise	Time	Exercise	Time
Squats	30 seconds	Burpees	15 seconds
Burpees	30 seconds	Push Ups	15 seconds
Push ups	30 seconds	Squat	15 seconds
Repeat twice through		Repeat 4 times	



Aquatics Arena

Doug Ellis Swimming Pool: 9905 4115

Portsea Swim Classic

The Portsea Swim Classic, is a long standing open water event and is also a tradition for our successful TeamMONASH™ calendar of events. We have squad sessions for adults and lap lanes available for you to begin your training immediately.

Training Tip

Your first tip is from Daniel Lee, Olympic Swimmer and resident junior swim coach at Monash Sport.

“In open water swimming it is important to stay on course so always remember to occasionally swim with your head up. To practice this, try 10 to 20 strokes then lift your head and look forward. So practice lifting your head to stay on track.”

Did you know...?

There is more to Monash Sport than just the Gym and Group Fitness. We have a number of great services available to everyone to help you stay active and keep fit.

Social sport competitions in mixed netball, 6 a side soccer, 3 on 3 basketball or 6 a side cricket.

Casual court hire - Including squash, badminton, tennis, and table tennis. Please note sports vary between campuses.

Join a sports club - There are over 70 sport clubs at Monash University, pick a sport!

Caulfield Corner

At Caulfield the introduction of the new space can not come quick enough. In the meantime ensuring members receive high standards of customer care and service has become a priority.

In other news developments with 'GROW' an organisation assisting people with mental illnesses and the continued support of the Access program in its expansion to a new site show the continual community focus of the facility.

Quote of the Quarter - "Learn how to be happy with what you have while you pursue all that you want."

Clayton Corner

A big welcome to our newest member of our team Anarug Gill. Anarug has been a member of the Caulfield team and has now taken up a permanent role with us. We wish Anarug all the best with his new position.

We are also proud to announce that we will be replacing some of our current cardio equipment with new equipment in the near future. This new allocation is made by TrueFitness which we trialled recently and includes 6 cross trainers, 2 treadmills and 4 rowers. The equipment will be implemented in the very near future.

Peninsula Corner

At Peninsula we have recently introduced a new program for children aged 2 to 6 years old called 'Starta Sports'.

The program aims to instil the importance of physical activity in children by introducing them to fun games in a mixture of structured and non-structured environments. Outcomes for the children include improved coordination and ball skills as well as a head start into socialisation through sport. For further information, please contact 9904 4496.

We also have a Hockey Centre, home to affiliated hockey clubs Frankston Hockey Club and Mornington Peninsula Hockey Club. The pitch is available for casual bookings or a pick up game of soccer, ultimate Frisbee, or cricket.

60 Seconds with Lucy Peatling

Fitness Instructor/Personal Trainer at Caulfield



Favourite sport:
Netball and Snowboarding

Favourite athlete:
James Tomkins

Favourite food:
Sushi

Favourite movie:
The Departed

Footy team:
Richmond

3 things I would take to a desert island:
My mum, iPod & a jet ski

60 Seconds with Bill Gorgen

Fitness Instructor/Personal Trainer at Clayton



Favourite sport:
Martial Arts (Kick Boxing)

Favourite athlete:
Bruce Lee & Mohammed Ali

Favourite food:
Turkish & Thai

Favourite movie:
Excalibur & Scarface

Footy team:
The Mighty Pies

3 things I would take to a desert island:
Guitar, MP3 Player & Female Companion

60 Seconds with Nat Hayley-Quintin

Fitness Instructor/Personal Trainer at Peninsula



Favourite sport:
Snowboarding and running

Favourite athlete:
Don't really have one

Favourite food:
Thai green chicken curry

Favourite movie:
Drop Dead Fred

Footy team:
St Kilda

3 things I would take to a desert island:
My dog, my best mate, and a full esky with a barrel of laughs