S.W.A.T
MISSION
MANIFESTO
JUNE
2009
Congratulations, you are now a member of the ECU Sports S.W.A.T. Squad

The challenge that lies ahead of you is one that will change the way you think about yourself and others, and also the way in which you feed and exercise your body. If you embrace the culture and disciplines, that are an integral part of the S.W.A.T. experience, you will achieve things you may have never thought possible.

Hundreds of people, just like you, have participated in this program and gained amazing results - both physical and mental. The key to their success can be summed up in one word....

Consistency

Consistency in their attendance, in their desire to achieve, in their positive attitude and in the way they work as a team. You don’t have to be the fittest, the fastest or the strongest to benefit from this program... you just have to want one thing, to be...

“better than before”

The things that I ask of you are designed to push you beyond your ‘limits’ and extend your comfort zone. At times, S.W.A.T. will seem too difficult... but nothing worthwhile is ever easy. So congratulations and welcome.

WHAT YOU MUST DO...

S.W.A.T. is an outside exercise training program. That means we will get dirty, wet and sweaty. To stay safe, every member of any S.W.A.T. Squad must wear enclosed shoes, suitable for exercise. You must also carry enough water to keep you hydrated for an hour (at least 600 mls). You must disclose any injuries or illness that may affect your ability to safely exercise - if in doubt, see a doctor before beginning this or any exercise.

WHAT YOU SHOULD DO...

To get the most out of any exercise program, there are several ways to keep your energy levels up and your body safe. Firstly eat - ideally 5 to 6 small meals a day, and always 2 hours before you exercise - this will give you the energy to exercise and help avoid stitches. Also, try not to eat until 30 minutes after you have finished exercising - this will allow your body to maintain a high metabolic rate, which will burn body fat. Whenever you eat, it should be a ‘meal’ - and every meal has protein, carbohydrates and fats... but all in healthy proportions. Also, stay hydrated throughout the day. If you begin feeling thirsty during an exercise session, you are already dehydrated. Water is the best fluid to have when exercising.

Duane

Also, play safe - if you feel sick or dizzy, tell a S.W.A.T. Instructor immediately.
July 09 - When the tough get tougher!

It’s great to see some old friends return to S.W.A.T. this month! A special welcome back to Russell, Naomi, Amelia, Tanya and Megan. Also, make welcome our rookies for this month - Catherine, Sara, David, Sophie, Nyx, Ash and Damien!

We have a new location this month - Mirror Park, which is just off Ocean Reef Road, before you turn into Oceanside Prom (on the way to Mullaloo). If you can’t find it, you need to take a long, hard look at yourself... geddit?

Also this month, we’re having a Bad T-shirt session, as well as ‘Red’ day for the first day of Phase Red - Hell Week - penalties will apply for non-compliance.

The TriForce sessions continue this month - 3 x 100 exercises - with a new batch of drills being introduced. Make sure you come along and compare your results from last week, or start setting some new standards for next month!

With the foul weather with us, I’ve had to put The Outlook and Neil Hawkins on the back burner... the darkness vs rain can prove a bit too much, but I have some options that will keep you challenged. If the weather does get too dangerous, we may have to relocate venues (very unlikely) but if that does happen, it’ll be on sweatwithswat.com

Also, I’m taking a week off at the end of the month... so the last Friday session will have a special guest instructor - and Saturday Smash will re-start on the 11th of July. If I return, I will see you back on the 5th of July! Now... let’s get out there!

Duane Ferguson
S.W.A.T. Instructor
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www.sweatwithswat.com
**Phase Blue**

- **W1M_01/06**
  - ECU Sports
  - New Meat and Greet (6AM + 9AM)
- **W1W_03/06**
  - Mullaloo
  - Boxing Round 1 - Bring Liners
  - (If you don’t have liners - see Duane for more info, m’kay?)
- **W1F_05/06**
  - Chichester
  - Hills and Drills
- **W1S_06/06**
  - ECU Sports
  - Saturday Smash

**Phase White**

- **W2M_08/06**
  - (Leaving from) ECU
  - Travelling All Over The Countryside...
  - Bad T-Shirt Day - wear an ugly/offensive/or Eagles T-Shirt
- **W2W_10/06**
  -Hillarys
  - Boxing Round 2 + Conditioning Work
- **W2F_12/06**
  - Mirror Park
  - Circuit Work
- **W2S_14/06**
  - ECU Sports
  - Saturday Smash - Bring a friend for free!

**Phase Red**

- **W3M_15/06**
  - ECU Sports
  - Circuit of Craziness
  - Wear as much Red clothing as possible!
- **W3W_17/06**
  - Woodvale
  - Ab-literation and Legs-o-rama
- **W3F_19/06**
  - Chichester
  - Ballistic Boxing
- **W3S_20/06**
  - (Leaving from) ECU
  - Saturday Smash - Look OUT!

**Phase Black**

- **W4M_22/06**
  - Hillarys
  - TriForce - 3 x 100
- **W4W_24/06**
  - Mullaloo
  - The Gauntlet Version 2.0
- **W4F_26/06**
  - ECU Sports
  - Special Guest Instructor

**JULY09 S.W.A.T. Begins 06/07/09**
MISSION COORDINATES

CHRISTCHURCH PARK
- CURRAMBINE

THE OUTLOOK
- EDGEWATER

NEIL HAWKINS PARK
- JOONDALUP

CHICHESTER PARK
- WOODVALE

TOM SIMPSON PARK
- MULLALOO

SEA CADETS HQ
- HILLARIES BOAT HARBOUR

For ONLINE maps go to www.sweatwithswat.com
FEEDBACK FORM

Name: ____________________________ (Optional)

Program: GAM / GPM / Casual    Month: ______________

Do you wish to be contacted about your feedback?
Yes / No    Contact Details: ____________________________

What did you enjoy the most about S.W.A.T.?
(Instructor, locations, exercises, variety, cost, etc..)
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What would you like to change about S.W.A.T.?
________________________________________________________________________
________________________________________________________________________
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________________________________________________________________________

What would you like added to S.W.A.T.?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

General Comments:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Please refer to your S.W.A.T. ‘What, Where and When’ schedule for times, dates and venues for each session... if you forget your handout, call ECU on 6304 5000, or call Duane on 0411 310 028 - or text SWAT to 0411 310 028 and get a list of the entire month’s schedule sent to your mobile phone.

Please remember not to bring valuables in your car.

Arrive 10 minutes prior to the allocated start time.

Water bottles are mandatory as is appropriate footwear whilst training at any of our locations, towels are optional but advisable.

Please do not park illegally (ie across footpaths, on private property, etc).

Inform your instructor of any change in your health, before the session begins.

Venues and Instructors may change at the total discretion of ECU Sports. The content of past sessions are no indication of future ones. While attempts may be made to inform you of any changes to session venues, times or content, no guarantee is given. If you are in any doubt, please contact ECU Sports or your instructor as soon as possible.

ECU S.W.A.T. has the enviable reputation within the West Australian fitness industry of being the most challenging of all local Boot Camp style classes - coming along is an achievement, coming back is phenomenal. However, ask sessions are always fully booked, you must earn and keep your place for your own benefit, the benefit of other and the reputation of the programme.
INSTRUCTOR PROFILE

My name is Duane Ferguson and I have been the Boot Camp (the previous incarnation of S.W.A.T.) trainer at ECU since September ‘07 and before that for many years at different clubs. My experience also includes being a health club owner, Personal Trainer and instructor for Body Combat, Body Pump and RPM.

I believe in training the mind, so the body can follow - so I will be helping you to realise your potential through positivity and encouragement. If you think you can do something, or if you think you can't do something - you are right. I want you to start thinking about the benefits of having a leaner, healthier, fitter body.... Rather than dwelling on reasons and excuses why you can't.

Those results will begin to show themselves over the next four weeks, through hard work and consistency... but real results come when you realise it's not just about what you do when you're at S.W.A.T. - it's about what you do away from the sessions.

Together, we'll improve your lifestyle by changing the way you look at fitness, nutrition and wellbeing.

Only when you change the way you think about things, will the things about you change.
HOT S.W.A.T

Discounts & Freebies

Free Foot Analysis and $10 off Shoes at
The Athletes Foot
Whitford City and
Lakeside Joondalup

10% off Sunglasses at
Bright Eyes
Lakeside Joondalup

20% off clothes at
Lorna Jane
Whitford City

Free Soft Tissue Massage at
West Coast Therapy
Joondalup

SEE DUANE FOR YOUR VOUCHERS
SESSION FORMAT

While all S.W.A.T. sessions are different - some things always happen.

Face Time - need to quiz your Instructor? Before the session is the best time. Rock up early and pick their brain. Oh - and give them your keys... they'll look after them while you exercise.

Roll Call - precisely at the start time attendance will be checked and recorded. Hope you’re there!

Mission Briefing - an explanation of what is involved in the session. After hearing the brief, you may elect not to participate - just tell your S.W.A.T. Instructor.

Warm Up - a quick drill to get muscles warmer and joints lubricated... So go easy there recruit.

Class delivery - as it sounds. You do it!

Cool down and De-brief - When you exercise muscles they become shorter... Stretching lengthens them - you do the math. Also, you'll be told about any housekeeping or other issues.

Abs session - Totally at the discretion of the S.W.A.T. Instructor, you may be offered a optional abdominal strengthening session (usually 10 minutes).

Pack Up and Go Home - Your S.W.A.T. Instructor looks favourably upon people who help to break camp. Also, use the time to ask any further questions you may have... you may even get an answer!

FANSFAQ's
(Frequently and not so frequently asked questions)

Q: I gave up and stopped attending the S.W.A.T. classes can I get a refund please?
A: No..., quitter. You took a place that someone else could have used.

Q: Do you do fitness testing so I can measure my progress?
A: Not any more... not for the whole group anyway. Most of our participants are renewals, who don't want to be tested every four weeks. But if you do want to pre and post S.W.A.T. fitness tests, your instructor will accommodate you.

Q: When can I enrol for the next S.W.A.T.?
A: As soon as you want - the earlier the better. Class numbers are now strictly limited, and people do miss out!

Q: What happens if it rains?
A: You get wet.

Q: What if it's hot?
A: Wear a hat and sunscreen.

Q: Do we ever go swimming?
A: No... but you may do 'water running' - bring bathers & towels to beach sessions.

Q: Do I have to be fit to participate?
A: Not especially, but it helps. Whatever happens, you'll never be abandoned or made to keep up with fitter Squad members - we'll just get them to do more stuff until you finish.

Q: Is there a lot of running?
A: Running is great - but it's something you can do by yourself. S.W.A.T. sessions will have some running, but not a lot.