the
ROOKIE’S GUIDE
to
FULL ON FITNESS
CONGRATULATIONS...
and thank you for making the decision to be a part of ECU’s outdoor training program, better known as S.W.A.T.

S.W.A.T. is unashamedly difficult... we make no apologies for our program’s intensity.

S.W.A.T. is not for everyone... great physical fitness is NOT necessary to be a part of S.W.A.T. - but a great mental attitude is.

As long as you try your hardest, you will always have a place in S.W.A.T.

We embrace those who strive to be better mentally and physically... and spurn those who are negative or destructive.

If you struggle to do a session, that simply means you are working at or beyond your normal capacity... and that is like oxygen to our group.

Our sessions never get easier... we simply adapt to the changes in your fitness levels.
We know the sessions are hard; so you don’t have to tell us... complaining isn’t tolerated.

The hardest part of S.W.A.T. is being asked to come back.

So begin your S.W.A.T. journey... experience the challenges... embrace the pain... enjoy the benefits.

INSTRUCTOR PROFILE...
Duane Ferguson is your S.W.A.T. Instructor.

After spending time as a health club owner/manager, Duane experienced a dramatic shift in his life and returned to his first (and really only) passion, helping people improve their lives through healthy living.

His vast experience has assisted clients in achieving success in many areas of their lives.

Duane believes in balance and sustainability when leading a healthy lifestyle and describes his training style as “functional, varied and while not always enjoyable, it’s always fun”.

More than just a ‘one hour trainer’, Duane enjoys helping his clients with all aspects of their lives... including nutrition, achieving goals, changing habits and improving relationships.

Clients have described Duane as... “inspirational”... “totally dedicated and professional”... “the best trainer I have ever encountered”... and “well informed and easy to talk with”.

In his spare time, Duane enjoys taking his dog ‘Super’ to the beach, trying to master ‘mash up’ music mixing, watching quirky TV shows and movies, meditation and trying to make the perfect mai tai.

Duane is also a Personal Trainer and Group Fitness Instructor at ECU.

DUANE “DJ” FERGUSON

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We endeavour to keep all information as up-to-date as possible, however changes and additions will happen. For the latest information regularly check.

www.sweatwithswat.com
WHAT YOU MUST DO...

To get the most out S.W.A.T., please follow these safety guidelines...

All participants must complete a PARD (Physical Activity Readiness Questionnaire) and S.W.A.T. Program Agreement each month - even if their health information doesn’t change.

S.W.A.T. is an outside exercise program, so appropriate enclosed shoes are required. It is advisable to wear a hat, sunscreen, sunglasses and to bring a towel to each session.

Bring at least 600ml of bottled water to each session.

If you suffer any injuries or your health changes, please tell your instructor immediately.

Do not leave valuables in your car during sessions.

Always give way to cars, bikes and other people when exercising in public. Report any incidents to your instructor immediately.

Do not park illegally (ie across footpaths, driveways or facing traffic).

Bring liner (cotton) gloves to each boxing session.

WHAT YOU SHOULD DO...

Keep your sense of humour... each session comes with lots of encouragement, but also some gentle ribbing - it’s the Australian way!

Check www.sweatwithswat.com for updates.

Eat well - nutrition is 70% of your results!

Five to six small, nutritious meals throughout the day is the best plan - and eat something two hours before the session.

Never give up! It takes around six weeks to develop a good level of fitness, so come to as many sessions as you can!

Keep the intensity up... the harder you work, the better your results.

Rest - recovery is just as important as effort.

Introduce yourselves to other participants... they will support and encourage you.

Start off slow... if you haven’t exercised in a while, check with a doctor and then ease yourself into sessions.

Stretch - before and after each session... and even on non-training days.

Bring a friend... sessions are a lot more enjoyable when you train with someone you know.

Be flexible - sometimes sessions aren’t what you think they’re going to be. Variety is the key, so embrace the unexpected.

Sign up for our newsletter... you’ll be kept up-to-date with advice, recipes and more!

Come along to our social functions... most months we do something “fun” (BBQ’s, dinner, drinks... etc) and we’d love you to be a part of it!

Give feedback - these sessions are for you, so tell us what you think.

Come back next month! Consistency is the key - the more you do, the better you will feel!
PRO - TIPS

Never skip a meal or snack - your body will reduce its resting energy expenditure in line with the lack of food.

Eating something is better than nothing!

Drink water! It’ll make you feel full, help muscles to repair, aid in removing toxins and is essential for metabolising body fat.

Eat at least every two hours. Food takes around 2.5 hours to digest, so regular eating not only stops you from getting hungry but promotes optimal metabolism.

Avoid alcohol! As soon as you drink alcohol, your body has to process the toxins to get them out of your system, so your metabolism will drop by around 75% and will stay very low for hours afterwards.

Diet soft drinks, coffee and tea dehydrate you and are not a substitute for water.

Don’t have ‘treats’ in the house. If you buy them, you will eat them... don’t make it harder for yourself.

Sit down at the table to eat. Don’t relate eating with relaxing, sleeping, etc.

Food is a fuel, your body deserves Premium.

Wait for 30 minutes after exercising to eat - metabolism is elevated until you eat.

Be “calorie aware” - find out what’s in the food you’re eating - www.calorieking.com.au is a great resource for nutrient contents.

See your doctor before changing your nutrition.

SESSION FORMAT

The first and last session for every month is (usually) held at ECU Sports.

We meet at the reception of the Health and Fitness Centre (Building 22).

Other locations have designated meeting spots, maps of which can be found at www.sweatwithswat.com

Arrive a few minutes early and lend a had with the set up (always appreciated!).

The instructor will offer to hold onto your car keys (this is optional).

Stretch and prepare for the session.

A roll call will be taken and you will be given a briefing on the session. If you do not wish to participate, let the instructor know as soon as possible.

The session will then be held and will last for just under an hour.

After the session, another stretching session will be held and the next session will be discussed.

Sessions begin precisely at 6:00 am/pm (Saturdays at 8:00 am) - please be on time.

Some sessions will involve you getting wet, dirty and sweaty... please be prepared.

Some sessions will require you to partner other participants. Don’t worry, most of them are house trained.

If you are going to be late or cannot find the meeting location, contact the S.W.A.T. instructor on 0411 310 028.

All sessions are done at your own risk.
LOCATIONS

New locations can be added at any time. For the most up-to-date locations, please go to www.sweatwithswat.com

ECU SPORTS
Meet at the reception area of ECU Sports - Building 22 / 270 Joondalup Drive.

MULLALOO BEACH
Meet at the north end of Tom Simpkins Park on Oceanside Prom Muraloo

NEIL HAWKINS PARK
Meet at the top of the stairs near the statue. Park is on Tern Ridge, Joondalup

HILLARYS BOAT HARBOUR
Park - Meet at the Car Park near the Sea Scouts Hall on Northside Drive, Hillarys

HILLARYS BOAT HARBOUR
Bridge - Meet at the park at the north end of the bridge leading to the Breakwater.

WHITFORDS BEACH
Meet at the car park on the corner of Whitfords Avenue and Northshore Drive.

THE OUTLOOK
Meet at the corner of Outlook Drive and Edgewater Drive in Edgewater. Park (legally) on the verge.

OTHER LOCATIONS
Check with your instructor.

FAQ’S

I’m not physically fit... can I do S.W.A.T.?
That’s why we’re here! The sessions can accommodate all fitness levels - the more advanced people just get harder options or more of them.

Is there a lot of running?
We do some running, but not a lot. There are many more exciting things to do than just run... so let’s do them instead!

What is the fitness testing?
A range of fitness, strength and balance tests (including the beep test), that will give you an indicator of how you’re going.

When can I enrol for the next S.W.A.T.?
Now! We take bookings up until the end of the year. Pay online or in person at ECU

I’ve paid and missed a session / given up / am on holidays... can I get a refund?
No - the reason being, we’re still here even if you choose not to be.

What’s the loyalty discount?
Every continuous month you do S.W.A.T. you get a $20 discount... but if you leave and come back, the discount is lost (until you do continuous months again!)

Can I do a mix of morning and evening sessions?
Usually the evening group is at capacity, so going from morning to evening causes too much disruption... but ask, if we can make it happen we will.

I can only make (X) sessions, can I get a discount - or come casually?
The program is designed as a four week commitment and already offers great value of less than $10 per session, so no further changes can be made.

What happens if I get injured or stop coming, can I get a refund?
No refunds / transfers / deferrals will be given for S.W.A.T.

Can I bring a friend for a trial session?
Please speak with your Instructor - but yes, we can arrange that.

What happens if it rains?
We get wet.

Can I bring my instructor a homemade Pavlova to say “thank you”?
Yes you may.
All questions are optional:

Name: 

Month: 

AM/PM 

Do you wish to be contacted regarding your responses? Yes / No 

What sessions did you enjoy at S.W.A.T.? 

What sessions didn’t you enjoy at S.W.A.T.? 

What locations did you enjoy at S.W.A.T.? 

What locations didn’t you enjoy at S.W.A.T.? 

Feedback on your Instructor: 

Feedback on S.W.A.T. in general: 

Other Comments / Suggestions: 

Your opinions matter... our program has been designed in direct response to what our participants told us they liked and didn’t like. This form can be sent / faxed to ECU... placed in the Suggestion Box at ECU Sports or given to Duane. Thank you for your time.