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.

Also, play safe - if you feel sick or dizzy, tell a S.W.A.T. Instructor immediately.

Duane
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
BRIEFING NOTES

May 2009... and here we are!

Welcome back to the regulars who put in a hell of a good four weeks during April... we saw a few things wrenched up a notch - remember the hills with the sandbags... remember the 100’s at Hillarys? Well, this month is no different!

To keep things moving forward with S.W.A.T. I rely a lot on your feedback... remember, these are your sessions. If you don’t like them, you won’t come back, so I want to make them as enjoyable as I can for all participants and for that I need to know what you think!

To this end, I have included two forms with this month’s S.W.A.T. booklet - a Feedback Form to address any issues you may have and a Voting Form. The Voting Form is for you to nominate the sessions/exercises you enjoy the most, so I can bundled it all into one session in the last week of the program.

I’ve also introduced some new partnerships with local businesses which will get you some great gear (like sunglasses, shoes and clothes), while saving you some money as well. Please support these suppliers and mention that you come from E.C.U. S.W.A.T., so we can offer even more discounts.

Lastly, a special welcome to our new S.W.A.T. recruits... as well as a welcome back to some faces that have been missing for a while. It’s always nice to see our family expand and for old friends to come back into the fold.

Let’s get the party started - SWAT0509 begins NOW... and as always, NO-ONE STOPS!!!!

Duane Ferguson
S.W.A.T. Instructor
0411 310 028 - 6304 5000
swat@ecu.edu.au
www.sweatwithswat.com
<table>
<thead>
<tr>
<th>Date</th>
<th>Location/Event</th>
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<tbody>
<tr>
<td>W1M_04/05</td>
<td>ECU Sports</td>
</tr>
<tr>
<td>W1W_06/05</td>
<td>Mullaloo</td>
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<tr>
<td>W1F_08/05</td>
<td>Chichester</td>
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<td>W1S_09/05</td>
<td>ECU</td>
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<td><strong>Phase Blue</strong></td>
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<td>W2M_11/05</td>
<td>Hillarys</td>
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<tr>
<td>W2W_13/05</td>
<td>ECU...??</td>
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<tr>
<td>W2F_15/05</td>
<td>Mullaloo</td>
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<td>W2S_16/05</td>
<td>ECU</td>
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<td><strong>Phase White</strong></td>
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<td>W3M_18/05</td>
<td>ECU</td>
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<td>W3W_20/05</td>
<td>Neil Hawkins</td>
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<td>W3F_22/05</td>
<td>Outlook</td>
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<td>W3S_23/05</td>
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<td><strong>Phase Red</strong></td>
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<td>W4M_25/05</td>
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<td>W4W_27/05</td>
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<td>W4F_29/05</td>
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<td>W4S_30/05</td>
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<td><strong>Phase Black</strong></td>
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- W1M_04/05: May The Fourth be with you
- W1W_06/05: Circuit Challenge
- W1F_08/05: Boxing Round 1 - Bring Liners
- W1S_09/05: Saturday Smash
- W2M_11/05: PartnerSHIPS (Harbor... geddit!)
- W2W_13/05: Interval Sprints
- W2F_15/05: The Son of Gauntlet
- W2S_16/05: Saturday Smash
- W3M_18/05: The Circuit of Deathly Deathliness
- W3W_20/05: A Bout with Death - Bring Liners
- W3F_22/05: Mega Maxi Death with... er... um, Hills.
- W3S_23/05: Saturday SUPER Smash Death Session
- W4M_25/05: Fit and Fast - Episode 2
- W4W_27/05: Your Choice!
- W4F_29/05: Team Challenge + BBQ
- W4S_30/05: Saturday Smash
MISSION
COORDINATES

CHRISTCHURCH PARK - CURRABIN

THE OUTLOOK - EDGWARE

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
Pro Tips

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 (i.e. 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.
FREE

Smash-a-Friend Session
bring a friend to a Saturday Smash.

WO! (Women’s Only) Session
(this freebie CAN be transferred!) Usually $12!
Tuesday and Thursday at 9.30

$20 Loyalty Bonus for your next SWAT
*not to be used in conjunction with any other discount ie ECU Sports Member Discount

Offers only valid until May 30th 2009
HOT SWAT

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
VOTING FORM

Name:__________________________________________

Program: GAM / GPM

What location would you like attend?

<table>
<thead>
<tr>
<th>ECU</th>
<th>The Outlook</th>
<th>Mullaloo</th>
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<tbody>
<tr>
<td>Hillarys</td>
<td>Chichester</td>
<td>Christchurch</td>
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<tr>
<td>Neil Hawkins</td>
<td>A Totally New Venue</td>
<td></td>
</tr>
<tr>
<td>Any of them</td>
<td>Other</td>
<td>______________________</td>
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</tbody>
</table>

What Session / Exercise would you like to do?

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<thead>
<tr>
<th>Dirty Thirty</th>
<th>Filthy Fifty</th>
<th>Centurions</th>
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</thead>
<tbody>
<tr>
<td>Boxing</td>
<td>Circuit</td>
<td>Hills / Legs</td>
</tr>
<tr>
<td>Abs</td>
<td>Solo Drills</td>
<td>Partner Work</td>
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<tr>
<td>Weights</td>
<td>Interval</td>
<td>Plyometrics</td>
</tr>
<tr>
<td>Stairs</td>
<td>Body Weight</td>
<td>Gauntlet</td>
</tr>
<tr>
<td>Upperbody</td>
<td>Other:</td>
<td>______________________</td>
</tr>
</tbody>
</table>

Please submit to Duane by 22/5/09
FEEDBACK FORM

Name: _______________________________ (Optional)

Program: GAM / BPM / 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.?
________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

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

________________________________________________________________________

________________________________________________________________________

General Comments:
________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Getting off the Crack
Nicole Carroll

I never thought what I ate mattered. I was thin and muscular. My athletic performance was decent. I generally felt pretty healthy and happy. So I was skeptical about dieting having any kind of real impact on anything. For my whole life I had been eating a lot of whatever the hell I wanted and seemed to be doing just fine. But I did have a sense that this wasn’t true for everyone and that as a trainer, people would be asking me questions about nutrition and diet. I knew CrossFit prescribed the Zone diet so I bought the books, read them, got my measly block prescription and tried the diet. The deal I made with myself was that for two weeks I would weigh and measure precisely. If after two weeks I wanted to go back to eating the way I was before I could. No guilt, just an experiment.

Four weeks into the Zone diet, I was stronger and faster than I had ever been. I had lost fat and gained muscle. My benchmark workout times decreased, and my pull-up numbers increased. I hit PRs in deadlift, back squat, and push jerk. I had more energy, recovered more quickly, and could push harder more often. Furthermore, I was happier and more emotionally balanced. I woke up feeling good. Best of all, I felt sharper. The tiny bit of hunger that remained kept me on an edge that I have come to appreciate tremendously. I can only describe it as a state of readiness, of feeling honed physically and mentally.

Todoyou need measuring cups, measuring spoons, a simple food scale, and a block chart. The first step is to find your daily block prescription—the total amount of food (protein, carb, and fat) you should eat every day—according to your height, weight, lean body mass, and activity level. Every meal and every snack contains equal blocks of protein, carbohydrate, and fat, but you decide which foods of each type to eat. You choose the ingredients; the chart is there to help guide you. Most of us are incredibly addicted to carbohydrates, and most of us eat way more food than we need to thrive. We might have to cut back on carbs to achieve a desired weight loss goal. Extreme, perhaps, but not so far from the truth. The second great book mentioned in the “Food” issue of the CrossFit Journal (issue 15, November 2003) will give you science to support these assertions. What I want to say is simpler: Do the diet! Do the math to find your block prescription and then weigh and measure your food for at least two weeks. It’s worth the struggle a hundred times over.

I tried it. It helped. Broccoli became a truly beautiful thing in my life. Meals held me over longer. But socially I was useless. Every ounce of energy I had was going into just sticking with it. People would ask the daily nicety “How are you?” and all I wanted to say was, “I am on this stupid diet and it’s killing me.” And so it went for many days.

Day 13: CrossFit Santa Cruz: Fat Fran. I was using 65 pounds for the thrusters and it felt like 165. It sucked. Everything sucked. I would cry on warm-up runs, in the bathroom after workouts, if someone looked at me weird. I cried A LOT. I was also craving fat like it was ice cream. More than anything I wanted to sit down with a jar of almond butter and a spoon.

I was clearly too lean. I was at 111lbs. from 115 and ripped. My performance times were down by minutes and I was an emotional wreck. Because I was somewhat lean to begin with Greg originally suggested I start the diet at 2 or 3x fat. I ignored him, thinking less fat would be better. I was stubborn, stupid and fat phobic. Now I was paying the price.

Day 14: I began to add more fat into my diet.

Day 21: I was eating five times the fat allotted in the standard Zone prescription, up from the original 15 grams to 75 grams per day. Once I made that change, it got much easier because the benefits came quickly.

The “crack” cravings quelled and little thought of wanting more food, I was now chasing results. How did I make it to this point? What kept me going through the first brutal weeks? Most likely it was a combination of stubbornness, anger and curiosity. I was pissed that this moderate way of eating was kicking my ass. I thought it should not be this hard and that I should not give into my own weak will. Furthermore, around day 3, I was told that I was complaining too much to get a cheat day. Then I became doubly pissed. I decided I would show her, and do the freaking diet even if it killed me. Finally, I was intrigued. Clearly this was powerful stuff. I started to feel more confident that if I got over the hump and dialed it in properly, it would have a profound affect on me.

And indeed it did. I had never experienced so directly and consistently the practice of not giving up when it gets hard. Every time I entered my kitchen I had the opportunity to fail. It would have been so easy. But I didn’t, and I cannot describe emphatically enough the rewards—both physical and mental—that getting through that has brought to my life.

I went from not believing I could survive on the Zone to not believing how much I thrive on it. In just 4 weeks.
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!

F.A.Q.'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?
R: No... quitter. You took a place that someone else could have used.

Q: Do you do fitness testing so I can measure my progress?
R: 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.?
R: 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?
R: You get wet.

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

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

Q: Do I have to be fit to participate?
R: 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?
R: 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.