

Push Your Fitness to the Max!



“I personally think I have gained so much for my individual benefit towards my goals/aims” – Jade Condon

My name is Jade Condon and I am a current Max Potential participant. I have attended Kincumber High School since year seven and am now in my preliminary year (year 11). My aim for this year and next is to achieve the best exam results I can exert myself to, and also to obtain the role of being a future leader of my school.

Max Potential is a program that is designed to help the young emerging leaders gain knowledge and skills from current community leaders, in an area in which the young leader wishes to achieve or improve on. The program is run over 22 weeks with each young leader obtaining a leadership framework. This challenges the young leader to lift their game through the 8 sessions with a personal coach to guide and build their attitude, giving an end result through a community service project.

I was over the moon to be selected by my school to participate in this program, as I personally think I have gained so much for my individual benefit towards my goals/aims as I have expressed in paragraph one.



Jade and Kristy Lee Johnston – “This is all mainly from the help of my coach Kristy-Lee Johnston”

This is all mainly from the help of my coach Kristy-Lee Johnston who is a director of a company called ‘Footprint Recruitment’. This company helps individuals understand their requirements and company culture, so that they can work with the individual as a business partner, not just as a staffing provider.

I have currently started my community service project which is a program I have organised aimed towards Avoca Beach Surf Life Saving Club. I feel as if I should give something back to the club as they have helped me with financial benefits for special equipment, team traveling competitions all over Australia, meeting new people, gaining knowledge and skills of the surf and how to save/help people and the list goes on... So my project consists of myself providing a personal trainer for the club for a 4 week training schedule to help benefit the clubs training performance as I have noticed over the past 2 years results dropping, training levels slackening off and current competitors losing interest.

My aim is for the club to gain certain knowledge and help them put these skills they learn into play for future training sessions and hopefully encourage people to join and to obtain a member of the club!

My Community Project will be taking place at Avoca Beach Surf Club but may be carried out into other areas depending on the schedule e.g.; a 10 km run from Avoca to Wamberal followed by a ski/board paddle back. This will be taking place on the 3rd, 10th, 17th and 24th of July with an 8am start. The sessions roughly take any where from an hour to two hours, once again depending on the session.

I have already had my first session and it was fantastic with a minimum of 20 people which is a great turn out! I am looking forward to future sessions to learn even more and so is everyone else. People have commented already on the sessions with skills they can improve on for future competitions.