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Kyabram, AU



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PREMIUM NEWS

## Kyfit ‘veterans’ notch 150 sessions



By [Rohan Aldous](#)  
May 2, 2023



*Personalised plates: Tyrell Gallivan and Slater Sinclair with their new “branded” singlet, along with Ky Fit regulars Paddy Hargreaves and Josh Morrison.*

**Two Kyabram teenagers have been given “veteran” status very early in their lives after notching up more than 150 sessions with the KyFit program.**

Tyrell Gallivan and Slater Sinclair are the senior participants in the exercise-based initiative that was started by award-winning Kyabram policeman Mitch Bull.

“We started in in the last term of 2019,” Senior Constable Bull said, while preparing for another session at Kyabram’s Mpwr program last week

Aimed at 12 to 18-year-olds the program involves about 40 participants completing two sessions a week, completing everything from non-contact boxing to circuit training and off-site events such as leadership camps and mud runs.

The two Year 9 Kyabram P-12 students recognised for completing 150 sessions, Tyrell (who has attended 176 sessions since 2019) and Slater (156 since March 2020), plan to continue their involvement with the program for some time yet.

Tyrell has missed only 13 sessions in almost four years and Slater has been in the absentee column on 23 occasions. During COVID-19 the Kyfit program could still run under specific conditions.

Every Monday at Ky P-12 and every Thursday at a range of venues the program attracts students from years 5 to 9.

“We have three sessions a term with Brian and Matt at MPWR and three at Primal with Zac. Then we have three sessions at both the schools (Kyabram P-12 and St Augustine’s) and one at Kyabram Recreation or the sports stadium,” Mitch Bull said.

The program is supported by Bendigo Bank, Kyabram Free Press and the Alcohol and Drug Foundation.

There are a couple of spots available for the kids. Reach out through social media or email him.

In recognising the achievement of the two boys they were presented with personalised Grey singlets, standing out from the traditional green and pink shirts worn by the other members of Ky Fit.

Slater was given a prize pack including vouchers to Subway and Hurley’s Hotel, along with Kyabram Kebabs to acknowledge his efforts.

Slater and Tyrell have completed two winter surf camps, a leadership camp, a hell week camp and three mud runs.



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