

Classes Begin August 2<sup>nd</sup>



# Advanced Flipping / Twisting Class

Sundays (4:30wu) 5-7pm

Instructors: Max Vercruyssen PhD (Donna Mah MD & Nani Vercruyssen BEd)

Multiple twisting, multiple somersault training for trampoline and artistic gymnastics, diving, skiing, parkour, tricking, etc. Extensive use of overhead bungee and spotting rigs for lots of repetitions.

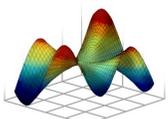
## Must audition for entry into this class

To be accepted, student must have double somersault or twist on trampoline, tumble tramp, or tumbling (exceptions made for equivalent sport-specific skills).

Normal 2hr class tuition (\$90/month), discounts, and policies apply (membership is \$5/month).

For more information phone: 842.5642 | To arrange tryout phone: 741.2223 | [www.HawaiiAcademy.com](http://www.HawaiiAcademy.com)

Hawaii Academy



RESEARCH



## Instructor/Coach:



### **Max Vercruyssen PhD**

USA Gymnastics Master of Sport and a retired coach of many national and world champion elite gymnasts. He currently serves as President of Hawaii Academy, Research Department Chair, and the principal investigator of the Hawaii Longitudinal Study of Fitness. Dr Vercruyssen is an expert in teaching flipping and twisting and does this more effectively and efficiently than most. He has post docs in ergonomics and gerontology; a PhD in neuromuscular control/learning (human performance); master's degrees in physiological/experimental psychology, kinesiology and sport sciences, public health, and is working on one in statistical modeling; and advanced certificates in gerontechnology and human development.

## With assistance as needed from:



### **Nani Vercruyssen BA**

Currently the Hawaii Trampoline and Tumbling (HTT) Team Assistant Coach (previous head coach) and Hawaii Academy Assistant Director, she is the most decorated gymnast, ever, from Hawaii winning all levels of US National Championships (Level 10, Junior Elite, and Senior Elite), as well as national championships in many other countries, USAG Sportswoman of the Year (2010), 10 years on US National Teams, National Team Most Valuable Gymnast Award (2009), and has represented the US in all world events except the Olympics. She is a three-time Age Group World Champion and was US National Team Coach at the 2014 World Age Group Competitions, probably the youngest US elite national coach ever at 22. Coach Vercruyssen graduated in 2015 from the University of Hawaii with a BA in Elementary Education.



### **Joe Pack BA**

A previous USA Freestyle Aerialist, and Mogul Champion, he is also a two-time Olympian (2002, 2006), 2002 Olympic Silver Medalist, and 1996 Junior World Champion. He was inducted into the US Skiing Hall Of Fame (2010) and consults as a motivational speaker (especially the transfer of life lessons from sport to everyday activities). He is also a Golf Professional who lives in Haleiwa. His daughter attends Hawaii Academy for gymnastics training and he is a member of the Academy's Board of Olympic Advisors (Olympians only).



### **Spencer Dupio AA**

Currently the HTT Team Head Coach, Dupio was a US National Champion at Level 10 and Junior Elite and was a Bronze Medalist in the Age Group World Championships (2007). Dupio was one of the fastest to learn elite trampoline skills (e.g., seven months to go from level 6 to level 10 National Champion and then Junior Elite National Champion the next year).



### **Kelsen Onigama**

Currently the HTT Team Assistant Coach and a frequent clinician for teaching advanced skills to diverse sport training groups, Onigama is an Age Group World Champion (2007) on double mini-trampoline and internationally experienced elite trampolinist. He holds Hawaii records for the most twists per somersault and demonstrates most multiple twisting multiple somersaults.



### **Makoto Sakamoto MA**

USA Gymnastics Master of Sport and US Gymnastics Hall of Fame recipient for men's artistic gymnastics, in his 40+ year professional career he was a multiple champion, both as a athlete and as a coach. He participated in the Los Angeles City High School Championships, AAU National Championships, World University Games, NCAA Championships, World Championships, and the Olympic games. He was Peter Vidmar's and Tim Daggett's personal coach at UCLA and helped coach Mitch Gaylord (Mitch, Tim and Peter were members of the 1984 gold medal Olympic gymnastics team).