

HAWAII ACADEMY

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2011 TEAM PRACTICE SCHEDULE

Coaches Initials in Red

(Athletes are encouraged to arrive 30 min early for stretch/rehab/conditioning)

Effective 2011 October 24

Website: www.hawaiiacademy.com

Athletics Dept Chair: Dr Max Vercruyssen

TEAM	MON	TUE	WED	THU	FRI	SAT	SUN
HAWAII ONLY TEAMS NON-TRAVELING TEAMS	5-8p (Levels 1-10) KV (MV)	5-8p (Levels 1-10) KV (MV)	5-8p (Levels 1-10) KV (MV)	Off	4-7p (Levels 1-10) SD (MV)	1-4p (Levels 1-10) ShD	Off
						Sat 1-4 Team to chage to INT 1-3p & TEAM 3-6p	
INT'L & ELITE TRAMPOLINE TRAVELING TEAMS	4-8p (Levels 10-12) MV	4-8p (Levels 10-12) MV	Individual Training	4-8p (Levels 10-12) MV	4-8p (Levels 10-12) MV	3-7p (Levels 10-12) MV	Individual Training
ADULT & COLLEGE TRAMP TEAMS (Must compete in meets)	5-8p (Levels 1-10) KV (MV)	5-8p KV (MV) 7:30-9:30p DM--During Class	5-8p (Levels 1-10) KV (MV)	7:30-9:30p DM--During Class	4-7p (Levels 1-10) SD (MV)	3-7p (Levels 10-12) ShD (MV)	Off
ELDERS TRAMPOLINE TEAMS (Must compete in meets)	Senior Exercise Class 10:15-11:45a MN JK JA JM	Senior Exercise Class 12:15-1:45p MN JK JA JM	10:30a-12p JM 4:30-6p JA		Senior Team Training 4:30-6:00p TuTu Joan Kufferath		

Seniors May Train Any Time On Their Own, With Other Teams, or by Appointment with Dr Max

TRY A PRACTICE FREE!

THEN TRY OUT TEAM FOR A MONTH

[For Trial Month: Pay only 1 month team assessment fee (\$40) plus tuition and then decide]

Team Tuition Rates

Levels	Monthly Tuition Installment	Tuition Coupon Costs For Number of Practices Per Week					Estimated Annual Meet Fees and Other Expenses
		Hawaii Academy Annual Membership	HABC Annual Equip Maintenance Assessment	HABC Deposit on Coache's Annual Travel Expenses	HABC Annual, Shoes, Gym Bag & Uniform	USAG Annual Membership	
State Tramp Teams (Level 1-8; 3-hr Practices)	\$150-300	\$60	\$40/mon or \$360/yr	\$0	\$42	\$0	\$125
Adult & College Teams (Levels 5-12; 3-hr Practices)	\$100	\$60	\$40/mon or \$360/yr	TBA	\$42	\$0	\$125
Traveling Teams (Level 5-12; 3-hr Practices)	\$200-300	\$60	\$40/mon or \$360/yr	\$500	\$100	\$53	\$3,000
Pre- Elite Teams (Level 10; 4-hr Practices)	\$300	\$60	\$40/mon or \$360/yr	\$2,000	\$100	\$53	\$12,000
Junior Elite Teams (Level 11; 4-hrs)	\$400	\$60	\$40/mon or \$360/yr	\$2000 (\$4000)	\$100	\$53	\$24,000
Senior Elite Teams (Level 12; 5+-hrs)	\$500	\$60	\$40/mon or \$360/yr	\$2000 (\$6000)	\$100	\$53	\$38,000
Seniors Teams (Level 1+; 2-hr Practices)	\$0	\$60	\$40/mon or \$360/yr	TBA	\$28	\$0	\$125

Annual Academy Membership Fee (renewed on January 1st of each year): **\$60**

Get a free Academy T-shirt when annual membership is paid.

Get a free HA Athletics Team T-Shirt annually.

Athletes cannot compete until Tuition and Team Fees are paid.

Free Trial!

Join Anytime!

Enrollment:

Billing:

Total Cost:

State Teams

Pay membership fee (\$60) + monthly team tuition(\$150) + portion of coache's expenses (\$0--included) + equip maintenance (\$360/yr) + local meet expenses (about \$125) + uniform (about \$42)

Traveling Teams

Pay membership fee (\$60) + monthly team tuition(\$200) + portion of coache's expenses (\$350 deposit) + equip maintenance (\$360/yr) + travel & meet expenses (~\$3,000) + uniform (about \$100) + USAG membership (\$53)

Adult & College Teams

Pay membership fee (\$60) + monthly team tuition(\$100) + portion of coache's expenses (TBD deposit) + equip maintenance (\$360/yr) + travel & meet expenses (~\$1,500) + uniform (about \$42)

Seniors (Kupuna) Teams

Pay membership fee (\$60) + monthly team tuition(\$0) + portion of coache's expenses (\$0) + equip maintenance (\$30/mon + travel & meet expenses (~\$125) + uniform (free shirts)

Int'l & Elite Teams

Pay membership fee (\$60) + monthly team tuition(\$300-500) + portion of coache's expenses (\$4k-6k deposit) + equip maintenance (\$360/yr) + travel & meet expenses (\$5,000+) + uniform (about \$150) + USAG membership (\$53)

Cancellation Notice:

Once enrolled, an athlete's spot on a team is automatically reserved from month to month unless the office receives a written notice of discontinuation at least two weeks before the end of the month.