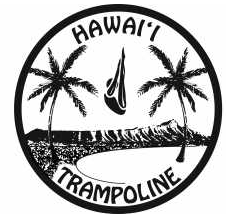




Hawai'i Academy



NEWSLETTER

December 2006

A Private School for Lifetime Fitness, Gymnastics, and Human Sciences

Volume 8, Issue 12

Upcoming Events

- Dec 4-10 Mon-Sun Winter Open House All Week
- Dec 16 Sat Christmas Slumber Party 6p-8a \$25 (bring friends!)
- Dec 23 Sat Parents' Night Out 5-10p \$10/15 (Bring Friends!)
- Dec 24-Jan 2 Sun-Tue NO CLASSES -- Christmas Break
- Jan 2-5 Tue-Fri Winter Day Camp
- Jan 3 Wed Classes Resume
- Jan 11-14 Thu-Sun US Pre-Elite Training Camp, Houston, TX
- Jan 13 Sat Parents' Night Out 5-10p
- Jan 14 Sun Judge's Certification Clinic 5-9p
- Jan 30-Feb 4 Tue-Sun 4th All Japan Double-Mini Tramp Championships, Yamagata
- Next Issue Deadline: 27 Dec 2006

Vision

We envision a society in which everyone, regardless of age, enjoys health, fitness, and a quality of life that is enhanced through regular physical activity. We wish to inspire an approach to wellness that encourages children, teens, adults, and seniors, regardless of physical ability, to acquire and maintain a level of personal fitness that permits their enjoyment of the activities of daily living and extends their years of functionality and independence. We train athletes in numerous competitive athletics

Mission

1. To provide private education for children, teens, adults, and seniors that promotes life-long fitness, an understanding of human sciences, and the effective use of technology in order to extend one's years of functional independence.
2. To conduct research on lifespan changes in fitness and neuromotor functioning, and train students to be investigators and intelli-

FALLS ARE INEVITABLE — INJURIES ARE PREVENTABLE!

Sign Up for a Safe Falling Workshop to Learn Injury Prevention

There have been too many injuries and deaths from falling that could have been avoided by simple educational programs. There is wide agreement that many, if not most, fall related injuries and deaths could have been avoided. For instance, children (and untrained adults and seniors) when falling backwards naturally tend to land on an outstretched straight arms with the thumb turned outward ... a behavior that is almost certain to cause wrist, arm, elbow, or shoulder injury. This type of injury can almost completely be avoided by absorbing the fall across a larger surface area, e.g., by initiating a roll, and by making contact with the ground using a bent arm with the thumb turned inward. Why doesn't everyone know this? Why aren't we doing something to get the word out and train children (as well as their par-

ents and grand parents) to acquire safe falling skills (and provide opportunities to maintain these skills once learned)?

All children should learn how to fall safely and practice falling techniques throughout their lives. However, the current focus on falling is almost entirely on senior citizens, probably because the consequences of injurious falls by children are much less expensive to society than the cost of fatalities and medical care of the elderly injured by falls. **Our seniors of tomorrow are our children today** so it only makes sense to simultaneously teach fall training to young and old alike. The sooner we start teaching techniques of safe falling the sooner we will see reductions in medical care costs to everyone. The loss prevention rationale alone should be sufficient grounds for arguing this case. Having families exercise together and having shared

multi-generational activities is a social bonus we should have.

A national strategic plan that requires the training of safe falling techniques and demonstrated student proficiencies in all schools. However, this may take some time to develop. Meanwhile, parents should be encouraged to enroll their entire family in programs that teach rolling and falling in some form, even if only for a short exposure. There are many private gyms, studios, and dojos that provide lessons in gymnastics, trampoline-tumbling, martial arts, acrobatics, and stunting. All such activities have benefits. Everyone in the family should participate in learning techniques of safe falling that help prevent or reduce injuries from future falls. Those that are already participating in such activities must be vigilant in maintaining safe falling habits. If anyone can recall a fall-related death or injury that could have



Upcoming Workshops:

- Dec 28, 2006 6-8pm Thu
- Jan 07, 2007 6-8pm Sun

Annual Events at Hawaii Academy

Parents' Night Outs (12/yr) Once monthly	5-10pm
Slumber Parties (4/yr) Mar, Jun, Aug	6pm-8am Dec,
Trampoline & Fitness Meets (4/yr)	Oct, Feb, Apr, Jun
Safe Falling Workshops (11/yr)	(almost monthly)



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Proficiency Based Curriculum For PreSch and Beg

The **Movement Education** (ages 1-5 yrs; Parent-Tot & Preschool; Mr Michael Nakashima, Program Head) and **Recreational PE** (ages 6+ yrs; Beginners, Intermediates, Advanced, & Teens; Ms Justine Perkins, Program Head) **Programs** recently implemented proficiency-based curricula in the form of instructional units with required skills for advancement to higher levels.

The ME program builds confidence and appreciation of fitness and sports in young children. Basic locomotor skills, balance, coordination, and social interaction are taught in a positive and encouraging manner. The equipment and events are modified to accommodate smaller bodies and shorter attention spans. Although students may advance on an accelerated schedule based on ability, the classes are generally grouped by age of the students. Our classes are called Parent-Tot (1-3yrs), Preschool (3-5yrs; PS345, PS44, PS45), and PS/Beg (for ages about 4-8yrs before they are split to a PS class and a Beg class). The PE program is based on 1-hr to 2-hr classes that advance in abilities with classes grouped by ages beginning at about 6 yrs. Watch the bulletin boards in the gym for student listings with the skills they have mastered. In development are fitness tests and progress reports.

Please contact the program heads if you have comments or wish further information.

We have 15 Parent-Tot (Ages 1-3 yrs) Classes per Week (start times):
Mon 9a 2p; Tue 9:30a 12p 2p; Wed 9:30a 12p; Fri 9:30a 2p; Sat 8:30a 9:30a 10:30a 11:30a; Sun 8:30a 9:30a

We have 58 Preschool (Ages 3-5 yrs) Classes per Week (start times):
Mon 9a 12p 2-6p; Tue 10:30a 12-6p; Wed 10:30a 12-6p; Thu 3-6p; Fri 10:30a 2-5p; Sat 8:30-11:30a 12:30p 1-4p; Sun 8:30-11:30a 12:30p 1-4p.

Watch for more new jungle gym and upper

Special Events & Programs Department

This department administers all events, activities, and programs *not* covered by the other seven departments. Often ideas and entire programs are developed in this department and then moved into a permanent home in say Athletics or Physical Education/Recreation.

Regularly Hosted Events:
Services: Parents' Night Out
 Birthday Parties & Celebrations

Contracted Private

Clinics, Workshops, Seminars	School Excursions
Camps	Off Site Contracting
Fundraising Special Activities	Slumber Parties
4 Annual Slumber Parties (Meetings)	Private Events (Parties/ Meetings)
2 Local Athletic Competitions	Private Lessons
2 International Athletic Competitions	Exhibitions & Demonstrations
Development of New Classes & Programs	Special Performances
3 Showcases of Student Achievement	Facilities & Equipment Rentals

Research Department (Projects)

- * Hawaii Longitudinal Study of Fitness Project
- * Screening for Fitness to Drive Projects
- * Screening for Fitness to Exercise Projects
- * Creation of Lifespan Fitness Norms Projects
- * Senior Exercise and Therapy Projects
- * Flexibility and Fitness Training for All Ages Projects
- * Motivation Strategies for Improving Fitness Scores Projects
- * [Safe Falling Techniques](#) for All Ages and Abilities (Position Statement & Course)

Safe Falling Workshops

Falls are inevitable but injuries are preventable! We have initiated a campaign to reduce the number of injuries that could have been prevented with safer falling mechanics. These workshops are for all ages and can change the way you contact the ground forever. \$30 for workshop, \$75 for a certificate to teach workshops (3 sessions & tutoring). We are developing curricula for

Dec 28 Thu 6-8p	Jan 7, 2007 Sun 6-8p	Feb 25 Sun 6-8p	Mar 11 Sun 6-8p	Jun 11 Mon 12-2p	Jul 22 Sun 7-9p	Aug 13 Mon 12-2p	Sep 11 Tue 6-8p
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Adult Fitness & Gym Classes

Try a free adult class. You'll love it! If you want to continue, it is 1/2 price, \$50/month for 2 hours/wk, less with a family discount if your children are also members (\$40/mon ... that's \$5/hr), and you can make up whatever classes you



INSPIRING!



FUN!

Sat	8:30a-10:30a	
Corrine	1-3p	
	Corrine	3-5p
		Cor-
rine		
Sun	8:30-10:30a	
Zack	10:30-12:30p	
Zack	1-3p	

Parents' Night Out (monthly)

Parents! Ever feel you need a night out without the kids? Bring them over to Hawaii Academy and let us watch them for 5 hours while you rest, catch a movie, or just have a quiet dinner alone. They can run and play until 10 pm for only \$15 per person. (Academy members are only \$10 each = \$2/hr). This is a monthly fundraiser for our traveling teams. Activities are supervised by coaches, advanced team athletes, and par-

Sat, 23 Dec 2006	5-10p
Sat, 10 Jan 2007	5-10p
Sat, 10 Feb 2007	5-10p
Sat, 10 Mar 2007	5-10p
Sat, 21 Apr 2007	5-10p
Sat, 12 May 2007	5-10p
Sat, 12 May 2007	5-10p
Sat, 2 Jun 2007	5-10p

Try HA's College Trampoline Program



Hawaii Academy has started the first Collegiate Trampoline program in America. Kira Vercruyssen and Matt Moniz are the pioneers in this new venture, just as they were the first from Hawaii to compete nationally for Hawaii back in 2002. Here they are pictured at the All Japan Inter-College Championships that was held in Osaka in August 2006. Their upcoming meets include the International German Universities Championships in Freiburg in January, the British Universities Championships in

Bring a Friend Program

Bring a friend to the gym for a free trial lesson and if they sign up for classes your family gets a \$50 certificate to purchase items in our ProShop, Concession, or to apply toward tuition. If your friend signs up for team you will get a \$100 certificate. Remember to put your name on the registration form they complete. Bring lots of friends!
\$50 - \$100/friend

Exercise as a Family!

Saturday and Sunday classes feature concurrent adult and child classes!

(Parent-Tot, Preschool, Beginning, Intermediate, Advanced, Teen, Adults, plus Beg & Intermediate Cheer/Power Dance Classes all at the same time)



Read
Hawaii Parent Magazine

HA is a distribution point. Pick up free copies from the gym.

HA Sport Teams

Made More Convenient & Economical

After lengthy discussions with parents, coaches, and HA administrators, the Athletics Department's team programs will initiate the changes planned for 2008 in January 2007, ahead of schedule. This is an experimental approach based on convenience and economy for member families. Recently families voiced that team training was too long at three hours, inconvenient with regard to meals and homework, and too expensive. With solutions for these issues in mind a new schedule will take effect starting in January. There will be 20 two-hour team practices to choose from: M-F 4-6pm, 6-8pm (4 on Fridays); Sat 8:30-10:30am, 10:30am-12:30pm, 1-3pm, 3-5pm; Sun 1-3pm, 3-5pm. The cost is simply \$80/month to be on team and then tuition.

Congratulations!

- Aug Nani Vercreuyssen Pan-Am Champ, Mexico
Kira Vercreuyssen & Matt Moniz in All Japan Inter-Collegiate Champs, Osaka, 9th & 22nd
- Oct Nani Vercreuyssen & Spencer Madanay at the All-Japan Elite Championships in Fukushima, 6th and 47th in Senior Division (18+ yrs)
- Nov Nani Vercreuyssen Silver Medalist in the Slavic Games, Vitebsk, Belarus
- Dec Dr Max & Ann Marie Ryan for publications

Good Luck!

Winter Open House Participants Dec 4-10
Kira Vercreuyssen & Matt Moniz at the Internat'l German University Championships, Freiburg Jan 24-28
HA Athletes going to the All Japan Double Mini-Tramp Championships, Kaminoyama City

Adaptive & Special Education

The Academy aspires to provide educational programs for all ages and abilities. In addition to our standard classes, we have special classes for the physically, mentally, or emotionally challenged students. Coach Julian Simee offers developmental classes Wednesdays 2:45-3:30pm and Fridays 3-4pm. Dr Max and Mr Mike Nakashima offer a special seniors exercise class (60-100 yrs) Mondays 10-11:30am and conducts individual assessments and personal training (by appointment). Therapist Ann Marie Ryan does rehabilitation sessions for groups and individuals by appointment. We have many success stories about progress in cop-

Mahalo for Donations!

Christmas Tree (Jane Fujitani); New Trampoline String Bed (Anonymous); Electric Fans in waiting area (Kim Kepner-Sybounmy); Couch Pillows (Natasha and David Blanchette); Office Desk (Noe Moniz); TV (Dr Elizabeth Barrett); Computer, Printer, and Fax (Ann Marie Ryan); Welding

Newsletter & Yearbook

Our Newsletter is published monthly. Please give us feedback to make it a useful document. Watch for our first HA Yearbook scheduled for March 2007. You'll be really impressed. Make sure we have each

Dance Classes

Teacher Cathy Izumi is our dance instructor and Program Head. She teaches jazz, hip-hop, and ballet technique in combination with Tramp Dance on Mondays, 4:30-7pm. She is often assisted by her talented children. Teacher Cathy is the Director of Honolulu Dance Studio. For

Seniors Exercise & Rehab

Senior (60+) FlexFit classes are Mondays 10-11:30 am. Tuition is FREE. Our oldest student turns 100 in 2007. They are great classes, *give one a try...* Rehabilitation sessions are by appointment with our therapists. Phone 842.5642 now!

Birthday Parties & Celebrations

Phone the Academy to book your birthday party, graduation party, celebration, excursion, or other special event. Activities are usually two-hours in length including 30 minutes for eating and rest. Cost: \$10/participant, \$175 minimum (20% discount for members). Book early, select your party instructor from among our qualified staff, plan the event, complete the contract and pay the \$50 deposit, as

If you are a
PLUMBER, ELECTRICIAN, or CARPENTER,
please contact a director about

Member Birthdays in November and December

Please wish them a Happy Birth-



2006 Dec 1-Tyler Luce, John Luce, Chelsea Wong, Zachary Folk 2-Justin Ho, 3-Kolby Muranaka, Quincy Reyes, Kira Carvalho, 4-Kacey Walker, 5-Zachary Wong, Kristie Kawazoe, Sue Steinmann, Kacy Kuniyoshi, Iwalani Soares-Miehlstein 6-Destiny-Cole Malloy, Anuhea Breeden 9- Elyse Nakamoto, 10-Noah Miyahira, 11-Samantha Langcaon, Aidan Rooney, 13-Sharron Chau, Lexi Mitsunaga 14-Iris Pak, William Harris, 15-Tristan Dean, 18-Kai Uyehara, Blanche Kearn, Sage Kane-maru, Jazelyn Garcia 19-Dior Molas, 20-Courtnee Collins, Gian-Christian Fazzari, Julian Simee, 21-Tsutae Funakoshi, 23-Shawn Mizukami, Tracee Suetsugu, 24-Taylor Reifurth, 25-Jathryn Racasa, Rachael Schneider, 26-McKenzie Gallagher, 27-Jupiter Silva, Emily Mow, Kylie Obata, 28-Kapua Kailio, 29-Cayde Tagami, Shimako Shimtani, 30-Tia Inoue, Rhea Bala, Valerie Miehlstein, Midori Hirano **2007 Jan** 1-Konnor Jacang, Maya Hagiwara, Michael Maiava, Micah Maiava, Matthew Maiava, Gabriel Kwock, Andrew McCurdy, Natasha Whitt, Danielle Leong, Jennifer Kumura, Bill Chinberg, Roy Ashimine, Gloria Furer, 2-Fayth Kawamura, Kololia Spencer, Lara Shinsato, 3-Gwynette Paez, 4-Cable Kronen, Kendall Murphy, Lakota Kapua, Morgan Sutter, Mika Matsumoto, Barbara Ashimine, 6-Dorothy Sanidad, Christiane Cain, Keilyn Ing, 7-Thomas Blevins, Ellysse Sanidad, Misa Kawamoto, 8-Elijah Spoozak, Janice Shin, 10-Bronson Kamai, 11-Audrey Salazar, Rachel Taylor, 13-Taylor Sumile, Shane Doi, 15-Bradley Sunderland, Ellen Dayuha, Amy Zhang, 17-Jadd Nakayama, Donovan Dooley-Carli, Maximillian Balter, Daniel

KANEOHE ARTISTIC GYMNASTICS CLUBS:

Kokokahi Gymnastics Team
www.kokokahigymnastics.com
(808) 235-6866



Dance Movement Academy
& K-Bay Gymnastics
www.dma-kbg.com
(808) 479-3273



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We want to help your visibility and income.

Ad Size	Per Issue	Per Year
1/12 page	\$35	\$350
1/6 page	\$65	\$600
1/4 page	\$95	\$800



Christmas Slumber Party

Sat 16 Dec 06
6p till 8a Sun

\$25 per person (Sat Dinner, Sun Breakfast & Snacks included)

Fun Activities! Bring Your Friends!

Reminders:

- Please recommend free trial lessons to neighbors and friends. This increases the number of friendly, smiling faces, carpooling opportunities, and overall comfort level of everyone. Plus, if they sign up, you can earn \$50-100.
- Please phone to schedule trial lessons or makeup classes.
- Consider signing up for more classes per week. Skills are learned faster with the extra practice and tuition rates decrease with the number of hours you attend (\$12.50 to \$1.90/hr).
- Please pay tuition on or before the 1st of each month (by your 1st lesson at the latest).
- Remember to give two weeks written notice of discontinuation so we can adjust your billing and arrange replacement enrollment.



Hawaii'i Academy

1314 Moonui Street
Honolulu, HI 96817 USA



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A Private School for Lifetime Fitness, Gymnastics, and Human Sciences for ALL Ages and Abilities.

Other Items For Sale:

We sell used equipment and replace with new ... therefore, **Everything in the Gym is FOR SALE.**

Trampolines (all sizes)

Gym Mats (all sizes) & **Gym Equip-**



Sample ProShop Items

Please Support Our Sponsors & Contributors

Anonymous Donations

Jen Yi Chang, MD (Orthopedic Surgery, Taiwan)
Jeanette Chang, MD, Pediatrics
Munehiro Harada, PhD (Sport Mktg/Mgmt, Japan)
Hawaii Parent Magazine

Joan Kagawa, MD, Child Psychiatry
Yuko Kasaka, MD, Psychiatry
Shari Kogan, MD, Geriatrics

Donna Mah, MD, Pediatrics
Penske Truck Rental
Peterson Sign Company
Psy-Med Associates, Ergonomics
Robert Ruggieri, MD, Emergency Medicine
University of Hawaii Geriatric Medicine

Academy Personnel

Director	Dr Max Vercreyssen
Assoc Director & Physician	Dr Donna Mah
Gym Managers	(Sat) Ms Lori Shinsato (M-F) Ms Paris Macabeo- (Sun) Ms Kira Vercreyssen
Spahn	Secretary Ms Paris Macabeo- Spahn
Registrar	Ms Janet Onigama
PE/Recreation Department Chair	Ms Lori Shinsato
Athletics Department Chair	Ms Abby Eaton
Special Events & Programs Chair	Mr Julian Simee
Clinical Services Department Chair	Dr Donna Mah

Donations Sought (New or Used)

Outside Steel Stairs (demo or kits). Large Circus Tents.
Carpets (to replace carpeting in several areas). Gym and Exercise Equipment.
Computers (for research and student use). **TRAMPOLINES (in any condition).**
Lumber (for continued construction throughout the Academy).

Hawaii Academy Programs

Physical Education & Recreation Department
Parent-Tot, Preschool, Beginner, Intermediate, Advanced, Teen, Cheer, Tumb for Drill & Power Dance, Adult, and Seniors Classes

Athletics Department
State Level Teams
National Level Teams
International Level Teams
Elite Teams
Collegiate Teams

Special Events and Programs Department
Birthdays Parties & Celebrations
School/Group Excursions
Camps & Clinics
Sport Competitions
Conferences & Seminars
Workshops
Exhibitions & Demonstrations
Equipment Rentals
Facilities Rentals

Special Activities & Contracted Services
Outreach Movement Education
Dance

Private Lessons
Research Department
Longitudinal Study of Fitness
Senior Exercise & Therapy
Human Speed of Behavior
Mobility in Teens & Elders
Fitness-to-Drive (Teen & Elders)
Intelligent Assistive Technologies
Biomechanics & Gymnastics

Clinical Services Department
Physical & Occupational Therapy
Pediatric Sports Medicine
Functional Fitness & Neuro Assessments
Rehabilitation & Personal Training

Academics Department
Member Curricula
Degrees & Certificates
Courses & Publications

Development Department
Donations, Newsletter, Yearbook, Alumni
(see Organizational Chart on website)

Member Discounts

Pay Full Year (10% off total tuition)
4-Generations (All tuition is FREE)
3-Generations (50% off all tuition)
Military (20% off tuition)
Multiple Siblings (Twins, Triplets, -20% off tuition)
All Private Parties (20% off tuition)

In Memory of HA Supporters

Mr Bo Bolongan, Body Builder & Motivator
Mr Sam Nakamura, HA Seniors Program
Founder
Prof Dr Merrill E Nobel, Professor/
Scientist