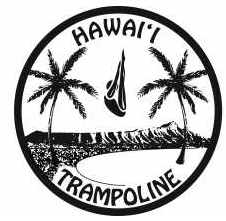




Hawai'i Academy

NEWSLETTER



January 2007

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

Volume 9, Issue 1

Upcoming Events

- Jan 2-5 Tue-Fri Winter Day Camp (Fun Care during school break)
 - 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, \$10/15 (Bring Friends!)
 - Jan 21 Sun Trampoline Judges Certification Workshop 5-9p at HA
 - Jan 30-Feb 4 Tue-Sun All Japan Double Mini-Tramp Championships, Kaminoyama City, Yamagata
 - Feb 10 Sat Parents' Night Out 5-10p, \$10/15 (Bring Friends!)
 - Feb 16-18 Fri-Sun Paradise Friendship & Geriatrics (Nationals) Championships at HA
 - Feb 19 Mon Ala Moana Beach Park Picnic
 - Feb 22-24 Thu-Sat US Winter Classic, World Arena, Lubbock, TX
- Next Issue Deadline: 27 Jan 2007

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 programs, including the Olympic sport of trampoline gymnastics, in which we seek to achieve international recognition for excellence. We strive to improve community wellness by promoting an appreciation for and a better understanding of the human sciences and the effective use of technology.

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 intelligent consumers of scientific information.
3. To explore human development and intergenerational cooperation in the context of optimal designs of products, environments, and systems.

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HA'S NEW APPROACH TO COMPETITIVE TEAMS:

Affordable, Convenient, Flexible, and Designed for ALL Ages and Abilities Throughout One's Life



In 2005, Mr Robert Ashimine was Hawaii's oldest trampoline state champion at 93 and Tiger Lui was the youngest at 3. Others from the Ashimine family included his wife, children, grandchildren, and great-grandchildren—yes, all four generations competed in our state meet. Watch for them all again this year! At 95 he has competition in his 90+ age group with at least one HA teammate — Mr Ralph Inouye. **Both started jumping trampoline in their 90s.**

There are many benefits of participating in competitive team programs ... for all members of the family. However, emphasis should be on fitness, personal growth (life lessons), and lifespan wellness, NOT producing future Olympians. HA believes local competitive sports programs should cater to the masses of wonderful aspiring student athletes who deserve positive and successful experiences... we wish to get everyone in the family involved (all ages and abilities) in fun sports that can be continued into one's 90s or later. To accomplish this requires strategic planning and fundamental program design that is 'inclusionary' and accommodates essential needs of families rather than 'exclusionary,' elitist, and self-serving.

Families typically criticize sport training as being too (1) expensive; (2) many days per week; (3) many hours per day; (4) physically demanding during certain developmental phases; (5) much grouped by abilities instead of by age; (6) much 'children only' when teens, adults, and seniors could also participate; (7) much one sex only instead of coeducational; (8) 'all or none' causing athletes to quit instead of taking breaks; (9) poorly planned with changing event schedules; (10) poorly budgeted resulting in unexpected additional costs; (11) support labor demanding, especially by the booster club with insufficient warning; and (12) inflexible for making up missed training sessions. Aspiring to resolve/rectify these concerns, HA introduced a new experimental team training infrastructure (originally planned to start in 2008) this month that will undergo refinements until its final evaluation in June. The new Olympic sport of trampoline gymnastics is especially suited for meeting the design requirements but the new structure should work for other sport disciplines as well. Following are some features of HA's new training system:

All Levels / Varied Intensities. To train all ages (3-100+ yrs) and abilities (remedial to world class) there are seven team programs: State Level (USAG Levels 1-10), National Level (USAG Levels 5-9), International (FIG & Levels 8-12), Elite (FIG & Levels 11-12), Collegiate (Classes A-C), Adults (ages 19-59), and Seniors (ages 60+). Each has different requirements for training intensities (2hrs/wk—30hrs/wk) and family commitment with appropriate fee structures.

Affordable. The cost has been stripped to the lowest possible — simply \$80/month to be on team and then tuition from coupon books: \$25 for four 2-hr session coupons (\$6.25/practice = \$3.13/hr). A coupon is used for each practice and may be transferred or sold. Intermediate/Advanced 2hr classes cost \$140/month for two lessons (4hrs) per week. In contrast, two team practices (4hrs) per week costs only \$130/month and includes four home meet entry fees, all coaches fees, and all annual team fees. Taking additional classes yields even further savings. **What a value!** (Those who paid the 2006 Team Annual Fee of \$240 will receive \$20 credit each month through July.)

Convenient. There are 16 two-hour team practices to choose from: M-F 4-6pm, 6-8pm; Sat 8:30-10:30am, 10:30am-12:30pm, 1-3pm, 3-5pm; Sun 1-3pm, 3-5pm.

[A "Premium Team Member Card" permits entry into ALL practices and costs only \$220/ month.

Flexible. Train 2-4 hrs/practice, 1-7 days/wk, and alternate from week to week or month to month as school/work/family demands change while paying only for the lessons taken. Even take a break and pay no tuition coupons for missed training. On weekdays train before dinner (4-6p), after dinner (6-8p), or both. Or train entirely on weekends if you wish (am or pm). Double up on holidays and school breaks.

Safe. Rebound surfaces allow even the elderly to participate without joint damage. Soft mat covers everywhere help prevent impact trauma from contact with non-rebound/sprung surfaces. The environment is clean, safe, and overseen by supportive adults. Rolling maneuvers are especially valuable in helping train safe falling techniques and preventing injuries.

Collaboration/Coordination/Cooperation. A Goal-Plan-Schedule-Budget communication system keeps athlete, coach, parents, and administrators in agreement on training objectives.

Lifestyle Enhancing. Learning fitness and wellness principles benefit all age groups. Learning these life lessons in a warm, friendly, and nurturing environment makes everything easier... especially for parents con-

cerned with how their teenagers are spending time in their formative years. Imbedded in the multi-generational atmosphere are many role models and mentors that 'show the way.'

Age & Sex Cohort. Friends are important in life, especially during certain developmental stages. Being sorted into teams according to age gives an advanced level athlete an opportunity to train with a beginner, and vice versa. Suddenly it is possible to bring school (outside) friends into the gym and train with them, regardless of their previous experience. (Remember, the most difficult skill in the trampoline level 1 routine is a seat drop.) Share time and memories with others that listen to the same music and know the same celebrities—your cohort. Cohort comfort = longer participation.

Schedule & Budget Forecast. Most of our events are scheduled two years in advance, 12 months are posted above the drinking fountains in the gym, and a 4-month calendar handout is updated monthly. There should be NO SURPRISES. Aside from unforeseen changes in projected expenses, announced charges for team activities should be all inclusive. It is rare to have additional charges. We strive to minimize costs.

Minimal Parent Booster Club Obligations. While a parents' team booster organization is required for programs doing a lot of off-island travel, state level parent requirements are meant to be negligible.

Try a free team practice then try a month and join one of the team levels that best suits you. You can be prorated in at any time of the month. **TRY NOW!** It hasn't ever been easier or less expensive.

2007 Home Meets:

- Feb 16-19 Paradise Friendship & Geriatrics Championships
- Apr 13-15 Hawaii Championships
- Jun 16 Pacific Summer Meet
- Oct 7 Larry Anderson Classic
- Dec 7-9 Paradise Friendship & Geriatrics

Annual Events at Hawaii Academy

- Trampoline & Fitness Meets (4/yr)** Feb, Apr, Jun, Oct
- Parents' Night Outs (12/yr)** 5-10pm Once monthly
- Slumber Parties (4/yr)** 6pm-8am Mar, Jun, Aug, Dec
- Safe Falling Workshops (11/yr)** 2 hours (almost monthly)
- Open House / Showcases (2/yr)** during classes Mar & Nov

These events are described at the Special Events & Programs Department website:

www.hawaiiacademy.com/web/special.html/



Happy New Year!

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, PS34, PS45), and PS/Beg (for ages about 5-8yrs 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 body strengthening equipment coming soon.

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:

Parents' Night Out
 Clinics, Workshops, Seminars
 Camps & Fun Care During School Breaks
 Fundraising Special Activities
 4 Annual Slumber Parties
 2 Local Athletic Competitions
 2 International Athletic Competitions
 Development of New Classes & Programs
 2 Showcases of Student Achievement

Contracted Private Services:

Birthday Parties & Celebrations
 School Excursions
 Off Site Contracting
 Slumber Parties
 Private Events (Parties/Meetings)
 Private Lessons
 Exhibitions & Demonstrations
 Special Performances
 Facilities & Equipment Rentals

If you wish to contract an event, rent equipment or facilities, or get more information, please see Special Events on our website or contact Mr Julian Simee, Special Events & Programs Department Chair.

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)
- * **FIT Club** — Project to Motivate Members to Exercise (Int'l Project: HI & Japan)
- * Collision Avoidance Ability Changes With Age (Driving Simulator) Thesis
- * Emergency Egress—Breathing CO2 and Exercise Effects On Mental Functions
- * Exercise and Postural Neural Activation and Information Processing Speed

2007 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 public instruction of safe falling techniques. Following are the scheduled sessions for the next 10 months:

Jan 7 Sun 6-8p	Jul 22 Sun 7-9p
Feb 25 Sun 6-8p	Aug 13 Mon 12-2p
Mar 11 Sun 6-8p	Sep 11 Tue 6-8p
Apr 9 Mon 12-2p	Oct 13 Sat 6-8p
Jun 11 Mon 12-2p	Nov 19 Mon 12-2p

Adult Fitness and Gymnastics 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 miss. **Ask about Adult Teams!**



FUN!

INSPIRING!



Sat 8:30a-10:30a	Corrine
1-3p	Corrine
3-5p	Corrine
Sun 8:30-10:30a	Zack
10:30-12:30p	Zack
1-3p	Kayla
3-5p	Dr Mah
Mon 4-6p	Abby
Tue 7:30-9:30/10p	Dr Mah
Thu 7:30-9:30/10p	Dr Mah

'Bring a Friend' Initiative

Starting in January, 2007, 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)

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 five 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 parents from the team booster club. Bring friends and snacks or money for items from our concession. Several parents have commented that our PNOs allow them to schedule personal time together that they wouldn't normally have. **Bring you children's friends as guests.**

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, 2 Jun 2007	5-10p
Sat, 14 Jul 2007	5-10p
Sat, 18 Aug 2007	5-10p
Sat, 8 Sep 2007	5-10p
Sat, 20 Oct 2007	5-10p
Sat, 17 Nov 2007	5-10p
Sat, 8 Dec 2007	5-10p

(also see special events on website)

Try HA's College Trampoline Team Program



In 2006, Hawaii Academy started the first Collegiate Trampoline program in America. **Kira Vereruyssen** and **Matt Moniz** (students at the University of Hawaii) were pioneers in this new venture, just as they were the first athletes from Hawaii to compete in the USAG Nationals back in 2002. They are pictured (left) at the 41st All Japan Inter-College Championships near Osaka in August 2006. In January they compete in the International German Universities Championships in Freiburg, a 40+ year competition that includes most of the college-aged athletes in Europe. In March they travel to England for the British Universities Championships in Surrey before competing in the Aalsmeer Flower Cup (Holland) and the Flemish Double Mini-Trampoline Championships (Belgium). In June they hope to compete in the first US Collegiate Nationals (as part of the US Championships) in Phoenix. In August they conclude the year with the 42nd All Japan Inter-College Championships in Akitu, Japan. Hawaii competes as an 'all-star' team meaning athletes may attend any college in Hawaii (some competitions require full status) and **ability is not a limiting factor**. There are three skill divisions: Class C for those with no experience performing routines with no or few flips, Class B for 1-12 flips in a 10-bounce routine, and Class A for international level athletes. Regardless of your experience, **TRY A FREE TEAM PRACTICE** to see if you like this program. Contact 842.5642 for details and talk to Kira and Matt.



Read
Hawaii Parent Magazine

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

HA Sport Teams



HA athletes at the state and national levels may choose from 16 2-hr workout times per week and from among nine coaches. Train as little as two hrs per week or as much as 32, alternating according to family and school schedule changes (e.g., more during school breaks and holidays and less when preparing for school exams or during family holidays). Create training environments that include your favorite coaches, teammates, and practice time. Invite friends to try team even with no previous experience (Levels 1-10 train together... ages group together, not abilities). See cover story and then phone 842.5642 for more information

Congratulations!

- Aug Nani Vercruyssen Pan-American Champion, Mexico
Kira Vercruyssen & Matt Moniz in All Japan
Inter-College Championships, Osaka, 9th & 22nd (only foreigners)
- Oct Nani Vercruyssen & Spencer Madanay at the All-Japan
Elite Championships in Fukushima, 6th and 47th in Senior
Division (18+ yrs) (the only foreign athletes)
- Nov Nani Vercruyssen Silver Medalist in the Slavic Games,
Vitebsk, Belarus (Ir Record for highest routine difficulty = 13.2)
- Dec Ann Marie Ryan & Dr Max for driving simulator research
publications and conference presentations at MIT, Boston
- Jan Matt Moniz, Spencer Dupio, & Nani Vercruyssen for
selection to US National Teams for International Meets
Spencer Madanay, Kelsen Onigama, & Josh Smith for
selection to the US PreElite National Training Squad

Good Luck Athletes!

Kira Vercruyssen & Matt Moniz at the International German University Championships, Freiburg, Germany Jan 24-29
Kelsen Onigama & Nani Vercruyssen at All Japan Double Mini-Tramp Championships, Kaminoyma City, Yamagata, Japan Jan 30-Feb 5
HA Athletes at Paradise Friendship Meet (here) Feb 15-19
Matt Moniz, Spencer Dupio, & Nani Vercruyssen at US National Team Training Camp, Houston, TX Feb 6-11
Spencer Dupio, Kelsen Onigama, & Josh Smith at US Winter Classic, Lubbock, TX Feb 20-25

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 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 coping with Alzheimer's Disease, Parkinson's Disease, Down's Syndrome, ADHD, Strokes, Illnesses, and other challenges. We are currently planning a special class for obese children taught by obese athletes and teachers. Another in development is a class for expecting (pregnant) women. Inquire about special classes...

Hawaii Trampoline Judges Training

Become a Judge, Advance Your Rating, or Just Get Experience at the **Annual Hawaii Trampoline Judges Certification Workshop, 21 Jan 2007, Sunday, 5-9 pm**, \$30 (\$15 for Student Athletes); \$25 for Code of Points.

Mahalo for Donations!

Welding throughout the gym (**Kelsen Onigama's Dad**); and all the help from **All the Parents**. We have a nonprofit booster club so your donations can be tax deductible. Thanks in advance for helping us (to serve you).

3 Selected to PreElite Squad

Spencer Madanay, Kelsen Onigama, and Josh Smith were selected by the **USAG TT Elite Committee** to the **National PreElite Squad** and invited to train at the National Trampoline PreElite Training Camp, 11-14 Jan 07, The Gymnast Factory, Houston, TX. **Kathryn Chinn** and **Kristie Kawazoe** nearly made this selection.

Wanted:

We need a SEAMSTRESS / TAILOR / SEWER for sewing mat covers and equip skirting.
If you are a PLUMBER, ELECTRICIAN, or CARPENTER, please contact an HA director about work at the Academy.

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 student's portrait.

Consider Advertising in the Hawaii Academy Newsletter and Yearbook.

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 more information, phone 524-8455. Add a dance class Mondays 6-7pm for only \$40/month. **Try a free trial and then decide.**

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!
Falls are the leading cause of fatalities and injury-related hospitalizations among Hawaii senior citizens 65 years and older. There are too many fatalities (in 1998, 4.7 deaths/100,000 in the US; 5.6/100,000 in Hawaii) and injuries from falls that could have been **prevented by the training of safe falling habits/skills/maneuvers.**

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 soon as possible. The gym is usually available Saturdays and Sundays from 5:30-7:30 pm and during Academy breaks. Contract additional times if you like. Check www.HawaiiAcademy.com or phone for details.



Member Birthdays in January and February

Please wish them a Happy Birthday!

2007 Jan 1-Konnor Jacang, Maya Hagiwara, Michael Maiava, Micah Maiava, Matthew Maiava, Gabriel Kwoc, 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 Tucher,

Aiala Rickard **19**-Desiree Dudoit, Kainoa Kilaulani, Malena James **20**-Justin Shin, Mycah Muranaka, Camille Kodama **21**-Shanel Konoshita, Kyla Teramoto **23**-Chascity Sarmiento **24**-Nohealani Rufo, Nicole Arakaki, **25**-Noela Tuquero, Kelsen Onigama, Katie Yoshida **26**-Gavin Browning, Mika Maetani, Jericka Palpallatoc, Kelcey Ann Chung, **27**-Cherise Mori, Star Schuver, Calob Mejias, Leia Shinsato **28**-Angelo Coluccio, Christina Engle **30**-Kobe Okasako, Jalyn Koga, Malia Wunsch, Gracie Duldulao **31**-Chelsea Chang **Feb 1**- Emily Larkey, Kelsi Arki, Michael Olderr **2**-Kira Augustin **3**-Erica Calaro, Trevor Kodama **4**-Jake Dickinson, Janet Shaw, Rosaline Zane **5**-Gabrielle Ah Mook Sang, Zach Ikehara, Sunmi Lui **6**-Thomas Busch, Nani Vercruyssen, Bryan Munoz **8**-Benny Chan **9**-Pomai Goeas **10**-Camille Feary, Kacie Kajihara, Patricia Bain **11**-Dennis Erickson, Katelyn Nakagawa **14**-Molly Palalay, Mahina Garrity, Brittney Higa **15**-Makoa Rezentos, Everette Higa, James Deo Sarol, Clarissa Gonzales **16**-Tai Miller, Shante Ainsworth **17**-Anuheha Keene, Kelana Cambra, Shari Kogan **18**-Shay Fukayama **19**-Kaila Reynolds, Rylee Okura, Keoni Taum **20**-Emma George, Grace Shirley, Khyra Demello **21**-Kristi Nishigata, Brandon Leong, Jeffery Kwoc Alisa **22**-Alisa Cardine **23**-Harlee-Rose Shim-Huckso **24**-Tiana Caramonte, Lainey King, William Tucher, Mariah Yamamoto, Justine Perkins **25**-Alena Eaton, Charlie Hirano **26**-Mahina Salvini **27**-A J Patalinghog, Isaac Nakandakari, Alix Cortez, Kelli Shimazu, Sarah Hadmack **28**-Mariah Tsuruda, Cody Slaton

(Please let us know if we missed anyone)

WAIPIO ARTISTIC GYMNASTICS CLUBS:

Island Tumblers Gymnastics
www.itgym.com
(808) 678-2999

What's Up Gymnastics
www.home.att.net/~whatsupgymnastics/
(808) 680-0777

ADVERTISE HERE!

Circulate your message to over 2000/month.
We want to help your visibility and income.

	RATES:	
Ad Size	Per Issue	Per Year
1/12 page	\$40	\$400
1/6 page	\$70	\$700
1/4 page	\$100	\$900



Spring Break Slumber Party

Sat 24 Mar 07
6p till 8a Sun
\$25 per person
(Sat Dinner, Sun Breakfast & Snacks included)
Fun Activities! Bring Your Friends!

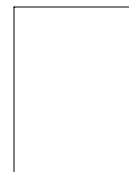
Reminders:

- 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.



Hawai'i Academy

1314 Moonui Street
Honolulu, HI 96817 USA



Hawai'i Academy NEWSLETTER
January 2007: Volume 9, Issue 1

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 Equipment**

Special: 14' Round Outdoor Trampoline and Safety Netting, \$200
(Phone 808.741.2223 to inquire)



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 Rentals
Peterson Sign Company
Psy-Med Associates, Ergonomics
Robert Ruggieri, MD, Emergency Medicine
University of Hawaii Geriatric Medicine

Academy Personnel

Director	Dr Max Vercruyssen
Assoc Director & Physician	Dr Donna Mah
Gym Managers	(Sat) Ms Lori Shinsato (M-F) Ms Paris Macabeo-Spahn (Sun) Ms Kira Vercruyssen
Secretary	Ms Paris Macabeo-Spahn Ms Lori Shinsato
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
Outreach Specialist	Ms Sarah Hadmack
Rehab Therapist & Senior Exercise	Ms Ann Marie Ryan
Custodians	Mr Creighton Niwa Ms Valerie Mendez
Home School PE Coordinator	Mr Mike Nakashima

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).

Donations to Specific Funds and Endowments (e.g., equipment maintenance, capital improvements, scholarships, seniors classes)

We need help from **carpenters, plumbers and electricians.**

Automobiles (for visiting faculty).

Donations to HABC may be tax deductible.

Hawaii Academy Programs

Physical Education & Recreation Department (85%)

Parent-Tot, Preschool, Beginner, Intermediate, Advanced, Teen, Cheer, Tumbling for Drill & Power Dance, Adult and Seniors Classes

Athletics Department (5%)

State Level Teams
National Level Teams
International Level Teams
Elite & Collegiate Teams
Adult & Seniors Teams

Special Events and Programs Department

Birthdays Parties & Celebrations
School/Group Excursions
Camps, Clinics & Workshops
Sport Competitions
Conferences & Seminars
Equipment & Facilities Rentals
Exhibitions & Demonstrations

Special Activities & Contracted Services
Outreach Movement Education
Dance, Martial Arts, Circus
Private Lessons

Research Department

Longitudinal Study of Fitness
Human Speed of Behavior & Mvt Control
Fitness-to-Drive (Teen & Elders)
Intelligent Assistive Technologies
Trampoline & Gymnastics Biomechanics

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
Prof Dr Alan T Welford, World Scholar