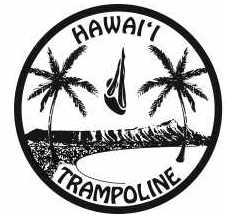




Hawai'i Academy

NEWSLETTER



April 2007

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

Volume 9, Issue 4

Upcoming Events

- Apr 8 Sun** Easter — NO CLASSES
 - Apr 9 Mon** Safe Falling Workshop, 12-2p, HA, \$30
 - Apr 13-14 Fri-Sat** Hawaii Championships at HA — NO CLASSES — Please attend the meet.
 - Apr 21 Sat** Parents' Night Out, 5-10p, \$10/15 (Bring Friends!)
 - Apr 29 Sun** HA Booster Club Fundraiser, 5-7:30p, Team Athletes doing fitness circuit for sponsors. The funds they raise are for equipment that everyone uses. *Support HA Athletes—WE ALL BENEFIT!*
 - May 03 Thu** Hawaii Department of Education Statewide Conference on Physical Education
 - May 09-14 Wed-Mon** 1st Trial for the International Age Group Competitions & US Elite Challenge, Colorado Springs, CO
 - May 12 Sat** Parents' Night Out, 5-10p, \$10/15 (Bring Friends!)
 - May 17-21 Thu-Mon** USAG Region II Trampoline Championships, Bakersfield, CA
 - June 02 Sat** Parents' Night Out, 5-10p, \$10/15 (Bring Friends!)
 - June 09 Sat** School's Out Slumber Party, 6p-8a, \$25 (Bring Friends!)
 - June 11 - July 20** Hawaii Academy Summer School, Monday-Friday 7a-5p. Prices between \$450-\$1200. (Bring Friends!)
- Next Issue Submission Deadline: 28 Apr 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

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 intel-

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2007 HAWAII TRAMPOLINE CHAMPIONSHIPS

A Meet for ALL AGES and ABILITIES! The Annual Showing of Hawaii Tram-

This month's newsletter was not released until 16 April 2007 so that this article could include results of the biggest meet of the year on April 13-15th—the **Hawaii Championships**, our state meet!

This was a USAG qualifying meet for nationals, an invitational with at least two teams from California, and an opportunity for everyone in the state to participate in a culminating annual event. This year we had many preschoolers, more adults (18) and seniors (13) than ever before, and more elites (5) than before. This event was open to all Academy members, everyone in their family, neighbors, friends, ..., anyone who registered before 12 April 2007. The entry fee was \$40 for members and local non-members, and \$50 for out of state athletes. The events were Trampoline, Double Mini-Trampoline, and Tumbling. One hundred twenty participated with some competing in as many as three sessions. The youngest was 3 yrs old and oldest was 95 yrs young. The following is a list of the winners in each age divisions for each event (trampoline = TR, double mini-trampoline = DM, tumbling = TU) for each

USAG Junior Olympic level (1 lowest to 10 highest) ... the individuals named *Hawaii State Champions*:

Seniors (90+ yrs), male, Ralph Inouye, TR1tie, TU1; male, Robert Ashimine, TR1tie, DM1; Seniors (80-89 yrs), female, Midori Hirano, TR1, DM1, TU1; Seniors (70-79 yrs), female, Joan Kufferath, TR1, DM1; George Okinoshii, male, TU1; Seniors (60-69 yrs), female, Janet Shaw, TR1; male, Alvin Fukumoto, DM1; male, Roy Ashimine, TU1; Adults (18-59 yrs), female, Lynette Kwock, TR5; female, Charlene Wong, DM4, TU1; female, Shari Kogan, TU2, TR3; female, Paula Hamilton, TR4, DM5; female, Kim Sybounmy, DM8, TU4; female, Justine Perkins, TU3, TR6, DM6; female, Tracee Suetsugu, TR9, DM7, TU6; male, Chad Yamashita, TU7; 6 yrs & Under, female, Gabrielle AhMook Sang, DM1; female, Marina Purcell, TU1; Emma Tamashiro, TR1; female, Shannon Lee, TR2, DM3; male, Tyler Mishima, TR3; male, DJ Northrop, TR4, DM4, TU2; male, Skylar Sybounmy, TR5; 7-8 yrs: male, Walter Lee, TR1; fe-

male, Isabelle Bauer, TR2, DM3, TU2; female, Samantha Dupio, TR3, DM1, TU1; female, Natasha Whitt, TR4, DM4; female, Kira Rosen, DM2; female, Dorothy Sani-dad, TR7, DM7, TU7; female, Iwalani Soares-MiehIstein, DM4; female, Celestine Choi, TU5; female, Anuhea Keene, TR5; DM5, TU4; female, Alisa Purcell, TR6, DM6; female, Koryn Grenert, TU2; female, Kylie Northrop, TU6; 9-10 yrs: female, Sydnee Ramirez, DM2, TU1; female, Alisa Carradine, DM3, TU3; female, Lyla Rosen, DM5, TU2; female, Grace Mattes, DM6, TU4; female, Keighanna Verdadero, TR4; female, Kalyn Ichinotsubo, TR3; female, Kiana Ahovelov, DM4; female, Elyse Nakamoto, TR4; female, Khyra Demello, TR5; female,



Ally Vercruyssen, TR6; female,

ANNUAL MEMBERSHIP FEES CHANGE IN MAY

The annual membership fee of \$60 has remained the same since the Academy began in 1999. However, until now it was paid when enrolling and then renewed each year on the anniversary of initial entry into HA. Effective May 1st these fees will be synchronized so that the membership fee for all members will be due on January 1st of each year. The amount (\$60) will not change but all new

members will pay a prorated amount for membership during the 2007 calendar year. For instance, those joining in May will pay \$40 for 2007, those joining in June will pay \$35, those joining in July will pay \$30, etc. Also, those who joined in 2007 from January through April will be credited accordingly when paying their 2008 yearly membership fee. E.g., for those who joined in April of 2007, their 2008 fee will be only \$40,

those who joined in March of 2007 will be charged \$45, etc. This adjustment was implemented to simplify renewals and integrate several enrollment functions. Each December members must confirm enrollment and register for the next year or lose their spot on the roll sheets. Annual photos and fitness testing can also be linked to membership renewal. Thank you for your cooperation.

Annual Events at Hawaii Academy

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



Happy Easter!

Physical Education and Recreation News

Some 85% of the Academy membership takes classes in the PE/Rec Department. 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** are the largest subsets of the department. Recently these programs implemented proficiency-based curricula in the form of instructional units with required skills for advancement to higher levels (see bulletin boards near the front door).

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

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
 day Parties & Celebrations
 Clinics, Workshops, Seminars
 Camps & Fun Care During School Breaks

Contracted/Private Birth-

School Excursions
 Off Site Contracting

Fundraising Special Activities

4 Annual Slumber Parties
 Meetings)
 2 Local Athletic Competitions
 2 International Athletic Competitions
 Development of New Classes & Programs

Slumber Parties

Private Events (Parties/
 Exhibitions & Demon-
 strations
 Special Performances

Seniors Exercise & Rehabilitation

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.

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 2:45-3:45pm 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 ses-

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

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

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

Apr 9	Mon	12-2p	Sep 11	Tue	6-8p
Jun 11	Mon	12-2p	Oct 13	Sat	6-8p
Jul 22	Sun	7-9p	Nov 19	Mon	12-2p
Aug 13	Mon	12-2p	Dec 16	Sun	6-8p

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

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



INSPIRING!



Sat	8:30a-10:30a	Corrine
	1-3p	Kayla
	3-5p	Julian
Sun	8:30-10:30a	Zack
	10:30-12:30p	Zack
	1-3p	Kayla

FUN!

Hawaii Academy

Summer School 2007

June 11 through July 20 Hawaii Academy is offering Summer School to members and non-members. For the first time we are including academics into the program provided by EPIC Educational Services. See our brochure, website, or phone 842.5642 for more information and register soon because we only have limited spaces available.

'Bring a Friend' Incentive

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 apply toward tuition, registration, fees, etc. 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!**

Earn \$50 - \$100 per friend!



Read

Hawaii Parent Magazine

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

HA Sport Teams



Trampoline
Tumbling
Double Mini
Synchro TR
Dance Coaches

HA athletes at the state, national, high school, college, adult, and senior 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

State-Level Teams

For those students (~5-13 yrs), that are interested in more than just intermediate/advanced recreation classes, try a State-Level Team. This program is intended to train athletes for competition on Oahu. This is an inexpensive entry to competitive gymnastics. All training culminates in the Hawaii Championships, our USA-Gymnastics Hawaii State Championships. All expenses, parent obligations, and athlete commitment is designed to be minimal. The team fee is \$80/month and the tuition is by coupon (\$6.25/practice = \$3.125/hr). No previous trampoline experience is required although lessons in our recreational programs may be beneficial. It is important that all entry athletes are able to follow coaching instructions. Select any of the 16 2-hour team practices or other times that are convenient throughout the week (as long as the practice is not full). Practice 1-16 times per week according to school and family schedules and personal interest. There is no charge for missed practices (coupon system) and no obligation to attend a minimum number of practices per week. There are nine coaches from which to choose for training. Coach Wendy Rosen is in charge of the State-Level Teams Program. Invite your friends. Contact the office to try a free practice and then a trial month.

National-Level Teams

Athletes (~5-18 yrs) wishing to go beyond the opportunities provided by the State-Level Teams should try the National-Level Teams Program. In addition to the team fee of \$80/month and the tuition coupon (\$6.25/practice = \$3.125/hr) for each practice, a \$350 deposit is required to cover the coach's expenses to take athletes to Regionals (this year in Bakersfield, CA) and Junior Olympics Nationals (this year in Memphis, TN). To be on these teams requires USAG Level 5 abilities on trampoline, double mini, or tumbling. Select any of the 16 2-hour team practices or other times that are convenient throughout the week. Kira Verucruyssen is the head coach, but you may select any coach and any practice (that is not full) to fit your schedule. Contact the office to register and Coach Kira to start. Invite your friends!!!

HA Wins in Belgium

Matt Moniz, Spencer Dupio, and Kelsen Onigama were elite winners at the **Flemish Double Mini-Trampoline Championships in Schelle, Belgium**, 18 March 2007. Moniz won the senior elite division, Dupio the junior elite division, and Onigama the 'miniemen

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 deducti-

2007 Home Meets:

Apr 13-15 Hawaii Championships
Jun 16 Pacific Summer Meet

Elite & International Teams

Athletes 6-100 yrs are candidates for selection onto international and elite teams. Training costs \$300, \$400, or \$500 per month for tuition depending on ability level (i.e., pre-elite, junior elite, or senior elite) for a maximum of six 4-hr workouts per week with tutoring on personal training at home. Also, a \$2,000 deposit is required to cover the elite coach's travel expenses for the year (total cost based on number of trips traveled). Dr Max Verucruyssen is the head coach, Yukinori Miyata Sensei is the Japan national coach on sabbatical, and Dr Donna Mah is the assistant coach and physician. Contact Dr Max to audition, try a practice, and then try a month before committing for the year.

Junior High School Teams

For those in junior high school (~12-14 yrs), that are interested in more than just intermediate/advanced recreation classes and want to be with other teenagers but don't want to train a lot, try a Junior High School Team. The team fee is \$40/month and the tuition is by coupon (\$6.25/practice = \$3.125/hr). No previous experience is required. Train during high school training hours or select any of the 16 2-hour team practices or other times that are convenient throughout the week. Mia Verucruyssen is the interim head coach, but you may select any coach and any practice (that is not full) to fit your schedule. Contact the office to register and Coach Mia to start. Invite your friends!!! Until large enough to split, Junior HS and HS Teams will train together.

High School Teams

For those in high school (~14-18 yrs), that are interested in more than just intermediate/advanced recreation classes and want to be with other teenagers but don't want to train a lot, try a High School Team. The team fee is \$40/month and the tuition is by coupon (\$6.25/practice = \$3.125/hr). No previous experience is required. Train during high school training hours or select any of the 16 2-hour team practices or other times that are convenient throughout the week. Mia Verucruyssen is the head coach, but you may select any coach and any practice (that is not full) to fit your schedule. Contact the office to register and Coach Mia to start. Invite your friends!!!

Collegiate Teams

In 2006, Hawaii Academy started the first Collegiate Trampoline program in America. **Kira Verucruyssen** 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 competed in the 41st All Japan Inter-College Championships in Osaka in August and the International German Universities Championships in Freiburg in January. In June they hope to compete in the first US Collegiate Nationals (as part of the US Championships) in Memphis. In August they conclude the year with the 42nd All Japan Inter-College Championships in Akita, Japan. Hawaii competes as an 'all-star' team meaning athletes may attend any college in Hawaii (some competitions require full-time 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-

Adult Teams

For those 19-59 yrs, that are interested in more than just the adult classes, try an Adult Team. The team fee is \$40/month and the tuition is by coupon (\$6.25/practice = \$3.125/hr). No previous experience is required. Select any of the 16 2-hour team practices or other times that are convenient throughout the week and prepare your routines for our four meets a year. Dr Mah is the head coach, but you may select any coach and any practice (that is not full) to fit your schedule. Contact the office to register and Dr Mah to start. This is a great value for team training!

Senior Teams

For those 60-100 yrs, that are interested in more than just the seniors class, try a Seniors Team. The team fee is \$40/month and the tuition is free. Select any of the 16 2-hour team practices or other times that are convenient throughout the week and prepare your routines for our four meets a year. Dr Max is the head coach, but you may select any coach and any practice (that is not full) to fit your schedule. A \$300/month value! Contact the office to register and Dr Max to start.

Congratulations!

- Aug Nani Verucruyssen Pan-American Trampoline Champion, Mexico Kira Verucruyssen & Matt Moniz in All Japan Inter-College Championships, Osaka, 9th & 22nd (only foreigners)
- Oct Nani Verucruyssen & Spencer Madanay at the All-Japan Elite Championships in Fukushima, 6th and 47th in Senior Division (18+ yrs) (the only foreign athletes)
- Nov Nani Verucruyssen Silver Medalist in the Slavic Games, Vitebsk, Belarus (Junior 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 Verucruyssen for selection to US National Teams for International Meets Spencer Madanay, Kelsen Onigama, & Josh Smith for selection to the US PreElite National Training Squad Kira Verucruyssen for German International University Trampoline Championships, University of Freiburg, Germany, 13th place overall Nani Verucruyssen & Kelsen Onigama at All-Japan Double Mini-Tramp Championships, Kaminojama, Yamagata, Japan, 1st & 2nd overall Nani (1st TR, 1st DM), Spencer Dupio (1st DM, 7th TR), Kelsen (8th DM, 14th TR), and Matt (10th TR, 11th DM) at the US (Elite) Winter Classic, Lubbock, Texas
- Mar Matt Moniz for 28th among senior men, Spencer Dupio for 32nd among junior boys, Nani Verucruyssen for 10th among junior girls, and Kelsen Onigama for 24th among junior boys at the Aalsmeer Flower Cup in The Netherlands Matt Moniz, Spencer Dupio, and Kelsen Onigama for winning their age divisions and Nani Verucruyssen for 12th and Mia Verucruyssen for 13th in their divisions at the Flemish DMT Championships in Schelle, Belgium.

Ms Paris Macabeo-Spahn who will be come HA's Assistant

Member Birthdays in April and May

Please wish them a Happy



2007 April 1- Alisa Matsumura, Angela Arie, Erin Moss 2- Lexi Fujita, Nalu Ancheta, Celeste Guiles 3- Zoe Minakami, Tiara Deir, Trevan Suzuki 4- Kate Blanchette, Kealao Kalani Kaaloo, Harper Okamoto 5- Kamahao Matsumoto, William Todebush, Elias Paul, Karin Karpin, Janet Onigama 6- Luke Matsumoto, Susan Kim Alvarez, Kelly Onigama, Yasuyo Kohara 7- Naomi Kobayashi, Tina Bolongan 8- Alison Arima, Aleana Meiyue Baynan, Aaron Mcleary, Richard Purcell 9- Nikki Yee, Max Verucruyssen 10- Tyler Takahashi, Tiffani Muramoto, Peter Helto 11- Skye Eversole, Simone Yamamoto, Kyra Hendricks, Kiana Jung, Peter Ramano, Kira Verucruyssen 12- Ciera Maiava, Maria Aguilar 13- Laurence Nirula, Skyler Sybounmy, Shayna Chung 14- Matthew Okinishi 15- Ikaika Malig, Darla Kanae 16- Malia Goldstein, Jaxon Burke 17- Joshua Smith 19- Maya Miyamoto 20- Kent Miyahara, Kelsey Nakamoto 21- Ariel Sato, Kellie Adachi 22- Evelyn Ramos 23- Quinne Murakawa 25- James Marchant, Terry Tabas 26- Blaze Sumiye, Kristin Terada, Miku Konsalar 27- Dorin Santoki, Dorina Rincon, Nicole Fernandez 29- Kawailani Davis, Larklyn Sybounmy, Samuel Selbe, Joy Domingo, April-Angela Bala 30- Ai Nakayama, Hikaru Nakayama, Sofia Selbi, Chantel Soranaka, Spencer Dupio

May

1- Kamalei Wilhelm 2- Keila Okamura, Alexis Taylor, Janelle Kau, Brendan Adams, Zoiera Hill, Lisa Ashimine 3- Emma Porter, Sheldon Nakama 4- Tori McCurdy, Crystal Nguyen, Stephanie Kim, Trina Rogers 5- Zoe Chapman, Samantha Chapman, Christian Lee, Kira Ricci, Mia Verucruyssen 6- Nicholas Loo 8- Brianna Platte, Shelby Schaab 11- Zane Yamamoto, Tiffany Hart, Selena-Anne Baker, Taylor Lau 12- Michelle Radovan 13- Sarah Mudrick, Bria Hiromoto 14- Jalen Tam, Brandon Sunderland 15- Shaylon Mizukami, Solina Wilhelm 16- Kiana Rizzo 17- Justin Wong, Mark Cusamano 18- Grace Blanchette, Michael Baxter, Tiffany Wannome 19- Jasmine Matsumoto, Kailee Tomas, Layne Riley Sampson, Nicole Nakagawa, Lansing Wong 20- Teia Debusca, Amber Ahima, Jewel Kacasa 21- Kimberly Oshiro, Stephanie Kur 23- James Emmons 24- Maek Schrom, Korina Taylor 25- Juan Nicolas Gonzalez, Vanessa Burrier 26- Kiana Davis 28- Kiana Davis 29- Kiana Davis

Usually two hours in length including 30 minutes for eating and rest. Best \$40/ participant \$175 minimum (20% discount for HA 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. See

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



Different Clubs Featured Each Month

ADVERTISE HERE!

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

Ad Size	Per Issue	Per Year
1/12 page	\$60	\$600
1/6 page	\$95	\$950
1/4 page	\$130	\$1200



School's Out Slumber Party

Sat 09 Jun 07
6p till 8a Sun

\$25 per person

(Sat Dinner, Sun Breakfast & Snacks included)

Fun Activities! Bring Your Friends!

Reminders:

- Pay your tuition for the entire year and get 10% off (more than one month FREE)
- If your picture is NOT on one of the bulletin boards, please ask for it to be taken...we need them for the yearbook.
- Please 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 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.
- 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 enroll-



Hawai'i Academy

1314 Moonui Street
Honolulu, HI 96817 USA



Hawai'i Academy NEWSLETTER
April 2007: Volume 9, Issue 4

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

Items For Sale:

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

- '94 Chevy Astro 8 psg Van \$2,000, obo
- '99 Chevy Astro 8 psg Van \$6,500, obo
- '00 Chevy Venture 7 psg Van \$7,000, obo
- 72-speed 4-seat BikeCar w/ Moped assist \$900
- Trampolines (all sizes and configurations)

Sample ProShop Items — Check Out Everything That is Available.



Wanted:

We need a SEAMSTRESS / TAILOR / SEWER for sewing mat covers and equipment skirting.

If you are a PLUMBER, ELECTRICIAN, or CARPENTER; Birthday Party Specialist needed, please contact an HA director about

Please Support Our Sponsors & Contributors

Anonymous Donations
Carita House (Gym Shoes), Great Britain
CatBase Software, United Kingdom
Jen Yi Chang, MD, Orthopedic Surgery, Taiwan
Jeanette Chang, MD, Pediatrics, Honolulu
Munehiro Harada, PhD, Sport Mktg/Mgmt, Japan
Hawaii Parent Magazine, Honolulu
Joan Kagawa, MD, Child Psychiatry, Honolulu
Yuko Kusaka, MD, Psychiatry, Honolulu
Shari Kogan, MD, Geriatrics, Honolulu
Donna Mah, MD, Pediatrics, Honolulu
Olympic Fox Scoring Software, Oregon
Penske Truck Rentals, Honolulu
Peterson Sign Company, Honolulu
Psy-Med Associates, Ergonomics, International
Robert Ruggieri, MD, Emergency Medicine, Honolulu
University of Hawaii Geriatric Medicine
USAG Trampoline-Tumbling Elite Program

Academy Personnel

Director	Dr Max Vercruyssen
Assoc Director & Physician	Dr Donna Mah
Gym Managers	Ms Lori Shinsato
	Ms Paris Macabeo-Spahn
	(Sat) Ms Kira Ver-
	(M-F) cruysen
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
Outreach Specialist	Ms Sarah Hadmack
Rehab Therapist & Senior Exercise	Ms Ann Marie Ryan
Custodians	Mr Creighton Niwa

Donations Sought (New or Used)

- Used Camcorders for our TiVo video replay systems
- Outside Steel Stairs (demo or kits).
- Large Circus Tents.
- Gym and Exercise Equipment.
- Computers (for research and student use).
- TRAMPOLINES (in any condition).
- Lumber (for construction).

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 May 2007. You'll be really impressed. Make sure we have each student's portrait.

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 & Elite Level Teams
Coed High School & Collegiate Teams
Adult & Seniors Teams

Special Events and Programs Department (5%)

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

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)

In Memory of HA Supporters

- Mr Bo Bolongan, Body Builder & Motivator
- Mr Sam Nakamura, HA Seniors Program Founder