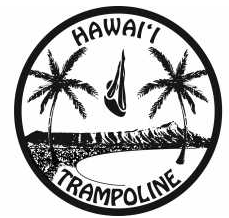




# Hawai'i Academy

# NEWSLETTER



June 2007

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

Volume 9, Issue 6

## Upcoming Events

- Jun 02 Sat** Parents' Night Out, 5-10p, \$10/15 (Bring Friends!)
- Jun 09 Sat** School's Out Slumber Party, 6p-8a, \$25 (Bring Friends!)
- Jun 10 Sun** USAG Hawaii State Safety Certification Workshop, 5-10p at HA.
- Jun 11 Mon** Safe Falling Workshop, 12-2p at HA.
- Jun 11 - Jul 20** Hawaii Academy Summer School, Monday-Friday 7a-5p. Prices between \$450-\$1200. (Bring Friends!)
- Jun 21-27** NO CLASSES (Summer Break) Jul 03-04 Tue-Wed NO CLASSES (Independence Day Holiday)
- Jul 14 Sat** Parents' Night Out, 5-10p, \$10/15 (Bring Friends!)
- Jul 22 Sun** Pacific Summer Meet, 4:30p WU/5:30-8p Meet, \$30 (Bring Friends!)
- Jul 31- Aug 7 14 Sat** All Japan Inter-High School Championships, Sukagawa Arena, Fukushima

Next Issue Submission Deadline: 27 June 2007

### MEMBERSHIP FEE ON CALENDAR YEAR

The HA annual membership fee of \$60 for ALL students that has been paid when enrolling and then renewed each year on the anniversary of initial entry into HA will be henceforth prorated so that payments will be due on January 1st of each year. 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). 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.

## 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-

1314 Moonui Street  
 Honolulu, HI 96817 USA  
 www.HawaiiAcademy.com  
 +1.808.842.5642 Gym  
 +1.808.841.2564 Fax  
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## Hawaii Academy's Summer School 2007

This will be an unforgettable, fun-filled, educational summer for PS/K-12 children!!!!



The Special Events and Programs Department at Hawaii Academy has been busy developing fun activities to take place during all of the daytime public and private school breaks. The intent is to provide 'Fun Care' activities that involve physical fitness, physical education, sport skill training, social development, and academic instruction during the time that parents are working and children are on break from their regular school lessons. The successes with our day camps, clinics, and workshops over the past year have revealed a market population of parents that find our fun care valuable. It also helps having the children go home exhausted from a day of physical activity and raving about how much fun they had, how delicious the food and snacks were, and how they cannot wait to return the next day. Thus, we have expanded our curricula to include academic instruction provided by EPIC Educational Services. High school students may even be able to receive high school credit if their cur-

riculum is arranged ahead of time and is coordinated with their high school.

Our Summer School is an example of an upcoming fun care program. Starting June 11 HA is offering six weeks of Summer School, running from 7 am until 5 pm with breakfast, lunch, and snacks provided. Preschool through 12th grade students are invited to attend. The morning hours will be filled with academics and the afternoon with physical education and enrichment classes. Students will receive 75 minutes each of math and language arts and 90 minutes each of social science and science.



In contrast, the afternoon is much more focused on physical and mental learning with gymnastics, trampoline, fitness, and safe falling classes, as well as special

enrichment activities. The HA system of having both academic and physical education integrated into 'fun care' assures parents that 'edutainment' time is well spent.



Enrichment classes include art, hula, dance, movement skills, cooking, journalism, movie analysis and film making, the universe, experiments around us, and photography.



Phone 842.4542 to inquire about 2wk, 4wk, or 6wk sessions this summer and throughout the year.

We aim to serve as a second home for families in which students improve physical and mental fitness and develop active lifestyles for lifetime wellness.

Try a session to determine for yourself the value of these classes.

## NON-SLIP GYM SHOES NOW REQUIRED FOR ALL HA STUDENTS

The new gym shoes have arrived from England! They are fantastic! These are the top-of-the-line shoes that our elite athletes have been wearing for years. We are trying to find less expensive versions (e.g., cotton or canvas tops) but when we got our

dealer pricing for buying in lots of 1000 pairs at a time, we decided to start with the best because it wasn't that much more expensive. These outstanding shoes are **only \$18 a pair** and we have ALL sizes in stock. We expect the

price to go down with additional sales. Please get your pair in the office, ASAP. Mark your initials on the tag and keep everything in an HA gym bag (\$10).



## Annual Events at Hawaii Academy

- Trampoline & Fitness Meets** (4/yr) Jul 22, Oct 7, Dec 7-9, Mar 27-30
- Parents' Night Outs** (12/yr) 5-10pm Once monthly
- Slumber Parties** (3/yr) 6pm-8am Jun, Aug, Dec
- Safe Falling Workshops** (11/yr) 2 hours (almost monthly)



## 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**

## 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

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
Sep 11	Tue	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, 5-6pm (11+ yrs) and 6-7pm (5-10 yrs). She is often assisted by her talented children. Teacher Cathy is the Director

## Buy Gym Shoes

Effective July 1 we are encouraging all Hawaii Academy members to purchase gym shoes. We have very high quality shoes for \$18 per pair. Henceforth, please leave your street shoes in a cubby and put on your gym shoes. They can be worn on all events/stations/rotations/apparatus. You will love the non-slip gummy soles. However, please avoid heat (e.g., leaving the shoes in your car on hot days, the hot cycle of washers/dryers, direct sunlight) as the gummy soles are quick to melt.



## 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

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



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

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

Slumber Parties  
 Private Events (Parties/  
 Private Lessons  
 Exhibitions & Demonstrations  
 Special Performances

## Adult Fitness and Gymnastics Classes



**INSPIRING!**

Sat 8:30a-10:30a

Nani

1-3p Julian

3-5p Julian

Sun 10:30-12:30p

Julian 3-5p Dr

Mah

**FUN!**

*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 ...*

## 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. There are too many fatalities (in 1998, 4.7

## 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.

Sat, 2 Jun 2007

5-10p

Sat, 14 Jul 2007 5-

10p

Sat, 18 Aug 2007

5-10p

Sat, 8 Sep 2007

## HA Sport Teams



HA athletes compete at the state level but Hawaii Trampoline Associations sublets the gym to compete teams on the mainland and internationally. In all there are seven team programs: HA's state teams and HTA's junior, high school, college, adult, seniors, and elite teams. Most training is in 2-hr/day workouts (elites train 4-5hrs/day). 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). Invite friends to try team even with no previous experience (Levels 1-10 train together... ages group together instead of abilities).

Effective 01Jul07, Mr Rick Purcell will begin as Athletics Department Chair and the State Teams Program Head. He has been a supporter.

## Congratulations!

- Aug Nani Vercryussen Pan-American Trampoline Champion, Mexico  
Kira Vercryussen & Matt Moniz in All Japan Inter-College Championships, Osaka, 9th & 22nd (only foreigners)
- Oct Nani Vercryussen & Spencer Madanay at the All-Japan Elite Championships in Fukushima, 6th & 47th in Senior Division (18+ yrs) (the only foreign athletes)
- Nov Nani Vercryussen 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 Duplo, & Nani Vercryussen for selection to US National Teams for International Meets  
Spencer Madanay, Kelsen Onigama, & Josh Smith for selection to the US ProElite National Training Squad  
Kira Vercryussen for German International University Trampoline Championships, University of Freiburg, Germany, 13th place overall
- Feb Nani Vercryussen & Kelsen Onigama at All-Japan Double Mini-Tramp Championships, Kamoyama, Yamagata, Japan, 1st & 2nd overall  
Nani (1st TR, 1st DM), Spencer Duplo (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 Duplo for 32nd among junior boys, Nani Vercryussen for 10th among junior girls, and Kelsen Onigama for 24th among junior boys at the Aalsmeer Flower Cup in The Netherlands  
Matt Moniz, Spencer Duplo, and Kelsen Onigama for winning their age divisions and Nani Vercryussen for 12th and Mia Vercryussen for 13th in their divisions at the Flemish DMT Championships in Schelle, Belgium.
- Apr Congratulations everyone that competed in the 2007 Hawaii Trampoline Championships.
- May Kylie Northrop, Annika Northrop, and Ally Vercryussen for becoming Regional Champions and Linnet Eaton for being a runner-up, Bakersfield, CA.  
Matt Moniz, Spencer Duplo, Nani Vercryussen, Spencer Madanay, Kelsen Onigama, Kristie Kawazoe, and Josh Smith for outstanding performances at Elite Challenge and the World Age Group Trials, Colorado Springs.

## State Tramp-Tumb 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 \$50/month and the tuition is by coupon (\$10/practice = \$5/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 10 2-hour team practices or other times that are convenient throughout the week (as long as the practice is not full). Practice 1-10 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 Rick Purcell coordinates the State-Level Teams Program. Invite your friends. Contact the office to try a free practice and then a trial month.



## Farewell Coach Abby

Coach Abby Eaton started with us at the Iwilei gym as one of the home school coordinators and a dance instructor. Her exceptional talent and thirst for learning saw her advance through the coaching/judging/administration ranks to eventually become our Athletics Department Chair. Her three daughters (Alena, Linnet, and Joanna) started at the beginning level and rapidly advanced through recreation classes and all the levels of team to our international and high school team programs, much due to assistance from their mother. Coach Abby helped at nationals last year and this year will be one of our national-level coaches. As ADC she has developed many new projects while successfully running the department over the past two years... She has awfully big shoes to fill. Thanks! Enjoy your break this summer... hurry back to the gym!

## New Regional Champions

Four HA athletes competed in the USAG Region II Championships in Bakersfield, CA, 18-20 May 2007, and returned winners. Linnet Eaton (13yrs) placed 4th on L9 TR, 2nd on L8 DM, and 2nd on L5 TU. Kylie Northrop (8yrs) placed 1st (tie) on L7 TR, 1st (tie) on L6 DM, and 5th on L6 TU. Ally Vercryussen (10yrs) placed 1st (tie) on L6 TR and 2nd on L6 DM. Annika Northrop (10yrs) placed 1st on L10 TR, 1st on L10

## Elite Challenge & IAG Trial 1

The US Elite Challenge and first Trial to determine the World Age Group Competition teams was held 10-13 May 2007 at the World Arena in Colorado Springs, CO. Matt Moniz (20yrs) placed 11th on Sr TR, 7th on Sr DM, and 3rd on Sr TRSynchro. Spencer Duplo (16yrs) placed 18th on Jr TR, 1st on 15-16 TR, 5th on Sr DM, 11th 15-16 DM, and 3rd Sr TRSynchro. Nani Vercryussen (15yrs) placed 7th on Jr TR, 1st on 15-16 TR, 2nd on Jr DM, 9th on 15-16 DM, 1st on 17-18 TRSynchro. Spencer Madanay (14yrs) placed 11th on Jr TR, 8th on 13-14 TR, 4th on 13-14 DM, 5th Jr TRSynchro. Kelsen Onigama (12yrs) placed 14th

### Remaining 2007 Home Meets:

- Jul 22 Pacific Summer Meet  
Oct 7 Larry Anderson Classic & Seniors Exhibition  
Dec 7-9 Paradise Friendship Meet & International

## Elite Teams

Athletes 6+ yrs are candidates for selection onto international and elite teams. Training costs \$300, \$400, or \$500 per month for tuition depending on ability level (pre-elite, junior elite, or senior elite, respectively) 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 Vercryussen is the head coach 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 Teams

For those 6-14 yrs that are interested in more than just intermediate/advanced recreation classes and want to be with others of the same age but don't want to train a lot, try a Junior Team. The team fee is \$200/month. 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. Nani Vercryussen 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 Nani to start. **Invite your friends!!!** Probably the two main meets are US Junior Olympic Nationals and All Japan Junior Championships.

## 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 \$200/month. 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. Coach Mia Vercryussen 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 Vercryussen 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 \$50/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 \$30/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.

## Member Birthdays in June and July

- 2007 June** 1- Koumae Adams, Riana Kawasaki, Ollie Goldstein, Xaviera Bologan, Brien Hubbard 2- Mayuka Kelly, Justin Yuen, Zoe Wang 3- Ayla Hakikawa, Keahi Sunderland, Heimana Reynolds, Makana Bachiller, Chiho Miyata 4- Eeron Wong, Reyn Kawasaki, Freedom Fallin, Kacie Kimoto, Erin Ino 5- Cadeilyn Mizuno, Rachel Eliazres, Jonah Ah Mook Sang 6- Mia Ozaki, Emily Nishimoto 7- Mari Kimoto, Destiny Cabrera 8- Angel Pak, Brooke Bluemke 9- Jordan Sanpei, Jeremy Keuma, Weimarilyn Martin 10- Aleesha Thomas, Kiani Yost, Deborah Borden 11- Aaliyah Iwamoto, Julie Nishimoto 12- Nohea Breedon, McKenna Wong, Kenta Nakamura 13- Tiare Tumavave, Justin Hu, Sesillia Tumavave, David Selbe, Donicio Rincon, Bryson Mattice 14- Tori Higa, Lily Teho 15- Tyler Sakamoto, Alexandra Ahimine 16- Devynne Greene, Brianne Nakasone, Kayla Wiebe, Eryn Yuasa 17- Kai Reboble, Abigail Yuen 18- Marissa Wong, Elaine Ashimine 19- Noah Nakamura, Maya Nakamura 20- Kelly Ann Sunderland, Janie Higa 21- Isabella Rooney, Matthew Moniz 22- Peggy Chang 23- Luke Hagi 23- Jennifer Moritaka, Carly Sky Schnack 25- Taryn Jim On, Tani Hoke, Kela Kaida, Rica Bonilla 26- Marina Purcell, Erin Sugai, Alissa George, Taylor Lau 27- Jenna Okada, Jennifer Kwock, Susan Inouye 28- Krislon Phillipot-Rosa 29- Megan Viernes, Jady Lung, Lani Kaida, Malia Brown, Matthew Taylor 30- Brandon Hong, Charity Lopes, Keighanna Verdadero
- July** 1- Anna Archibald, Paula Hamilton 2- Kalani Schuver 3- Shayna Neuman, Tyler Mishima 4- Evan Daniel 6- Avery Libed, Ethan Jung 7- Kira Rosen, Harley Pettis 8- Jacob Evans 9- Alex Norris, Chloe Hewitt, Witney Toyoda, Joelle Perkins 10- Ryan Tamashiro, Katrina Cheshire, Ryan Root 11- Lauren Lee, Griffin Motas, Meg Sugahara, Ikuo Miyata 12- Rita Ann Sorensen 13- Caetlin Dias, Aerin Dias, Serena Ho, Isabella Lawton, Nicole Uyemura, Taylor Onizuka 14- Isabella Lee, Carly Armstrong, Sara Watanabe 16- Brandon Lee, Marley Miyamoto, Fiona Lennstrom 17- Mahina Lau, Deja Sanders, Deena Char, Jefferson Huang 18- Sophia Sellitto, Aianna Wong, Sudee Ramirez 20- Logan Deuchar, Allisa Purcell, Karina Nago, 21- Kai Nakamura, Karalyn Fong, Gavin Ariola, Jaide Lamarca, Rodney Onigama 22- Anthony Tang, Grace Mattes, Ashlyn Chee 23- Celestine Choi 25- Tanya Bruno 26- Logan Duldulao, Tara Hiranano, Kiana Ahovalo 28- Travis Nitta, Abi Chun, Julia Schmetzler, Luke Shinsato 29- Jayson Tamashiro, Katelyn Pang 30- Joleya James, Trevor Lau, Malia Graham 31- Jonathan Martin

Please wish them a Happy

Phone the Academy to book your birthday party, graduation party, celebration or other special event. Activities are usually two hours in length including 30 minutes for eating and rest. Cost: \$200 minimum for up to 15 participants, \$10/participant after 15 (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. Con-

## NEW OAHU GYMNASTICS CLUB:

Island Illusions Academy NEW!  
91-226 Kauhi Street, Bldg B, Kapolei  
(808) 672.6195

This is a private school for twirling, cheer, gymnastics, and trampoline. Opening in June in Pearl City/Kapolei, this is the newest gymnastics facility in the state. Please welcome co-owners Amy and Danny Hines.

Different Clubs Featured Each Month

## 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)



## Slumber Party

School's Out 09Jun07  
Back-To-School 11Aug07

6p Sat 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. If they sign up, you can earn \$50-100.
- Pay your tuition for the entire year and get 10% off (more than one month FREE)
- 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 phone to schedule trial lessons or makeup classes. Do NOT just show up!
- Please pay tuition on or before the 1st of each month (by your 1st lesson at the latest).
- If your picture is NOT on one of the bulletin boards, please ask for it to be taken...we need them for the yearbook.
- 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  
June 2007: Volume 9, Issue 6

*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.

Gym Shoes \$18; Gym Shoes \$18; HA Leos \$24  
'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 as-

## Sample ProShop Items — Check Out Everything That is Available.



NEW Academy Leotards!

NEW Gym Shoes!

NEW Gym Bags!

## Wanted:

If you are a PLUMBER, ELECTRICIAN, CARPENTER, or Birthday Party Specialist, please contact an HA director about work at HA.

## Please Support Our Sponsors & Contributors

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  
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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 Vercryussen
Assoc Director & Physician	Dr Donna Mah
Gym Managers	(Sat am) Ms Lori Shinsato (Sat pm) Ms Joelle Perkins (M-F) Ms Paris Macabeo-Spahn (Sun) Ms Kira Ver-
cruyssen	
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	Mr Mike Nakashima
Rehab Therapist & Senior Exercise	Ms Ann Marie Ryan

## Donations Sought (New or Used)

Used Camcorders, in any condition, for our TiVo video replay systems. Important! ASAP!  
Outside Steel Stairs (demo or kits, anything).  
TRAMPOLINES (in any condition). Lumber (for construction).  
Gym and Exercise Equipment.

## 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)

## 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

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

### NEWSLETTER ADVERTISEMENT RATE:

Ad Size	Per Issue	Per Year
1/12 page	\$75	\$ 750
1/6 page	\$110	\$1100
1/4 page	\$150	\$1500

## In Memory of HA Supporters

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