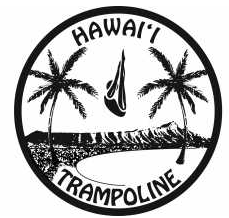




# Hawai'i Academy NEWSLETTER



July 2007

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

Volume 9, Issue 7

## Upcoming Events

Jul 03-04 Tue-Wed **NO CLASSES** (Independence Day Holiday)  
 Jul 15 Sun Safe Falling Workshop, 7-9p, required for HA instructors/coaches/receptionists. \$30 (Everyone welcome!)  
 Jul 22 Sun Pacific Summer Meet, 4:30p WU/5:30-8p Meet, \$30 (Bring Friends!)  
 Jul 31- Aug 7 All Japan Inter-High School Championships, Sukagawa Arena, Fukushima  
 Aug 02-12 Wakeshma Scholarship Camp, Corey Lake, Three Rivers, Michigan  
 Aug 09-14 US National DMT Teams Camp, Wakeshma Camp, Corey Lake, MI  
 Aug 13 Mon Safe Falling Workshop, 12-2p, required for HA instructors/coaches/receptionists. \$30 (Everyone welcome!)  
 Aug 14-19 USA-Gymnastics Annual Congress & Trade Show, San Jose, CA  
 Aug 20-27 All Japan Inter-College Championships, Jukai Dome, Odate, Akita  
 Aug 26 Sun USA-Gymnastics Hawaii State Safety Certification Workshop, 5-10p, certification required for all Hawaii gymnastics coaches, judges, and meet officials (Mr Mike Nakashima, certifier)

Next Issue Submission Deadline: 27 July 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.

## 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

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## 20 Academy Gymnasts Shine at Nationals 30 Top Ten Finishes, 17 Medals, and SEVEN NATIONAL CHAMPIONS

### U.S. (ELITE) CHAMPIONSHIPS

Five elite gymnasts from Hawaii competed with over 150 of America's best in the U.S. (Trampoline) Championships in Memphis, Tennessee, 21-24 June 2007 [according to age divisions and event: junior elites (12-17 yrs) = Jr and senior elites (16/17-30+ yrs) = Sr on the



events of individual trampoline = TRI, synchronized trampoline = TRS, and double mini-trampoline = DMT):

**Matt Moniz** (20 year old freshman at Leeward Community College, Aiea, and member of the US Senior DMT International Team) placed 4<sup>th</sup> on Sr DMT and 10<sup>th</sup> on Sr TRI. (Moniz is ranked 4<sup>th</sup> in the US for being on the five-member US team to the World Championships in Quebec City in November.)

**Spencer Dupio** (16 year old junior at Roosevelt High School, Makiki, and member of the US Junior DMT International Team) fractured the fifth metatarsal in his right foot during warm-ups and was unable to compete. Dupio is a junior elite on TRI and America's youngest senior elite on DMT and TRS. (He is expected to be near fully recovered by the next qualifying meet for the Age Group World Competitions—The Stars and Stripes Cup, Birmingham, AL, 13-15 September 2007.)

**Nani Verduyssen** (15 year old sophomore at Roosevelt High School, Manoa, and member of the US Junior TRI, DMT, and TRS International Teams—reigning Age Group World Champion on DMT) placed 2<sup>nd</sup> on Jr TRI and 1<sup>st</sup> on Jr DMT (did not compete TRS because partner was injured). (Verduyssen is ranked 1<sup>st</sup> in the US for being on the US 15-16 Age Group Teams for TRI, DMT, and TRS for the World Age Group

Competitions in Quebec City in November.) Verduyssen was crowned US Elite National Champion for the fifth time. In January 2008 she moves to senior elite in the US but must remain junior elite internationally until the 2010 when she turns 18.

**Spencer Madanay** (14 year old 9<sup>th</sup> grader at Punahou School, Aiea Haina), in his first year as an elite, placed 14<sup>th</sup> on Jr TRI and 5<sup>th</sup> on Jr TRS (with Onigama).

**Kelsen Onigama** (12 year old 7<sup>th</sup> grader at Kalakaua Middle School, Kalihi), in his first year as an elite, placed 12<sup>th</sup> on Jr DMT, 13<sup>th</sup> on Jr TRI, and 5<sup>th</sup> on Jr TRS (with Madanay). (Onigama is the youngest and smallest elite in America, probably the world. He receives a lot of attention at meets and has obtained standing ovations at international competitions.)

Verduyssen became the first elite in Hawaii in

### 2007 JO Nationals



2003, followed by Moniz in 2004, Dupio in 2005, Onigama in 2006, and Madanay in 2007. On trampoline, elite trampolinists (USAG Levels 11 and 12), in a 10-bounce routine, typically perform 21-27 flips with 9+ twists. On DMT they perform 2-3 flips on with up to 2.5 twists and 2-3 flips off with up to 4 twists. Elite athletes, from which each country selects their international traveling teams, compete only against other elites and are usually Junior Olympics national champions (USAG Level 10).

### USAG JUNIOR OLYMPICS NATIONAL CHAMPIONSHIPS

Nearly 1800 athletes, mostly state and regional champions, competed for national ranking according to sex, age group, and ability levels at the 2007 USA-Gymnastics Trampoline-Tumbling

Junior Olympics National Championships in Memphis, TN, 24-28 June. Following are the names with their age, school, hometown, final placement, and the competition events and ability levels of the Hawaii athletes who competed (individual trampoline = TRI, synchronized trampoline = TRS, double mini-trampoline = DMT, and power tumbling = TU; Levels are indicated by L, e.g., L10 = Level 10). Medals were given to the first three places and ribbons for places 4-10.

**Irina Jang** (17 year old junior attending school in the International Christian School in Hong Kong) placed 24<sup>th</sup> on TRI L7, 15<sup>th</sup> on DMT L7, and 21<sup>st</sup> on TU L7.

**Mia Verduyssen** (17 year old senior at Roosevelt High School, Manoa) placed 13<sup>th</sup> on TRI L8, 7<sup>th</sup> on DMT L7, and 8<sup>th</sup> on TU L6.

**Alena Eaton** (15 year old sophomore homeschool student, Tantalus) placed 1<sup>st</sup> on TRI L7 and 3<sup>rd</sup> on DMT L7.

**Spencer Madanay** (14 year old 8<sup>th</sup> grader at Punahou School, Aiea Haina) placed 2<sup>nd</sup> on DMT L10 and 1<sup>st</sup> on TU L8. Madanay also competed in his first US (Elite) Championships where he placed 14<sup>th</sup> on Jr Elite (Level 11) TRI and 5<sup>th</sup> on Jr Elite TRS (with teammate Kelsen Onigama).

**Kristie Kawazoe** (13 year old 8<sup>th</sup> grade homeschool student, Pearl City) placed 6<sup>th</sup> on TRI L10, 14<sup>th</sup> on DMT L10, and 3<sup>rd</sup> on TU L6.

**Linnet Eaton** (13 year old 8<sup>th</sup> grade homeschool student, Tantalus) placed 40<sup>th</sup> on TRI L9, 1<sup>st</sup> on DMT L8, and 12<sup>th</sup> on TU L5.

**Joy Ogasawara** (13 year old 7<sup>th</sup> grader at LaPietra School, Kahala) placed 17<sup>th</sup> on TRI L8, 2<sup>nd</sup> on DMT L8, and 14<sup>th</sup> on TU L7.

**Joshua Smith** (12 year old 7<sup>th</sup> grader at St



## NON-SLIP GYM SHOES NOW REQUIRED

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 were 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 \$35 shoes are **only \$18 a pair** (nearly 1/2 price) and we have ALL sizes in stock. Please get your pair in the office, ASAP. Put your initials

on the top elastic strap and keep your shoes in your personalized HA gym bag (\$10).



## Annual Events at Hawaii Academy

<b>Trampoline &amp; Fitness Meets</b> (4/yr)	Jul 22, Oct 7, Dec 7-9, Mar 27-30
<b>Slumber Parties</b> (3/yr)	6pm-8am Jun, Aug, Dec
<b>Safe Falling Workshops</b> (11/yr)	2 hours (almost monthly)
<b>Open House / Showcases</b> (2/yr)	during classes Nov



## 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

Jul 22	Sun	7-9p	Oct 13	Sat	6-8p
Aug 13	Mon	12-2p	Nov 19	Mon	12-2p
Sep 11	Tue	6-8p	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, 5-6pm (11+ yrs) and 6-7pm (5-10 yrs). She is often assisted by her talented children. Teacher Cathy is the Director of

## 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.

<i>Regularly Hosted Events:</i>	<i>Contracted Private Services:</i>
Summer School (& EPIC Academics)	Birth-day Parties & Celebrations
Clinics, Workshops, Seminars	School Excursions
Camps & Fun Care During School Breaks	Off Site Contracting
Fundraising Special Activities	Slumber Parties
3 Annual Slumber Parties	Private Events (Parties/ Meetings)
2 Local Athletic Competitions	Private Lessons
2 International Athletic Competitions	Exhibitions & Demonstrations

## Adult Fitness and Gymnastics Classes



**INSPIRING!**

**FUN!**

Sat 8:30a-10:30a

Nani

1-3p Julian

3-5p Julian

Sun 10:30-12:30p

Julian 3-5p Dr

Mah

*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

## ISLAND SKILL GATHERING



# Island Skill Gathering Hawaii

## Answering the Call for Assistive Technologies

Do you know someone whose quality of life is limited because they are hard of hearing or have low vision? ISG Hawaii provides local access to the widest range of products and services for those who may need assistive technology. Devices like amplified telephones, vibrating alarm clocks, audio-visual smoke detectors, and phone and doorbell flashers. ISG Hawaii can also provide the best desktop video magnifiers as well as top quality hand-held magnifiers, and talking clocks and calculators. Call for an appointment to visit our home office showroom!

Wally Soares and Valerie Miehlestein (Iwalani's parents...)

3472 Kanaina Avenue, Honolulu, HI 96815

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## HA State-Level Teams

Hawaii Academy athletes compete only at the state level. Those athletes competing on the mainland and internationally do so as part of the Hawaii Trampoline Association which rent space at HA to train these athletes. Three coaches train the state athletes on Monday, Friday, Saturday, and Sunday (other days to open as the program grows). Currently the Sunday and Monday coach is Ms Wendy Rosen; the Friday coach is Ms Tina Bolongan; and the Saturday coach is Ms Nani Vercruyssen. In August Mr Rick Purcell will replace Coach Wendy on Monday and Coach Nani on Saturday.

This program is for students (~13-18 yrs) that are interested in more than just intermediate/advanced recreation classes. It 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)... pay as you go. No previous trampoline experience is required. 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. Invite your friends. Contact the office to try a free practice and then a trial month.

## HTA's Traveling Teams

The Hawaii Trampoline Association contracts Hawaii Academy to provide facilities, equipment, and coaches for the training of athletes who compete on the US mainland and elsewhere around the world. The athletes are divided into six competitive trampoline programs: Junior Teams (5-13 yrs), High School Teams (14-18 yrs), Collegiate Teams (19-30 yrs), Adult Teams (19-59 yrs), Senior Teams (60-99 yrs), and Elite Teams (by ability as either pre-elite, junior—12-17yrs, or senior—17+ yrs). These athletes participate in all Hawaii Academy team functions but when travel they do so under the name 'Hawaii' or 'Hawaii Trampoline' and do not represent Hawaii Academy. The junior, high school, and college athletes train primarily for national competitions on the mainland and in Japan each summer. The adults and seniors train primarily for the local competitions and one meet at a location selected for a family holiday (e.g., Disneyland, Las Vegas). The elite athletes compete in national and international competitions at the highest level and aspire to wear US uniforms in world championships. Speak to the head coach of each team program for more details.

## Elite Teams

Athletes 6+ yrs are candidates for selection onto pre-elite 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 Vercruyssen is the head coach and Dr Donna Mah is the assistant coach and physician. Mr Rod Onigama serves as assistant coach and judge. 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 2-hour team practices. Nani Vercruyssen 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 for 1-7 days of training/week. No previous experience is required. Train during high school training hours or select any other team practices. Contact the office to register and Head Coach Mia Vercruyssen to start. **Invite your friends!!!**

## Collegiate Teams

In 2006, Hawaii Academy started the first Collegiate Trampoline program in America. **Kira Vercruyssen** 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. Hawaii Academy 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 1-12 flips in a 10-bounce routine, and Class A for international level athletes.

## Congratulations!

The Hawaii Trampoline Championships, including the 69th USA-Gymnastics Hawaii State Championships for trampoline-tumbling, were conducted at Hawaii Academy, 13-15 April 2007. Participants ranged in age from 3-95 years, including males and females, with abilities levels from entering beginners to world-class elites. Following are listed only those designated as "State Champions" - those winning first in an event according to skill level, age, and sex. Hawaii is unique in having a large number of adults and senior citizens participate in this sport.

### Hawaii State Champions by Event, Skill Level, Age Category, and Sex

**Three Events:** Trampoline, Double Mini-Trampoline, and Tumbling  
**Skill Levels:** (lowest to highest) 1, 2, 3, 4, 5, 6, 7, 8, 9, and 10; Junior Elite (12-17yrs)=Jr; Senior Elite (18+ yrs)=Sr  
**Age Groups:** Beginning with under 5 all the way to 90+ (Ages=Yes on 31Dec07)  
**Sex:** Male and Female Tittle (co-champions)

**Robert Ashimine** (95 S90+ M TR17 TU1); **Ralph Inouye** (92 S90+ M TR1 DMI); **Midori Hirano** (81 S80-89 F TR1 DMI TU1); **George Okinosh** (75 S70-79 M TR1 TU1); **Joan Kufferath** (70 S70-79 F TR1 DMI); **Alvin Fukumoto** (68 S60-69 M DMI); **Roy Ashimine** (68 S60-69 M TU1); **Janet Shaw** (65 S60-69 F TR1); **Lynette Kwoek** (50 Adult F TR5); **Shaari Kogah** (47 Adult F TR3 TU2); **Paula Hamilton** (42 Adult F TR4 DMS); **Kimberly Spohnung** (41 Adult F DMS TU2); **Charlene Wong** (Adult F TR4 DMI TU1); **Justine Perkins** (26 Adult F TR6 DMS TU2); **Traces Nutsugu** (25 Adult F TR9 DM7 TU6); **Chad Yamashita** (25 Adult M TR6 DMS TU7); **Gabrielle AhKook Sang** (5 6Under F DMI); **Marina Purcell** (5 6Under F TU1); **Emma Tamashiro** (6 6Under F TR1); **Shannon Lee** (6 6Under F TR2 DMS); **Tyler Mishima** (6 6Under M TR3); **DF Northrop** (6 6Under M TR4 DMI TU2); **Skyler Spohnung** (6 6Under M TR2); **Walter Lee** (7 7-8yrs M TR1); **Isabelle Bauer** (7 7-8yrs F TR3 TU2); **Samantha Duplo** (7 7-8yrs F TR3 DMI TU1); **Natasha Whit** (7 7-8yrs F TR4 DMI); **Kira Rosen** (7 7-8yrs F DMI); **Dorothy Sanidad** (7 7-8yrs F TR7 DMI TU7); **Iwaland Soares-Michelstein** (7 7-8yrs F DMI); **Celestine Choi** (7 7-8yrs F TU2); **Karyn Greene** (8 8-9yrs F TU2); **Audrea Keene** (8 8-9yrs F TR5 DMS TU4); **Alisa Purcell** (8 8-9yrs F TR6 DMS); **Kylie Northrop** (8 8-9yrs F TR6); **Sydney Ramirez** (9 9-10yrs F DMI TU1); **Grace Mattes** (9 9-10yrs F DMI TU2); **Alisa Carradine** (9 9-10yrs F DMI TU3); **Lyla Rosen** (9 9-10yrs F DMS TU2); **Kiana Ahovel** (10 10-10yrs F DMI); **Elyse Nakamoto** (10 10-10yrs F TR4); **Kiyra Demello** (10 10-10yrs F TR5); **Ally Vercruyssen** (10 10-10yrs F TR6); **Latte Mishima** (10 10-10yrs F TR7 DMI TU5); **Anna Archibald** (10 10-10yrs F DMS); **Annika Northrop** (10 10-10yrs F TR10 DMI TU6); **Keighanna Verdadero** (10 10-10yrs F TR4); **Kalya Ichinotsubo** (10 10-10yrs F TR3); **Tori McCurdy** (10 10-10yrs F TU3); **Kelli Shimada** (11 11-12yrs F TR3 DMI); **Sarah Mudrick** (11 11-12yrs F TR4 TU2); **Marques Battorf** (11 11-12yrs M TR6 TU5); **Emmie Mae Stretch** (11 11-12yrs F TR7 DMI TU6); **Xavieria Bolongan** (11 11-12yrs F DMS); **LeKana Laombe** (11 11-12yrs F TR8 TU4); **Nico Gonzalez** (11 11-12yrs F TR9 TU1); **Rachel Schneider** (12 11-12yrs F TR5); **Josha Smith** (12 11-12yrs M TR10 DMI TU5); **Linnet Eaton** (13 13-14yrs F TR9 DMI TU5); **Buddy Yeoh** (13 13-14yrs M TR4 DMS); **Kiona Esteban** (13 13-14yrs F TR5 DMS); **Amey Johnson** (13 13-14yrs F TR TU3); **Joy Ogasawara** (13 13-14yrs F TR DMS TU7); **Lela Shinato** (13 13-14yrs F DMI TU6); **Kristie Kawazoe** (14 13-14yrs F TR DMI TU6); **Kathryn Chinn** (14 13-14yrs F DMI TU); **Spencer Madanay** (14 13-14yrs M TR8); **Taylor Refurth** (14 13-14yrs F TR TU4); **Tiana Kono** (14 13-14yrs F DMI); **Luke Shinato** (15 15-18yrs M TR4 DMS); **Alena Eaton** (15 15-18yrs F TR TU3); **Tiare Bolongan** (17 15-18yrs F TR DMS TU5); **Mia Vercruyssen** (17 15-18yrs F TR DMI TU7); **Irina Jiang** (18 15-18yrs F TR DMI TU7); **Kelsey Onigama** (12 18yrs M TR3); **Spencer Duplo** (16 18yrs M TR DMI); **Nani Vercruyssen** (15 18yrs F TR DMI); **Matt Moniz** (20 18yrs M TR3 DMS).

## Seven New National Champions

**Nani Vercruyssen** is the 2007 USAG TT Women's Junior Elite National Champion on Double Mini-Trampoline and silver medalist on trampoline. This was her fifth elite national title. She is also the reigning Age Group World Champion on DMT.

**Spencer Madanay** is the 2007 USAG TT Men's (13-14 yrs) Level 8 Tumbling National Champion. He also placed 14th on junior elite trampoline (he was last year's L10 national champion) and second on Level 10 double mini-tramp.

**Annika Northrop** is the 2007 USAG TT Women's (10 yrs and under) Level 10 National Champion on both Trampoline and Double Mini-Tramp. She also placed third on Level 6 tumbling.

**Josh Smith** is the 2007 USAG TT Men's (11-12 yrs) Level 10 Double Mini-Trampoline National Champion. He also placed fourth on Level 10 trampoline and sixth on Level 8 tumbling.

**Linnet Eaton** is the 2007 USAG TT Women's (13-14 yrs) Level 8 Double Mini-Trampoline National Champion. She also placed 40th on Level 9 trampoline and 12th on Level 5 tumbling.

**Alena Eaton** is the 2007 USAG TT Women's (15-16 yrs) Level 7 Trampoline National Champion. She also placed 3rd on DMT.

Also receiving silver or bronze medals were: **Kristie Kawazoe** (3rd L6TU), **Dorothy Sanidad** (2nd L7TR), **Joy Ogasawara** (2nd on L8DM), and **Marques Battorf** (3rd L7DM, 2nd L5TU).

## 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 necessary. Select any of the 16 2-hour team practices 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.

## Senior Teams

For those 60-100 yrs, that are interested in more than just the seniors class, try the 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 \$30/month value! Contact the office to register and Dr Max to start.

## Member Birthdays in July and August

Please wish them a Happy



**2007 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, Sydnee 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 Hirano, Kiana Ahovel 28- Travis Nitta, Abi Chun, Julia Schnetzler, Luke Shinsato 29- Jayson Tamashiro, Katelyn Pang 30- Joleeya James, Trevor Lau, Maia Graham 31- Jonathan Martin

**August** 1- Korynn Grenert, Kathryn Chinn, Calbert Lucio 2- Daniel Christopher Ferrer, Emma Tamashiro, Nicholas DeCorte, Kodie Akamine 3- Ashley Taruzawa 4- Caleb Cheshire 5- Ayden Greene, Sean Nicholas Childers, Jarin Sakamoto 6- Liam Kelly 7- Mitchell Kamei 8- Alissa De Smet, Saige Johnson 9- Maya Leslie Berengue, Christa Cheshire, Cale Okamoto, Nicole Gehman 10- Miyuki Young, Haley Churchill, Shayna Kawamura, Gillian Paez, Nina Ann Phan 11- Lauren Imai 12- Ashley Morita, Cathy Izumi 13- Kayce Demello, Chloe Wollin, Spencer Madanay 14- Pema Williams, Jacob Sumikawa, Layla Rohde 15- Benjamin Chang, Kelli Nekomoto, Destiny DeWitt, Chad Yamashita, Lynette Kwock 18- Linn Daskam, Beverly Fujiwara 19- Aidan Michael Sibley, Kashif Yaga, Danielle Leong 20- Jill Nakayama, Yukinori Miyata 21- Lauren Kam, Alja Keuma 22- Emma Domen 23- Riyana Werny 24- Kosuke Morita, Christopher Platte, Mandilée Hill, Selena Lytle, Brinck 25- Joan Kufferath 26- Andrew Bell 27- Taven Hathaway 28- Kenneth Chang 29- Titus Paynter- Tavares 30- Alick Damon, Evan Won, Mustafa Shmida 31- Caetlin Dias, Joelle Perkins (Please let us know if we missed anyone)

Monthly two hours in free class, 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 5:30-7:00 pm and during Academy breaks. Contract additional times if you like (e.g., \$75 for each 30 minutes over 90). See our website at [www.HawaiiAcademy.com](http://www.HawaiiAcademy.com) or phone for

## '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!**

## GYM BAGS FOR SALE only \$10



8 Colors



## Back-To-School

# Slumber Party

11 Aug 2007

6p Sat till 8a Sun \$25 per person (Sat Dinner, Sun Breakfast & Snacks included)

Fun Activities! Bring Your Friends!

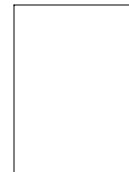
## Reminders:

- 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. 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 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  
July 2007: Volume 9, Issue 7

## Items For Sale:

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

'00 Chevy Venture 7 psg Van \$6,500, obo, Still with warranty. Run great! 80k miles. Fuel efficient.

72-speed 4-seat BikeCar w/ Moped assist \$900

Trampolines (all sizes, budgets, and configura-

## Wanted:

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

## 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)

We accept VISA & MasterCard (get your bonuses).

## 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 (non-traveling) Pre-Elite & Elite Level Teams Junior, 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

(see Organizational Chart on website)

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

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



## 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  
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Penske Truck Rentals, Honolulu  
Peterson Sign Company, Honolulu  
Psy-Med Associates, Ergonomics, International  
Robert Ruggieri, MD, Emergency Medicine, Honolulu  
USA-Gymnastics Trampoline-Tumbling Elite Program

## Academy Personnel

Director	Dr Max Vercruyssen
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 & Asst Director	Ms Paris
Macabeo-Spahn	
Registrar	Ms Janet Onigama
PE/Recreation Department Chair	Ms Lori Shinsato
Athletics Department Chair	Mr Rick Purcell
Special Events & Programs Chair	Mr Julian Simee
Clinical Services Department Chair	Dr Donna Mah
Outreach Specialist	Mr Mike Nakashima

## 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.

### NEWSLETTER ADVERTISEMENT RATE:

Ad Size	Per Issue	Per Year
1/12 page	\$80	\$ 800
1/6 page	\$120	\$1200
1/4 page	\$160	\$1600

## In Memory of HA Supporters

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