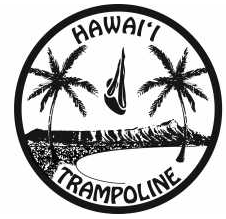


Hawai'i Academy

NEWSLETTER



May 2008

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

Volume 10, Issue 5

Upcoming Events

May 11 Sun Mother's Day
 May 16 Fri Parents' Night Out / Friday Fun Night, 6-10p at HA
 May 17 Sat USAG State Meet, 12-5p at HA
 May 17-18 11th World Cup, Himawari Dome, Kumatori, (Osaka) Japan
 May 22-25 US (Elite) Visa Championships, Houston TX (All Gymnastics Disciplines)
 May 26 Monday **NO CLASSES**, Memorial Day
 Jun 4-7 Canadian Championships, Calgary, Alberta, Canada
 Jun 8-12 Canadian Training Camp, Skyriders Trampoline Club, Toronto, Ontario, Canada
 Jun 9—Jul 18 HA SUMMER SCHOOL, 7a-5p Mon-Fri in 2-, 4-, and 6-wk sessions
 Jun 13 Fri Parents' Night Out / Friday Fun Night, 6-19p at HA
 Jun 21-22 USAG Congress, Philadelphia, PA
 Jun 27-28 World Cup, Albacete, Spain
 Jun 29-Jul 2 **NO CLASSES**, Summer Break
 Jun 30-Jul 6 USAG Junior Olympic National Championships, Kansas City, KS
 Jul 11-14 Sr National Team Camp
 Jul 15-20 World Cup, Switzerland
 Jul 24-27 36th All Japan Junior Championships, Kaminoyama City, Yamagata

Next Issue Submission Deadline: 27 May 2008

Vision

We envision a society in which everyone, regardless of age, enjoys health, fitness, and a quality of life that is enhanced through regular physical activity. We wish to inspire an approach to wellness that encourages children, teens, adults, and seniors, regardless of physical ability, to acquire and maintain a level of personal fitness that permits their enjoyment of the activities of daily living and extends their years of functionality and independence. We train athletes in numerous competitive athletics programs, including the Olympic sport of trampoline gymnastics, in which we seek to achieve international recognition for excellence. We strive to improve community wellness by promoting an appreciation for and a better understanding of physical education, the human sciences, and the effective use of technology.

Mission

1. To provide private education for children, teens, adults, and seniors that promotes life-long fitness, an understanding of human sciences, and the effective use of technology in order to extend one's years of functional independence.
2. To conduct research on lifespan changes in fitness and neuromotor functioning, and train students to be investigators and intelligent consumers of scientific information.
3. To explore human development and intergenerational cooperation in the context of optimal designs of products, environments, and systems.

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HA's Age Group World Champions

HA now has Five World Medals and Four are Gold!

2002. In 2000 trampoline gymnastics became an Olympic sport and USA-Gymnastics became the national governing body for within the US. In 2002 Hawaii Academy started competitive trampoline and immediately launched two national champions (Matt Moniz and Kira Vercauysen). 2003. Within a year Nani Vercauysen made the US team and competed in the Age Group World Championships in Hannover, Germany, where she placed 5th on double mini and 6th on trampoline (11-12 yrs). 2005. In addition to annual national champions in 2005 three HA athletes made US elite national teams and competed in the Age Group World Championships in Eindhoven, Nederland. Matt Moniz (17-18 yrs) made finals on but was bumped to 7th by a technical ruling. Spencer Dupio (13-14 yrs) made a mistake and dropped from 4th to 42nd. Nani Vercauysen (13-14 yrs) also made a mistake on trampoline and dropped from 2nd to 73rd but won a gold on double mini dominating the field.

2007. This time five national champions made the US national team (Matt Moniz, Spencer Dupio, Nani Vercauysen, Spencer Madanay, and Kelsen Onigama) but only three competed in the Age Group World Championships. Onigama (11-12 yrs) won gold on double mini and 6th on trampoline. Dupio won bronze on double mini and 22nd on trampoline. Vercauysen won gold on both events becoming the only person we have found to be a three-time age group world champion.

HA's Elite Trampoline Program Set Goals for 2003-2007 Before Its Scheduled Hiatus.

Competing as an elite athlete is not a casual thing and cannot be done part-time. Elite training requires a huge commitment of time (5+ hrs per day, 6+ days per week, in two year blocks between world championships), money (\$25,000-60,000 per athlete

per year), and extreme sacrifices by not just the athlete but the entire family, coaches, host training facility, etc. Obviously this intensity

goals were defined. After the 2007 World Championships all elite and pre-elite athletes went to other activities except Nani Vercauysen who was invited to move to the US Olympic Training Center (Colorado Springs, CO) to train for the 2012 Olympics.

HA's Trampoline Program Sets Many Records.

In its six year run Hawaii Academy went on the map as a trampoline powerhouse but set many records. Most distinctive is our 2005 trophy for the best double mini elite team (Moniz, Dupio, Vercauysen) in the US. In all we produced over 30 elite and Jr Olympic national champions (by 12 individuals) and in possibly the shortest length of time (e.g., Kira V, Moniz, and Dupio in seven months, Annika Northrop in 16 months, and Nani V in 19 months. Dupio went from level 6 to a level 10 national champion and onto the US elite team in seven months and to one of the best in the world his age in 10 months. Northrop demonstrated that our system could take a 9 year old and turn her into the best level 10 in the US by far in a little over a year. HA concluded this six year run with five world class athletes, four on US (elite) national teams. We became possibly the most successful club when we sent three athletes to the Age Group World Championships and returned with four medals — a feat rarely ever done, even by the best national teams. It's truly a happy ending for a sport program that emerged from the middle of the Pacific to become a world power and then return to enjoy the reclusive and isolation of paradise.

Whether elite training resumes in Hawaii will be determined by the ambitions of the incoming collegiate athletes and the new batch of upcoming athletes, and where Nani Vercauysen chooses to train for the 2012 Olympics. HA's elite engine could run again but like a dragster must run at 100% capacity to win.

There is no such thing as cruising or coasting in a sprint race. Running the elite program is very expensive and short-lived but thrilling and spectacular. Congratulations and thanks to everyone that participated. You made history!

See this magazine and story on-line at <http://www.hidll.com/products/26140-Hawaii%20Parent/pdf/secure/Hawaii%20Parent-080401.pdf> (pages 52-58)

SUMMER SCHOOL REGISTRATION NOW OPEN



Last summer was our first experience with outsourcing educational programs and providing all day 'fun care' for students during the summer break. We called it summer school and it was a big success. Again we have contracted EPIC Educational Services to provide our academic curricula. We are remodeling the gym to make more efficient class room space and we are committed to the development of high quality 'edutainment fun care' (educational and entertaining child care that is FUN) programs. We are

especially interested in taking advantage of the time from regular school to provide enhanced/enriched training in academic subjects, some crafts, physical fitness, and fundamentals of rebounding and safe falling techniques. Our facility is already the best in the Pacific for trampoline, tumbling, and other rebound activities. We have the most sophisticated bungee and overhead training systems in the world. Combine this with talented instructors and we are ideally suited for flip/twist training at all skill levels.

Mornings feature language arts (vocabulary, reading, and writing) and mathematics. Afternoons

feature gymnastics lessons (M-F), fitness training (M-F), and enrichment classes (MWF: art, hula, cooking, and science experiments). Weeks 5-6 emphasize intensive preparation for the next school year. Register today for 2- (\$500), 4- (\$900), or 6-week sessions (\$1300, lunches included). Brochures are available in the gym and online as are the registration forms. Address questions to our gym managers (Paris, Kira, Noelle) by phone (842.5642) or in person M-F 2-8pm and Sat/Sun 9am-5pm. [Leave a message at any other time and they will contact you when they are in the office. Send email messages to secretary@hawaiiacademy.com.]

Annual Events at Hawaii Academy

Trampoline & Fitness Meets (4/yr)

Slumber Parties (2/yr)

Safe Falling Workshops (11/yr)

Open House / Showcases (2/yr)

May 17, Sep 14, Jan 15-19, Mar 26-29

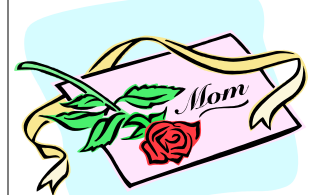
6pm Sat—8am Sun Aug 23 & Dec 20

2 hours (almost monthly)

during classes Nov 12-18 & Mar 9-15

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

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



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

We have **30 Preschool (Ages 3-5 yrs) Classes** per Week (start times): Mon 12p 3p; Tue 1-6p; Wed 10:45a 3-6p; Thu 3-5p; Fri 3 5-7p; Sat 8:30-12:30p 1-4p; Sun 8:30-12:30p 1-4p.



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:

Summer School (& EPIC Academics)
Clinics, Workshops, Seminars
Camps & Fun Care During School Breaks
Fundraising Special Activities
2 Annual Slumber Parties
3 Local Athletic Competitions
2 International Athletic Competitions
Development of New Classes & Programs
2 Open Houses of Student Achievement

Contracted Private Services:

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

If you wish to contract an event, rent equipment or facilities, or get more information, please see Special Events on our website or contact Ms Justine Perkins, Special Events and Programs Department Chair.

Adult Fitness and Gymnastics Classes



INSPIRING!

FUN!

Sat	1-3p	Justine
	3-5p	Julian
Sun	10:30-12:30p	Mike
	3-5p	Dr Mah
Tue	7:30-9/10p	Dr Mah
Thu	7:30-9/10p	Dr Mah

Try a free adult class. You'll love it! If you want to continue, it is 1/2 price, \$60 / month for 2 hours/wk, less with a family discount if your children are also members (\$30/mon ... that's \$4/hr), and you can make up whatever classes you miss. **Ask about Adult Teams!**

2008 Safe Falling Workshops



Falls are inevitable but injuries are preventable!

We have initiated a campaign to reduce the number of injuries that could have been prevented with safer falling mechanics. These workshops are for all ages and can change the way you contact the ground forever. \$30 for workshop, \$75 for a certificate to teach workshops (3 sessions & tutoring). We are developing curricula for public instruction of safe falling techniques. Following are the scheduled sessions for the remaining months in 2008:

Jun 23 Mon 6-8p, Jul 30 Wed 7-9p, Aug 25 Mon 12-2p, Sep 9 Tue 7-9p, Oct 6 Mon 12-2p, Nov 11 Tue 10a-12p, Dec 4 Thu 6-8p

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 deaths/100,000 in the US; 5.6/100,000 in Hawaii) and injuries from falls that could have been prevented by the training of safe falling habits/skills/maneuvers.

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** and **6-7pm**. Her talented assistants are David, Sarah, and Stacy. Teacher Cathy is the Director of **Honolulu Dance Studio**. For more information, phone 524-8455. Add a dance class Mondays 5-6 or 6-7 pm for only \$30/month. **Try a free trial and then decide.**

Adaptive & Special Education

The Academy aspires to provide educational programs for all ages and abilities. In addition to our standard courses, we have special classes for physically, mentally, or emotionally challenged students. We offer special needs developmental classes on Wednesdays 2:45-3:45pm (**Mr Mike Nakashima**) and Fridays 3-4pm (**Mr Julian Simee**). On Mondays 10:15-11:45am we have a special seniors (60-100 yrs) exercise class (**Mr Mike Nakashima & Dr Max**). By appointment we also offer individual assessments, personal training, and other clinical services. We have many success stories about progress in coping with Alzheimer's Disease, Parkinson's Disease, Down's Syndrome, ADHD, Balance Loss, Vertigo, Strokes, Illnesses, Confusion of Neuromotor Functions, and other challenges.

Student of the Month



Student of the Month (1-5 yrs)

Nellia Kinosita
5, best listener in Ms Joelle's class



Student of the Month (6-18 yrs)

Joy Ogasawara
13, HA's best national-level athlete



Student of the Month (19-59 yrs)

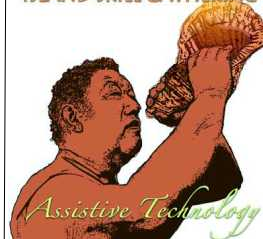
Tracee Suetsugu
25, medical student, adult champion on TR DM & TU



Student of the Month (60+ yrs)

Robert Ashimine
96, HA's oldest athlete, 90+ age group champion

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 MiehIstein (Iwalani's parents...)
3472 Kanaina Avenue, Honolulu, HI 96815
808.732.4622 v/tty isg@aloha.net www.isghawaii.com





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 Associations which rent space at HA to train these athletes. Four coaches train the state athletes on Monday, Tuesday, Friday, Saturday, and Sunday (other days to open as the program grows). Currently the Sunday coach is Ms Wendy Rosen; the Friday coach is Ms Tina Bolongan; the Monday, Tuesday, and Saturday coach is Ms Nani Vercurryssen; and the Monday and substitute coach is Ms Mia Vercurryssen.

This program is for students (~5-13 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. All expenses, parent obligations, and athlete commitment are designed to be minimal. The cost is \$150/month for tuition plus \$40/month to HABC for equipment maintenance, about \$80 for uniform, and about \$120 for meet entry fees during the year. No previous trampoline experience is required. Practice 2-10 times per week according to school and family schedules and personal interest. Invite your friends. Contact the office to try a free practice and then a trial month.



Congratulations!



Nani Vercurryssen (16 yrs) for being the only US medalist at the Pacific Rim Gymnastics Championships, San Jose CA, 27-30 March 08. Two junior (12-17 yrs) and senior (18+ yrs) male and female athletes represented each of the countries with borders touching the Pacific Ocean in the disciplines of women's artistic, men's artistic, trampoline, rhythmic, and acrobatic gymnastics. Age group world champion Nani dominated the junior women's trampoline category and easily won the gold medal. The silver medal went to Ms Samantha Sendel (Canada), who was second in the 2007 World Age Group Competitions in the 15-16 age division. The bronze medal went to Ms Nadezhda Glebova (Russia), the 13-14 Age Group World Champion. While the US did well at this competition some mistakes during the finals prevented any other athletes from the podium. (See http://www.acrobaticsports.com/detail.do?noArticle=2678&id_key=0.)

Fitness Testing For ALL Coming



Soon all students at the Academy will be tested on such measures as push-ups, sit-ups, pull-ups, vertical jump, dips, leg lifts, 66' sprint, aerobic capacity, 10 bounce time, joint flexibility, etc., with the results used to create age group norms as part of our longitudinal study of fitness.

Hawaii Academy Booster Club

Each HA athlete must participate in the HABC, directly if over 18 years, or by parent proxy if 18 years or younger. The athletics department and all our teams cannot function without an active booster club. Here are the key contact officers:

Mr William (Sr Master Sgt Wilky) Wilkinson, HABC President, William.Wilkinson@hickam.af.mil
Ms Maile (Staff Sgt) Bottorf, HABC Secretary, nau-ko-u-alpha-mau-10a@yahoo.com
Mr Baron Yamamoto, Representative for Athletes 3-6 Yrs, Baron.Yamamoto@t-mobile.com
Mr Fred Sanidad, Representative for Athletes 7-10 Yrs, FSanidad@platinuic.net
Ms Jane Miyake, Representative for Athletes 11-18 Yrs, JaneMiyake@yahoo.com
Ms Paula Hamilton, Representative for Athletes 19-59 Yrs, PaulaJHChang@yahoo.com
Ms Joan Kufferath, Representative for Athletes 60-100 Yrs (no email address, 842.5642)

Tuition for athletic teams pays coaches and administrative salaries with no contribution to operating expenses. The equipment maintenance fee (\$360/yr) simply pays for use of the best rebound equipment and facility in the Pacific. HABC hosts 3-4 meets per year and an end-of-year awards picnic, and helps with social events (slumber parties and Friday Fun Nights) as well as gym construction/maintenance.

New Team Members Welcome

A lot of new faces are appearing in state team workouts, especially on Monday, Tuesday, and Saturday. These athletes are trying team this month to see if they like it. In fact there are positions open for 10 new athletes in the six and under age group, 10 in the 7-10 age group, and six in the 11+ age group. If you would like to be considered for one of these team spots, please get information from the office and talk to Coaches Nani, Mia, Kira, Wendy, Tina, or Dr Max. The cost is \$150 to HA for monthly tuition for 24-96 hrs of training per month plus \$40 to the HA Booster Club for equipment maintenance. When the spots are filled team entry will be closed. Try out now!

Team athletes are mentored, train intensely, learn skills quickly, belong to a social group of others their age with similar aspirations, learn essential life skills (like discipline, respect, appreciation, and accountability), and have many opportunities not afforded recreation class students at the Academy. Try out! You can always return to the classes you are taking now.

Elite Teams (2008 Hiatus)



Athletes 6+ yrs are candidates for 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 Vercurryssen 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. Coach Nani is overseeing training during 2008, the 'down' year of the quadrennial training for 2012.

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. Kira Vercurryssen 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 Kira to start. **Invite your friends!!!** Probably the two main meets are US Junior Olympic Nationals and All Japan Junior Championships.

High School Teams (2008 Hiatus)



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 Coach Mia Vercurryssen to start. **Invite your friends!!!**

Collegiate Teams (2008 Hiatus)



In 2006, Hawaii Academy started the America's first Collegiate Trampoline program. **Kira Vercurryssen** 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 2007. Hawaii competes as an 'allstar' 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. Regardless of your experience, **TRY A FREE TEAM PRACTICE**. Phone 842.5642 for details and talk to Coach Kira or Dr Max.

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 \$300/month value! Contact the office to register and Dr Max to start.

Member Birthdays in May



1- Connor Lum 2- Hayden Yee, Kaila Okamura, Janelle Kau, Brendan Adams, Zoierae Hill, Jolie Fujita, Lisa Ashimine 3- Jack Petersen, Ali Reyes, Nicole Torres, Nina Jorgensen 4- Christopher Acacio 5- Zoe Chapman, Samantha Chapman, Mia Vercurryssen 7- Jessica Yamamoto, Cade Kalani 8- Taiyo Makita 9- Sophia Hudelist, Grace Grange 10- Kanuimana Terlep, Christopher Tan, Yoshi Asai 11- Dacotah Dooley, Tiffany Hart 12- Michelle Radovan 13- Bria Hiromoto, Robert Rodman 14- Jalen Tam, Micah Wong 15- Lucas Reed, Brandon Joahnsen 16- Kiana Risso, Sarah Souza 18- Grace Blanchette, Kinto Urbanc, Camie Kohashi 19- Jasmine Matsumoto, Layne Riley Sampson, Yuji Maurer, Lansing Wong 20- Lindsey Muneno, Teia DeBusca, Syan Yamamoto, Aviva Urbanc, Amber Arima 21- Micah Viernes, Kimberly Oshiro, Stephanie Kim 23- Isabelle Lee, Claire Pennington 24- Mack Schrom, Jenna Maruyama 25- Cole Murakawa, Sharon Niwa 26- Taylor Domion, Nainoa Fabrao, Celina Bhandari, Kevin Suzuki 27- Kira Gordian, Zdenek Cabla 28- Lily Arima, Kelsie Eala 29- Cassandra Kaholokula, Megan Yung 30- Jaiden Collins 31- Corinne Bovetz

(Please let us know if we missed anyone)

Please wish them a Happy Birthday!

Phone the Academy to book your birthday party, graduation party, celebration, excursion, or other special event. Activities are usually 90-120 min 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. Contract additional times if you like (e.g., \$75 for each 30 minutes over 90). See our website at www.HawaiiAcademy.com or phone for details. **842.5642** Ms Justine Perkins, Birthday Parties & Events Coordinator. Coach Justine runs an exceptional party program with lots of options for catered food (her masters degree is in culinary arts!).



Back-To-School Slumber Party

23 Aug 2008

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

Fun Activities! Bring Your Friends!

'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 HATS FOR SALE only \$10



Reminders:

- 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).
- 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 (\$15.00 to \$1.90/hr).
- Please recommend free trial lessons to neighbors and friends. If they sign up, you can earn \$50-100.
- 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.



Hawaii'i Academy

1314 Moonui Street
Honolulu, HI 96817 USA



Hawaii'i Academy NEWSLETTER
May 2008: Volume 10, Issue 5

Items For Sale:

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

Backyard Trampoline, 7'x14' bed, \$2400
72-speed 4-seat BikeCar w/ Moped assist \$900
Trampolines (all sizes, budgets, and configurations)
Gymnastics Equipment (mats, bars, beams, ...)
Gym Shoes \$18, **HA Gym Bags** \$10, **HA Leos** \$24,
HA Shirts \$10-15, **HA Caps** \$10-15

July 1st: Gym Shoes go from \$18 to \$20 (Buy Now!)

(Phone 808.741.2223 to inquire) We now accept VISA and MasterCard.

Help Wanted:

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

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

Donations Sought (New or Used)

Used Camcorders, in any condition
Outside Steel Stairs (demo or kits, anything).
TRAMPOLINES (in any condition). **Lumber** (for construction).
Gym and Exercise Equipment.
Computers (for research and student use).
Donations to Specific Funds and Endowments.
Automobiles (for visiting faculty).
Donations to HABC may be tax deductible.

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)
 HGEA Employees (10% 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.

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Academy Personnel

Director	Dr Max Vercreyussen
Assoc Director & Physician	Dr Donna Mah
Gym Managers	Ms Joelle Perkins
	(Thu)
	(MWFSat)
	(Tue & Sun)
Secretary & Asst Director	Ms Paris Macabeo-Spahn
Registrar	Ms Kira Vercreyussen
PE/Recreation Department Interim Chair	Ms Paris Macabeo-Spahn
Athletics Department Interim Chair	Ms Janet Onigama
Special Events & Programs Chair	Ms Paris Macabeo-Spahn
Clinical Services Department Chair	Dr Max Vercreyussen
Outreach Specialist	Ms Justine Perkins
Custodian	Dr Donna Mah
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USAG TT Hawaii Chair	Mr Mike Nakashima
State Level Teams Coach	Ms Justine Perkins
Junior Teams Coach	Ms Wendy Rosen
Traveling Team Coach	Coach Nani Vercreyussen
	Coach Kira Vercreyussen

Newsletter & Yearbook

Our **Newsletter** is published monthly. Please give us feedback to make it a useful document. Also, please consider advertising in this valuable publication. Watch for our first **HA Yearbook** scheduled for December 2008. Make sure we have each student's portrait.

NEWSLETTER ADVERTISEMENT RATE:

Ad Size	Per Issue	Per Year
1/12 page	\$85	\$ 850
1/6 page	\$125	\$1250
1/4 page	\$165	\$1650

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