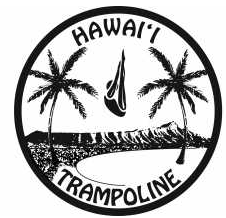




# Hawai'i Academy

# NEWSLETTER



June 2008

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

Volume 10, Issue 6

## Upcoming Events

Jun 4-7 Canadian Gymnastics Championships, Calgary, Alberta, Canada  
 Jun 8-12 Skyriders Trampoline Training (w/ Canadian Olympians), 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 23 Mon **Safe Falling Workshop**, 6-8p  
 Jun 29-Jul 2 **NO CLASSES**, Summer Break (volunteer to help with gym repairs)  
 Jun 30-Jul 6 USAG Junior Olympic National Championships, Kansas City July 4th Pearl Harbor Block Party, Mini-lessons and hourly exhibitions, 2-7p  
 Jul 24-27 36th All Japan Junior Championships, Kaminoiyama City, Yamagata  
 Jul 30 Wed **Safe Falling Workshop**, 7-9p  
 Aug 30-31 1st Maui Trampoline Championships & Clinics, Maui Elite Gymnastics Academy

Next Issue Submission Deadline: 27 Jun 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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## Fitness Testing Coming Soon

### HA's Ongoing Research: Hawaii Longitudinal Study of Fitness

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 the Hawaii Longitudinal Study of Fitness and to report progress on fitness improvement to members. This article is to present a bit of the rationale, encourage your support, and solicit volunteers.

#### Problem

For the first time in recorded history children today are NOT living longer than their parents do. This should be the most alarming statistic in health science. The current generation is NOT expected to be healthier, smarter, happier, and more functional than their father and mother. We have not reached our genetic potential for longevity... we have simply messed up our health, fitness, and wellness by becoming lazy. Rapidly developing technologies and the emphasis on efficiency, effectiveness, and convenience means most tasks are performed with less physical work and activities of daily life have become more sedentary. Fast and convenient foods have completely shifted our diets to unhealthy eating habits. And to make things even worse, we have evolved to diminish the importance of health, fitness, and wellness education. Being lazy (not exercising, eating well, and learning how to be happy, healthy, and successful) will cripple the current generation UNLESS families act to defy this trend and create a lifestyle, independent of others around them, that rewards them with longer and better lives.

#### Solution

Fixing society is not the mission of HA but we can take small steps to improve a few things where possible for our members. The most obvious simple fix involves education. We wish to make it easy for families to improve the individual fitness of each generation throughout their lives. The cornerstone of our fitness education is fitness measurement (i.e., testing, reporting, and retesting) because test results provide feedback on progress toward goals and serve to stimulate improvement. If performing better on a test is important, students will seek the knowledge to do so.

Improvement becomes the motivation that drives the whole process. HA has spent a decade developing test measures for our curricula and the HLSF. Following are some examples of the test to be administered:



#### HA Fitness Tests

**Anthropometry.** While respecting privacy, measurements of weight (mass), height (stature), and body segment lengths are important for monitoring growth and biomechanical analyses. Body density and proportion of body fat will be addressed later and at first by totally non-invasive procedures like electrical impedance scales.

**Muscular Strength.** Strength tests include push-ups, sit-ups (in a 'V'), pull-ups, dips, leg lifts, layout rocks, arch rocks, and rope climb.

**Joint Flexibility.** Measures include range of motion in the hips, shoulders, ankles, wrists, neck, spine, knees, and elbows as determined by simple tests.

**Aerobic Capacity.** Simple tests like the 12-min run (on a track) or the FitnessGram's timed shuttle run (on our rod floor) will serve to generate submaximal estimates of aerobic capacity (ultimately VO2max in ml oxygen per kg lean body mass). Without blood-gas analyses we will focus on heart rate response to fixed work loads and encourage students to increase their work output and decrease their recovery time.

**Anaerobic Power.** We have developed a vertical jump test that reports horse power (a metric ton raised one meter) and allows ranking across all members by reporting jump height as a percentage of stature and reach height.

**Sport Skill Abilities.** Inverted balance will be measured in a modified handstand. Other

measures include 10-bounce time on the trampoline, standing long jump, and flipping tests when appropriate

#### Primary Outcomes

Our Academy seeks to understand and promote lifetime fitness, especially among our members. Obviously this requires measurement of the hypothetical construct FITNESS which can be generally defined as the ability to do what one wishes... but in most cases for us it refers to doing physical tasks. We aspire to quantify the personal fitness level of our members and positively impact their lives by improving overall performance measures. We hope measuring everyone twice annually will encourage personal improvements and provide information that motivates training and documents improvements. Testing everyone over many years is the objective of our ongoing longitudinal study and is another component that makes us unique among human science, fitness, and gymnastics schools.

#### Your Help Wanted

1. Support the campaign, especially the idea that personal fitness is the responsibility of each individual.
2. Test yourself! No one fails... they just get starting points from which to improve. Attempting some of the tests is a show of support and will motivate you to do more.
3. Children should see parents testing to encourage them to continue when they are parents.
4. Involve the entire family. We have four 4-generation families and many 3-generation families taking lessons. We should have hundreds of 2-generation families. Also include the siblings who are not taking lessons.
5. Get tested even if not currently taking classes. Soon it will be possible to sign up for testing and receive a report of results for \$25. Make an appointment through the main office (842.5642).

To become a certified tester, fitness instructor, data miner, statistician, report manager, grant writer, program coordinator, project head, or assist in any way with this effort, please contact Dr Max Verduyssen, HA Research Department Chair and HLSF Principal Investigator (741.2223; director@hawaiiacademy.com).

## NEW RESEARCH CLASS STARTING IN SEPTEMBER

A new academic course is coming to HA that will benefit many students interested in experimental research. Try it for an 8-week session and see for yourself.

Dr Verduyssen developed a multidisciplinary graduate research and statistics course while a professor at the University of Southern California. This course was cross-listed across departments and popular among graduate students because of its pragmatic approach—it was a 'how to complete your thesis/dissertation' boot camp. Rather than going into probability and the derivation of equa-

tions, this course emphasized the components necessary to design experiments, conduct them, analyze data, and report findings all in a mini version of each student's required project. Now this course has been adapted for use at Hawaii Academy.

Among the unique aspects of this course are its practical utility, continuous enrollment, breadth of student ability levels, and quality of final projects. Open to students in junior high, high school, undergraduate, graduate, and post-graduate degree programs, students study the same material

but at different levels of understanding. Sign up for additional sessions using the work completed to advance each time to a new level of ability. Tests and data from the Hawaii Longitudinal Study of Fitness will be used for individual projects with SAS statistical analyses. No previous experience is required but an eagerness to learn computer proficiency with MS Office (Word, Excel, PowerPoint), SAS, and SigmaPlot is necessary.

Phone 842.5642 or visit our office to sign up. Sep-Oct session meets Wed 6-8p plus tutorials and costs \$200/session. Try it and see how your skills improve.

## Annual Events at Hawaii Academy

**Trampoline & Fitness Meets (3/yr)**

**Slumber Parties (2/yr)**

**Safe Falling Workshops (11/yr)**

**Open House / Showcases (2/yr)**

**Oct 7, Dec 14-16, Mar 27-30**

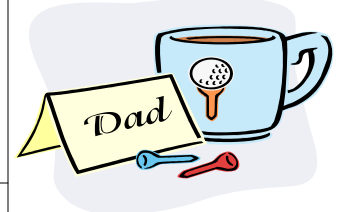
**6pm-8am Aug & Dec**

**2 hours (almost monthly)**

**during classes Nov & Mar**

See website: [www.hawaiiacademy.com/web/special.html/](http://www.hawaiiacademy.com/web/special.html/)

[READ THIS NEWSLETTER ON-LINE FOR LINKS & MAGNIFIED FONTS](#)



## 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:

Birthdays 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!**

## Seniors Exercise & Rehabilitation

Senior (60+) FlexFit classes are Mondays 10:15-11:45 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. Improve your fitness and safe falling techniques in this class. Enjoy friends of your age and get challenged to do more than you thought you could.

## 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**

## Dance Classes



**Teacher Cathy Izumi** is our Monday dance instructor. 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. **Hula** is coming soon with **Teacher Mika Neal**, a professional Polynesian dancer. **Try a free trial class 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)**

**Tyler Jong** 5, has the best attitude in all of Mr Mike's classes



**Student of the Month (6-18 yrs)**

**Dominic Julian** 6, the most improved in Mr Spencer's classes



**Student of the Month (19-59 yrs)**

**Ken Chang** 51, the oldest learning flips in the gym; 50-59 age group champ



**Student of the Month (60+ yrs)**

**Ralph Inouye** 93, general contractor CEO and 90+ Hawaii champion

## Parents' Night Out & Friday Fun Night

**Parents!** Ever feel you need a night out without the kids? Bring them to the gym and let us watch them for four 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 pay only \$10 each) if pre-registered, \$5 more for late registrations and walk-ins. This is a monthly fundraiser for equipment maintenance. Activities are supervised by coaches, advanced team athletes, and parents from the team booster club. Bring friends and snacks or money for items from our concession. Several parents have commented that our PNOs allow them to schedule personal time together that they wouldn't normally have. **Bring you children's friends as guests.** This event is also called **Friday Fun Night** because it is a great evening of enjoyable activities and mini-lessons on the best rebound equipment in the Pacific.

## Hundreds of New Leotards Available

Check out the wonderful new leotards from Destira, a large successful manufacturer in Northern California. Because of a special rate for large bundle purchases we are able to offer new \$30-75 leotards for \$18. We are very happy with their product and thrilled about our price break. They just got in but are selling quickly. Check them out! [These leos and our British gym shoes will go from \$18 to \$20 in July... Buy Now!] Coming soon are HA shorts.



## 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 Verduyssen; and the Monday and substitute coach is Ms Mia Verduyssen.

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.

## 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](mailto:William.Wilkinson@hickam.af.mil)  
Ms Maile (Staff Sgt) Bottorf, HABC Secretary, [mau-ko-u-alpha-mau-ia@yahoo.com](mailto:mau-ko-u-alpha-mau-ia@yahoo.com)  
Mr Baron Yamamoto, Representative for Athletes 3-6 Yrs, [Baron.Yamamoto@t-mobile.com](mailto:Baron.Yamamoto@t-mobile.com)  
Mr Fred Sanidad, Representative for Athletes 7-10 Yrs, [FSanidad@platinuic.net](mailto:FSanidad@platinuic.net)  
Ms Jane Miyake, Representative for Athletes 11-18 Yrs, [JaneMiyake@yahoo.com](mailto:JaneMiyake@yahoo.com)  
Ms Paula Hamilton, Representative for Athletes 19-59 Yrs, [PaulaHChang@yahoo.com](mailto:PaulaHChang@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.

## Elite Teams (2008 Hiatus)



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 Verduyssen 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

## 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 school training hours or select any of the 2-hour team practices. Kira Verduyssen 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 Verduyssen to start. **Invite your friends!!!**

## Collegiate Teams (2008 Hiatus)



In 2006, Hawaii Academy started the America's first Collegiate Trampoline program. **Kira Verduyssen** 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

## Congratulations!

USAG Hawaii Trampoline-Tumbling State Champions (17 May 08; TR=trampoline, DM=double mini, TU=tumbling; # denotes level):

- Nani Verduyssen 16 TR12 DM12 TU9
- Keisha Padello 15 TR10 DM10 TU8
- Amber Schaefer 14 TR8 DM7 TU6
- Kiona Esteban 14 TR7 TU4
- Joy Ogasawara 14 TR9 DM8 TU8
- Anna Archibald 12 TR8 TU4
- Marques Bottorf 12 TR9 DM8 TU6
- Tori Tamayo 13 TR6 TU3
- Ally Verduyssen 11 TR7 DM7
- Anuheia Keene 9 TR7 DM7 TU5
- Dorothy Sanidad 8 TR9 DM8 TU7

Only USA-Gymnastics athlete members may compete in this championship.

## 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.

## Member Birthdays in June

- 1- Koumae Adams, Trent Nomura, Xaviera Bolongan, Brien Hubbard
- 2- Mayuka Kelly, Justin Yuen
- 3- Heimana Reynolds, Makana Bachiller
- 4- Eeron Wong, Kacie Kimoto
- 5- Brennan Tamashiro, Ashley Kellett, Rachel Elizares, Madison, Kelly, Kela Foytich
- 6- Emily Nishimoto
- 7- Mari Kimoto
- 8- Brooke Bluemke
- 9- Maia Forsyth, Lucy Yang Ye, Jeremy Keuma
- 10- Sylvia Werny, Neil Okuna
- 11- Kayla Wissmeyer, Yusuke Murai, Julie Nishimoto, Aaliyah Iwamoto
- 12- Nohea Breeden
- 13- Tiare Tumavave, Sesilia Tumavave, David Selbe, Donico Rincon, Rachelle Maneja
- 14- Tori Higa, Sommer Ramos, Kyle Haussler
- 15- Kyler Sakamoto, Alexandra Ashimine
- 16- Devynne Greene, Tiana Chan, Amy Chan, Brianna Nakasone, Eryn Yuasa
- 17- Abigail Yuen, George Schnack
- 18- Ashlyn Do, Marisa Wong, Elaine Ashimine
- 20- Boots Breeden, Tiare Talo Aaron Johnson
- 22- Rylan Fukunage, Peggy Chang
- 23- Jack Steele, Inez Amihan Anderson, Amber Nomura, Luke Haji
- 24- Carly Sky Schanck, Dayven Kaneshiro
- 25- Jordan Souza, Tani Hoke, Rika Bonilla
- 27- Kaylee Wall, Jenna Okada, Jennifer Kwock
- 28- Sarah Izumi
- 29- Jadyng Lung, Megan Viernes, Ma-lia Brown
- 30- Christopher Dunaway, Charity Lopes, Anne Fanelli

**(Please let us know if we missed anyone)**

**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](http://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!).

## Please wish them a Happy Birthday!



## Back-To-School Slumber Party

23 Aug 2008

6p Sat till 8a Sun \$30 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:

- 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 (\$12.50 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.
- Pay your tuition for the entire year and get 10% off (more than one month FREE)



## Hawai'i Academy

1314 Moonui Street  
Honolulu, HI 96817 USA



Hawai'i Academy NEWSLETTER  
June 2008: Volume 10, Issue 6

## 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

Buy Gym Shoes! July 1st they go from \$18 to \$20  
 (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).*

## Hawai'i Academy Departments and 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



HA Gym Bags! \$10

Leotards! \$18

Gym Shoes! \$18

## Please Support Our Sponsors & Contributors

Carita House (Gym Shoes), Great Britain  
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 Robert Ruggieri, MD, Emergency Medicine, Honolulu  
 USA-Gymnastics Trampoline-Tumbling Elite Program

## Academy Personnel

Director	Dr Max Vercryussen
Assoc Director & Physician	Dr Donna Mah
Gym Managers	Ms Joelle Perkins
	Ms Paris Macabeo-Spahn
	Ms Kira Vercryussen
Secretary & Asst Director	Ms Paris Macabeo-Spahn
Registrar	Ms Janet Onigama
PE/Recreation Department Interim Chair	Ms Paris Macabeo-Spahn
Athletics Department Interim Chair	Dr Max Vercryussen
Special Events & Programs Chair	Ms Justine Perkins
Clinical Services Department Chair	Dr Donna Mah
Outreach Specialist	Mr Mike Nakashima
Custodian	Ms Valerie Mendez
Home School PE Coordinator	Mr Mike Nakashima
Birthday Party & Events Coordinator	Ms Justine Perkins
USAG TT Hawaii Chair	Ms Wendy Rosen
State Level Teams Coach	Coach Nani Vercryussen
Junior Teams Coach	Coach Kira Vercryussen
Traveling Team Coach	Coach Kira Vercryussen

## 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. **Volunteers Welcome!**

### NEWSLETTER ADVERTISEMENT RATE:

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

## In Memory of HA Supporters

**Mr Bo Bolongan**, Body Builder & Motivator  
**Mr Sam Nakamura**, HA Seniors Program Founder  
**Prof Dr Merrill E Nobel**, Professor/Scientist  
**Prof Dr Alan T Welford**, World Scholar