



Hawai'i Academy NEWSLETTER



August 2008

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

Volume 10, Issue 8

Upcoming Events

- Aug 1-3** All Japan Inter-High School Championships, Yamagata City, Yuki-nori Miyata Director
- Aug 5** HA Staff Training on Front Handsprings, 8-9p
- Aug 7-10** Machida International Friendship Cup and 20th Anniversary of Machida Trampoline Association, Japan
- Aug 16-19** Trampoline Competitions in 29th Summer Olympic Games, Beijing, China
- Aug 21** HA Staff Training on Back Handsprings, 8-9p
- Aug 22** HANDSPRING CLINIC, 5-7 & 7-9p, \$25/session; open to all
- Aug 25** Safe Falling Workshop, 12-2p
- Aug 30-31** 1st Maui Trampoline Championships & Clinics, Maui Elite Gymnastics Academy, Kahului

Next Issue Submission Deadline: 27 Aug 2008

See color & magnified font at

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 yrs 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

- 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.
- To conduct research on lifespan changes in fitness and neuromotor functioning, and train students to be investigators and intelligent consumers of scientific information.
- To explore human development and intergenerational cooperation in the context of optimal designs of products, environments, and systems.

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Academy Course Descriptions

HA's Course Offerings Continue to Grow—Try Additional Classes

As way of defining our product line, all of the classes and training sessions we offer are described below. If you are currently taking only one class per week, consider trying additional classes. In most cases adding another class costs only half the price of the class you are currently taking.

Yes we are more than just a gym school or fitness center. Similar to a university we are comprised of departments, programs, and classes. However, rather than elaborate on our organizational chart, this listing describes courses offered, regardless of department, according to class duration. HA enrollment ranges from 900 to 1,200 students per week, 85% taking 1-hr classes and range in age from 2-11 yrs. And rare among gymnastics facilities in the world, we have about 40 adults (19-59 yrs) and 30 seniors (60-100 yrs).

1-Hr Classes

The majority of our student contact hours are in one-hour classes. Following are the one-hour classes offered, listed in order of the highest enrollment to lowest. Consider taking more than one class per week if not already doing so.

Movement Education. We offer two programs for those five yrs and under: **Parent-Tot Classes** (12/wk) for ages 1-3 yrs old are offered on weekday and weekend mornings with parent(s) accompanying the student throughout training of movement fundamentals and critical maturational skills like listening to instructions, waiting one's turn, and sustaining attention to the task at hand. **Preschool Classes** (50/wk) for ages 3-5 yrs (or until the student is mature enough to integrate into the other classes) provide instruction in basic rolling, falling, fitness, balancing, climbing, tumbling, trampoline, and other essential psychomotor skills. Following are classes for mature preschoolers and student 6+ yrs.

Trampoline Classes (56/wk). Students love these classes because air time (flight) is exhilarating. These are particularly valuable classes because they teach fundamental safety habits for falling/crashing (without injury on soft surfaces), jumping, bouncing, dropping, turning/twisting, somersaulting/flipping, and other aerial maneuvers. Because of the large muscles involved to 'get air' students are unaware of the huge number of calories burned. The aerobic intensity is like continuous running. Start with this class and sign up for others.

Tumbling Classes (16/wk). Using Hawaii's only regulation power tumbling roof and the best 90 ft of tumble tramp/trak this class teaches fundamental rolls, cartwheels, handsprings, whips, somersaults/flips, twisting, etc. Take this class in combination with trampoline classes to learn to get in the air and then to do aerial acrobatics, respectively.

Fitness Classes (15/wk). This class is for everyone (5-100 yrs). Many parents take this class while their children take other classes. Some

classes include the entire family participating together. The focus is primarily on calisthenics and basic motor skills in a fun environment with continuous testing to monitor improvement.

Special Needs Classes (2/wk). These classes are designed for adaptive students (and their aids) to enrich physical movement environments and stimulate acquisition of new motor patterns. It is fun, challenging, and educational.

Dance Classes (2/wk). Mixed introductory dance classes are taught on Mondays and include ballet, jazz, and contemporary styles. Hula and Polynesian Dance classes are being prepared.

Bungee Trampoline Classes (4/wk). The fastest way to learn twisting double somersaults is in one of HA's eight bungee systems. These are one-hour classes that specializes in advanced maneuvers performed in twisting belts connected to bungee cords attached to the ceiling.

90-Minute Classes

Senior Flexibility & Fitness Classes (1/wk). Each Monday 10:15-11:45 am senior students (60-100 yrs) gather to show weekly progress in improving their joint range of motion and overall physical fitness. This class is composed primarily of the grandparents and great-grandparents of children at the Academy.

2-Hr Classes & Team Training

Adult Gymnastics & Fitness Classes (5/wk). These classes have students of varied backgrounds and abilities. The intent is to accommodate family schedules so parents can either join their children in trampoline and tumbling classes, or take fitness classes, or do these adult classes while the whole family is in the gym at the same time. Most start with no previous experience and end up competing in local meets with the friendly and supportive classmates they meet. Many retired athletes (and champions!) maintain their skills and share their expertise. These classes are fun for everyone!

Int/Adv Mixed Gymnastics Classes (17/wk). These classes are for students that want to do a variety of gymnastics disciplines (tramp, tumb, men's artistic, women's artistic, aerobic, etc.), have at least intermediate skills already (handsprings and somersaults), and desire a higher training intensity than other classes but do not wish to be on a sports team.

State Teams Training (11/wk). All HA sports teams train in two hour blocks and are distinguished by the teams that travel out of state and those that do not. State team players range in age from three to 97 yrs and pay the least amount to be on team (\$150/month tuition, \$360/yr team equipment maintenance, \$40 uniform, \$120/yr meet entry fees, and \$60/yr social events. No previous experience is necessary. Try a practice, then a month, and join for the year.

Traveling Teams Training (8/wk). For those athletes (players) more serious about training in their

sport (intermediate to elite levels) who wish to travel to competitions on the mainland, Japan, and beyond, a traveling team may be a perfect fit. There are some competitions at the novice level for all ages but most require intermediate to advanced skills. HA regularly goes to US and Japan Nationals.

Academic Courses in 8-wk Sessions. In addition to outsourced instruction by EPIC in the summer and holiday breaks, HA is starting ongoing formal academic classes in Research (and Data Analysis), Japanese Language, Human Sciences, and more for junior high school to post-doctoral students. Contact Dr Max for details.

4-Hr Team Training

Pre-Elite and Elite Teams Training (6/wk). Students may do back-to-back 2-hr classes but only the pre-elite and elite teams regularly train 4-5 hours per day up to six days per week. HA elites have won many national, international, and world championships.

Special Events and Programs

In addition to the courses listed above HA has many events open to all members (and often non-members) including athletic competitions (trampoline, tumbling, & fitness meets), social events (Slumber Parties & Parents' Night Out/Friday Fun Nights), birthday and other parties, school excursions, exhibitions, clinics, workshops, seminars, etc..

Other Programs and Activities

Most of the activities herein presented are administered by the **Physical Education and Recreation Department**, **Athletics (Sports) Department**, and the **Special Events and Programs Department**. Also very active in the Academy are the **Research Department**, **Clinical Services Department**, and the **Development Department**. Daily activity management is conducted by the **Business Operations Department**.

Promotions and Recruitment Incentives

Occasionally the Academy will offer discounted tuition for new classes or incentives for members to move from high enrollment classes (like those on Saturday and Sunday mornings to weekend afternoons or weekday evenings). Ask about available promotions. Currently those taking 9:30 and 10:30 am classes on Saturdays and Sundays can get a \$50 certificate for moving to weekend afternoons or weekday evenings.

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 have them put your name on the upper right corner of their registration form. Bring lots of friends!

Additional Information

Please contact us for additional information via our website at www.HawaiiAcademy.com, by email at info@HawaiiAcademy.com, or by telephoning our office at +1.808.842.5642 (messages taken 24/7; receptionist available Mon-Fri 2-8p HST, Sat/Sun 8am-5pm HST). Further, information is regularly posted to our bulletin boards, digital marquees, and literature racks on the walls of our gym.

JAPANESE LANGUAGE CLASSES STARTING THIS FALL

Another new academic course is coming to HA that will benefit many students interested in learning to speak and write Japanese. Try it for an 8-week session and see for yourself.

Mr and Mrs Makoto Sakamoto developed a Japanese language course that they taught in Utah and California. Both are native Japanese but have lived in America since the 1960s.

They are fluent in both English and Japanese and have degrees in Japanese from American Universities. (More information on the teachers and their courses will come in the next HA Newsletter and after their arrival in Hawaii in October.)

Among the unique aspects of this course are its practical utility, continuous enrollment, breadth of student ability levels, and the friendly and nurturing environment in which it is taught. Open to students in junior high, high

school, undergraduate, graduate, and post-graduate study, students work together and in tutorials to cover content at individual levels of understanding. Sign up for additional sessions using the work completed to advance each time to a new level of ability.

No previous experience is required but an eagerness to learn is necessary.

Phone 842.5642 or visit our office to sign up. Classes are expected to begin with the Nov-Dec session and cost \$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)

Sep 14, Jan 9-11, Mar 26-29

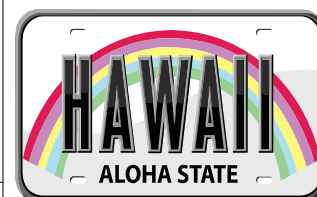
6pm-8am Aug & Dec

2 hours (almost monthly)

during classes Nov & Mar

See website: www.hawaiiacademy.com/web/special.html/

Read This Newsletter On-Line for COLOR, HYPERLINKS & MAGNIFIED TEXT



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 1-3p; 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!

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

FUN!



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: **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**

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 yrs 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.

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)

Taylor Domion 5, is the best listener in all of Ms Joelle's classes.



Student of the Month (6-18 yrs)

Kiona Esteban 14, the most persevering and self-driven on the Jr Team



Student of the Month (19-59 yrs)

Shane Doi 18.7, is the most improved tumbler in all adult classes.



Student of the Month (60+ yrs)

Barbara Ashimine 86, matriarch of one of HA's 4-generation families and a Hawaii State 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. The next PNO/FFNs are **Aug 8, Sep 5, Oct 17, Nov 14.**

HA Leotards, Shorts, Caps, & Gym Bags

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 \$20. We are very happy with their product and thrilled about our price break. They just got in but are selling quickly. Check them out! **Also see our Shorts, Caps, and Gym Bags with the Hawaii Trampoline Association Logo.**



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 rents space at HA to train. Six coaches train the state athletes on Monday, Tuesday, Friday, Saturday, and Sunday (Wednesday and Thursday to open as the program grows). Currently the Sunday coach is Ms Wendy Rosen; the Friday coach is Ms Tina Bolongan; the Monday and Tuesday coach is Ms Mia Verduyssen; also coaching on Tuesdays is Ms Justine Perkins; the Monday and Saturday coach is Mr Baron Yamamoto; and when in Honolulu the group is also coached by Ms Nani Verduyssen.

This program is for students (~5-18 yrs) that are interested in more than just intermediate/advanced recreation classes. It is intended to train athletes for competition on Oahu and Maui. 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 HA tuition plus \$40/month to HABC for equipment maintenance (or \$360/yr), 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!

HA Athletes at US Nationals!

Nearly 1800 athletes, mostly state and regional champions, competed for national ranking at the 2008 USA Gymnastics Trampoline-Tumbling Junior Olympics National Championships in Kansas City, MO, 1-6 July. Thanks Coach Kira and the Parents, Congratulations to:

Kiona Esteban (14 yr old 9th grader at Roosevelt HS), at her first national championships, placed 9th on TR L7, and 15th on DM L7.

Joy Ogasawara (14 yr old 8th grader at LaPietra School) placed 34th on TR L9, 2nd on DM L8, and 30th on TU L8.

Tori Tamayo (13 yr old 7th grader at Aliamanu Middle School, at her first national championships, placed 6th on TR L5, and 36th on DM L6.

Marques Bottorf (12 yr old 6th grader at Nimitz Elementary School, placed 9th on TR L7, 18th on DM L8, and 13th on TU L6.

Anna Archibald (11 yr old 6th grader at Voyager Charter School, at her first national championships, placed 23rd on TR L8, and 30th on DM L7.

Ally Verduyssen (11 yr old 6th grader at Stevenson Middle School, placed 14th on TR L7, and 36th on DM L7.

Anuhea Keene (8 yr old 3rd grader at Salt Lake Elementary School, placed 15th on TR L5, and 41st on DM L5.

Dorothy Sanidad (8 yr old 3rd grader at Sacred Hearts Academy, placed 1st on TR L9, 1st on DM L8, and 4th on TU L7.

Hawaii Academy Booster Club

Each HA athlete must participate in the HABC, directly if over 18 yrs, or by parent proxy if 18 yrs 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-aloha-mau-loa@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@platinumc.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.

Congratulations!

HA Athletes Competing in Japan National!

HA athletes traveled to Kaminoyama City for the All Japan Junior Championships, 22-29 July. This was only the second time that athletes outside of Japan participated in this national championship (in 2004 Nani V won the 7-9th grade division as a 6th grader). Competing against Level 10 and elite athletes HA did very well under the guidance of Coach Kira. **Marques Bottorf** placed 2nd on DM & 65th on TR, **Joy Ogasawara** placed 3rd on DM & 111 on TR, **Ally Verduyssen** placed 6th on DM & 85th on TR, **Anuhea Keene** placed 7th on DM & 99th on TR, and **Yumi Lamansky** Placed 17th on DM & 111 on TR (in her first major competition). Parent support was provided by the mothers of Joy, Anu, and Yumi. Together this group was treated like royalty by the Japan Trampoline Association and the AJJC organizing committee. They stayed in a traditional Japanese inn and every part of their trip was in Japanese, including the competition. After the competition the group split up to explore Japan during which Coaches Kira and Angel took Ally, Anu, and Anu's brother Jacob climbing on Mount Fuji. This was an ultra motivating experience that has everyone planning for next year.

Omedeto Gozai Masu!



Elite Teams (2008 Hiatus)

Athletes 6+ yrs eligible 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 Nani is overseeing training during 2008, the 'down' year of the quadrennial cycle of 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 necessarily want to train a lot, try a Junior Team. The tuition is \$200/month. No previous experience is required. Train during any of the 2-hour team practices. Kira Verduyssen is the head coach, but you may select any coach and any practice (that is not full) to fit your schedule. Contact the office to register and Coach Kira to start. **Invite your friends!!!** Also consider a traveling team at this level—the two main teams for 2008 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 try a practice and to register. Contact Coach Mia Verduyssen for more info and 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 International College Championships in Osaka in August and the International German Universities Championships in Freiburg in January 2007. Hawaii competes as an 'all-star' team meaning athletes may attend any college in Hawaii (some competitions require full-time status) and **ability is not a limiting factor**. There are three skill divisions: Class C for those with no experience performing routines with no or few flips, Class B for 1-12 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 fee is \$100/month for tuition and \$360/yr equip maintenance. 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, Tutu Joan Kufferath the assistant 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 August

1- Kelsey Ishihara, Lola Yerton, Shion Hamazumi 2- Rachael Wang, Ka'ena Detric, Emma Tamashiro 4- Cindy Trinh 5- Ayden Greene, Diana Morales, Sean Nicholas Childers, Jarin Sakamoto 6- Liam Kelly 7- Trinet Bjerregaard 8- Alissa De Smet, Saige Johnson 9- Kanoelani Sills, Maya Leslie Berengue, John Fanelli, Sydney Miyao, Cale Okamoto, Micole Gehman 10- Kellie Woo, Miyuki Young, Haley Churchill 11- Brenton Kano, Maya Taylor 12- Josephine Schoenstein, David Sundown, Ashley Morita, Cathy Izumi 13- Matthew Kaneshiro, Kayce Demello 14- Jacob Sumikawa, La'akea Olson 15- Lucas Scott, Kelli Nekomoto, Benjamin Chang, Lynette Kwock, James Day 16- Laura Huang 18- mia Chung, Linn Daskam, Kate Yoshimoto, Derwin Ford, Beverly Fujiwara 19- Laurie Harris, Celestine Hayes, Kristen Carson 20- Katelyn Chua-Chiaco, Jill Nakayama 21- Cessna Spears, Lauren Kam, Alia Kemua 22- Ashlyne Collado 23- Matilda Colvin, Riyana Werny 24- Elaine Santo 25- Joan Kufferath 26- Nicole Mossing 27- Ewan Chung, Taven Hathaway, Stephen Pollack 28- Serra Allie Calunod, Kenneth Chang 29- Titus Paynter-Tavares, Micah Wong 30- Jacob Harris, Alick Damon 31- Farrahlyn McCallum, Catherine Loiselle, Lian Muneno, Zachary Mossing, Davis Lee, Tori Tamayo **(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 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!

Handspring Clinics

In preparation for rapid development or our new TUMBLINE PROGRAM and to help students have breakthroughs in learning front and back handsprings (and power tumbling for aerial maneuvers), HA is offering two clinics: **22 August 5-7pm** and **7-9pm** and **12 September 5-7 pm** and **7-9pm**. The cost is **\$25/session**. The clinicians are **Dr Max, Dr Mah, Coach Kira, Coach Mia, and Coach Nani**.

Maui Trampoline Meet

Another gymnastics school in Hawaii is starting trampoline and premiering their first invitational—the **1st Maui Trampoline Championships** at Maui Elite Gymnastics Academy in Kahului on 30-31 August. HA is helping host the meet in teaching MEGA parents how to be independent. Many from HA are going to this event for the friendship meet, FUN, training clinics (for athletes, coaches, judges & parents), and Maui exploration. Registrations and information are available in the office.

Reminders:

- 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)
- Please **phone to schedule trial lessons or makeup classes**. Do NOT just show up!



Hawai'i Academy

1314 Moonui Street
Honolulu, HI 96817 USA



Hawai'i Academy NEWSLETTER
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Items For Sale:

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

See the **NEW HA SHORTS AND CAPS**

Backyard Trampoline, 7'x14' bed, \$2100 (The Best)
72-speed 4-seat BikeCar w/ Moped assist \$900
Trampolines (all sizes, budgets, and configurations)
Gymnastics Equipment (mats, bars, beams, ...)
Gym Shoes \$20, **HA Gym Bags** \$10, **HA Leos** \$20,
HA Shirts \$10-15, **HA Caps** \$10-15, **HA Shorts** \$10

See our Recycled Leotards and Gym Shoes (most are \$2-10
 (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 (a 501c3)** 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 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
CatBase Software, United Kingdom
Gymnastics Canada, Trampoline Program, Canada
Jen Yi Chang, MD, Orthopedic Surgery, Taiwan
Jeanette Chang, MD, Pediatrics, Honolulu
Munehiro Harada, PhD, Sport Mktg/Mgmt, Japan
Hawaii Parent Magazine, Honolulu
Island Skill Gathering Hawaii, Honolulu
Japan Trampoline Association, Japan
Joan Kagawa, MD, Child Psychiatry, Honolulu
Yuko Kusaka, MD, Psychiatry, Honolulu
Shari Kogan, MD, Geriatrics, Honolulu
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Olympic Fox Scoring Software, Oregon
Penske Truck Rentals, Honolulu
Peterson Sign Company, Honolulu
Psy-Med Associates, Ergonomics, International
Robert Ruggieri, MD, Urgent Care, Honolulu (Kahala)

Academy Personnel

Director	Dr Max Vercryussen
Assoc Director & Physician	Dr Donna Mah
Gym Managers	(Thu) Ms Joelle Perkins
	(MWFSat) Ms Paris Macabeo-Spahn
	(Tue & Sun) 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 Mia Vercryussen
Junior Teams Coach	Coach Kira Vercryussen
Traveling Teams Coach	Coach Kira Vercryussen
Collegiate Teams Coach	Dr Max Vercryussen
Tumbling Program Head	Mr Makato Sakamoto

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