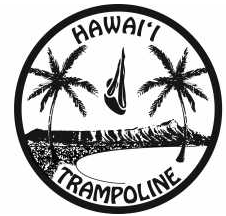


Hawai'i Academy's FITNESS NEWSLETTER



March 2009

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

Volume 11, Issue 3

Upcoming Events

- Mar 6 **Parents Night Out**, 6-10p, \$15 members/\$20 non-members, at HA
- Mar 12 **Seniors FUN Day**, 10a-12p at HA, \$10 donation
- Mar 16-22 **SPRING MINI-MEET/OPEN HOUSE, HA Gym**
- Mar 18 Safe Falling Workshop, 10a-12p, \$30, at HA, open to all
- Mar 23 Handspring Clinic, 10a-12p + 12-2p, \$25/session, at HA, open to all
- Mar 26-29 **9th HAWAII TRAMPOLINE CHAMPIONSHIPS, \$50 Levels 1-4, \$60 Interm/Adv/Elite Levels 4-12, at HA Gym - SPRING BREAK: NO REGULAR CLASSES**
- Apr 3 **Seniors FUN Day**, 10a-12p at HA, \$10 donation
- Apr 8-11 National Trampoline Teams Camp, USOTC, Colorado Springs, CO
- Apr 12 **EASTER, NO CLASSES**
- Apr 16 Safe Falling Workshop, 10a-12p, \$30, at HA, open to all
- Apr 17 **Parents Night Out**, 6-10p, \$10 members/\$15 non-members (Drop In add \$5), at HA
- Apr 24 Handspring Clinic, Time TBA, \$25/session, at HA, open to all

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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International Jump for Fun

2009 Hawaii Trampoline Championships

Japan and Canada join us this year for the 9th Hawaii Trampoline Championships is an opportunity for athletes of ALL AGES (3 to 100+) and ABILITIES (remedial to expert) to train in a well-equipped facility, and compete in friendly environment. Come and train, go



to the beach, and make new friends.

This year's event will be held March 26 to March 26th to 29th. This year's event potluck is scheduled for Saturday night after Finals. Visitors will get to surf on Waikiki Beach on Sunday, from 12p to 3p.

At this international invitational, participants are divided into age groups (3-4, 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-19, 20-29, 30-59, 60-69, 70-79, 80-89, 90+ yrs). Execution and DD judges combine scores to determine rankings according to the Federation of International Gymnastics (FIG) Code of Points. Awards are given to each

age group, medals for the top three, ribbons thereafter. When appropriate, college athletes will be divided into three divisions according to degree of difficulty.

FINALS determine the champion of the champions (female & male) and are judged according to FIG senior rules (USAG Level 12) with top six elites (junior and senior, male and female) joined by the champions of all the other age divisions and levels on trampoline and double mini. There may be some tumbling exhibitions during Finals if we have outstanding tumblers. The top five males and females on each event receive trophies.

All competitors receive a T-Shirt, Certificate of Participation, and a ribbon (medal if in top 3).

DEADLINE TO SIGN UP IS WEDNESDAY, MARCH 25.

See the Gym Managers or Instructors to sign up and for more information, fees, and schedule.

SCHEDULE

THURSDAY, MARCH 26
Session 1:
5-6p Adults/Seniors (20-99 yrs)
Warm-Up
6-8p Competition & Awards

FRIDAY, MARCH 27
9a-12 Clinics (includes training on bungee and special flipping/twisting equipment)

Session 2:

1-2p Ages 9-12 Yrs Warm-Up
2-4p Competition & Awards

Session 3:

4-5p Ages 7-8 & 13-19 Yrs Warm-Up
5-7p Competition & Awards

SATURDAY, MARCH 28

Session 4:

9-10a Ages 3-6 Yrs Warm-Up
10a-12p Competition & Awards

Session 5:

FINALS (Ranking of Champions)
5-6p Warm-Up (elites & all age group winners)
6-7:30p Competition & Awards
7:30p Potluck Dinner for All

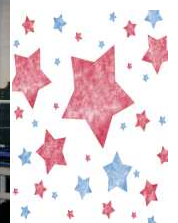
SUNDAY, MARCH 29

12-3p Surfing at Waikiki Beach Park

THIS IS THE BIGGEST ACADEMY EVENT OF THE YEAR!



SIGN UP NOW!



Next Issue Submission Deadline: 28 March 2009

See This Newsletter In Color, Hyperlinks & Magnified Text at:
<http://www.hawaiiacademy.com/web/Newsletter/0903Newsletter/0903Newsletter.pdf>

WELCOME NEW HAWAII ACADEMY STAFF



Fitness Program Head
Richard Boge is making spectacular improvements with our gym facilities and is developing curricula for our fitness program. Coach Boge was a gymnast, gym owner, and coach of level 10 athletes.



Publications Specialist & Sunday Gym Manager
Kalei Schoenstein comes to HA as a publications specialist and is our new Newsletter & Yearbook editor.



Saturday Instructor
Jannell Lewis comes to HA as a trampoline instructor and past gymnast. She is an HPU dancer and inspires students.

Annual Events at Hawaii Academy

Trampoline & Fitness Meets (3/yr)
Slumber Parties (2/yr)
Safe Falling Workshops (11/yr)
Open House / Showcases (2/yr)

Mar 26-29, Oct 10-12, Jan 2010
6pm-8am Aug & Dec
2 hours (almost monthly)
during classes Mar 16-22 & Nov

See 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 13 **Parent-Tot (Ages 1-3 yrs) Classes** per Week (start times): Mon 9a; Tue 9:30a, 2p; Wed 9:30a; Thu 9:30a; Fri 9:30a; Sat 8:30a, 9:30a, 10:30a, 11:30a; Sun 8:30a, 9:30a, 10:30a

We have 36 **Preschool (Ages 3-5 yrs) Classes** per Week (start times): Mon 12p, 3p-5p; Tue 10:30a, 3p-6p; Wed 10:30a, 3p-6p; Thu 3p-5p; Fri 3p-5p; Sat 8:30a-11:30p, 1-4p; Sun 8:30a-11:30p, 1-4p.

2009 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 upcoming months in 2009: **Mar18 Wed 10a-12p, Apr 16 Thu 10a-12p, May 22 Fri 10a-12p, Jun 11 Thu 10a-12p; 2009 July-Dec.**

Seniors Exercise & Rehabilitation

Senior (60+) FlexFit classes are Mondays 10-11:30a, Tuesdays 12:15-1:45p, Fridays 4-6p. Tuition is \$20/month. 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.

Student of the Month



1-5 Years:
Nanci Nakagawa
4, is the most improved in Coach Nani's class.



6-18 Years:
Royanne Santo 10, has improved the height in her routine drastically.



19-59 Years:
Daniel Kohn
24, is the most enthusiastic and fastest learner in the adult classes.



60+ Years:
George Terada 95, has returned to athletic competition after many years away from wrestling.



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 Mr Julian Simee, Special Events and Programs Department Chair.

Adult Fitness and Gymnastics Classes



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

**INSPIRING!
FUN!**



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!

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 Fridays 3-4pm (Mr Julian Simee). On Mondays 10-11:30am 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.

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 your 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 **Mar06, Apr17, May15, Jun12, Jul10, Aug07, Sep18, Oct09, Nov13.**

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. Also see our Shorts, Shirts, 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 Mr Ken Goto; the Monday and Tuesday coach is Ms Mia Vercruyssen; 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 Vercruyssen.



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.

New Team Members Welcome

If you would like to be considered for a team spot, please get information from the office and talk to Coaches Nani, Mia, Kira, Wendy, Baron, Spencer, Richard, Ken, Justine, Dr. Mah, or Dr Max. The cost is \$150 to HA for monthly tuition for 16-32 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. Boys Team Coming!

Sport Teams Booster Club

Each HA athlete must participate in the Team Parent Association, 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, President, William.Wilkinson@hickam.af.mil
 Ms Nikki Senter, Vice President, nsenter@imanakakudo.com
 Ms Jo Archibald, Secretary, joarch@gmail.com
 Ms Kellie Kano, Treasurer, no_email_info_available
 Mr Eric Senter, State Team Representative, no_email_info_available

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. STBC hosts four 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!

Career Best Performances at Winter Classic

Hawaii's trampoline gymnast **Nani Vercruyssen, 17**, best in the world among female athletes under 18 years old for the past four years, has moved up the senior (18+ yrs) rankings into the number one spot in the US. She won the Winter Classic held at the US Olympic Training Site, in Birmingham, Alabama (1st in Senior Elite Women's Division, 98.50 pts).

Annika Northrop, 12, a Level 10 national champion in the 10 and under age group, was advanced to junior elite last month and competed in her first international elite meet as an 11 year old, the youngest in the competition. Northrop placed 23rd (Women's Junior Elite Division, 49.70 pts) against women in their 20s. Both Hawaii gymnasts turned in career best performances and have qualified to the US elite national championships (the VISA Gymnastics Championships) in Dallas in August.

International-Level Teams



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 Vercruyssen 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.



National-Level 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 Vercruyssen 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 meets for 2008 are US Junior Olympic Nationals and All Japan Junior Championships.



High School Teams (2009 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 Vercruyssen for more info and to start. **Invite your friends!!!**



Collegiate Teams (To resume 2010)

In 2006, Hawaii Academy started the America's first Collegiate Trampoline program. **Kira Vercruyssen** and **Matt Moniz** (students at the University of Hawaii) were pioneers in this new venture, just as they were the first athletes from Hawaii to compete in the USAG Nationals back in 2002. They competed in the 41st All Japan International Collegiate 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 want more than just the seniors classes, try a Seniors Team. The team fee is \$30/month (for equipment) and the tuition is free. Select any of 16 2-hour team practices or other the week and prepare your routines for our four meets a year. Dr Ma 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 or Tutu Joan to start.**

Member Birthdays in March

1– Haumea Marumoto, Rachel Gorham, Casey Nakatsuka 2– Tyler Ng 3– Dmonkos Feher 4– Zachary Zane, Kaehu Topping, Nicholas Ashimine 5– Shaylee Gonsalves, Emma Buchthal, Tiare Bolongan, Faith Bloom 6– Kacie Nagaoka, Matthew Goldmann, Alyssa Pang, Kota Nakayama, Lauren Shitanishi 7– Jaelyn Aranda 8– Aarin Mabe, Koichiro Otake, Jenice Locklar 9– Sachi Sawamura, Hollis Okamura 10– Kacie Manabe, Susan Vogt 11– Avagianna Hills, Nezhanna Poag 12– Takuzo Kusaka, Robert Ashimine 13– Shoshana Levy, Travis Kuo, Ava O'Donnell, Lyla Rosen 14– Kiley Nomura, Kasey Uchima 15– Maya Erlandiz, Blaise Babineck, Dillon Yim 16– Clarissa De Smet, Kiane Sedlacek 17– Kiana Gordian, Melina Nyirenda, Shayna Whitty 18– Alyssa Quinto, Niko Christoff, Marijka Iha 19– Jada Gamatero, Samaahi Casady, Kyle Umayam, Tomoaki Kiuchi 20– Donna Mah, India McNeil, Skye McNeil, Andy Asai, Shanel Sakamoto 21– C aden Hong, Thomas Trask 22– Dominic Julian, Cassidy Bates, Annika Northrop, Marc Miyamoto 23– Ryan Watanabe 24– Cole Nakasone, Zoe Kaili 25– Mia Hayashi 26– Charlemagne Dolor, Tapairu Rezentes, Peter Justeson 28– Andrew Tom, Sydney Griffiths, Katelyn Lui, Quinn Allen 30– Lauren Miller 31– Reid Graham

(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!).

'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 have them put your name in the upper right corner of the registration form they complete. **Bring lots of friends!**

Earn \$50 - \$100 per friend!

Handspring & Flip Clinics

Our Handspring & Flip Clinics were so successful that we have scheduled more sessions during March and April. Clinics will be held Mar 23 10a-12p & 12-2p, Apr 24 Time TBA. The cost is \$25/session. The clinicians are Coach Kira, Coach Mia, Coach Nani, Dr Max, Dr Mah, and guest coaches like Coaches Mako Sensei, Richard Boge, and Spencer Dupio.

Summer School

Our Summer School is from June 15 to July 24. Mornings are spent with academic classes and the afternoons are filled with physical activities and enrichment classes. The program runs from 7am to 5p and is for children pre-8th grade. Lunch & snacks provided. **Please check with the office for details.**

Reminders:

Please pay tuition before the 1st of each month (BEFORE LESSONS BEGIN).

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.

Please 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)

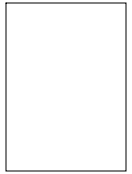
Please phone to schedule trial lessons or makeup classes. Do NOT just show up!

Please consider making a tax deductible Donation To Hawaii Academy before the end of the year. Pick the cause you wish to support. Our Hawaii Academy Booster Club is a 501c3 non-profit organization.



Hawai'i Academy

1314 Moonui Street
Honolulu, HI 96817 USA



Hawai'i Academy FITNESS NEWSLETTER
March 2009: Volume 11, Issue 3

Items For Sale:

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

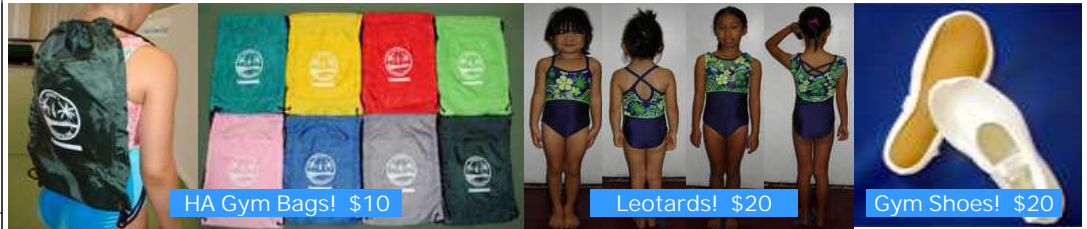
See the NEW HA SHORTS AND CAPS

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 accept VISA and MasterCard.

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! \$20

Gym Shoes! \$20

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.

New Sponsors

Please support our sponsors and welcome:

AQUA RESORTS AND HOTELS

HA's host hotels for international meets and events — discount rates available — see <http://www.aquaresorts.com/> 866-406-2782

AUTO TECH SERVICE CENTER

They are across the street from our gym and do fantastic auto body work and most car care. Have an estimate done during class time. Say you are an HA member. 841.5851

Member Discounts

Pay Full Year (10% off total annual 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).

Please Support Our Sponsors & Contributors

Aqua Resorts and Hotels (HA Host Hotels in Hawaii)
Amano Screen Printing & Embroidery, Honolulu
Auto Tech (Auto Body Repair), Across From Our Gym
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
Donna Mah, MD, Pediatrics, Honolulu
Kathleen Mah, MD, Surgery, Honolulu
Olympic Fox Scoring Software, Oregon
Penske Truck Rentals, Honolulu
Psy-Med Associates, Ergonomics, International
Robert Ruggieri, MD, Urgent Care, Honolulu (Kahala)
USA-Gymnastics Trampoline-Tumbling Elite Program

Academy Personnel

Director	Dr Max Vercryussen
Assoc Director & Physician	Dr Donna Mah
Gym Managers (MWFSat)	Ms Paris Macabeo-Spahn
(Tue)	Ms Nani Vercryussen
(Thu)	Ms Joelle Perkins
(Sun)	Ms Kaleinani Schoenstein
Secretary & Assoc Director	Ms Paris Macabeo-Spahn
Registrar	Ms Janet Onigama
Publications Specialist	Ms Kaleinani Schoenstein
PE/Recreation Department Interim Chair	Mr Julian Simee
Sports Department Interim Chair	Dr Max Vercryussen
Fitness Program Head	Mr Richard Boge
Special Events & Programs Chair	Mr Julian Simee
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 Coordinator	Ms Justine Perkins
USAG TT Hawaii Chair	Ms Wendy Rosen
State Level Teams Head Coach	Coach Nani Vercryussen
Junior Teams Coach	Coach Kira Vercryussen
Traveling Teams Head Coach	Coach Kira Vercryussen
Collegiate Teams Coach	Dr Max Vercryussen
Tumbling Program Head	Mr Makoto 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. HA's first yearbook will cover the first decade and is in development. 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

Sensei Takeshi Ueyama, JTA Top Coach/Judge
Mr Bo Bolongan, Body Builder & Motivator
Mr Sam Nakamura, HA Seniors Program Founder
ProfDr Merrill E Nobel, Professor/Scientist
ProfDr Alan T Welford, World Scholar

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)