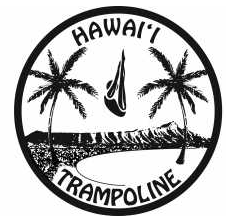




# Hawai'i Academy's

## FITNESS NEWSLETTER



April 2009

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

Volume 11, Issue 4

### Upcoming Events

Apr 3 **Seniors FUN Day**, 10a-12p at HA, \$10 donation  
 Apr 8-11 National Trampoline Team 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  
 May 8-10 US Elite Challenge, Fort Smith, Arkansas (Nani V, Annika N)  
 May 10 **MOTHER'S DAY**  
 May 14 **Seniors Safe Falling Workshop for Nuuanu Congregational Seniors' Excursion**, 10a-12p, at HA  
 May 15 **Seniors FUN Day**, 10a-12p at HA, \$10 donation  
 May 15 **Parents Night Out**, 6-10p, \$10 members/\$15 non-members (Drop In add \$5), at HA  
 May 22 Safe Falling Workshop, 10a-12p, \$30, at HA, open to all  
 May 22-23 Frivolten Cup, Herrljunga, Sweden (Nani V)  
 May 24-30 US Team Training w/ German National Team, Hannover, Germany (Nani V)  
 May 26-31 Japan World Championships Team Selection, Kaminoiyama City, Yamagata, Japan (Ken Goto)

## Trampoline Players Bounce High 9th Hawaii Championships Include Japan and Canada

The 9th Hawaii Trampoline Championships, held at Hawaii Academy, hosted 117 participants—four from Gymnastics Canada and 11 from Japan Trampoline Association—ranging in age from 3-90 years, with ability levels from entering beginners to world-class elites.

At the finals held Saturday night, March 28th, the champions for each level on trampoline and double mini-trampoline joined the elites to determine the overall rank of champions and the grand champion. All athletes competed according to senior elite (FIG) rules where three execution scores (10.0 maximum each) were added with difficulty scores (0.0-14.0) and total determined the overall rank. Elites were encouraged to do their most difficult routines and



were out-scored by lower level athletes if the elites didn't hit their intended routines. All athletes were ranked according to total score and the grand champion (best of the best) was named, regardless of age or ability for males and females on trampoline and double mini-trampoline. The first five places received Hawaii surfboard trophies with ribbons going to those places thereafter. Hawaii Academy's Nani Verduyssen was crowned the female grand champion for both events. For males, the grand champion for trampoline was Vincent Ng (Canada) and for double mini was Ken Goto (Hawaii Academy). See the HA website for detailed results of each session.

It wasn't all work and no play. Athletes shared in a well-deserved potluck dinner on Saturday night. Visiting athletes were treated to surf lessons at Waikiki after the competition on Sunday.

A special award went to the Most Spectacular Performance in the competition. This year it was an amazing crash in which Mr Yuma Shimakawa (24 yrs), a many time Japan National Champion on Double Mini, did a rudy-out on, 1-3/4 back, to 3/4 front on to the approach runway. He scraped his head on the bed while dismounting, so the officials applied a large forehead bandage as his award during the closing of the awards ceremony. Event officials are looking for a video of this maneuver taken from a side view so more can check it out on YouTube.



See Photographs by Barbara Li at [http://www.kameraworld shutterbugstorefront.com/g/9th\\_hawaii\\_trampoline\\_championships](http://www.kameraworld shutterbugstorefront.com/g/9th_hawaii_trampoline_championships)

Next Issue Submission Deadline: 27 April 2009

See This Newsletter In Color, Hyperlinks & Magnified Text at:  
<http://www.hawaiiacademy.com/web/Newsletter/0904Newsletter/0904Newsletter.pdf>

### 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

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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## Summer School Registration Opens !!

HA's Summer School will be held June 15 to July 24. This will be an unforgettable, fun-filled, educational summer for your children! Mornings are spent with academic classes and the afternoons are filled with physical



activities and enrichment classes. Mornings feature language arts (vocabulary, reading, and writing) and mathematics. Afternoons feature trampoline, gymnastics, fitness training, and enrichment classes. Students will learn trampoline and gymnastic skills, safe falling, and enjoy enriching activities such as cooking, hula, crafting, journalism, experiments, and more. The program runs from 7am to 5pm with lunch and snacks provided. Weeks 5 and 6 emphasize intensive preparation for the next school year.

Register today for 2- (\$500), 4- (\$900), or 6-week sessions (\$1300).

Brochures are available in the gym and online as are the registration forms. Address questions to our gym managers (Paris, Nani, Justine, Joelle, Julian, Elaine) by phone (842-5642) or in person M-F 2-8pm and Sat/Sun 9am-5pm. [Leave a message at any other time and they will contact you when they are in the office.] The Summer School headmaster is Mr Julian Simee.



### 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 18, Jan & Mar 2010**  
**6pm-8am Aug & Dec**  
**2 hours (almost monthly)**  
**during classes Nov09; Mar 2010**

See website: [www.hawaiiacademy.com/web/special.html/](http://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: **Apr 16 Thu 10a-12p, May 22 Fri 10a-12p, Jun 11 Thu 10a-12p; Jul 27 Mon 1-3p, Aug - Dec 09.**

## 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.

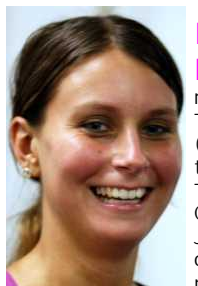
## Student of the Month



**1-5 Years:**  
**Mari Chun** 5, is this month's best listener in Mr Mike's classes.



**6-18 Years:**  
**Nathan Mason** 7, is the most enthusiastic student in all of Mr Shane's classes.



**19-59 Years:**  
**Katherine Bojarski** 25, ranked 1st in Trampoline (Ages 19-29) at the 9th Hawaii Trampoline Championships. Join her training on Tue/Thu evenings.



**60+ Years:**  
**Takuso Kusaka** 88, is HA's most courageous student and an example for fighting Parkinson's Disease. Train with him Monday Mornings.



## 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



**INSPIRING!  
FUN!**



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

## 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 **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.

## 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. Eight coaches train the state athletes on Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday (Friday and Sunday to open as the program grows). Currently the Saturday coaches are Ms Wendy Rosen, Mr Richard Boge, and Mr Baron Yamamoto; the Monday and Tuesday coaches are Ms Nani Vercruyssen and Mr Ken. Dr Max is doing intense training on Wednesday and Thursday.



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 minimum 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](mailto:William.Wilkinson@hickam.af.mil)  
 Ms Nikki Senter, Vice President, [nsenter@imanakakudo.com](mailto:nsenter@imanakakudo.com)  
 Ms Jo Archibald, Secretary, [joarch@gmail.com](mailto:joarch@gmail.com)  
 Ms Kellie Kano, Treasurer, [no\\_email\\_info\\_available](mailto:no_email_info_available)  
 Mr Eric Senter, State Team Representative, [no\\_email\\_info\\_available](mailto: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.

## Thank You Coach Kira



**Kira Vercruyssen**, long-time coach and Sunday Gym Manager, was honored on April 4 at Buca Di Beppo. The HA staff and team families thanked her for all she has done with coaching and her dedication to the gym for 11 years.

She will be embarking on a new adventure as a hostess/waitress at DK Seafood Steakhouse.

If you get a chance to dine at DK's on a night she works, be sure to say hello to Coach Kira and tell her how much she is missed at the gym. She still plans to take her team to nationals in July.



## 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.



## National-Level Teams

For those 5-8 yrs that are interested in more than just intermediate/advanced recreation classes and want to be with others of the same age. The tuition is \$240/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!!!** The two main meets for 2009 are US Junior Olympic Nationals and The Pacific Friendship Meet in Japan.



## Boys Gym Teams

To Start in May.  
Sign up in office.



## Collegiate Teams (To resume in 2010)

In 2006, Hawaii Academy started the America's first Collegiate Trampoline program. **Kira Vercruyssen** and **Matt Moniz** 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 "all-star" team meaning athletes may attend any college in Hawaii 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, Phone 842.5642 for details and talk to Coach Nani 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 and prepare your routines for our four meets a year. Dr Max is the head coach, Tutu Joan Kufferath and Ms Jeanne Ajitomi are the assistant coaches but you may select any coach and any practice (that is not full) to fit your schedule. Contact the office to register and Dr Max or Tutu Joan to start.

## Member Birthdays in April

1- Angela Aarii, Max Maiwela 2- Celeste Guiles, Braelyn Kunimura 3- Lise Michelle Childers, Zoe Minakami, Kayin Bohnet 4- Harper Okamoto, Kate Blanchette, Ethan Gicewicz, Dana Tsuruda 5- Elias Paul, Janet Onigama 7- Tina Bolongan, Malie Perry, Julia Visaya, Doris Matsuda 8- Aleana Meiyue Bayman, Nanci Nakagawa, Shawn Loui, Makoto Sakamoto 9- Dr Max Vercruyssen, Tillie Roy, Erin Carson 10- Peter Helto, Kylie Hosea, Tyler Takahashi 11- Kira Vercruyssen, Skye Eversole, Simone Yamamoto 12- Sasha Leukhardt 13- Alyssa Nishi, Skyler Sybounmy, Jhayda Largusa 14- Matthew Okinishi, Kainani Jacang, Kyla Lozis, Cass Nakasone, Tania Fukuda 15- Darla "Sissy" Kanae, Gabrielle Biersach, Luke Yoshiyama, Kyra Furuta 16- Carlee Hirano 19- Maya Miyamoto, Sangmin Han 20- Karina Park-Okuna, Sidney Stolberg, Brett Hardesty, Emma Arita 21- David Qu, Shayna Nakamura 22- Lana Lubecke, Paige Hand 23- Quinne Murakawa, Katie Heinrich, Ethan Senter, Kayla Mata, Matthew Loui 24- Anjoli Kishi, Haya Stein 25- James Marchant, Baylee Mason, Jayden Noa 26- Kristin Terada 27- Kaden Muller 28- Ridge White, Lauren Terada, Madison Huanio, Sydnee Funai, Jonathan Lau 29- Joy Domingo, Larkyn Sybounmy, Matthew Chun, Jacob Ball 30- Spencer Dupio, Hikaru Nakayama, Ai Nakayama, Sera Yomen

**Please wish them a Happy Birthday!**

**(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 Party Coordinator. Coach Justine runs an exceptional party program with lots of options for catered food (her masters degree is in culinary arts!).

## Handspring & Flip Clinics

Our Handspring and Flip Clinics were so successful that we have scheduled more sessions during March and April. The next clinic is Apr 24 (time to be determined.) 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 7a to 5p and is for children pre-8th grade. Lunch & snacks provided. **Please check with the office for details.**



## Amano Screen Printing & Embroidery Services

Amano Screen Printing and Embroidery Services is the exclusive printer for all Hawaii Academy shirts, gym bags, shorts, hats, etc. Please contact Carlos for a great price, superb quality, and the best service on your next project. Call 387-5874 OR email request to [print@amanosp.com](mailto:print@amanosp.com).

## 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  
April 2009 - Volume 11, Issue 4

## 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.

## 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).

## 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



Gym Bags! \$10

Gym Hats \$10

Gym Shoes!

Leotards! \$20

## 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 Verduyssen
Assoc Director & Physician	Dr Donna Mah
Gym Managers	(MWFSSat) Ms Paris Macabeo-Spahn
	(Tue) Ms Nani Verduyssen
	(Tue) Ms Justine Perkins
	(Thu, Fri) Ms Joelle Perkins
	(Sun) Mr Julian Simee
	(Sun) Ms Elaine Santo
Secretary & Assoc Director	Ms Paris Macabeo-Spahn
Registrar	Ms Janet Onigama
Publications Specialist	Ms Kaleinani Schoenstein
PE/Recreation Department Interim Chair	Mr Richard Boge
Sports Department Interim Chair	Dr Max Verduyssen
Fitness Program Head	Mr Julian Simee
Special Events & Programs Chair	Dr Donna Mah
Clinical Services Department Chair	Mr Mike Nakashima
Outreach Specialist	Ms Valerie Mendez
Custodian	Mr Mike Nakashima
Home School PE Coordinator	Ms Justine Perkins
Birthday Party Coordinator	Ms Wendy Rosen
USAG TT Hawaii Chair	Coach Nani Verduyssen
State Level Teams Head Coach	Coach Kira Verduyssen
Junior Teams Coach	Coach Kira Verduyssen
Traveling Teams Head Coach	Dr Max Verduyssen
Collegiate Teams Coach	Mr Makoto Sakamoto
Tumbling Program Head	

## 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.** See Ms Kalei Schoenstein

### 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