

# Eight Departments & Key Programs

**PHYSICAL EDUCATION & RECREATION DEPARTMENT:** Our recreational classes are for ALL ages and ABILITIES emphasize the fundamentals of many gymnastic disciplines in a non-competitive and enjoyable environment. Instructors stress safety while keeping classes exciting. Physical Education through recreational gymnastics, trampoline, tumbling, and essential motor skills activity helps develop physical fitness, strength, flexibility, coordination, balance, stamina, and most of all a positive association, identity, and self-image with lifetime fitness and wellness!

**Movement Education Program:** Our parent-tot and preschool classes (for ages 1-5 yrs) are designed to build confidence and appreciation of physical activity and sports. Basic locomotor skills, balance, coordination, and social interaction are taught in a positive and encouraging manner. Much of the equipment and events are modified to accommodate smaller bodies and shorter attention spans. Our Outreach (Extension) Program takes equipment and instruction to schools in the local community.

**Essential Skills Program:** Our beginner classes are designed to provide fun, safe, effective, and efficient instruction that promotes self-esteem for student of all ages (usually 6+ yrs). These 55-minute classes train essential fundamental skills like running, jumping, landing, rolling, cartwheeling, climbing, dropping, twisting, and maneuvers in different body positions (e.g., tuck, pike, straight, arched). The intermediate two-hour classes are extensions of beginner classes to prepare students for more advanced recreation classes or advancement to three-hour team training. Instruction is according to units each with required skill proficiencies taught in rotating twelve week cycles.

**Flexibility, Fitness & Gymnastics Programs:** After the beginner and intermediate essential skills classes, student participate in these two-hour general fitness and gymnastics/trampoline classes for teenagers (Teen GymFit), adults (Adult FitGym), and seniors (Senior FlexFit). These popular programs are cohort based to maximize fun, interest, and ease of learning new and challenging physical skills.

**Special Education (Development) Program:** Several times per week we have 45-minute classes for those students who are challenged physically, mentally, socially, economically, or in other ways. Students in these classes are accompanied by an aide, parent, or assistant instructor.

**Trampoline and Power Tumbling for Cheer, Drill, Power Dance, Diving, Pole Vaulting, and Performing.** These classes are based on the new Olympic sport of trampoline and power tumbling, with specialty training for the needs of individuals performing somersaulting skills in other sports. This training involves *flipping, twisting, and tumbling* on our special rebound surfaces (e.g., trampolines, tumble tramps, double mini-tramps, rod floors, ski floors, spring floors) with overhead spotting rigs, the most sophisticated bungee systems around, pits, and skilled spotters to learn flying, tumbling, acrobatics, vertical maneuvers, and advanced aerial skills in a safe and fun environment. Special dance classes are also available for assistance with choreography, style, poise, elegance, timing, and precision counting with music.

**SPORTS DEPARTMENT:** We have seven sport team programs — **trampoline-tumbling teams at the (1) state level and traveling trampoline teams at the (2) national and (3) international levels, (4) collegiate trampoline teams (18+ yrs), (5) adult teams (19-59 yrs), (6) senior teams (60-100+ yrs), and (7) trampoline teams at the elite international level (pending quadrennial scheduling).** We have athletes of all ages (3-97 yrs) and abilities (remedial-challenged to world class-expert).

**OTHER DEPARTMENTS:** The other departments include **Special Events and Programs, Research, Clinical Services, Academic Instruction, Development, and Business Operations.**



## Special Events

- ◆ Birthday Parties
- ◆ Class Excursions
- ◆ Home School PE
- ◆ Private Training
- ◆ Graduation Parties
- ◆ Day Camp
- ◆ Sleep Overs
- ◆ Competitions & Performances
- ◆ Clinics & Workshops
- ◆ Conferences & Seminars

## Rules and Policies

- ◆ Written notification of withdrawal is required *two weeks in advance* of withdrawing a student from class. Payment is required until final date of withdrawal. (Tuition is non-refundable.)
- ◆ We reserve the right to cancel or combine classes if a minimum enrollment is not met.
- ◆ **Vacations** — please notify us when you will be away more than two weeks so we can record the information on our roll sheets. Recreation students may either (1) notify us of your withdrawal, (2) pay 1/2 to reserve a spot on the roll sheets, or (3) pay full tuition and make-up missing classes, before or after missing them.
- ◆ No shoes - gum - food - drinks on the carpet please.
- ◆ A positive attitude is expected at all times. Show respect— say hello/goodbye, please/thank you!
- ◆ Parents may observe at any time but are asked to stay in the observation area.
- ◆ Recreational classes are limited to ten students but may go to eleven before splitting into two classes. Eleven is the target group size for team training.
- ◆ We encourage making up all missed classes, before or after the absences.
- ◆ A proper warm-up prevents injuries. Run, stretch, and do drills first.
- ◆ No one is allowed on the gym floor or equipment unless they are taking a class or have permission to practice.
- ◆ Recreational students are not allowed on the gym floor or equipment without an instructor nearby. Team athletes may train before and after practice without their coach but only doing skills approved by their coach.
- ◆ Proper attire is required: At least T-shirts and shorts, leotard recommended for girls (required for team).
- ◆ No jewelry or hair clips. Long hair must be tied back.
- ◆ Horseplay (unsafe chasing) is not allowed.
- ◆ No new skills may be attempted without an instructor's permission.
- ◆ Please attend at least one Safe Falling Workshop to prevent potential injuries inside and outside of the gym.

## Research Projects

- (1) Hawaii Longitudinal Study of Fitness
- (2) Screening of Fitness to Drive (Teens & Elders)
- (3) Human Information Processing & Speed of Behavior
- (4) Intelligent Assistive Devices
- (5) Mobility & Accessibility in Later Life
- (6) Screening for Senior Exercise Classes
- (7) Safe Falling Techniques (for All Ages & Abilities)
- (8) Trampoline (Rebounding) Biomechanics



Hawaii'i Academy

1314 Mo'ouui Street  
Honolulu, HI 96817 USA

Phone: 808.842-5642 / Fax: 841-2564  
webpage: HawaiiAcademy.com  
email: Info@HawaiiAcademy.com



## Directions to our Gym

**Diamond Head Bound**— Take the Moanalua Freeway eastbound and take the King Street exit just after Moanalua Gardens. Continue across Middle St., and thru downtown Kalihi until Kalihi Street. Get into the right lane and turn right onto Waiakamilo (after passing Farrington High School on the left). Go two short blocks and turn left on Mo'ouui Street (Chevron Station on the corner). Hawaii Academy's gym is half way down Mo'ouui on the left side.

**Ewa Bound**— Take the H-1 freeway westbound and take the Hough-tailing exit. Turn left at the traffic signal and proceed down Waiakamilo (Farrington High School will be on the right), across the King St. intersection. Moonui Street will be the 2nd street on the left (there is a Chevron station on the corner); our gym is half way down Mo'ouui on the left side.

# HAWAII ACADEMY INFORMATION



- ◆ Lifetime Fitness,
- ◆ Gymnastics, and
- ◆ Human Sciences for students of ALL ages and abilities

Hawaii'i Academy — a private school for lifetime fitness, gymnastics, and human sciences for ALL ages and abilities.

## Goals and Philosophies

Welcome to **Hawai'i Academy**, a private school for the advancement of lifetime fitness, gymnastics, and human sciences. We have research, education, and physical activities for members of ALL ages and abilities. Our primary objective is to promote programs that motivate participants to better understand the importance of maintaining one's health, fitness, and wellness throughout life. We conduct research to investigate the impact of fitness on functional abilities across the lifespan and we involve Academy members as participants in our longitudinal study of fitness and as student researchers. We integrate the human sciences (e.g., anatomy, physiology, biomechanics, kinesiology, nutrition, motor control, ergonomics, and human development) in all our activities. We also help design and encourage the use of assistive technologies to extend the years of effective functioning. We want the Academy to serve as a second home for the family . . . as a place that promotes exercise throughout life, for each generation, in a safe environment that facilitates cooperation, group and individual motivation, determination, respect, and well being. We aspire to achieve excellence in our programs but more important than rapid skill achievement is breadth of application and development of personal values and training attitudes that generalize across activities, throughout one's life. We hope to involve as many age groups as possible -- we especially want to have children watching their parents and grandparents exercising so they plan to be active for their entire life. (Ask about our promotion/discount rates for three and four-generation families).

## Mission

Hawaii Academy aspires to provide a private education for children, teens, adults, and seniors that promotes life-long fitness, the understanding of human sciences, and the effective use of technology to extend one's years of functional independence. Further, we seek to provide a vehicle for our members to achieve excellence in the competitive sports of trampoline and gymnastics at the state, regional, national, and international levels.

## Facilities

**Hawai'i Academy**—is housed in an 11,000 sqft facility (building is 8,000 sqft) with a full range of state-of-the-art competitive and recreational equipment for trampoline, power tumbling, artistic gymnastics, double-mini trampoline, martial arts, dance, sport acrobatics, cheer, circus, and fitness training. There are 12 trampolines, three double mini tramps, two tumbling rod-floors, an 8x50 ft individual tumble-tramp, an 8x40 ft group tumble-tramp, specialized skills cushions (pits), two overhead traveling spotting systems, eight overhead bungee systems, and special spring-loaded equipment. This gym is ideally suited for learning flips and twists... likely the **Best in the Pacific**.

## Schedule of Activities

See our  
**Recreation Class Schedule**  
Or our  
**Master Class Schedule**  
**Weekly Activities Schedule**



## Hawai'i Academy

1314 Mo'ouui Street  
Honolulu, HI 96817 USA  
(808) 842.5642 — gym  
(808) 841.2564 — fax

## History

Founded in 1999, **Hawai'i Academy** has emerged from the extension or purchase of four well established gymnastics programs: **Gymnastics Academy of Hawaii** (1989-94, Directed by Paul Kahovic), **Hawaii Gymnastics Academy** (1994-99, Directed by Abra and Mark Slater), **Oahu Gymnastic Centers** (1991-99, Directed by Michael and Tina Reeder), and **Aloha Gymnastics World** (1994-2002, Directed by Dave Vandervort). Dr. Vercruyssen also founded the Flathead Gymnastics Club (Flathead Valley, MT, 250 students) and the University of Denver Gymnastics Training Center (Denver, CO; 550 students).



## Monthly Fees

<b>RECREATION CLASSES</b> (1 hour/class):	
1 day/week	\$ 60
2 days/week or 2 family members	\$ 90
3 days/week or 3 family members	\$125
<b>INTERMEDIATE</b> (2 hours/class):	
1 day/week	\$ 90
2 days/week or 2 family members	\$140
3 days/week or 3 family members	\$190
<b>TEAM</b> (2-4 hours/practice):	See Team Tuition Schedule \$150/200/+
<b>SPECIAL GROUPS:</b> (special promotional discount)	group rate
<b>PRIVATE LESSONS:</b>	\$60/hr

- ◆ Monthly tuition is due on the 1st day of each month (use payment box). \$10.00 late charge if tuition is not paid by the 10th of each month
- ◆ **\$60.00 annual membership fee** per student, due 01 January yearly.
- ◆ \$20.00 returned check fee
- ◆ **Two week written notice for withdrawal is required**
- ◆ 20% tuition discounts for military, twins, triplets, etc.
- ◆ 50% tuition discounts for three generation families
- ◆ 100% tuition discounts for four generation families

## Other Services

### EXERCISE FITNESS SCREENING/ASSESSMENT

Adult Exercise Screening Exam (1hr)	\$60.00/session
Fitness Profile & Exercise Prescription (2hrs)	\$60.00/session
Anthropometric Profile (1hr)	\$60.00/session
Neuromuscular Examination (3hrs)	\$60.00/session
Functional Assessment (1hr)	\$60.00/session

## Administration & Staff

**Dr Max Vercruyssen** (Academy Director)  
**Dr Donna Mah** (Academy Associate Director & Academy Physician)  
**Ms Paris Macabeo-Spahn** (Assoc Director & M W F S Gym Mgr)  
**Ms Elaine Santo** (Sunday Gym Manager)  
**Ms Nani Vercruyssen** (Traveling Teams Head Coach)  
**Ms Joelle Perkins** (Thu/Fri Gym Manager & Instructor)  
**Ms Justine Perkins** (Tue Gym Manager & Instructor)  
**Mr Julian Simee** (PE/Rec, Special Events & Programs Dept Chairs)  
**Ms Janet Onigama** (Academy Registrar)  
**Ms Shawna Northrop** (Academy Accountant)  
**Ms Valerie Mendez** (Custodial & Gym Maintenance Engineer)  
**Mr Richard Boge** (Fitness Program Head)  
**Mr RJ Dornbos** (Tumbling Program Head)



## Faculty (over 50 employees)

Richard Boge (Coach/Judge & Instructor) Coach Richard is a long-time coach, gym owner, and previous athlete. He is very experienced and well liked by all.  
Ping Collis (Academics Program Head) Ms Ping is a professional tutor and teacher who specializes in individual and group learning. She is in charge of all academics in summer school and will offer classes in the Fall.  
Shane Doi (Instructor) Mr Shane grew up in the Academy and has won awards for rapid learning. His classes grow much because of his personal enthusiasm to learn.  
RJ Dornbos (Coach/Judge & Instructor) Coach RJ was a gymnast and has coached trampoline at the national level. He is here to learn as much/fast as possible.  
Spencer Dupio (Instructor, Coach/Judge) Coach Spencer is a past US elite national champion and the 2007-9 bronze medalist on double mini-tramp at the Age Group World Championships. Ask him to demonstrate and you will be surprised.  
Ken Goto (Coach/Judge & Instructor) The All Japan Double Mini-Trampoline National Champion, Coach Ken is here learning English to get into UH and is training for the 2009 World Championships in St Petersburg, Russia.  
Angel Keene (Instructor & Judge) An international trampoline competitor and Academy coach/judge, she instructs Fitness classes on Tue and when needed.  
Gia Macabeo-Spahn (Head Laboratory Assistant) As supervisor of the laboratory and research assistants, Ms Gia keeps research publications on schedule and develops academic materials for member use.  
Donna J Mah, MD (Academy Associate Director, Physician, Adult Leader, & Coach/Judge) Previously one of Hawaii's star gymnasts, a high school and college All-American, and adult athlete, Dr Mah is also a Pediatrician in private practice and a mother of four girls on HA teams.  
Kelly Munson (Laboratory Assistant & Special Needs Assistant) Ms Munson works on research publications and is preparing opportunities for members with special needs at the Academy and in the local community.  
Mike Nakashima BA (Instructor, Senior/HomeSchool/Outreach Head, & Judge) Mr Mike has a BA in PhysEd and a certificate in Early Child Development, 25 yrs of gymnastics experience as a USAG National Safety Instructor, an NCAA University gymnastics coach at Long Beach State University, a Women's Team Coach, a USAG Skill Evaluator, and a Hawaii Trampoline-Tumbling Judge (all levels).  
Mika Neil (Instructor & Dancer) Currently a KCC student, Ms Mika has been in HA classes since 2003 and teaching since 2007. She is also a professional hula dancer.  
Joelle Perkins BA (Thu/Fri Gym Mgr & Instructor) A 2005 honors graduate of Kamehameha HS where she was a diver and gymnast, Ms Joelle received her BA in Economics from UH in 2008. She also assists in the administration of HA programs.  
Justine Perkins MA BA (Tue Gym Mgr, Instructor, BDay Party Coordinator, Coach/Judge) Coach Justine is a graduate of Kamehameha HS and Wilson College (Chambersburg, PA) where she competed on their gymnastics teams (ILH & NCAA Div3). Her MA is in culinary arts; BA in Business (minor in Athletic Coaching).  
Michelle Radovan (Instructor) Ms Michelle is a Punahou graduate and UH student who was one of HA's best gymnasts (artistic at the regional level and trampoline at the national/international level). She is a beauty pageant winner as well.  
Katie Robinson (Instructor) Ms Katie is a High School senior and past athlete. She enjoys teaching younger students and is well liked... her classes grow rapidly.  
Wendy Rosen (Coach/Judge) A previous national competitor on trampoline and coach of three teams from Hawaii that competed in the national championships, Coach Wendy is one of the most experienced trampoline coaches/judges in Hawaii.  
Makoto Sakamoto, Sensei MA (Instructor) Mako-sensei is a 3-time Olympian (US Men's Gymnastics), 43-time NCAA national champion, USAG Hall of Fame inductee, and our most inspirational instructor. His MA is in Japanese Language.  
Fred Sanidad (Instructor) Mr Fred teaches the Kick-Fit classes on Sunday. His daughter Dorothy has been a US national champion at 5, 6, 7, and 8 years old.  
Kristen Schoeffel (Instructor) Originally from Pennsylvania, Ms Kristen has an extensive background in artistic and trampoline gymnastics. She is a powerful tumbler but her best event is double mini. Watch her train with the college teams.  
Julian Simee BA (Instructor & Judge) Mr Julian comes to us from Europe, where he spent the majority of his life involved in athletics and the arts. A graduate of HPU (BA in Business Mgmt & Psychology with a focus on child/youth psychology), Julian is now working on his MBA & Masters of Organizational Change at HPU.  
Kira Vercruyssen (Coach/Judge & Instructor) State Champ in artistic and trampoline gymnastics and a National Champion in Trampoline, Coach Kira is very good at advancing beginners to become competitive athletes.  
Max Vercruyssen PhD MPH (Academy Director) At the international level, Dr Max was a gymnast, head coach, business owner/director, research scientist/scholar, statistician, clinician, designer, consultant, professor, developer, elite coach/judge and parent of four girls on HA teams.  
Mia Vercruyssen (Instructor & Coach/Judge) Coach Mia was a state and regional level artistic gymnast, state and national champion trampolinist, and HS cheerleader. Her technical knowledge is quite exceptional and she relates well with teenagers so, when home from school, her clinics/workshops are very popular.  
Nani Vercruyssen (Coach/Judge & Instructor) Coach Nani, is the most decorated athlete at the Academy and in the state/nation. She is a 3-time Age Group WORLD CHAMPION (<18 yrs) on double mini and trampoline. She is also a six-time national champion and one of our top coaches/judges. She is very popular with students.  
Annett Wichmann (Instructor & Researcher) Ms Annett is from Germany where she is a champion heptathlon player and hopes to be a member of the German team for the 2012 London Olympics. She graduated from UH as an all-time star track and field athlete. She did her Kinesiology internship with us and taught RunFit classes.  
Baron Yamamoto (Coach/Judge & Instructor) Coach Baron teaches our pre-team and team players on Saturdays. He has two daughters Simone and Brooke.