



"THE GOSS"

Email: menaiphysie@hotmail.com

Website: www.menaiphysie.com

Issue 1 - 2010

Welcome back everyone and a very warm welcome to all the new members and their families. 2010 is going to be an exciting year with many members returning and many new members joining our friendly Club. Classes have already commenced and there are plenty of dates to put in your diary so read on!

YOUR 2010 COMMITTEE

President - Leanne Boothman **Uniform Coordinator** - Raena Huxley
Vice President - Sue Hampton New position-**Merchandise/Event Coordinator** - Camille Godfrey
Secretary - Sharon MacDonald New position-**Fees Manager** - Courtney Sarti
Treasurer - Michelle Luckman New position-**Website Coordinator**—Danielle Cush

NEW WEBSITE LAUNCH

We are excited to be able to launch a new look website this year. This is due to a community grant from AAMI Insurance (kindly applied for by the Harmer Family—many thanks), the tireless work of the Committee and our website designer Peter Tory (Peter Tory WebSolutions - www.tory.net.au)

The website is going to be a regularly updated resource and a great way for the Club to keep members up to date. Any feedback from our members would be greatly appreciated.

IMPORTANT NOTE: From Monday 8 March 2010 classes will be held at the hall at Illawong Public School. They will be held there until further notice - watch the website for more info.

CLASSES AND WATCH WEEKS - *A note from Miss Charis*

In order to get the best out of the girls and to maintain their attention for the length of the lesson, I ask that no parents be allowed in the classroom during their daughter's lesson unless prior arrangements have been made with me. I will however, have a **Watch Week** which will be held the first full week of each month in Terms 1 & 2 where parents are welcome and encouraged to come along and watch. This is how we have always run our classes and we believe it is how we have maintained our very successful girls.

Upcoming watch weeks:

Monday 5 April - Saturday 10 April

Monday 3 May - Saturday 8 May

Due to our finely tuned timetable our teachers do not always have time between classes to talk to parents. If you have questions you can email them to menaiphysie@hotmail.com putting the teachers name in the subject line.

FEES Attached is note and explanation of fees for Installment 1. Payment is due by 30th March, 2010

UNI FORMS—*A note from Raena*

We are currently researching some new companies for a better quality product for our practice uniforms (shorts, leotards, singlets and dance pants). Information regarding our final choice and prices will be available shortly. Please keep an eye out on our new Website www.menaiphysie.com for upcoming details.

INTER-CLUB COMPETITIONS

Menai-Illawong Interclub - Sunday 15th August - Box Rd, Sylvania.

Make sure this date is highlighted in your diaries—we will need as many helpers as possible to make this day a success for MIPCC.

Entrance Interclub - Saturday 21st & Sunday 22nd August. Sat-Snrs & Ladies; Sun- 5-14's

Please keep an eye on the website for more details for the Entrance Interclub.

Thankyou to our Major Sponsor...CLUB MENAI

BUNNINGS BBQ'S - A note from Camille

As most of you are aware, Menai Physie held their inaugural Bunnings BBQ in 2009 that proved to be a huge success and because of this we applied to Bunnings in the hope of gaining another BBQ for our club in 2010.

Bunnings have been exceptionally generous (and also commented that Menai Physie has been noted as one of the most admired clubs for leaving the site and BBQ area spick and span - GO Team Menai) and offered us another 2 BBQs - 1 at Bankstown and 1 at Kirrawee. We have accepted both dates as they are excellent days for fundraising not to mention the fun and laughter that goes along with them.

The most important factor of this successful day was the overwhelming response of all the members, parents and teachers who were more than obliging in volunteering their time to assist with these BBQs. In no way, would Menai Physie be able to hold these BBQs if we did not have your wonderful support and this is greatly appreciated. I know many of you have already offered your assistance again so if you are able to come along and help out just for an hour or 2 whether it be to cook the snags, serve the drinks or take people's orders, we would love to see you all there. If you are new to the club this year, this is a great way to get to know other members & parents of this friendly club. Details as follows:

Sunday 21st March, 2010 - Bunnings 347 Milperra Rd, Baankstown Airport

Saturday 17th April, 2010 - Bunnings 127 Bath Rd, Kirrawee

If you are able to help out please email my at menaiphysie@hotmail.com or you can contact me on 0402 412 986.

LEOTARDS

If you would like to have a look at the leotard info and styles for 2010 they can be found under Club News on the menai physie website.

The colour swatches should be at Physie for you to look at this week and Charis will organise a try on date and get back to you later.

WE ARE MISSING SOME BLACK CHILDRENS LEOTARDS FROM THE TEAM COMPETITIONS LAST YEAR—PLEASE RETURN THESE TO CHARIS ASAP IF YOU HAVE ONE!!!

As you know Leanne, our Senior Teacher is no longer teaching for us this year. Starting 3 years ago she found it very difficult to fit in teaching a club of our size with work commitments and family so she decided to hand over part of the club (and work load) to Charis. However, she still found it difficult to do the travelling and cope with getting home so late 3 nights per week (2 nights teaching plus her own lesson). Leanne thought that after 13 years of Gary (her husband) carrying out the household commitments it was time for her to lessen the burden on him and be at home to enjoy the after-noon interaction with the children instead of coming home to 3 children fast asleep!

Her boys are now hitting teenage years and she has found that it is more difficult for Gary and the whole family when she is not there. She has contemplated many different ways of being able to continue teaching physie at Menai but each scenario still meant late nights and a long drive home and having to rely on notes left on the kitchen bench to keep the lines of communication open between her and her family.

It was with a heavy heart that Leanne finally decided to make the break from teaching physie. She hopes that you all understand that her decision was made for personal reasons and that it was the best option for her, her family and ultimately for the club. She has absolutely loved teaching all her girls and I know she is missing you already. However, she is confident that she has left all her beautiful girls in the talented hands of "Miss Charis" who has grown into a SUPER physie teacher and has proven herself last year to be a CHAMPION teacher at that - having won Championship Grade teams had 19 girls compete at Nationals and produced 2 National winners!! Leanne is still a member of Menai Ladies so she will always be around to support you.

ROYAL EASTER SHOW, SYDNEY

We have been invited again to perform at the [Sydney Royal Easter Show on 11th April at 5.30pm](#) in the main arena. BJP need 250 performers for a mass display of physie. Those eligible to perform are girls in the current 10 year age group and upwards through to seniors and ladies but they must have been doing physie for all of 2009. The first 250 to register their interest will be accepted. So please let your teachers know ASAP and then register!

You may register by emailing the office at physicalculture@bigpond.com (or phone 02 9858 5122 if you don't have email) clearly stating your name, current age group, mobile phone numbers and a parent's name if under 18. The subject of the email heading should be EASTER SHOW REGISTRATION.

Once you have registered by email or phone, your names are recorded on the performers list and a roll will be taken at each rehearsal. You will not be sent an acceptance letter. Performers must be available for one all-day rehearsal, one short on-site rehearsal and the event as follows. You must be at both rehearsals to be able to perform and please note that this year no performers will be issued with an entry ticket unless they have attended both rehearsals. No-one will be able to collect a ticket for anyone else.

Full day rehearsal	Valentine Park, 235 Meurants Lane, Glenwood (near Baulkham Hills)	Sunday 21st March	10.00am – 4.00pm
On-site rehearsal	Sydney Olympic Park, Homebush Bay	Sunday 28th March	8.30am – 11.00am
Performance	Sydney Olympic Park	Sunday 11th April	5.30 – 6.00pm.

You will perform 2009 syllabus so performers must know last year's work (no floor drill). Any ladies participating must know the 2009 **OPEN** ladies work and any seniors must know the 2008 **OPEN** senior work (including impulse and open dance).

All performers will be wearing Bjp coloured sleeveless leotards (of their own choice), long black dance pants and white sandshoes or dance shoes. No tan will be worn, hair will be tied back and makeup is optional. Wear any physie gear and sandshoes to the first rehearsal and bring a hat. Bring drinks, snacks and lunch. Mobiles are best left at home. If you bring them they must be switched off unless you are on-call for work.

There is free parking at Valentine Park but not at Homebush so carpooling or public transport is recommended then. No parents can attend rehearsals.

Don't forget - for the most up to date info check out our great website:

www.menaiphysie.com

2009 Club Results

Junior Results

Zone

5's	
Logan Webb	1st Place
Ella Fuller	3rd Place
Erin Glass	5th Place
6's	
Abby Shepherd	1st Place
Lani Baker	2nd place
Josie Brown	3rd Place
Brittany Langley	Finalist
Ebony Harmer	Finalist
7's	
Abby Glass	4th Place
Sarah Whitfield	5th Place
Lauren Alden	Semi-Finalist
Lara Cush	Semi-Finalist
8's	
Alison Cush	2nd place
Monique Jefferys	3rd Place
Kaela Shepherd	4th Place
Mikaela Russell	5th Place
9's	
Kristie Godfrey	1st Place
Emily Boothman	2nd place
Georgia Luckman	4th Place
Alisha Gallas	Semi-Finalist
Natalie van Waart	Semi-Finalist
10's	
Tara Shepherd	1st Place
Maxine Rose	4th Place
Nicole Shearer	Finalist

Ladies Results

TEAMS

2nd yrs – 1st Place
 U'33's – 5th Place
 O'33's – 4th Place
 O'40's – 3rd Place

CHAMPION LADY

Zone Finalists

Danielle Cush 5th, Leonie Johnson 2nd, Nerissa Peters 3rd,
 Megan Levy 5th, Raena Huxley 5th, Belinda Webb 1st,
 Leanne Piper 3rd.

National Finalists

Charis Young, Leonie Johnson, Megan Levy,
 Nerissa Peters, Belinda Webb, Leanne Piper,
 Allison Diomis, Julie Williams, Sue Hampton,
 Jann Smith,

National Places

Julie Williams 2nd, Nerissa Peters 3rd

National (note finalist means they are in the top 18 in the country)

11's		6's	
Jessie Russo	3rd Place	Lani Baker	NATIONAL AGE CHAMPION
Kathleen Dwyer	4th Place	Abby Shepherd	Finalist
Caitlin Cowdroy	Finalist	Ebony Harmer	Finalist
Mikaela Luckman	Finalist	Josie Brown	Semi-Finalist
Maddison Jones	Finalist	7's	
12's		Abby Glass	Finalist
Brooke Macdonald	4th Place	Sarah Whitfield	Semi-Finalist
Rashan Russell	Finalist	8's	
Molly Coleman	Finalist	Alison Cush	Finalist
13's		Kaela Shepherd	Heats
Jessica Olsen	1st Place	Monique Jefferys	Heats
Repechage		Mikaela Russell	Heats
6's		9's	
Ebony Harmer	2nd Place	Kristie Godfrey	NATIONAL AGE CHAMPION
Brittany Langley	Finalist	Emily Boothman	Semi-Finalist
10's		Georgia Luckman	Heats
Nicole Shearer	Heats	10's	
11's		Tara Shepherd	Semi-Finalist
Maddison Jones	Semi-Finalist	Maxine Rose	Heats
Caitlin Cowdroy	Heats	11's	
Mikaela Luckman	Heats	Jessie Russo	Semi-Finalist
12's		Kathleen Dwyer	Heats
Rashan Russell	4th Place	12's	
Molly Coleman	Heats	Brooke Macdonald	Semi-Finalist
Teams Championship Grade		Rashan Russell	Semi-Finalist
5-6 Gold Team	Age Champions	13's	
7-8 Gold Team	3rd Place	Jessica Olsen	Heats
9-10's Team	3rd Place		

Seniors Results

CHAMPION GIRL

Finalists

Tomica Cameron, Brittany Macdonald, Jessica Hampton,
 Rebecca Taylor, Emma Tory, Zoe Caldwell, Shannon McGrath,
 Ally Jones, Danielle McGrath, Belinda Berrett

National Places

15yrs 2nd Tomica Cameron,
 1st yr seniors 4th Brittany Macdonald
 2nd yr seniors 2nd Rebecca Taylor, 3rd Emma Tory,
 5th Zoe Caldwell