

2022

WELCOME

Your Physie family awaits you



Speers Point
PHYSIE

Our Club

Speers Point Physie started out as Speers Point RSL Youth Club which was founded more than 50 years ago.

For more than 46 years, Margaret Gillespie (Mrs G) coached, mentored and dedicated her life to the women and girls (past and present) that were part of this fantastic club.

Now left in the hands of life members that Margaret personally mentored for decades, the club will live on and will continue to achieve as a result of her dedication.

Our teachers are certified, experienced and qualified in all ages and classes.



Our Mission Statement

To establish and maintain a friendly club environment where all members feel welcome and respected.

Our Values

- Respect for your teacher and her knowledge and experience.
- Respect for others and their capabilities and opinions.
- Commitment to practice and working as part of a team.
- Demonstrating good sportsmanship and competing for fun.
- Commitment towards making our club a great physie club to be part of.



Meet Our Teachers



Donna

PRESCHOOLERS/ 5-8 YEARS / LADIES
& OVERSEEING ALL AGE GROUPS

I have been with Speers Point Physie my whole life and treasure the lifelong friendships I have made here. I share the love of Physie with my Mum, my two daughters, my Sisters, my Cousins, my Nieces, and of course, my many friends from all over.



Allana

PRESCHOOLERS/9-12 YEARS/SENIORS/LADIES

I love Physie as it has taught me so much through my life. Resilience, hard work, and dedication. I'm so grateful for the life long friends I've made through Physie and I truly believe that Physie is more than just a sport!



Justine

13-1ST YEAR SENIORS

I started Physie when I was 2 years old, and from that day I was hooked!. What I love most about Physie are the friendships you make by sharing this wonderful sport that can be enjoyed across all ages and abilities, bringing women and girls together through the love of dancing. I love teaching and watching my students thrive in and out of the classroom. It's such a privilege to be part of Speers Point Physie Club



Margaret

FOUNDER & LIFE MEMBER

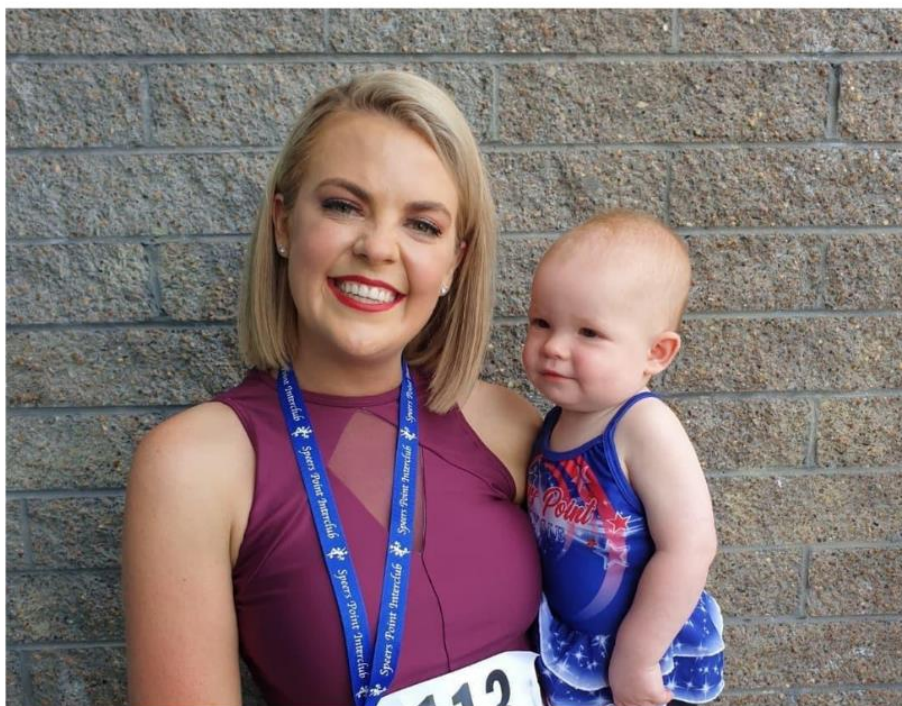
Margaret has recently retired from teaching Physie (if there is really such a thing) and has decided to move interstate to be closer to her daughter. Margaret will always be part of our fantastic club as it is thanks to her, our club is what it is today.

Pre-schoolers 2-4 years

Our preschool class is for girls aged 2 – 4 years and is choreographed to suit this age group. It's a non-competitive class and is a fun and unique way to introduce your daughter to dance.

The Pre Schoolers aren't eligible to compete, however they can take part in our club & Interclub events.

With great role models to look up to, Physie girls learn about positive body image from a young age. They're taught to embrace fitness as a way of life and focus on what their bodies can do, rather than how they look.



Juniors 5-14 years

The training that girls receive in Physie crosses over into their school life, giving them focus and ability to achieve their goals. Physie's consistent emphasis on teamwork and self-motivation also sees students achieve greater academic results and better social skills.

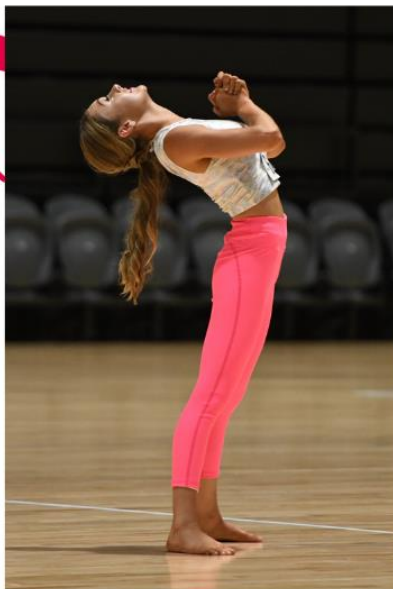
Every year Physie helps shy, reserved girls to blossom with confidence and perform for an audience. Being part of a supportive, encouraging community does wonders for girls' self-esteem.



Seniors 15-19 years & Over

Our Senior classes are for girls aged 15 to 19 years and over. Senior Classes are broken into age groups with appropriate choreography taught by our experienced Physie teachers.

Speers Point Physie is passionate about nurturing students' total wellbeing, in both mind and body. Physie is an accepting and encouraging team sport, where every member is supported and motivated to be the best they can be.



Ladies

Our classes for ladies focus on fitness and a healthy body through our exercise and dance routines. Benefits include co-ordination, strength, balance, good posture, improving flexibility, healthy mind & body. Besides the physical benefits, Physie provides a chance to meet new friends whilst getting fit at the same time.

There are many social events outside of class times which are enjoyed by all. Physie has been responsible for many lifelong friendships forming. A lot of our older members have returned to physie after doing it as a child and returning many years later.



Club Uniform

We are encouraging all members to purchase a class uniform upon registration as it will be easier for our teachers to correct positions and to keep us united as a club. A Kindy Leotard is available to purchase for our pre schooler class only. Other items pictured below are also available.

A baseball shirt and/or jacket are compulsory for competitions

Payment plans can be arranged if theres any difficulties

Kindy Leotard



Registration & Club Fees

Pre-Schoolers

Annual Club Registration - \$50.00

Annual Class Fees - \$138.00

5 - 14 Years

Annual BJP Registration - \$99.00

Annual Club Registration - \$50.00

Annual Class Fees - \$368.00

15 Years - Ladies

Annual BJP Registration - \$99.00

Annual Club Registration - \$50.00

Annual Class Fees - \$460.00



Speers Point Physie is a registered provider of both Active Kids and Creative Kids. Save money with your registration and fees by redeeming your vouchers with us throughout 2022.

Term 1	\$	Term 2	\$	Term 3	\$	Term 4	\$	Annual
7 th Mar – 4 th Apr 5 Weeks		2 nd May – 27 th Jun 8 Weeks		18 th Jul – 19 th Sept 10 Weeks		10 th Oct – 28 th Nov 7 Weeks		Term 4 Free
Pre-Schoolers	\$30	Pre-Schoolers	\$48	Pre-Schoolers	\$60	Pre-Schoolers	\$42	\$138
5-12 Yr	\$80	5-12 Yr	\$128	5-12 Yr	\$160	5-12 Yr	\$112	\$368
13-14 Yr	\$80	13-14 Yr	\$128	13-14 Yr	\$160	13-14 Yr	\$112	\$368
15-1 st Yr , Seniors	\$100	15-1 st Yr , Seniors	\$160	15-1 st Yr , Seniors	\$200	15-1 st Yr , Seniors	\$140	\$460
Ladies	\$100	Ladies	\$160	Ladies	\$200	Ladies	\$140	\$460

Stretch & Strength Classes will commence from Term1 and are included in your Term Fees

There are no classes in School Holidays or Public Holidays

Term Fees must be paid at the beginning of each Term

If you pay your fees annually you receive the 4th term FREE

Annual fees must be paid by 4th April 2022

Class Timetable

Your Physie class is the age you will be as at 31st August. If you are still unsure, please ask us. We encourage you to attend both classes in your age group. Extra lessons and Stretch and Strength classes are included in your term fees.

AGE GROUP	MONDAY	WEDNESDAY	LOCATION	TEACHER
Pre-School Class	4.00-4.30pm		Waratah Golf Club	Donna / Allana
5/6 & 7/8 Years	4.30-5.30pm	4.00-5.00pm	Waratah Golf Club	Donna / Allana
9/10 & 11/12 Years	5.30-6.30pm	4.30-5.30pm	Waratah Golf Club	Allana/Donna
13-st Year Seniors	4.45-5.45pm	4.45-5.45pm	Edgeworth Hall Argenton Hall	Juzzy Juzzy
Seniors	6.30-7.30pm	5.30-6.30pm	Waratah Golf Club	Allana
Ladies All Ladies	7.00-8.00pm	6.30-7.30pm	Waratah Golf Club	Donna/Allana

Stretch & Strength will be incorporated into Scheduled Classes
Juniors 4.30-5.00pm Wednesday - Seniors & Ladies 7.00-7.30pm Monday

Venues

WARATAH GOLF CLUB

456 Lake Road, Argenton

ARGENTON COMMUNITY HALL

7 Elizabeth Street, Argenton

EDGEWORTH COMMUNITY HALL

1 Minmi Road, Edgeworth

Competitions

BJP Physie Members from all over Australia do different routines from the same syllabus which is taught and perfected by their teachers during the year. Competitions are individual and team oriented. There is the option to compete in 5 competitions during the year.

- 2 interclub competitions- These comps are known as the "dress rehearsals" or "practice Comps" before Zone
- Zone or Champion Girl/Lady- This Competition determines who will proceed to a National level.
- Team Competitions- This event would probably be most awaited and favourite competition during the Physie year. Eight girls/ladies in same age group/level work as one with each other, perfecting their timing and positions. Then they compete as a group on the competition floor (just imagine synchronised swimming on land 😊)
- Club Competition- This is a friendly competition within our club which usually includes our presentaion day. We celebrate and award our members on their hard work during the year.

Competitions aren't compulsory but we do encourage all members to give them a go as it teaches them success, resilience and teamwork. Physie builds confidence and the ability to challenge yourself mentally. Setting personal goals and working towards them with the help and support of your teachers and club brings about amazing growth.

Competitions

Dance classes can rapidly become expensive – shoes, costumes and recital costs all add up on top of the weekly fees. Physie is different. There are no hidden costs or expensive shoes and the only costume the girls require is a leotard or performance wear. Physie is an affordable way to learn to dance with a touch of glamour and a lot of fun!

In 2019 BJP introduced "performance wear" for members 13 years through to Ladies. And from 2022 onwards Juniors can now wear performance wear aswell. They decided to move with the times and their aim was to empower girls and women. They wanted to cater for diversity and be inclusive so that everybody can feel comfortable and enjoy Physie





Junior Zone



Ladies Zone



Junior Teams



Senior Zone



Ladies Teams



Our Physie Family
at Club Comp



Sponsorship

Being a non for profit club we always welcome and very much appreciate any businesses or individuals that are willing to sponsor our amazing club. Money that is raised goes straight into the club to help with hall hire, trophies, administration and competition fees.

Thank you to our Sponsors



Urban Tree Solutions



I Can Dig It Excavation

MISTER MINIT®

'Real people fixing problems'

Since 1957

Mister Minit Marketown



Speers Point

PHYSIE



speerspointphysie.com



speerspointphysie2016@gmail.com



Donna - 0401 498 543

Maureen - 0403 297 750



Speers Point Physie



[bjp_edgie_speerspoint](https://www.instagram.com/bjp_edgie_speerspoint)

"See you Soon"