

WELCOME

Speers Point
PHYSIE
60
YEARS
Anniversary
2026



2026

Our Club

Speers Point Physie started out as Speers Point RSL Youth Club.

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.

In 2026 we are proud to be celebrating 60years of Speers Point Physie



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 Team



Donna

MINI-SPEERSYS - 5-8 YEARS - SENIORS - ALL LADIES

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

9-12 YEARS - 13-1ST YEAR SENIORS

I've been doing Physie since I was 3 years old. My passion for teaching started when I began helping with the Juniors. 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!



Maureen "Mausey"

CLUB SECRETARY - MINI-SPEERSYS

I started Physie as a beginner lady when I was in my early 30's. I only did Physie for a few years and always loved it. With 3 young kids, I just didn't have time but loved watching my little girl who started when she was 4. I've been involved with Speers Point in some form or another for over 30yrs & the friendships I have made will stay with me forever.



Becc

9-12 YEARS - 13-1ST YEAR SENIORS

I honestly don't know what life would be like without physie! I started when I was two and a half years old. I joined Speers Point Physie when I was 8 and have been here ever since. I'm also a proud Physie mum and a proud Physie daughter. It's the fun times, dedication, friends, ups, downs, hard work, fitness, Physie goals and everything in between that make Physie so important to me.

Physie means the world to me and I can't wait to share my passion



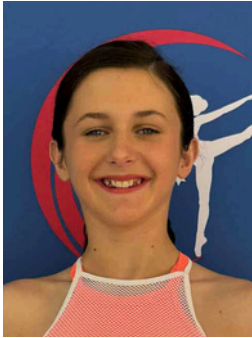
Karin "Rinny"

MINI-SPEERSYS - 5-8 YEARS - BEGINNER/NOVICE/INTERMEDIATE LADIES

Everyone knows me as Rinny. I joined Speers Point Physie in 1979, as a swayed back, pigeon-toed 10-year-old. Mrs. G was my teacher and my parents thought it would improve my posture. It did just that! I only did Physie for two years as a child.

At 33, I saw an ad in the local paper, advertising ladies classes and joined again and have continued for over 20 years. I love everything to do with Physie. I love our club and can't wait to share my passion with everyone

Meet our Team



Ava

CLASS HELPER - MINI SPEERSYS - 5-8 YEARS

I started at Speers Point Physie at the age of 5. Physie is my happy place as I have made so many friends. I work hard in class and practice at home as physie helps my body be strong and fit and improves my balance and flexibility. I love sharing special physie moments with my family as my cousins, aunty and mum also do physie. One of the highlights of my week is being a class helper. Watching the Mini Speersys and 5-8 years learn the steps, and grow up to perform with smiles on their faces is just the best feeling!



Zoe

CLASS HELPER - 9-12 YEARS

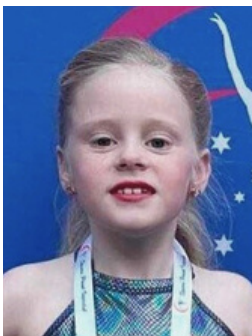
I began Physie at the age of 7 when I joined Speers Point Physie, I was hooked from my very first class with Miss Donna. I remember feeling shy in class trying to take it all in. Physie brings me lots of joy and I love assisting with the 9-12's class and watching the girls become more confident in themselves. I like the challenge of learning the new routines each year, but my favourite thing about Physie is competing with my friends. I adore my Speersy family, we have a lot of fun and support one another not just at Physie but also in life.



Bonnie

CLASS HELPER - MINI SPEERSYS - 5-8 YEARS

Hi I'm Bonnie, I have been doing Physie since I was 2 and I never want to stop doing Physie, I love everything about it. I love helping the Mini Speersys and 5-8 year olds, they are so fun to be with and I love watching them learn new things.



Aria

CLASS HELPER - MINI SPEERSYS

I'm Aria and I've been doing physie since I could walk. I really love to help out with the mini Speersy's, they're so cute. I love my physie club and all my physie friends. I hope that one day I can be a BJP Associate like my mum.

Meet our Team



Alex
TREASURER

I've been a Physie Husband for 13 years and most recently a Physie Dad. I have degrees in Math, Science and a post graduate degree in Business Finance. When the opportunity for Treasurer became available, I didn't hesitate to volunteer as I thought it was a great way to get involved and help out. I'm excited for this next chapter and also to be part of such a great community.



Margaret
FOUNDER & LIFE MEMBER

Margaret has been part of Speers Point Club since 1974 and is also a 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.



Your guide to the Physie year

Term 1 : February -April

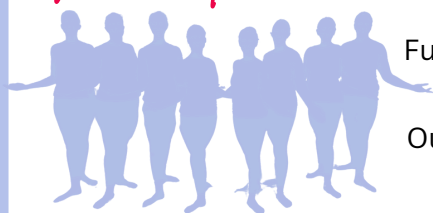
Welcome to Speers Point Physie!. Term 1 is all about learning the new syllabus, getting to know our fellow Speers Point physie members and conditioning our bodies for the year ahead.

In class we learn the routines in sections and spend time working on our technique and learning new skills.

Learn



Practice



Term 2 : April - July

Members continue to learn the routines, working on recall, strength and stamina.

Fundraising events are done throughout the year including our Easter raffle during April.

Our medal competition is usually held at this time of year. This is our practice competition to give members a feel of the competition environment

Term 3 : July - September

Term 3 involves perfecting the Syllabus for individual and team competitions.

Private lessons are available for Juniors through to ladies for those wanting to push themselves to reach personal goals or equip them with the skills needed to tackle performance season.

We will have our Club comp and host our annual Interclub competition in August. Junior Zone is held in September.

Perfect



Perform



Term 4 : October - November

Term 4 is the busiest time of the physie year. Zone competition is held for our ladies and Senior Nationals. Repechage for our juniors. Nationals are held for competitors that placed at Zone

All our members work hard to to craft our team performances which includes 8 team members working together in synchronicity.

Presentation day is held at end of term 4

Mini Speersys

2- 4 Years

Our Mini Speersys (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.

Classes are held on Monday & Friday

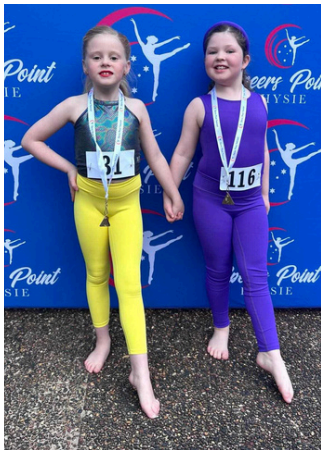


Juniors 5-12 years

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.

Classes are held on Monday & Wednesday



Seniors 13-19 years & Over

Our Senior classes are for girls aged 13 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.

13-1st Year Senior classes on Monday & Wednesday

Seniors classes on Wednesday



Ladies

Our classes for ladies focus on fitness and a healthy body through our exercise and dance routines. Benefits include coordination, 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.

A lot of our older members may have done physie as a child or teen and have enjoyed returning to the sport many years later.

Classes are held on a Monday, Wednesday and Friday.



Club Uniform

We encourage 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.

A baseball shirt and/or jacket are compulsory for competitions

Payment plans can be arranged if there is any difficulties



Registration & Club Fees

Mini Speersys

Annual Club Registration - \$65.00

5 - 12 Years

Annual BJP Registration - \$109.00*

Annual Club Registration - \$65.00

13 Years - Ladies

Annual BJP Registration - \$109.00*

Annual Club Registration - \$65.00



*Please note - BJP are having a early bird registration special.

Just pay \$109.00 prior to 15/03/2026.

(price will increase to \$149.00 from 16/03/2026)

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 2026

Term 1	\$	Term 2	\$	Term 3	\$	Term 4	\$	Annual
9 th Feb-1 st Apr 8 Weeks		20 th Apr-1 st July 10 Weeks	Pub Hol	20 th Jul-23 rd Sep 10 Weeks		12 th Oct-25 th Nov 7 Weeks		Term 4 Free
Mini-Speersys	\$0	Mini-Speersys	\$0	Mini-Speersys	\$0	Mini-Speersys	\$0	
5-6 Yr	\$128	5-6 Yr	\$152	5-6 Yr	\$160	5-6 Yr	\$112	\$440
7-12 Yr	\$160	7-12 Yr	\$190	7-12 Yr	\$200	7-12 Yr	\$140	\$550
13-1 st Yr	\$192	13-1 st Yr	\$228	13-1 st Yr	\$240	13-1 st Yr	\$168	\$660
2 nd Yr - Open Senior	\$96	2 nd Yr - Open Senior	\$120	2 nd Yr - Open Senior	\$120	2 nd Yr - Open Senior	\$84	\$336
Ladies	\$192	Ladies	\$228	Ladies	\$240	Ladies	\$168	\$660

Payment Plans Available

If you pay Annual Fees, you will receive 4th Term Free. Annual Fees must be paid by 17th April You can either either pay them in full or you can use the Payment Plan.

You will need to set up a Direct Debit to the Speers Point Bank Account.

BSB: 062-802 Account No: 00902195 Speers Point Physical Culture Club

Please use the Reference AF and your name Eg: AF M Dyer

5-6 Yrs - \$440 - 15 payments @ \$30 per week

7-12 Yrs - \$550 - 15 payments @ \$37 per week

13-1st Yr Senior - \$660 - 15 payments @ \$44 per week

2nd Yr-Open Senior - \$336 - 15 payments @ \$23 per week

Ladies-All status - \$660 - 15 payments @ \$44 per week

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.

AGE GROUP	MONDAY	WEDNESDAY	FRIDAY	LOCATION
Mini-Speersys	3.30-4.00pm		10.00-10.30am	Cardiff Senior Citizens Ulinga Park
5/6 Years	4.00-4.45pm	3.45-4.30pm		Cardiff Senior Citizens Waratah Golf Club
7/8 Years	4.45-5.45pm	4.30-5.30pm		Cardiff Senior Citizens Waratah Golf Club
9/10 Years	5.15-6.15pm	4.00-5.00pm		Garden Suburbs Ulinga Park
11/12 Years	6.00-7.00pm	4.00-5.00pm		Garden Suburbs Ulinga Park
13-1st Year Seniors	4.15-5.15pm	5.00-6.00pm		Garden Suburbs Ulinga Park
Seniors		7.00-8.30pm		Waratah Golf Club
Beginner/Novice & Intermediate Ladies	5.45-7.15pm			Cardiff Senior Citizens
Open Ladies	7.15-8.45pm			Cardiff Senior Citizens
All Ladies		5.30-7.00pm	10.30-11.30am	Waratah Golf Club Ulinga Park

Venues

Waratah Golf Club
456 Lake Rd, Argenton

Cardiff Senior Citizen Centre
52 Harrison St, Cardiff

Ulinga Park Community Hall
1a Lodwick Ln, Cardiff South

Garden Suburb Community Hall
2a Prospect Rd, Garden Suburb

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 opportunity to compete in 6 competitions during the year.

- Our medal competition – is usually is our practice competition to give members a feel of the competition environment
- 2 interclub competitions– We host our annual interclub and attend another.
- 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 synchronized swimming on land)
- Club Competition– This is a friendly competition within our club which usually includes our presentation 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 are now wearing 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 Nationals



Ladies Teams



Master Ladies



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.





Speers Point PHYSIE



speerspointphysie.com



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Donna - 0401 498 543



[Speers Point Physie](https://www.facebook.com/SpeersPointPhysie)



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



[YouTube - Speers Point Physie TV](https://www.youtube.com/SpeersPointPhysieTV)

"See you soon"