

# 2024 WELCOME *Seniors*



YOUR PHYSIE FAMILY AWAITS YOU

# 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.



# Meet your Teacher



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!

*Allana xo*

# Meet your Teacher

My goal as the teacher is to provide a safe, inclusive and fun escape from everyday life and To push you to achieve your own personal goals, big or small.

I am also hoping to enter a Senior team in 2024. Speers Point hasn't had a senior team compete since 2009



# Registration & Club Fees

## **\$20 per week covers**

(For 25 weeks)

- Club Registration
- Bjp Registration
- Class Fees
- Speers Point Interclub entry
- Team Wear Hire

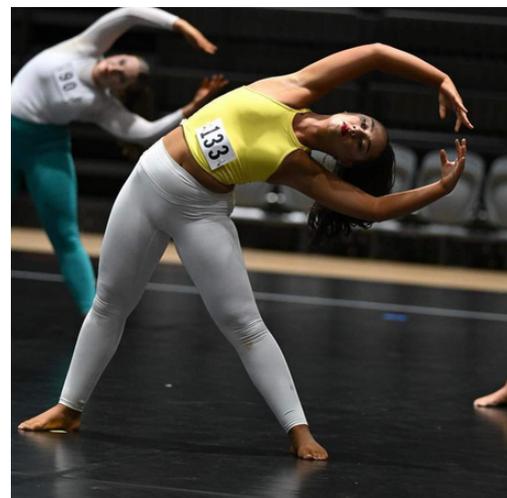
Extra costs can include

- Interclub entry (optional)
- Performance Wear - (Other club members and your teacher are happy to loan if needed)

# Seniors

Our Senior classes are for girls aged 17 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.



# Class Timetable

Your Physie class is the age you will be as at 31st August.  
If you are still unsure, please ask us.

AGE GROUP	MONDAY	WEDNESDAY	LOCATION	TEACHER
Mini Speersys	3.30-4.00pm		Waratah Golf Club	Donna / Morsy Ava
5/6 Years	4.30-5.30pm	4.00-4.45pm	Cardiff Sen/Cit Hall Waratah Golf Club	Donna / Rinny Donna / Rinny
7/8 Years	4.30-5.30pm	4.45-5.45pm	Cardiff Sen/Cit Hall Waratah Golf Club	Donna / Rinny Donna / Rinny
9/10 Years	4.00-5.00pm	5.15-6.15pm	Waratah Golf Club Ulinga Park	Allana / Becc Allana / Becc
11/12 Years	4.45-5.45pm	5.15-6.15pm	Waratah Golf Club Ulinga Park	Allana / Becc Allana / Becc
13-1st Year Seniors	5.45-6.45pm	4.15-5.15pm	Waratah Golf Club Ulinga Park	Becc Becc
Seniors		7.00-8.30pm	Waratah Golf Club	Allana
Beginner Ladies	5.30-7.00pm		Cardiff Sen/Cit	Donna / Rinny
Open Ladies All Ladies	7.00-8.00pm	5.45-7.00pm	Cardiff Sen/Cit Hall Waratah Golf Club	Donna Donna

## Venue

Waratah Golf Club  
456 Lake Rd, Argenton

# 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 Senior Champion Girl
  - Senior Champion Girl - This will be held in Sydney at Homebush. Girls will perform in heats then finals will be decided in each age group. Each final is performed at the Sydney Opera House
  - Team Competitions- This event would probably be most awaited and favourite competition during the Physie year. Eight girls 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. 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



# 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 baseball shirt and/or jacket are compulsory for competitions

Payment plans can be arranged if theres any difficulties





# Speers Point

## PHYSIE



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Speers Point Physie



[speers\\_point\\_physie](https://www.instagram.com/speers_point_physie)



YouTube - Speers Point Physie TV

*"See you soon"*