

WELCOME



Believe & Thrive in 2025

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 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 2.5 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



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 2025 at Speers Point Physie!. Term 1 is all about learning the new 2025 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.



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.

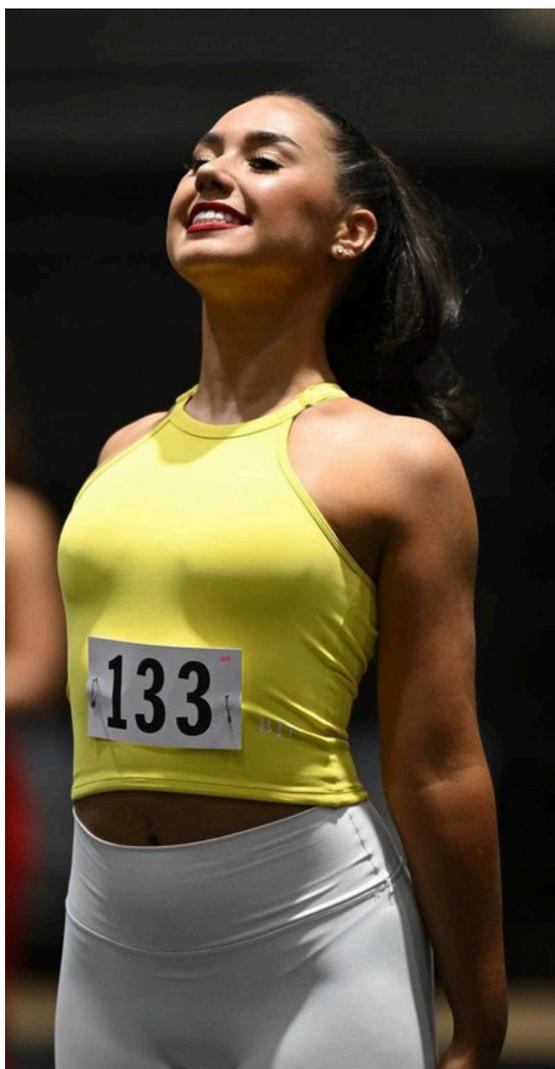
Every year Physie helps shy, reserved girls to blossom with confidence and perform for an audience. Being part of a supportive, encouraging community does wonders for girls' self-esteem.



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.



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.

We're excited to be having a beginner ladies class again this year, so whether you haven't done physie before or want to come back after a long break this class is perfect for you.

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



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.

A baseball shirt and/or jacket are compulsory for competitions

Payment plans can be arranged if there is any difficulties



Kindy Leotard



Registration & Club Fees

Mini Speersys

Annual Club Registration - \$65.00

5 - 12 Years

Annual BJP Registration - \$99.00

Annual Club Registration - \$65.00

13 Years - Ladies

Annual BJP Registration - \$99.00

Annual Club Registration - \$65.00



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 2025

Term 1	\$	Term 2	\$	Term 3	\$	Term 4	\$	Annual
17 th Feb-9 th Apr 7 Weeks		28 th Apr-2 nd July 9 Weeks	Pub Hol	21 st Jul-24 th Sep 9 Weeks	Pub Hol	13 th Oct-19 th Nov 5 Weeks		Term 4 Free
Mini-Speersys	\$0	Mini-Speersys	\$0	Mini-Speersys	\$0	Mini-Speersys	\$0	
5-12 Yr	\$140	5-12 Yr	\$170	5-12 Yr	\$170	5-12 Yr	\$100	\$480
13-1 st Yr	\$168	13-1 st Yr	\$204	13-1 st Yr	\$204	13-1 st Yr	\$120	\$576
Seniors	\$84	Seniors	\$108	Seniors	\$108	Seniors	\$60	\$300
Ladies	\$168	Ladies	\$204	Ladies	\$204	Ladies	\$120	\$576

Payment Plans Available

If you pay Annual Fees, you will receive 4th Term Free. Annual Fees must be paid by the end of Term 1 which is 9th 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 Your first payment will be on 1st January, 2025

5-12 Years \$480 - 15 Payments @ \$32 per week

13-1st Years \$576 - 14 Payments @ \$40 Per Week 1 Payment @ \$16 Per Week

Seniors \$300 - 15 Payments @ \$20 Per Week

Ladies \$576 - 14 Payments @ \$40 Per Week 1 Payment @ \$16 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	LOCATION	TEACHER
Mini-Speersys	3.30-4.00pm		Cardiff Sen/Cit Hall	Donna/Rinni/Ava
5/6 Years	4.00-4.45pm	3.45-4.30pm	Cardiff Sen/Cit Hall Waratah Golf Club	Donna/Rinni/Ava Donna / Rinni
7/8 Years	4.30-5.30pm	4.30-5.30pm	Cardiff Sen/Cit Hall Waratah Golf Club	Donna / Rinni Donna / Rinni
9/10 Years	5.15-6.15pm	4.00-5.00pm	Waratah Golf Club Ulinga Park	Allana / Becc Allana / Becc
11/12 Years	6.00-7.00pm	4.00-5.00pm	Waratah Golf Club Ulinga Park	Allana / Becc Allana / Becc
13-1st Year Seniors	4.15-5.15pm	5.00-6.00pm	Waratah Golf Club Ulinga Park	Becc/Allana Becc/Allana
Seniors		7.00-8.00pm	Waratah Golf Club	Donna
Beginner Ladies	5.30-6.30pm		Cardiff Sen/Cit Hall	Donna Rinni
Novice/Intermediate Ladies	6.30-7.30pm		Cardiff Sen/Cit Hall	Donna Rinni
Open Ladies	7.30-8.30pm		Cardiff Sen/Cit Hall	Donna
All Ladies		5.45-7.15pm	Waratah Golf Club	Donna

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

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



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"