

WELCOME TO MAITLAND PHYSIE



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BJP PHYSIE

Empowering Girls for Life

ABOUT MAITLAND PHYSIE



Welcome to Maitland Physie Club, a nurturing place where children flourish, teens transform and ladies thrive. We are a welcoming community with passionate teachers who care about every member becoming the best they can be.

Maitland Physie began in 2018 and is affiliated with Bjelke-Petersen School of Physical Culture known as BJP. Our club is run by dedicated teachers who provide classes for all ages and abilities from pre-schoolers to ladies.

With no expensive costumes or recital fees, Physie is an affordable way to learn to dance and keep fit with a touch of glamour and a lot of fun!

Physie is a sport for life. Mothers, daughters, grand-daughters and grandmothers can all be members and share in this unique sport. Our club caters for all ages and abilities so Physie is an experience you can share right throughout your life.

Our club is passionate about nurturing students' total wellbeing, both mind and body. Physie is an accepting and encouraging team sport where every member is supported to set goals and work towards them.

This handbook gives you information about Physie in general and sets out the principles that guide our club and its members.

WHAT IS PHYSIE?



Physie (pronounced 'fizzy'), is a sport for girls and women from 3 years and up which builds confidence, good posture, strength, fitness and flexibility through exercise and dance.

The choreography is age appropriately designed to teach the relationship of music to movement, rhythm, co-ordination, balance and interpretation. Physie also improves memory, focus, teamwork and motor skills.

The syllabus, updated annually, is performed to modern music and includes standing and floor exercises, aerobic warm-ups, jazz, hip hop, basic ballet and contemporary dance.

Members are taught a syllabus provided by our national organisation at weekly classes. All teachers at our club are trained by BJP.

The Physie year culminates in a series of friendly competitions for both teams and individuals. These are not compulsory but they do foster a club spirit, a sense of belonging and club loyalty.

The Junior and Ladies National Finals are held at Quaycentre in Sydney Olympic Park. The prestigious Seniors Finals are held in the Concert Hall of the Sydney Opera House.

SYLLABUS AND LEARNING TOOLS

The BJP syllabus consists of six routines performed to music, designed to teach dance skills and develop fitness, strength and flexibility. Every age group has its own routines and music with choreography designed to be achievable by all skill-levels.

Marching: Teaches good posture, body alignment, toe points, strength and stretch in the legs and body.

Warm Up: A cardiac work out targeting correct positions, strength and control in aerobic dance. Fitness and stamina are improved.

Floor Drill: An exercise performed on the floor that develops flexibility, strength and control.

Relaxed / Contemporary: A pretty routine involving basic classical ballet or contemporary moves teaching musicality, grace and turnout.

Exercises: A standing routine requiring balance, control, strength, accurate positions and flexibility.

Dance: A modern jazz style dance that everyone loves to learn. It is performed to the latest music and teaches musicality & expression. The dance improves stamina, strength and presentation with a big smile!

POSITIVE BODY IMAGE

Physie teaches the students to have a positive relationship with their bodies. Students blossom with confidence and self-assurance and it provides an opportunity to build bonds of friendship and a feeling of belonging.



CLASSES AND FEES

REGISTRATION

An annual registration fee of **\$99** (Active Kids Voucher applicable) must be paid to BJP by all members aged 5 years to Ladies. This fee allows members to learn BJP syllabus, access BJP's music and videos and enter team and individual competitions.

TERM FEES

Our club makes every effort to ensure that the cost of classes is kept as low as possible. Fees are charged by the term and are payable by EFT. See our fee schedule at the end of the booklet.

COMPETITION ENTRY

The cost of entry to club competitions, champion girl and teams are included in your club fees. There is no additional cost to enter these competitions.

In addition to these competitions our club will participate in two interclub competitions. The clubs that host interclub competitions charge \$15 per competitor for entry. This fee covers costs like medals, judges and venue hire and is also included in club term fees.

FUNDRAISING

As a not-for-profit organisation we do our best to keep costs to families low. In order to raise funds for team leotards, trophies, medals and the Christmas party, we raise funds in variety of ways including: Bunnings BBQ, McDonalds Fun Night, Raffles and Club Comp Canteen.

Can you assist with our fundraising efforts? We would love your help! Contact our Committee at contact@maitlandphysie.com



SCHEDULE & ETIQUETTE

Our classes are held on Monday and Tuesday afternoons at St John's Hall Maitland. The focus of the weekly class is syllabus and technique. From Term 2 we commence our second class on Thursdays for everyone. The second class focus is performance, stamina and getting you or your daughter best prepared for friendly competition.

Currently our classes from Mermaids up are open to parents and carers. We ask that parents and siblings respect all members of class by remaining quiet at the back of the hall.



Term 1 - one class per week for all members will be offered in 2024. See Class Schedule.

Term 2 - A Performance class will be introduced on Thursday afternoons for all from Term 2.



EXTRA LESSONS

If your child is selected to represent our club at the team competitions, there may be some extra team practices closer to the competition. We will try to accommodate your requests and give you plenty of notice for these class times.

Private or small group lessons are offered to those who wish to get in a little extra practice before competitions. Schedules will be circulated to allow you to select lesson times with the teacher of your choice. Lessons are limited in number and our priority is to ensure that there is equity of access to these lessons. Private Lessons will be an additional cost to cover venue hire.

PRACTICE AT HOME

Each year in June BJP produces a professional video with all ages' syllabus for the year. This is an invaluable tool and we recommend you download the video and music files so that you can make the most of them to improve at home. These resources are FREE each year when you register with BJP.

We also encourage our students to stretch at home. Students are usually amazed at just how quickly their flexibility improves when they regularly do some stretching at home.

AGE GROUP COORDINATORS

Each class has an age group coordinator. This is a parent who communicates with the parent body by answering questions and distributing information. The age group coordinator also helps to coordinate club competitions and with team preparations.

Please let your class teacher know if you would like to volunteer to be an age group coordinator.

Your age group coordinator is:

.....

Contact details:



LEOTARDS & GROOMING

STUDENT ATTIRE

Students should attend class in fitted and stretchy clothing such as a leotard or leggings with a t-shirt or singlet. Loose clothing makes it difficult for the teacher to see and correct posture and technique.

Long hair must be tied back off the face and neck for all Physie classes.



CLUB MERCHANDISE

Our club has black and green as club colours. Members are encouraged to support the club at competitions by wearing our club colours.

There are a number of items available for purchase from the club including; club jackets, shirts, singlets, t-shirts, tights and bags. Information will be sent out regarding order dates.

COMPETITION LEOTARDS

If you would like to compete in any competition you will need to purchase a BJP leotard or Performance Wear from the BJP Physie Shop.

Performance Wear can be purchased all year round from the Physie Shop website along with hair accessories.

Our club has a range of pre-loved leotards that you can buy if you do not wish to purchase a new one or there is an active secondhand market through facebook marketplace.

The club will provide your child with a team leotard / performance wear at no cost if they are selected to participate in team competitions.



GROOMING RULES FOR COMPETITONS

Juniors (5-12 Years):

- * No teasing of hair, high or wide styles, false hair pieces or colour-tinting of hair is allowed.
- * Hair may be curled if preferred and must be neatly groomed, may be worn loose, tied in bunches, ponytail, or half up/half down.
- * No hair accessories are allowed in individual competitions other than a single PLAIN ribbon (no wider than 2.5 cm).
- * The single ribbon may be used to tie a bow or as a plain headband to keep hair back.
- * No tan of any description, face or body glitter is allowed.
- * No eye make-up is allowed.
- * No false nails or nail polish is allowed. This includes acrylic, stick-on, gel coatings or any other kind.
- * No jewellery is allowed (except for tiny plain ear studs which are unable to be removed).
- * Skin-coloured mesh or plain tights are allowed for all competitors.
- * A minimal amount of foundation, lipstick and blush may be worn.

Seniors and Ladies

- * No hair accessories are allowed to be worn in individual competitions.
- * No jewellery is allowed except for wedding/engagement rings and small stud earrings (either gold, silver or gems).
- * "Foot thongs" are permitted to be worn in all competitions for Ladies and Seniors 15 yrs & upward.
- * Only competitors who comply with the dress code may perform.



COMPETITIONS

Physie is a competitive sport and our club encourages all members to challenge themselves by entering one, some or all of the annual competitions.

Although competing is not mandatory, the process of learning, perfecting and performing a new syllabus each year helps girls stand tall with strength, pride, confidence and self-assurance.

Team competitions encourage supportive behaviour, fosters a commitment to others and teaches girls how to be a 'team player'. These are all important life lessons.

In competitions girls compete either as an individual or in a team of 8 girls. Much like in class, they line up on the floor to perform the routines. The audience usually sits behind and to the sides of the girls and two judges sit on a stage in front of the girls.



COMPETITION STATUS

In junior age categories (preschoolers to 12 years), competition status is determined by a girl's age on the 31st August of that year.

For example, if you turn 7 on the 31st August you are classed as a 7 year. If you turn 7 on the 1st September you are classed as a 6 year.

Ladies and seniors progress through each category based on their participation in competitions.

PERFORMANCE OPPORTUNITIES

Each year our club invites members to participate in various events that promote physie. Performances are great fun and are a great chance to make physie friends from other age groups and even other clubs. Each event is promoted in our newsletters, facebook and via email and will outline the details for the event (2019 Relay For Life).



ZONE COMPETITIONS

Across Australia, BJP Physie is divided into zones. Our club is in the Newcastle Zone. Annual competitions are held in September/ October called Champion Girl or Champion Lady.

The top five girls in each age category from 6 years up qualify to compete in a National Competition in November.

There is a Repechage competition for girls 6-12 years who reach the Zone Final but do not place. The top 5 girls in each age category at Repechage qualify for the Junior National Finals.

INTERCLUB COMPETITIONS

Individual Physie clubs hold competitions to meet and mix with other clubs. These competitions are very relaxed and friendly and held in August.

Competitors compete individually along with around 10-15 other girls on the floor at the same time. Interclub Competitions are practice competitions to get girls ready for Champion Girl/Lady.

An official BJP leotard/performance wear must be worn and all grooming rules are the same as for Champion Girl/Lady.



ANNUAL CLUB COMPETITION

This is a competition just for our club members. It is run like all other competitions with judges and all girls receiving a medal and certificate for performing the syllabus.

Overall Club Champion's in each age section will be awarded. Junior and Senior Marching champions will be awarded with Perpetual trophies kept until the following year.

TEAM COMPETITIONS

Teams are made up of 8 girls. They perform the SAME routine as they are taught in class for the other competitions.

If students are selected to represent our club in a team, a black BJP Team Leotard will be supplied.

Team Competitions are held at Homebush in the month of November.

OUR TEACHERS



Head Teacher - Tracey Tighe

Tracey commenced Physie from an early age in her hometown of Dubbo and continued attending classes on moving to Newcastle for University.

After settling in Maitland and a break to have children she returned to physie with a real passion. Striving to do her best and be the best role model she can for her two daughters. Tracey loves the Maitland Physie Club and what it has become since her and her sister Kerry opened the doors in 2018. In 6 short years Tracey is proud of the success the club has enjoyed but more importantly the community it has made. In the heart of Maitland for the people of Maitland and surrounds.

Tracey loves sharing her passion for physie with her students young and old providing each member with a welcoming place to come and enjoy all the benefits physie has to offer. Tracey loves to challenge all her students to strive and achieve their goals in a supportive environment for all.

Associate - Ann Hagerthy

Ann started Physie as a 4 year old and continued for several years, where her love for Physie excellence and friendships began. After a break she came back to Physie as a Novice lady in 2017 and found her passion.

Ann has enjoyed her success as a junior and a lady, but just as importantly she loves what it has done for her fitness, strength and resilience that is so important for girls and busy mothers alike. She loves seeing the special friendships that the girls develop through Physie, and watching them come to class each week so excited and enthusiastic.

Her passion for Physie will stay strong as she is determined to still be doing it in her 80s. Ann loves empowering girls and ladies to achieve their own excellence, sportsmanship, strength and fitness. She has taken pride in her own daughter competing at Nationals over the last four years.



OUR TEACHERS



Associate - Kerry Bellette

Physical Culture has been a life-long passion for Kerry, having started at the Dubbo Physical Culture Club at the age of seven.

Kerry loves to teach foundations of Physie to girls and women of all ages. She firmly believes that building a strong foundation with Physical Culture will allow all women to achieve their life goals.

Kerry is looking forward to getting back into teaching in 2024 after taking 2023 off to look after her family as her daughter Grace completed her HSC.

Kerry looks forward to guiding our ladies in 2024.

Associate - Rebecca Wilks

Maitland Physie welcomes Bec to the associate ranks in 2024. Bec returned to Physie on the commencement of Maitland Physie in 2018 after enjoying Opera House representation at a young age.

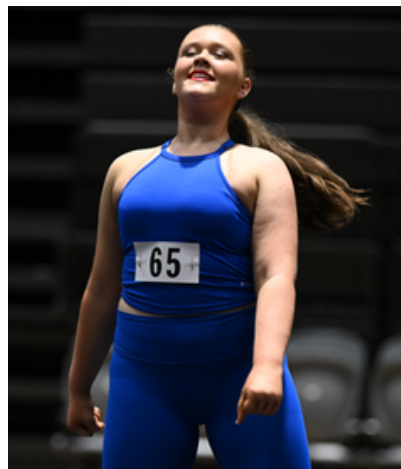
Bec can't wait to take on the teaching role in 2024, she sees the benefits Physie brings to her and her beautiful daughters and can't wait to help our juniors shine in 2024.



ASSISTANTS



Assistant - Courtney Smith

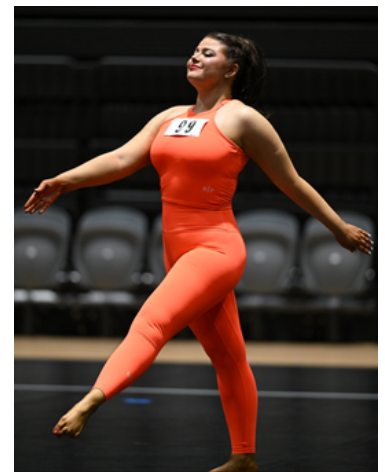


Assistant - Georgia Tighe

Assistant - Mia Azarello



Assistant - Lauren Saunders



CLASS SCHEDULE

Venue Location - St Johns Hall, Cnr High St and Cathedral St Maitland

Term 1 2024			
	Mon	Tue	Thu
Mermaids (3/4 Years)	4:30-5:00		
5/6 Years	5:00-5:45		
7/8 Years	5:45-6:30		
9/10 Years		4:30-5:30	
11/12 Years		5:30-6:30	
13-1st Year Seniors		6:30-7:30	
Beginner/Novice Ladies	6:30-7:30		
Intermediate/Open Ladies	7:30-8:30		
Seniors		7:30-8:30	
From Term 2 2024			
	Mon	Tue	Thu *
Mermaids (3/4 Years)	4:30-5:00		
5/6 Years	5:00-5:45		
7/8 Years	5:45-6:30		4:30-5:15
9/10 Years		4:30-5:30	5:15-6:00
11/12 Years		5:30-6:30	
13-1st Year Seniors		6:30-7:30	6:00-6:45
Beginner/Novice Ladies	6:30-7:30		6:45-7:30
Intermediate/Open Ladies	7:30-8:30		
Seniors		7:30-8:30	7:30-8:15
* Thursday Class 2 commences for all			

CODE OF CONDUCT

Maitland Physical Culture Club adopts and supports the BJP Physie Code of Conduct.

MEMBERS' CODE

- Enjoy yourself and have fun.
- Respect the dignity and worth of all members regardless of their ability or cultural origin.
- Treat all members as you would like to be treated.
- Show respect for and co-operate with your teachers and other officials. Without them there would be competition
- Be humble when you win and graceful when you lose. Don't seek excuses or blame the judges or your teacher when you lose but aim for self-improvement.
- Do not criticise other members or competitors.
- Be a good sport. Applaud other competitors whether they are from your club or another.
- Work equally hard for yourself and your team. The team will benefit and so will you.
- Be loyal to your club and support it.

PARENTS' CODE

- Encourage children to participate, don't force them. Remember that children participate for their own enjoyment, not yours.
- Focus on the child's efforts and performance rather than on winning or losing.
- Respect the dignity and worth of all members regardless of their ability, appearance or cultural origin.
- Never ridicule or yell at a child for making a mistake or for losing.
- Remember that children learn best by following your example. Applaud all competitors, not just those from your club.
- Show appreciation for teachers, officials and judges. Without them your child could not participate.

- Respect the judges' decisions and teach children to do likewise.
- Address conflict openly, honestly and respectfully. Consider volunteering your time to assist with the work of running of your club.

SPECTATORS' CODE

- Respect the dignity and worth of all competitors and applaud everyone.
- Ensure a fair and proper competition environment for all competitors by abiding by the following:
 - remain still and quiet when the music is playing
 - ensure that your children remain still and quiet
 - turn all devices to silent
 - keep belongings clear of the competition floor
 - do not let children sit around the edge of the competition floor
 - do not use flash photography
- Respect the rights of competitors by only videoing or photographing your own child.
- Show appreciation and respect for judges and officials and follow their directions. Without them there would be no competition.
- Do not sit in teachers' reserved seating or stand behind this reserved seating area.
- Obey the rules of the venue and treat the venue with care. This includes clearing your own rubbish and not spraying cosmetics inside the venue.
- Be helpful and advise an official if there are problems or if help is needed for any reason.

SOCIAL MEDIA POLICY

Maitland Physical Culture participates on social media through Facebook (closed members group and public page), messenger groups and Instagram.

To show respect for both our club and its members we have set some simple guidelines to be followed:

- **Closed Members Facebook Page** – All parents/carers and Ladies are welcome to join. Our Members page is a way of communicating to members and we thus ask that posts be Physie related.
- **Messenger Groups** – Age based messenger groups will be set up at the start of the year as a way for teachers to communicate to parents/carers and Ladies. Teachers may share practice videos, syllabus clarifications answer parent/lady questions etc. We ask that 'general chat' be left OUT of these messenger groups so relevant information is easy to find. You are very welcome to set up your own general chat groups.
- **Syllabus Videos** – It is a strict requirement from BJP that no videos of dance syllabus be shared on social media prior to training video release. This is to ensure that all teachers have the chance to teach their students in class. We ask that any teacher videos shared through messenger groups are NOT shared publicly.
- **Facebook/Insta Photo Posting** – Maitland Physie has each parent/member sign off on social media preferences each year to ensure we respect member wishes. When posting photos to social media please use good judgement when pictures include other members of the club.

CLASS FEES

BJP Registration

Yearly Registration with our national body BJP must be finalised after completion of your first two lessons (5 Years to Ladies only). Please log on to the BJP Physical Culture website, register with Maitland and pay via credit card or Active Kids Voucher.

Maitland Physie Fees

Term fees paid to Maitland Physie are **inclusive** of all competition entry costs and fees to cover **2 classes** for all members.

- We love to accept any relevant vouchers - these are to be emailed to contact@maitlandphysie.com
- Private Classes will be an additional fee if taken up (Hall hire costs)
- Discounts are available in 2024 for yearly payments and family members on full member fees (excludes mermaids)
- All Term Fees are due and payable by week two of the relevant term. Full year payment must be received by week two of Term 1 to receive discount.

2024 Fee Schedule

	Term 1	Term 2	Term 3	Term 4	Total
Member 5yrs-Ladies	\$183	\$183	\$183	\$0	\$549
Mermaids	\$70	\$70	\$70	\$0	\$210
Full Year Member Discount	\$468	-	-	-	\$468
Family Member discount	\$165	\$165	\$165	\$0	\$495

Fees can be paid directly into Maitland Physie Bank account:

Account Name: Maitland Physical Culture Club

BSB: 012-720

Account Number: 2303-30355

Ref: Please use last name and nature of payment eg) SmithFees

CLUB CONTACTS



contact@maitlandphysie.com



Tracey Tighe 0400 221 008



Maitland Physical Culture

Closed Members Group - 'Maitland Physie Members'



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



www.maitlandphysie.com