

# JULY 2021



## TEACHERS MESSAGE

Hello RCP members and families,

We have officially reached the physie competition season and we're ready to rumble! Dance Night was a huge success where we saw the highest number of participants in RCP history! We are so very proud of the hard work all of our members have been putting into classes and we're so thankful that this event was able to go ahead. Thank you for all attendees for abiding by the extra COVID safe rules put in place - we hope everyone enjoyed the showcase of superb physie!

**Tip of the month:** Challenge yourself! Push yourself further every lesson to be better than you were the day before. A strong mind in a strong body = a strong physie girl!

*"Unless you try something beyond what you have already mastered, you will never grow."*

- Ralph Waldo Emerson

## KEY DATES

01/08/2021

PAINT & SIP SOCIAL EVENT

Pinot & Picasso - Redcliffe

07/08/2021

RCP INTERCLUB

Morayfield Sports & Events Centre

21 & 22/08/2021

BAYSIDE INTERCLUB

Alexandra Hills High School

12/09/2021

JUNIOR CHAMPION GIRL

Ormiston College

9 & 10/10/2021

15YRS & CHAMPION LADY/TEAMS

Ormiston College

## TEACHERS

COURTNEY DICKSON

BRIARNE MOSTYN

JADE STEEL

## CONTACT DETAILS

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Private Facebook Groups:  
Redcliffe City Physie - Members  
Redcliffe City Physie Ladies

## BANK DETAILS

Redcliffe City Physie

BSB: 034-059

ACC NO: 453261

# DANCE NIGHT

Congratulations to all members who performed at our 2021 Dance Night! You have all made your teachers extremely proud of how beautifully you all danced for the first competition of the year. This year, we saw the highest attendance rate at Dance Night in RCP history - well done team RCP!

In addition to your individual feedback, the judges also gave overall club feedback which will assist us in classes across the board. The feedback given of areas to improve included: posture (shoulders back & head up), confidence and better positions. This valuable feedback will help us all achieve our physie goals in 2021!

We hope you all got something positive out of Dance Night - whether it be the feedback given, a better idea of how a physie competition runs or getting those first performance jitters out. We certainly had an awesome night!

## Congratulation to our 2021 award recipients!

**Best Toe Points:** Frankie M  
**Best Physie Posture:** Jenna S  
**Dance Champion:** Madison G  
**Judges Choice Junior:** Mya H  
**Judges Choice Senior:** Melissa B  
**Junior Marching Champion:** Scarlett K  
**Senior Marching Champion:** Heidi D  
**Junior Club Champion:** Ruby T  
**Senior Club Champion:** Shannon S



## 2021 COMPETITION TIMETABLE

Please see below the 2021 BJP Competition details (QLD Champion Girl/Lady & Teams plus Sydney competitions).

**FOR CHILD SAFETY REASONS, THESE DETAILS ARE NOT TO BE SHARED ON ANY SOCIAL MEDIA FORUM.**

Please note that whilst having an audience at these events will be ideal, BJP will advise closer to the date whether this will be the case for 2021 - pending COVID restrictions & Government outlines. We kindly ask our members to be patient with us, BJP and the evolving COVID crisis. Whilst holding physie competitions are important, the safety of all involved is the first priority.

However, if audiences are allowed in 2021, we will need volunteers to help run these events. If you'd like to assist, please ensure you have a blue card and email your interest to the club.

# QLD (STATE/ZONE) COMPETITIONS

## Ormiston College Ormiston -Somerset Sports Centre

Sunday September 12	Preschooler Display	8.45 am
	<b>Junior Champion Girl – Maroon Zone</b>	
2 squares running	5 year and 6 year Champion Girl	9.00 am
	7 year and 8 year Champion Girl	10.30 am
	9 year and 10 year Champion Girl	1.00 pm
	11 year and 12 year Champion Girl	3.00 pm
	13 year and 14 year Champion Girl	5.00 pm

Saturday October 9	<b>Ladies – Combined Zones</b>	
2 squares running	Open Under 33 Champion Lady Open 33 & Over Champion Lady	9.00 am
	Novice Ladies Teams	10.30 am
	Intermediate Ladies Teams	12.30 pm
	Beginner Champion Lady Novice Champion Lady	3.00 pm
	Intermediate Champion Lady	5.30 pm approx

Sunday October 10	<b>Ladies – Combined Zones &amp; 15/1<sup>st</sup> yr Champion Girl</b>	
2 squares running	40 & Over Teams 50 & Over Teams and 60 & Over Teams	9.00 am
	Under 33 Teams and 33 & Over Teams	10.30 am
	40 & Over Champion Lady	12 noon
	50 & Over Champion Lady and 60 & Over Champion Lady	1.30 pm
	15 Year Champion Girl and 1 <sup>st</sup> Year Champion Girl	3.30 pm

Sunday October 17	<b>Junior Teams B Grade – combined zones</b>	
2 squares running	5-6 year Teams	9.00 am
	7-8 year Teams	10.30 am
	9-10 year Teams	12.45 pm
	11-12 year Teams	2.30 pm
	2 <sup>nd</sup> year/Novice Senior Teams	4.15 pm
	Open Senior Teams	6.00 pm

# SYDNEY COMPETITIONS

Please note: Due to the uncertainty involved with interstate travel at this time, the teachers will not be travelling to student competitions held in Sydney this year.

## QUAYCENTRE - Sarah Durack Ave & Olympic Park Blvd, Sydney Olympic Park

**Ticketing information for all Quaycentre events to be advised at a later date.**

Saturday October 30	<b>JUNIOR REPECHAGE</b>		<b>Start</b>	<b>Session</b>
	7-8 years		9.00 am	1
	6 years		10.00 am	2
	9-10 years		12.15 pm	3
	11-12 years		1.15 pm	4
	13-14 years		2.45 pm	5
Sunday October 31	<b>MASTERS CHAMPION LADY</b>	(3 squares running)		
	40 & Over	Heats, Semis, Final	9.00 am	1
	50 & Over	Heats, Semis, Final		
	60 & Over	Heats, Semis, Final		
	<b>LADIES NATIONAL FINALS</b>			
	Novice	Semis & Final	2.30 pm	2
	Intermediate	Semis & Final		
	Open Under 33 yrs	Semis & Final		
	Open 33 yrs & Over	Semis & Final		
	Open Ladies	National Final		

Sunday November 14	<b>SENIOR CHAMPION GIRL</b>	<b>HEATS</b>		
	15 year Champion Girl	Sections 1 & 2	9.00 am	1
	1st year Snr Champion Girl	Sections 1 & 2	9.00 am	1
	2 <sup>nd</sup> year Snr Champion Girl	Sections 1 & 2	12.30 pm	2
	Novice Champion girl		12.30 pm	2
	Open Snr Champion Girl	19-20 years	3.30 pm	3
	Open Snr Champion Girl	21-22 years	3.30 pm	3
	Open Snr Champion Girl	23-24 years	6.00 pm	3
	Open Snr Champion Girl	25-27 years	6.00 pm	3
	Open Snr Champion Girl	28 years & Over	6.00 pm	3

Sunday November 28	<b>JUNIOR NATIONAL FINALS</b>		<b>Start</b>	<b>Session</b>
	6 years		9.30 am	1
Ticketing information to	7 & 8 years		9.30 am	1
	9 & 10 years		1.00 pm	2
	11 & 12 years		1.00 pm	2
	13 & 14 years		4.00 pm	3



# COMPETITION NUTRITION

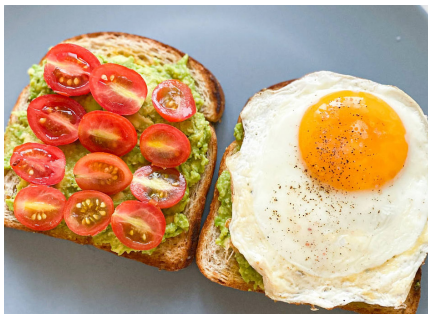
It is very common for all students (children and adults) to feel nervous on the day of a competition and often with this comes the feeling of not wanting to eat. We thought we'd mention some healthy breakfast and snack ideas to help fuel you on competition day (and everyday).

- Start with a good wholesome brekky like weet-bix or porridge, baked beans or eggs on toast or yoghurt and fruit! Nothing out of the ordinary that may leave you feeling un-well
- Pack some healthy, easy to eat snacks to keep you going! Rice crackers, cheese and biccies, fruit, carrot & dip etc
- Try to limit sweet foods/drinks like soft drink, lollies and chocolate as these can cause nausea

Remember to drink plenty of water, not just on competition day but every day!

We all know the benefits of water and how much to drink, but did you know that water is proven to help with flexibility? The connective tissue surrounding your muscles is supposed to glide across the muscle layer, however, when this layer becomes dehydrated, it sticks to it instead. This results in a decreased range of motion!

So drink up everybody, especially during winter, as when the weather is cooler, we can sometimes forget!



## PAINT & SIP SOCIAL EVENT

Who loves to have a wine, cheese platter and a good catch up? Perhaps you're a physie mum thinking about joining our ladies class next year (wink, wink) or you just love to spend time with your physie family! Join our ladies physie class to enjoy your Sunday by socialising and becoming creative with your inner Picasso in a Paint & Sip Session!

WHEN: Sunday 1st August - 10am to 1pm

WHERE: Pinot and Picasso Redcliffe

COST: \$60 each paid into the club account

BYO drinks and snacks

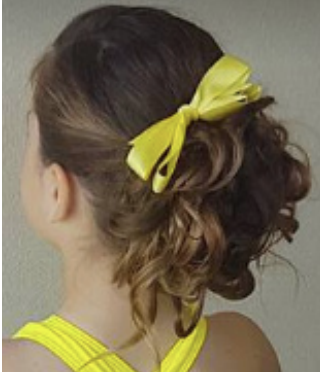
RSVP via email ASAP!

**\*\*We must have a minimum of 16 participants in order for this event to go ahead.**

**PINOT**  
*&picasso*

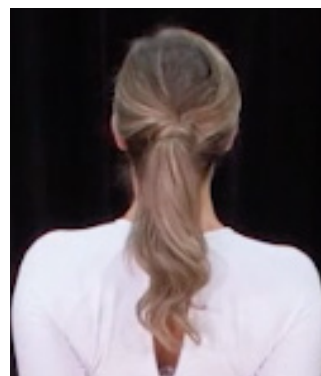
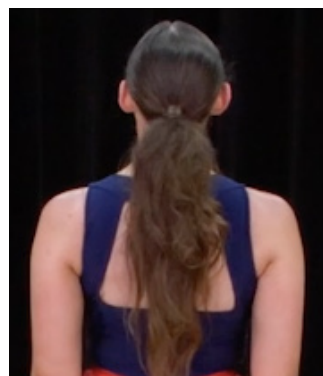
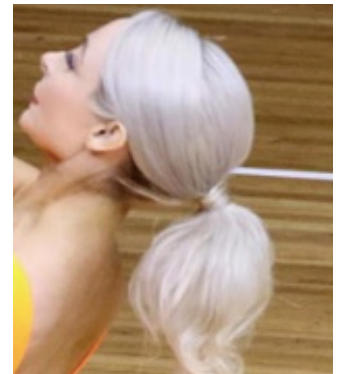
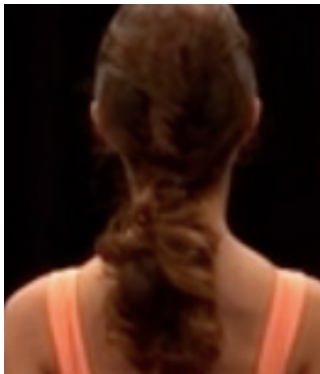
# COMPETITION HAIR IDEAS

## Junior hair ideas: 4-14yrs



**BJP Rules:** Girls may only wear their hair in simple styles. No teasing of any part of the hair or pinned curls are permitted. down or loose. No false hair pieces are permitted. Plain coloured ribbon no wider than 2.5cm may be worn, either in satin, nylon or lycra. Scrunchies & bows may be purchased from the official BJP Supplier 'Bows & Things', and must display the BJP stamped logo. No accessories other than hair-coloured pins and elastics are permitted. Foam donut inserts are not permitted. No coloured hairspray or hair glitter may be worn.

## Senior/ladies hair ideas: 15yrs - Ladies



**BJP Rules:** Hair accessories may not be worn by Seniors (15 years & older) or Ladies in individual events.

# REDCLIFFE CITY PHYSIE INTERCLUB

**WHEN:** Saturday 7th August

**WHERE:** Morayfield Sports & Events Centre (298 Morayfield Road, Morayfield)

**Clubs attending:** Redcliffe City, Bayside, Centenary, Moreton Bay, Palm Beach & Toowoomba.

## Draft timetable:

9:30am	Floor One	Floor Two
	Open Seniors 5 years  9 years  Open Ladies - Over 40's	6 years 15 years & 1st year seniors 10 years 2nd year & Novice Seniors Open Ladies - Over 50's Open Ladies - Over 60's
Lunch Break		
12:30pm (TBC)	Open Ladies - Under 33s 7 years 13 years 11 years Intermediate Ladies Beginner Ladies	Open Ladies - Over 33s 8 years 14 years 12 years  Novice Ladies

# BAYSIDE PHYSIE INTERCLUB

**WHEN:** Saturday 21st/22nd August

**WHERE:** Alexandra Hills High School (3-27 Windemere Road, Alexandra Hills)

**Clubs attending:** Ballina, Bayside, Coffs Coast, Everton, Kawana Waters, Mermaid Beach, Palm Beach, Redcliffe City, Sunnybank, Tweed Coast, Warner Lakes & Wynnum Manly

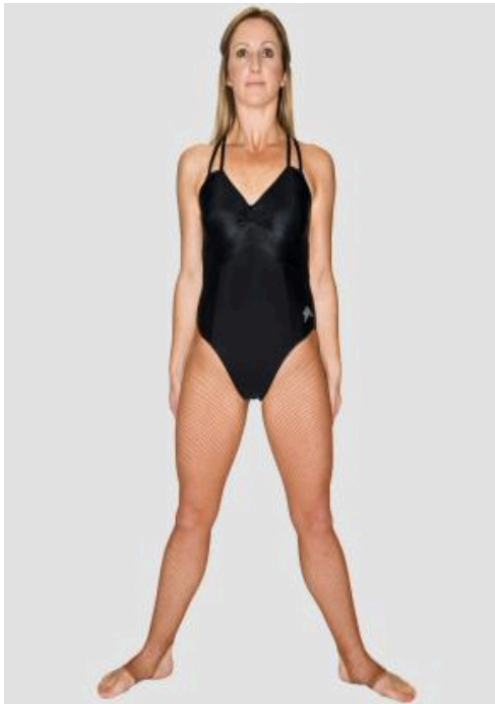
## Draft timetable:

Saturday 21st August 12pm start	Sunday 22nd August 9am start
Open Ladies - Over 33s 13 years 14 years Open Ladies - Over 50/60s Open Ladies - Under 33s 2nd year & Novice Seniors Novice Ladies 15 & 1st years Intermediate Ladies Open Ladies - Over 40s Open Seniors	6 years 9 years 11 years Pre-prep display 5 years 10 years 7 years 8 years 12 years



# POSITION OF THE MONTH

## ASTRIDE



This position is another physie staple and is performed by both physie girls and ladies. Read below for some tips on how to perfect it!

### How to do it:

As attention (physie feet) but with feet apart so that heels are in line with shoulders.

Stand at Ease: astride with hands loosely clasped behind back, elbows relaxed. (A resting position between routines if required).

### Common errors: ❌

- Feet not turned out (toes should face your inclines)
- Feet too close together or too far apart
- Feet not pressed into the floor

### Tips to perfect this position: ✅

- Your heels should be placed just on the outside of your shoulders if you were to draw a line down from your shoulders to your heels
- Lock your knees in and engage your quad muscles
- Ensure your feet are turned out (toes facing inclines)

## CLASS PHOTOS

