

JUNE 2021



TEACHERS MESSAGE

Hello RCP members and families,

We are nearing the end of term two, which means competition season is just around the corner! Dance Night will be held on the first week back of term three which means practice, practice, practice during the holidays. Be sure to use the BJP training video as a tool to help you remember your syllabus.

Tip of the month: Determination is the key to reaching your goals! We all make physie goals (if you haven't made any, please take the time to write some down that you'd like to achieve in 2021), and the only way to reach them is to give it everything you've got! You've got to practice at home and come to each class with determination - always keep your goals front of mind!

*"There's only one way to **succeed in anything**, and that is to **give it everything**."*

- Vince Lombardi.

KEY DATES

23/06/2021
LAST WEDNESDAY CLASS FOR
TERM 2

26/06/2021
LAST SATURDAY CLASS FOR
TERM 2

17/07/2021
DANCE NIGHT
Caboolture Memorial Hall

07/08/2021
RCP INTERCLUB
Morayfield Sports & Events Centre

21 & 22/08/2021
BAYSIDE INTERCLUB
Alexandra Hills High School

TEACHERS

COURTNEY DICKSON

BRIARNE MOSTYN

JADE STEEL

CONTACT DETAILS

M: 0424 580 193

E: redcliffecityphysie@gmail.com

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

BANK DETAILS

Redcliffe City Physie

BSB: 034-059

ACC NO: 453261

PRACTICE VIDEO

By now all members should have received an email from BJP containing the link and password to download the 2021 practice video. If you haven't yet done so, please download your syllabus onto a device so you can practice at home and retain the work we have learnt in class.

Teacher's tip to effective home practice: Watch the video first, then practice whilst watching it (the 'back view' is much easier to practice with). Then, put your screen away and practice without the visual. This way, you will see which sections of each dance you need to focus on.

*All members who have paid their BJP Registration will have received an email from BJP. If you haven't yet downloaded the video, please check your emails (and your junk folder) for an email from 'Members Bjp' titled 'BJP 2021 Training Video Download'.

If for any reason you haven't received this email please contact BJP Physie directly.

DANCE NIGHT

We're getting excited for Dance Night 2021! All members are invited to perform and showcase all of your new skills. Bring along your family and friends to show them all how much you have learnt so far this year!

WHEN: Saturday 17th July
WHERE: Caboolture Memorial Hall (65/61 King Street, Caboolture, QLD 4510)
TIME: Doors open at 4pm for a 4:30pm start
ENTRY: Adults (18+) = \$5
Children (5-17yrs) = \$2.50
Competitors & children under 5yrs = FREE
ORDER: 7-8yrs
11-12yrs
Beg/Nov/Int Ladies
13-1st yrs
9-10yrs
4-6yrs
Open Ladies
Marching Competition
Presentation

Students are required to wear a BJP leotard or performance wear (or class leotard if they don't have one yet), with their hair in a neat & simple style.

All performers will receive a written feedback sheet to help shape their goals for the upcoming performance season. There will be judges choice prizes awarded in addition to our Perpetual Awards.



TERM THREE CLASS TIMETABLE

Please see below the class timetable for term three.

CLASS	MONDAY	WEDNESDAY	SATURDAY
4-6 YRS			* 9:00am - 9:45am
7-8 YRS		*4:45pm - 5:30pm	10:15am - 11:00am
9-10 YRS	*5:30pm - 6:15pm	5:30pm - 6:30pm	
11-12 YRS	*6:15pm - 7:00pm		
13-1 ST YRS	7:00pm - 7:45pm	7:00pm - 7:45pm	
LADIES	7:45pm - 8:30pm	* 7:45pm - 8:45pm	* 8:00am - 9:00am
JNR STRETCH & TECHNIQUE			9:45am - 10:15am
SNR STRETCH & TECHNIQUE		6:30pm - 7:00pm	
*TEAM FOCUSED CLASSES			

Commencement dates:

- Monday 12th July
- Wednesday 14th July
- Saturday 17th July

LEOTARDS & CLUB UNIFORMS

Exciting news! Our new stock of RCP uniforms has arrived just in time for competition season! If you don't have an RCP uniform but would like to purchase some garments, please head to the RCP portal to complete an order form.

Members who are yet to purchase a BJP Leotard, please speak with a teacher ASAP as an official BJP stamped leotard is required for interclubs and champion girl competitions. If you haven't already, please request to join the 'BJP Junior and Senior Physie Leotard Sales' page on Facebook to source a second hand leotard.

All new BJP Leotards and Performance Wear ordered in April from Danz Design are due to be delivered to the club in the last week of July.

PRIVATE LESSONS

It's the time of year for those much wanted private lessons! There are a limited number of spots available, so if you're interested in a private lesson with your teacher, please **email** the club and we will give you a time that works best. **Private lessons will be run with one teacher and two students.**

Private lessons will be held at Clontarf Beach Primary School on the following dates (second week of the school holidays):

- Monday 5th July with Miss Jade - available to 4-6yrs, 9-10yrs
- Wednesday 7th July with Miss Courtney - available to 7-8yrs & ladies
- Saturday 10th July with Miss Briarne - available to 9-10yrs & 11-12yrs

Private lessons are an opportunity to spend time with your teacher to condition the syllabus. These lessons are open to students who are completely committed to excelling in competitions - therefore you're required to be confident in knowing all of your syllabus with no prompts.

Private lessons are \$15 for half an hour (paid into the club account prior to your lesson - Ref: *STUDENTNAME-private*).

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 15 years 9 years 2nd year seniors Open Ladies - Over 40's Pre-prep Display	6 years 1st year seniors 10 years Novice Seniors Open Ladies - Over 50/60'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

RCP WINS AUSTRALIA POST GRANT



It gives us great pleasure to announce that RCP is a recipient of the 2021 People of Post Grant!

We'd like to extend our thanks to Ruth Steel from our ladies class for nominating RCP - we're so very grateful for this generous grant of \$500!

This money will go towards purchasing brand new team leotards and performance wear for 2021 and beyond.

Australia Post plays a huge role in connecting communities and the People of Post grants program is an excellent way for them to support organisations they're passionate about.

Thank you Ruth and the team at Australia Post!

LOCAL MATTERS AT GRILL'D NORTH LAKES

RCP has secured a 'Local Matters' fundraiser jar at Grill'd North Lakes for the month of June!

The more tokens dropped in our jar, the greater chance we have at receiving \$300 to go towards purchasing brand new team leotards and performance wear for our members!

Be sure to treat yourself to a nice dinner out and support RCP!

What's for dinner? Grill'd of course!



POSITION OF THE MONTH

YARD

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:

Arms stretched sideways at shoulder level, palms down. Arms parallel to floor.

Common errors:

- Arms too high or low
- Arms not stretched out to the walls
- Arm muscles not engaged

Tips to perfect this position:

- Squeeze shoulder blades together
- Imagine power shooting through to your fingertips
- Practice in front of a mirror
- Get someone to take a photo for you
- Engage your arm muscles! Have someone press down on your arms at yard and see if you can hold them up



CLASS PHOTOS

