

SEPTEMBER 2021



TEACHERS MESSAGE

Hello RCP members and families,

We hope you are having a lovely break and are still practicing your physie and stretch & strength exercises at home! This newsletter contains the **revised competition dates for champion girl/lady and teams day** - please have a careful read through and mark out the relevant dates on your calendar. You will also find information regarding the **BaySide Interclub**.

We will now ask all members to respond via email whether you/your daughter will be attending the BaySide Interclub AND teams day (if you were previously selected to be in a team). We understand that the change of dates may effect your attendance if you had holiday plans so we would appreciate you letting us know ASAP. These new dates will implicate our end-of-year timetable that was originally advised so please stay tuned as there will be minor changes made to the Jan/Feb class timetable.

"Life doesn't get easier or more forgiving; we get stronger and more resilient."
- Dr. Steve Maraboli

KEY DATES

13 & 16/10/2021
TERM 4 COMMENCES
Clontarf Beach Primary School

16/10/2021
PAINT & SIP SOCIAL EVENT
Pinot & Picasso - Redcliffe

23 & 24/10/2021
BAYSIDE INTERCLUB
Victoria Point High School

24 & 27/11/2021
LAST CLASS FOR TERM 4
Clontarf Beach Primary School

8 & 9/01/2022
CHAMPION LADY/TEAMS + 1ST YRS
Logan Metro Sports Centre

TEACHERS

COURTNEY DICKSON

BRIARNE MOSTYN

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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

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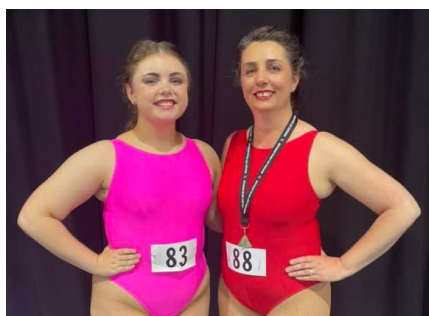
RCP INTERCLUB - THANK YOU!

We did it, team RCP! We are so thankful that we were able to run our interclub, giving you and our attending clubs the chance to dance! The day ran smoothly and on time and overall it was a great success! We couldn't have done it without our wonderful team of helpers and volunteers - to everyone who helped in the lead up and on the day - THANK YOU!

We received lovely feedback from our attending clubs and it was so wonderful to see a hall filled with an audience watching the sport we all love! Congratulations to all of our RCP stars who performed - we're so very proud of each and every one of you!

Here are our results:

Madison. G (9yrs)	1st Place
Courtney. D (U33 Ladies)	1st Place
Ruby. T (9yrs)	2nd Place
Briarne. M (U33 Ladies)	2nd Place
Shannon. S (Int. Ladies)	2nd Place
Deone. W (Beg. Ladies)	2nd Place
Adora. M (7yrs)	4th Place
Scarlett. K (10yrs)	4th Place
Donna. B (Beg. Ladies)	4th Place



PAINT & SIP SOCIAL EVENT *REVISED*

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 Saturday by socialising and becoming creative with your inner Picasso in a Paint & Sip Session. **Physie mums and dads welcome!**

WHEN: **Saturday 16th October - 2pm to 5pm**

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

BAYSIDE PHYSIE INTERCLUB

WHEN: Saturday 23rd & Sunday 24th October

WHERE: *New venue* Victoria Point High School (93 Benefer Road, Victoria Point, QLD 4165)

Clubs attending: Bayside, Centenary, Everton, Kawana Waters, Mermaid Beach, Palm Beach, Redcliffe City, Sunnybank, Warner Lakes & Wynnum Manly

Entry Fees (CASH ONLY): 1 day pass: \$5
2 day pass: \$8
Children U15yrs: Free
Competitors: Free

Catering: There will be a canteen, coffee van and BBQ running all weekend - **CASH ONLY!**

Venue rules: There is to be no hairspray used within the hall - we would strongly advise to arrive with your hair and makeup complete.

COVID rules: There will be QR Codes to scan on arrival to the venue. Please do not attend if you have any symptoms (fever, cough, sore throat or a runny nose).

Timetable:

Saturday 23rd October 11am start	Sunday 24th October 9am start
Open Ladies - Over 33s	13 years
Master Ladies (Over 50/60)	14 years
Open Ladies - Under 33s	6 years
2nd year & Novice Seniors	9 years
Beginner Ladies	11 years
Novice Ladies	Pre-prep display
15 & 1st year	5 years
Intermediate Ladies	10 years
Open Ladies - Over 40s	7 years
Open Seniors	8 years
	12 years

2021 COMPETITION TIMETABLE *REVISED*

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 2022 - 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 2022, 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 *REVISED*

BJELKE-PETERSEN SCHOOL OF PHYSICAL CULTURE

QUEENSLAND ZONE COMPETITIONS

Logan Metro Sports Centre - 357 Browns Plains Rd, Crestmead

Saturday January 8	Ladies Zones	
2 squares running	Open Under 33 Champion Lady - Maroon AND Gold zones	9.00 am
**Separate zones will be held	Open 33 & Over Champion Lady - Maroon AND Gold zones	11.00am
Providing there are enough	Open 40 & Over Champion Lady – Maroon AND Gold zones	12.45 pm
Competitors in each	Novice Ladies – Maroon AND Gold Zones	2.45 pm
	Beginner Ladies – Maroon AND Gold zones	5.15 pm
	Intermediate Ladies – Maroon AND Gold zones	7.00 pm

Sunday January 9	Ladies Masters & Senior Champion Girl	
2 squares running	Open 50 & Over – Maroon AND Gold zones	9.00 am
**	Open 60 & Over – Maroon AND Gold zones	11.00 am
	15 year Champion Girl – Maroon AND Gold zones	12.45 pm
	1 st year Champion Girl – Maroon AND Gold zones	2.30 pm
	2 nd year AND Novice combined zones followed by Open Senior Champion Girl combined zones (2 sections)	4.15 pm

Saturday February 19	Ladies Teams	
2 squares running	Open Under 33 AND Open 33 & Over	9.00 am
	Open 40 & Over AND Open 50 & Over followed by 60 & over	11.00 am
	Intermediate	1.00 pm
	Novice	4.00 pm

Ormiston college Ormiston - Somerset Sports Centre

Saturday January 15	Junior Champion Girl – Maroon Zone	
	5 year and 6 year Champion Girl	9.00 am
2 squares running	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

Sunday January 23	Junior Teams B Grade – combined zones	
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

SYDNEY COMPETITIONS *REVISED*

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 season.

BJELKE-PETERSEN SCHOOL OF PHYSICAL CULTURE

NEW SOUTH WALES COMPETITIONS

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

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

Saturday January 29	MASTERS CHAMPION LADY	(3 squares running)		
	40 & Over	Heats, Semis, Final	9.00 am	1
	50 & Over	Heats, Semis, Final		
	60 & Over	Heats, Semis, Final		
	LADIES NATIONAL FINALS			
	Novice	Semis & Final	2.30 pm	2
	Intermediate	Semis & Final		
	Open Under 33 years	Semis & Final		
	Open 33 years & Over	Semis & Final		
	Open Ladies	National Final		
Sunday January 30	SENIOR CHAMPION GIRL	HEATS		
	15 year Champion Girl	Sections 1 & 2	9.00 am	1
	1st year Snr Champion Girl	Sections 1 & 2	9.00 am	1
	2 nd 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	4
	Open Snr Champion Girl	25-27 years	6.00 pm	4
	Open Snr Champion Girl	28 years & Over	6.00 pm	4

Saturday February 12	JUNIOR NATIONAL FINALS		Start	Session
	6 years		9.30 am	1
	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

HOLIDAY HOME PRACTICE

It's holiday time! Time to take a break from weekly physie classes but don't forget to maintain your strength and flexibility at home!

This is the perfect opportunity to practice any parts of the syllabus you are finding particularly challenging so you feel ready and confident once term 4 begins.

Here are a few ideas to keep you inspired and motivated through the holidays:

- Visit the RCP portal and select 'Learning Tools > Extras' to view a whole range of technique and conditioning videos
- Head to YouTube and watch some follow along pilates style, home workout or dance technique videos. Some of our favourites are: Blogilates, MadFit and Claudia Dean World.
- Head to the park for some fun exercise
- Video yourself doing the syllabus and write some self corrections
- Look at the glossary of physie positions on the portal and read up on the positions you have in your syllabus
- Stretch whilst watching TV



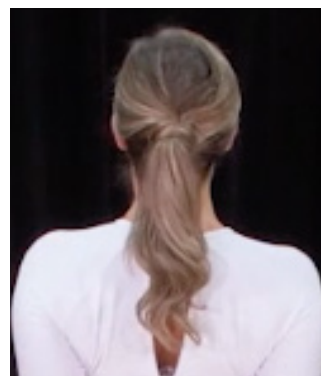
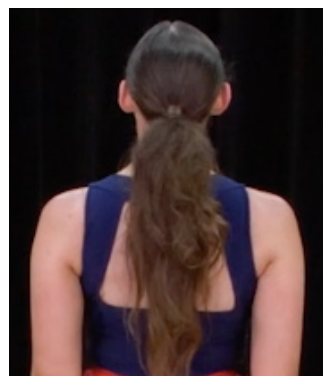
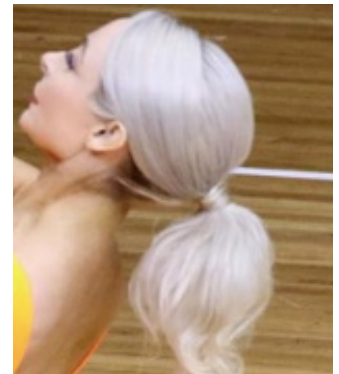
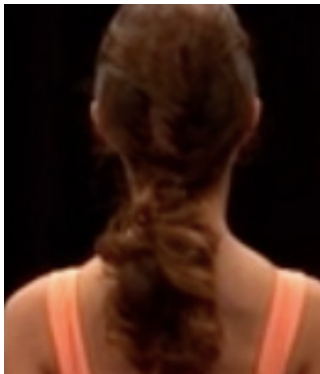
COMPETITION HAIR IDEAS

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.

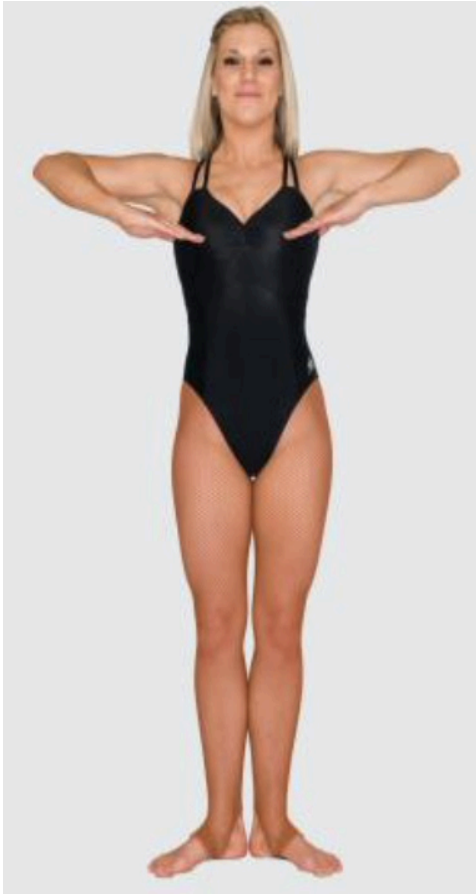
Senior/ladies hair ideas: 15yrs - Ladies



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

POSITION OF THE MONTH

ACROSS BEND



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:

Taken from the yard position, bend elbows until fingers touch chest. Fingertips do not touch. Do not move upper arms. Forearms slope downwards slightly from elbow to fingers.

Common errors:

- Elbows dropped
- Wrists dropped (not forming a straight line from fingers to elbow)
- Arms not engaged/activated

Tips to perfect this position:

- Squeeze your shoulder blades together to activate the upper arm
- Ensure your posture (chest and chin up) is presented
- Engage your arms and put power through your fingertips to ensure your arms are activated.

CLASS PHOTOS

