

Mermaids
BEACH PHYSICAL
CULTURE

HANDBOOK

2023



ABOUT MERMAID BEACH PHYSIE

Welcome to Mermaid Beach Physical Culture 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.

Mermaid Beach Physie began in 2002 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 preschoolers to ladies.

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 the 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 sport where every member is supported to set goals and work towards them. Mermaid Beach Physie is a community-based not-for-profit club, aiming to keep dance within the financial reach of local families.

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 that 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, coordination, 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.

Throughout its 130 years, Bjp Physie has proudly inspired thousands of Australians to exercise both body and mind through this remarkable sport. The Physie year includes a series of friendly competitions for both teams and individuals. The competitions provide an opportunity for girls to increase their self-confidence and foster team spirit.

The Junior and Ladies National Finals are held at the State Sports Centre in Sydney Olympic Park and the Senior Finals are held at the Sydney Opera House.

CLASS DESCRIPTIONS

JUNIOR & SENIOR CLASSES

Our junior & senior classes are the ideal way for our girls to develop healthy minds and bodies whilst forming friendships that last a lifetime.

We teach a variety of routines, from energetic warmups to basic ballet, to stretch routines, and a big favourite - the dance routines! There is something for everyone at Physie! Best of all, our classes help girls develop balance and control, coordination, grace, flexibility, poise, posture, strength and stamina. They are also ideal for building concentration and discipline, confidence, memory, listening skills, musical appreciation, teamwork, respect and friendships.

LITTLE MERMAIDS (3-4 YEARS) is open to girls from 3 years old (age at August 31, 2022). It is designed to be a fun class to introduce Physie. The 3-4 years class do not do competitions but will have the chance to perform at Club Comps if they want to.

LADIES CLASS

Our ladies class is the perfect way to increase fitness, improve flexibility, and challenge the mind, all while having a great time in class! Perfect for beginners, as well as long-time Physie lovers. This class is also suitable for any ex-dancers who are looking for a dance-based exercise program.

A simplified Beginner Ladies syllabus is taught step-by-step at an easy-to-follow pace throughout the year. We also teach the Open Ladies syllabus for those at that level. Physie is a wonderful sport that mothers can share with their daughters, so if you are enrolling your daughter in our classes, consider giving our ladies class a go too!



FEES



ANNUAL REGISTRATION

BJP registration for 5 years and over is \$99 and is paid directly to BJP. BJP is the National Body for Physical Culture. This annual fee includes a copy of the competition music and the instructional video of routines.

Club registration is \$40 for 3-16yrs and \$50 for seniors to ladies (\$40 club rego, \$10 fundraising levy). The covers BJP Champion Girl entry fee, teams entry fee, interclub entries and contribution to club public liability insurance. Payable with Term 1 invoice.

CLASS FEES

Free trial week for new members, please contact us for more information.

Little Mermaids (3-4's): classes are payable at a casual rate and are purchased in blocks of 10 classes for \$60.

5 years to Ladies: Set term fees (below) cover attendance at 2 of the 3 classes per week. Attendance at the third class in any week will be charged at \$10.

PAYMENT OPTIONS

BJP Registration is paid directly to BJP through an online registration (link found in the members tab on our website).

Club Registration and term fees will be sent to you via an invoice at the start of each term. This can be paid via by bank transfer or credit card. Invoices are distributed to the email address provided in your club registration and receipts can be provided.

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 travel for competitions we have fundraising opportunities throughout the year and would love for you to be involved.

Please email Angela Bayel via the accounts email accounts@mermaidbeachphysie.com.au if you have any questions or concerns regarding fees.

Term	Dates	Weeks	Set Term Fee	Age Group
Term 1	Mon 6 th Feb – Sat 1 st Apr	8 weeks	\$160	5 - 8yrs
Term 1	Mon 6 th Feb – Sat 1 st Apr	8 weeks	\$176 (inc Stretch & Strength)	9 - 16yrs
Term 1	Mon 6 th Feb – Sat 1 st Apr	8 weeks	\$160	Seniors - Ladies
Term 2	Mon 17 th Apr – Sat 8 th Jul	12 weeks	\$240	5 - 8yrs
Term 2	Mon 17 th Apr – Sat 8 th Jul	12 weeks	\$264 (inc Stretch & Strength)	9 - 16yrs
Term 2	Mon 17 th Apr – Sat 8 th Jul	12 weeks	\$240	Seniors - Ladies
Term 3	Mon 10 th Jul – Sat 30 th Sep	12 weeks	\$240	5 - 8yrs
Term 3	Mon 10 th Jul – Sat 30 th Sep	12 weeks	\$264 (inc Stretch & Strength)	9 - 16yrs
Term 3	Mon 10 th Jul – Sat 30 th Sep	12 weeks	\$240	Seniors - Ladies
Term 4	Mon 2 nd Oct - TBA	TBA	TBA	TBA

*Dates to be advised for term 4 once competition dates have been released.

CLASS DETAILS

CLASS VENUE:

Mondays & Wednesdays - Elanora High School, 261 Nineteenth Ave, Elanora QLD 4221

Saturdays - Mudgeeraba State School, 32-48 Old Coach Rd, Mudgeeraba QLD 4213

TIMETABLE:

Mermaid Beach Physie caters for girls & ladies from 3 years old. In Physie, ages are determined by the age as at 31 August 2023. Please note: proof of age may be requested during the registration process.

Timetable is current as of January 2023 and is subject to changes depending on class numbers.

Mondays

4.00 - 4.45pm - 5/6yrs Class
4.30 - 4.45pm - 7/8yrs Stretch
4.45 - 5.30pm - 7/8yrs Class
5.00 - 5.30pm - 9/12yrs Stretch
5.30 - 6.15pm - 9/12yrs Class
5.45 - 6.15pm - 13/16yrs Stretch
6.15 - 7.00pm - 13/16yrs Class
7.00 - 8.00pm - Seniors Class
8.00 - 9.00pm - Ladies Class

Wednesdays

4.00 - 4.45pm - 5/6yrs Class
4.30 - 4.45pm - 7/8yrs Stretch
4.45 - 5.30pm - 7/8yrs Class
5.00 - 5.30pm - 9/12yrs Stretch
5.30 - 6.15pm - 9/12yrs Class
5.45 - 6.15pm - 13/16yrs Stretch
6.15 - 7.00pm - 13/16yrs Class
6.30 - 7.00pm - Ladies Technique
7.00 - 8.00pm - Ladies Class
8.00 - 9.00pm - Seniors Class

Saturdays

9.00 - 10.00am - Seniors
10.00 - 11.00am - Ladies
11.00 - 11.30am - 'Little Mermaids' 3/4yrs
11.30 - 12.15 - 5/8yrs
12.15 - 1.00pm - 9/12yrs
1.00 - 1.45pm - 13/16yrs

At our club we allow parents to remain in the hall to watch classes. We find that if parents watch the classes they are able to learn more about Physie and can better help their children to practise at home and prepare for competition.



If you do opt to stay and watch your child's class we ask that you follow simple guidelines to ensure classes are not disturbed.

DO sit quietly in the parents area.

DO keep infants still and quiet or take them outside.

DO put phones on silent and go outside if you need to take a call. DON'T sit at the front or side of the class or on the stage or stairs (unless invited by the teacher)

DON'T allow other children to run around the area where the class is being conducted.

DON'T coach your child from the side of the room. Save that for any practice at home. Never coach or comment on another child.

It is not compulsory to stay and watch your child's lesson. You can sit outside the hall or you can drop your child off and collect them at the end of class. We do ask that you come into the hall and escort them to and from the car park to ensure their safety.

GENERAL CLASS RULES:

Girls are expected to be at class on time, appropriately dressed, and ready to start.

It is recommended that girls arrive 5-10 minutes early to warm up, go to the toilet, and prepare themselves for class.

Girls 5-6 yrs will be warmed up and stretched at the beginning of each class.

Girls 7-8 yrs are encouraged to arrive 15 minutes before their class time to attend their 15 minute warm up & stretch class.

Girls 9-16 yrs will have a 30min stretch and strength class before their regular class. This is included in the set fee for 9-16's.

Please bring a labeled water bottle to each class.

For the safety of your child, girls are not to leave the hall at the conclusion of class without a parent/guardian. Parents must meet their children inside the hall foyer: girls are not to walk themselves to the car park.

Parents are responsible for the conduct of their children while at the venue. The club does not take any responsibility for the safety of children outside the hall.

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.

We may also run workshops or small group lessons throughout the year. Schedules will be circulated to allow you to select times with the teacher. Lessons are limited in number and our priority is to ensure that there is equity of access to these lessons.

The cost of these will be listed on the schedule when released.

PRACTISE 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 included in the \$99 BJP registration fee.

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.

CLASS ATTIRE:

Juniors (5-12 yrs):

In 2023 we are asking that all 5-12yrs wear active wear for class. BJP active wear or a leotard is ideal, otherwise, any plain leotard or workout top is suitable. Girls may wear short black bike pants over their leotards.

Seniors (13 yrs+):

Active wear is ideal for girls aiming to compete at a high level. Girls may wear short black bike pants over a leotard also should they wish. Singlet tops are permitted for this age group, but they must be tight-fitting (as tight as a leotard).

Ladies:

Any comfortable exercise gear is suitable. Most women choose to wear black $\frac{3}{4}$ exercise tights with a singlet top or snug T-shirt.

All Ages:

Hair is to be neatly presented and off the face. Long hair tied up into a ponytail; short hair secured with a hairband.

Please wear a shirt/ jacket to & from class to keep your muscles warm, especially in the cooler months

Please do not wear loose baggy clothing: they restrict movement and make it very difficult to correct posture and alignment.

COMPETITIONS

Why should my daughter participate in competitions?

Are they compulsory?

Physie is a competitive sport, and to get the full Physie experience we strongly encourage every girl to participate in performances/ competitions. Whether you are a beginner or an experienced Physie girl, attending a competition helps improve confidence, builds team spirit, and gives you a sense of accomplishment.

Soccer players don't go to training every week and then never play a game. In the same way, Physie classes are ultimately training sessions for the competitions. Allowing your daughter to compete lets her put her skills into practice, and she will get a lot more out of our classes if she has a goal in mind to work towards.

COMPETITION STATUS

In junior age categories (preschoolers to 15 years), competition status is determined by the girl's age on 31st August of that year.

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

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

ANNUAL CLUB DAY

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

INTERCLUB COMPETITIONS

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

Our club attends 2 of these competitions each year. 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 or performance wear must be worn and all grooming rules are the same as for Champion Girl/Lady.

ZONE COMPETITIONS

Across Australia, BJP Physie is divided into zones. Our Club is in the Queensland Gold Zone.

Annual competitions are held in September/October and are called Champion Girl or Champion Lady.

The top 5-6 girls in each age category from 6 years up qualify to compete in a National Competition in November/December.

The Junior and Ladies National Finals are held at the State Sports Centre in Sydney Olympic Park and the Senior Finals are held at the Sydney Opera House.

TEAM COMPETITION

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 or top will be supplied. Some age groups may be required to purchase BJP black team tights. This will be advised by the age group teacher leading up to Team selection.



COMPETITION DRESS CODE

Individual Competitions & Displays

All girls 5 yrs+ will need one official Bjp leotard or activewear. Official Bjp leotards or activewear are worn to all competitions and displays throughout the Physie year.

The items are made-to-order, with delivery at the end of July. New Bjp leotards normally cost between \$50-90. Activewear is sold on the Bjp Physie Shop and is released gradually throughout the year. Activewear is sold in separate pieces so a set is \$100-130.

We will have some second-hand Bjp leotards and Activewear available for purchase through our club. Alternatively, there is a Facebook group that has pre-loved items available also.

Second-hand leotards are normally priced between \$20-50, depending on the condition.

More information about new leotards and activewear will be available early in the year.

Team Competitions

For team competitions, girls/ladies wear matching black leotards or activewear. Majority of these are provided free of charge through the Club. However, some older Junior age groups may be asked to purchase a pair of Bjp black tights if they are needed to work up in an older age group team. These can then be used though for teams and individual competitions and will be discussed with students and parents in advance if required.

Club Merchandise

Our club has Aqua, Black and White as its club colours. Members are encouraged to support the club at competitions by wearing our club colours. We have a number of items available to order from the club. The link to order club uniforms can be found in the members area of our website. More information provided at the front desk and on the facebook groups when required.



GROOMING RULES FOR COMPETITIONS

JUNIORS:

- *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 2.5cm).
- *The single ribbon may be used to tie a bow or as a plain headband to keep the 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 at all competitions for Ladies and Seniors 13 yrs & upward.
- *Only competitors who comply with the dress code may perform.
- * Our website and Facebook page have photos of students in competition that might assist you in getting ready. If you need help please ask your teacher. That's what we are here for!



OUR TEACHERS

We have a group of dedicated teachers to guide you/ your daughter(s) through the Physie year. They will work with every member of the club to make them the best Physie girls they can be, competing or not competing. Every girl deserves equal attention and we hope that every member gets as much enjoyment out of Physie as we do. We love to watch our students grow and improve, have fun and make new friends.

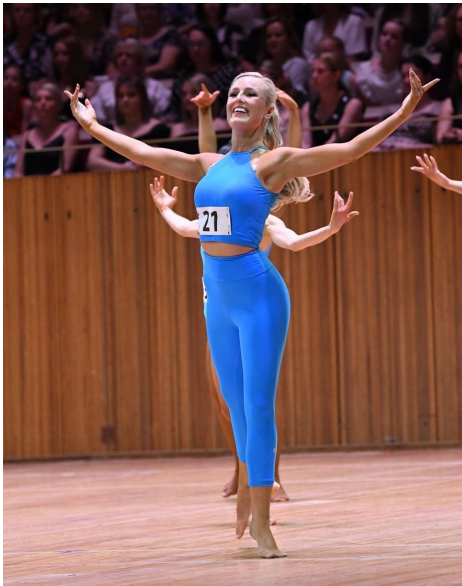
Belinda Webb – Belinda is a two-time National Champion and a mother of four! Belinda is a qualified personal trainer who runs her own very successful business. Belinda is a wealth of physie knowledge, and her dedication and leadership are inspirational. Her Senior & Ladies classes are the perfect combination of technique, hard work and FUN!



Mikayla Rees – Mikayla is a Mermaid born third generation Physie girl! She started at Mermaid in nappies, and many years later joined our teaching crew. Mikayla is a cheery fun loving young lady, who teaches our 3-4 yrs & Junior Classes. She is a two-time National Champion and has an undeniable passion for this sport. Mikayla is also currently at university studying a Teaching degree so she is very well qualified to teach your daughter.

Erin Walton – Is a multi award winning QLD State Champion, and regularly performs at a National Level at the Sydney Opera House. Erin teaches our Ladies classes and is extremely passionate about Physie and has an amazing eye for detail. She loves helping our Ladies, at all levels, work towards their personal goals each year.





Elyse Gregory – Elyse’s precise physie technique and love for kids is a big asset to the Mermaid Beach club. Elyse is a multi award winning State Champion, a three-time National Champion and has also performed on the BJP Syllabus DVD. Elyse loves her physie, and the girls all love her! Elyse is currently at university studying to be a primary school teacher.

Mia Taylor – Mia is a two-time National Champion, nine-time State Champion and a BJP Syllabus DVD performer! Her amazing eye for physie and rapport with all girls is a wonderful asset to the Mermaid Beach Club. Mia is always smiling, and her infectious personality is evident in her 13 - 16 years classes that she teaches at Mermaid Beach Physie.



Jo Croft - Jo’s love for physie started at the age of 4 years old and has continued for nearly 40 years now!

Jo has had experience competing in physie at the highest level and has been a regular competitor & placegetter at the National Physie Finals at the Opera House and now Ladies Nationals.

With a wealth of knowledge and experience, Jo has an enthusiasm and love for the sport which she feels honored to share in her Seniors class.

Maiya Stevens (Assistant Teacher) – is the current and four-time State Champion and past National Placegetter. Maiya has been at Mermaid Beach physie for her whole life and absolutely adores it! She loves working with kids to help spread the love and joy of physie to all her students.



Newsletters & Other Correspondence

We communicate information about club activities, special events, upcoming competitions, results, important dates, notices etc. through our regular newsletters.

It is your responsibility to read every newsletter to stay informed about our club.

Current newsletters will be emailed to every family as well as posted on our Facebook private group.

We have a public club Facebook page and a members-only group, where updates and highlights from our Physie events are posted. Our Facebook group is our most-updated source of information – if you have a Facebook account, please join the group to stay in the know!

‘Like’ our official page “Mermaid Physie”

‘Join’ our members-only group “Mermaid Physie Members Group”

Ensure that your contact details, especially email addresses and mobile phone numbers, remain up-to-date throughout the year.

Code of Conduct

(Incorporating the Bjelke-Petersen School of Physical Culture Code of Conduct for Members, Spectators, and Parents)

Members

Enjoy your Physie:

- Make friends with your club mates, supporters, and competitors – these friendships can last a lifetime!
- Enjoy both classes and competitions.

Show respect:

- Show respect for and cooperate with your teachers and other officials.
- Respect the dignity and worth of all members.
- Treat all members the way that you would like to be treated.
- Work equally hard for yourself and for your team. The team will benefit and so will you
- Be loyal to your club and support it.
- Participants are expected to behave during class. Disruption during class time impacts the whole team and causes valuable time to be wasted. Participants are required to be productive during class time.

Be a good sport:

- Be humble when you win and graceful when you lose. Don't seek excuses or blame the judges or your teacher: aim for self-improvement.
- Applaud other competitors whether they are from your club or another.
- Encourage other members in class and support them at competitions. Do not criticize other members or competitors.

Do your BEST:

- Work hard ALL year.
- Set goals and work to achieve them.
- Work well in class as you would in competition – always push yourself to do your personal best.
- Attend as many classes as you can – commit to your practices.

Parents & Spectators

- Remember that children learn best by following your example.
- Respect the teacher's rules and decisions. Teach children to do likewise.
- Show appreciation for the teachers and officials. Without them, your child could not participate.
- Respect the dignity and worth of all members regardless of ability, appearance or culture.
- Focus on a child's efforts and performance rather than on winning or losing.
- Never ridicule a child for making a mistake or losing.
- Respect the teacher's and judge's decisions.
- Address conflict openly, honestly, timely and respectfully.
- Consider volunteering your time to assist with the work of running your club. Physie clubs thrive on the work of volunteers.
- Photos: Please do not post photographs of any children (other than your own) in an open public forum.
- Please do not video or photograph any classes, unless invited by the teacher.

Please note: As a member of Mermaid Beach Physical Culture Club you agree to abide by the Codes of Conduct as set out by the club. These codes ensure that all members and volunteers enjoy being with our club and guarantee respect for club officials, teachers, and all other participants.

Mermaid Beach values good sportsmanship. Breaches of these codes may result in membership of Mermaid Beach being withdrawn.

Contact us



mermaidbeachphysie.com.au



dance@mermaidbeachphysie.com.au



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