



GUILDFORD GREYSTANES PHYSICAL CULTURE CLUB - **Email Newsletter**

January 2022 | CELEBRATING 65 YEARS



Our Founding
Teacher
Mrs Isabel Bugden

IMPORTANT INFORMATION ABOUT ZONE COMPETITIONS IN JANUARY 2022

Firstly, Welcome Back to TERM 4!!!

It was lovely to see so many of our members return and watch their happy smiling faces as they reunited with friends and teachers. As we draw close to the end of the year, your teachers are busy preparing members for their upcoming competitions. Whether you have decided to compete or not compete this year, after such a challenging year of online classes, we are so grateful that you stuck it out. To those who are braving the competitions We are happy to at least be able to get out there on that floor and do what we love to do. **PHYSIE!!**

This newsletter outlines the following

- **Performance Workshop.**
- Changes to Senior and Ladies Classes.
- GG Christmas Party 2021
- Leotard and Performance wear news
- Presentation Day
- Team Dedication
- Introducing GG

PRESENTATION DAY 19th FEB



STAY TUNED FOR DETAILS

When: 9th of January 2022

Time: Competition starts at 9:30. Girls should **be there at 8:45**

Where: Abbotsleigh School, 1666 Pacific Highway, Wahroonga (approximately 30 minutes travel from Greystanes)

What: This is an Individual competition showcasing the dances the girls have been practicing all year! It is run very similarly to the competition we had in June and the Performance Day in December however the girls will perform their routines **twice** with **finalists** chosen to perform a third time. There will be other physie clubs competing as well. Prizes and participation medals will be awarded **at the end** of the three performances.

Dress: Please arrive dressed in your BJP leotard ready to perform (if you do not have one please speak to one of the ladies at the desk or your teacher ASAP). It is advised you do not get your daughter to wear underwear under this. Club wear (or anything in our pink and mint colours) can be worn over the top on arrival. Your daughter needs to bring a pair of **thongs or slides** to wear inside (to comply with covid safety protocols).

Please remove all jewellery (unless your daughter has tiny plain ear studs which are unable to be removed).

Makeup: Only lipstick or lipgloss and blush are permitted. **NO** eye makeup or nail polish (on toes and fingers) is allowed.

Hair: Should be neatly groomed and pulled back from face. We recommend a high or low ponytail straightened or curly. You can braid or twist hair into this (talk to Miss Victoria or Belinda at the desk for ideas or if you have questions).

No hair accessories are allowed other than a single PLAIN ribbon (no wider than 2.5 cm, tied in a bow or as a headband) or a BJP bow or scrunchie.

Covid safety information

- As Abbotsleigh is a school, we have been advised that only those vaccinated over the age of 18 can enter the venue.
- We must abide by social distancing inside and outside the venue
- There will be covid marshals monitoring this
- At this time, audience members are allowed. We will advise you of any changes.
- Masks are highly recommended

Checklist for the day

- | | | |
|--|--|--|
| ☐ Wearing BJP leotard | ☐ Lipstick or lip gloss | ☐ Jewellery taken off |
| ☐ Thongs or slides | ☐ Blush | ☐ Smile on ready to perform |
| ☐ Water bottle | ☐ Hair neatly done | and have fun! :) |

COMPETITION TIMETABLE JANUARY/FEBRUARY 2021

JUNIORS TIMETABLE

SUNDAY JANUARY 9th JUNIORS PENNANT HILLS ZONE (CHAMPION GIRL)
Abbotsleigh School, 1666 Pacific Highway, Wahroonga

AGE	START
5 year AND 6 year Champion Girl	9.30am
7 year AND 8 year Champion Girl	11.00 am
9 year AND 10 year Champion Girl	12.30 pm
11 year AND 12 year Champion Girl	2.00 pm
13 year AND 14 year Champion Girl	3.30pm

Age groups will compete against each other if numbers are lower than the required amount to hold a competition.

SATURDAY JANUARY 22nd JUNIOR TEAMS

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

AGE		START	SESSION
5-6 years	All Grades	9.00 am	1
7-8 years	All Grades	11.00 am	2
9-10 years	All Grades	1.30 pm	3
11-12 years	All Grade	3.30 pm	4

SATURDAY FEBRUARY 12th JUNIOR NATIONAL FINALS

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

AGE	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

SENIORS TIMETABLE

SUNDAY JANUARY 30th SENIOR CHAMPION GIRL

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

AGE	HEATS	START	SESSION
15 year Champion Girl	Sections 1 & 2	9.00 am	1
1st year Snr Champion Girl	Sections 1 & 2	9.00 am	1
2nd 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

SENIORS TIMETABLE CONT

SUNDAY FEBRUARY 6th SENIOR FINAL REHEARSAL

Sylvania Hts CYC Box Road, Sylvania Hts

1pm - 5pm

TUESDAY FEBRUARY 8th SENIOR NATIONAL FINALS
AWARE SUPER THEATRE - ICC Sydney, 14 Darling Drive, Sydney

Rehearsal	11.00 am	Timetable to be announced.
Performance	7.00 pm	

SUNDAY FEBRUARY 13th SENIOR TEAMS
QUAYCENTRE - Sarah Durack Ave & Olympic Park Blvd, Sydney Olympic Park

AGE		START	SESSION
15/1ST Year teams	All Grades	9.30 am	1

LADIES TIMETABLE

SATURDAY JANUARY 8th LADIES ZONE 2 (CHAMPION LADY)
St Paul's Grammar School 52 Taylor Road CRANE BROOK

AGE	START
Novice	9.30 am
Intermediate	11.15 am
Open Under 33 AND	12.45 pm
Open 33 & Over	

SATURDAY JANUARY 29th
QUAYCENTRE - Sarah Durack Ave & Olympic Park Blvd, Sydney Olympic Park

MASTERS CHAMPION LADY
(3 squares running)

AGE	START	SESSION
40 & Over Heats, Semis, Final	9.00 am	1

LADIES NATIONAL FINALS

AGE	START	SESSION
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		

LADIES TIMETABLE CONT

SATURDAY FEBRUARY 5th LADIES TEAMS
QUAYCENTRE - Sarah Durack Ave & Olympic Park Blvd, Sydney Olympic Park

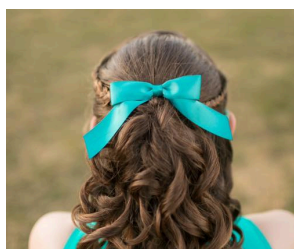
AGE	START	SESSION
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Intermediate	All Grades	9.00 am	1
Open Under 33 years	All Grades	3.30 pm	4
Open 33 years & Over			

BJP Rules for Hair and Make-Up at Competitions

FOR JUNIORS 5 – 14 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. Neutral coloured hair pins and elastics only may be used to secure the hair neatly.
 No hair accessories are allowed 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 (13-14 yr olds **ONLY** may wear minimal amount of mascara and eyeliner).
 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.



If you are after simple ribbon bows, you can order these directly from Bows Bows Bows on their Facebook Page. Bows are \$5 plus postage.

You can order these BJP items directly from Bows & Things on their website ~ bowsandthings.com.au Bows are \$8 & Scrunchies are \$6 plus postage.

FOR SENIORS & 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 & upwards.



Looking for Santa

We are looking for a dad to play as Santa at our Christmas Party. If we have any willing helpers please contact Rachelle 0409771924 to receive full details.

PERFORMANCE WORKSHOP

PERFORMANCE WORKSHOP

Date: SATURDAY 11TH DECMEBER.

Location: Auburn Town Hall, 1 Susan Street Auburn.

Please Arrive 30min prior to Performance time.

Age Group

Performance Time

Tiny Tots

9.30am

Due to covid, we have not had the

opportunity to take part in any Interclubs this year. We have come together with Sefton and Toongabie Clubs to put together a Performance Workshop.

This will be an opportunity for all members involved to have a run through before their Zone competitions.

There will be no places awarded and no formal judging. Instead it will give teachers of all clubs valuable insight into how we have been getting through the work and if we are doing the syllabus correctly. Videoing from the back will be allowed.

COST: \$8 per competitor (to be paid in advance) please add your name to the [list here](#)

Two Spectators per family are welcome on the day. Cost for spectators is \$5 (16 years and over) To be paid upon entry on the day.

Please come Fully dressed and ready to perform. Please see competition rules for Juniors and Ladies above. Ensure you arrive 1/2hr before your performance time.



**“PRACTICE LIKE YOU’VE NEVER WON,
PERFORM LIKE YOU’VE NEVER LOST”**



Team Expectations

We understand the restraints that COVID has brought to all our members and we fully expect that you will be wanting to take a much needed Holiday at some point in time. However, for those of you who have said that you or your child/children are available to compete in a team on the 22nd January 2022, we are asking that if you are planning a Holiday, can you please inform your class teacher with the dates you will be away via text or email ASAP. As you can appreciate, it is difficult enough to get 8 girls together for a practice, let alone during school holidays.

CLASS CHANGES

A REMINDER TO ALL 13-1ST YEARS - SENIORS - LADIES

As we can no longer get Sherwood Grange for Monday lessons, all 13-1st Yr, seniors and ladies classes have been moved to Saturday.

**Ladies - Guildford Community Centre South Hall
9.45 to 10.45am.**

**Seniors - Guildford Community Centre South Hall
10.45 to 11.45am.**

13-1st YEARS - Dance XS Wetherill Park 3.00 to 4.00PM

Whilst we would appreciate members coming to the two classes per week, Your Class Teachers will be allocating one class as a dedicated team practice, and we would appreciate it if you could please make sure you are at the selected class.

Shortly, you will receive more information regarding these selected days and we to see all the girls turning up.

Club Merchandise Orders

Club gear will be available to order in the new year. Contact Corinne via ggphysie@gmail.com

WEBSITE

guildfordgreystanesphysie.com

FACEBOOK PAGES

Guildford-Greystanes Physie
Guildford Physie-Past and Present
[guildford greystanes physie](#)  



IT'S BEGINNING TO LOOK ALOT LIKE CHRISTMAS

**GUILDFORD GREYSTANES
CHRISTMAS PARTY 2021.**

WHEN : 18th DECEMBER



DONT FORGET TO ORDER YOUR CLUB DAY PHOTOS!!

CLUB DAY PHOTO ORDERING

Don't forget to order photos from our Club Day.

Photos are \$5 each

To order your photos all you need to do is:

Access the Gallery tab through Revolutionize-

<http://www.revolutionise.com.au/ggphysie/gallery/7111/>

Write down the number of the photo you want.

Send an email to the club ggphysie@gmail.com with the numbers of the photos you would like to purchase.

Please make sure you have paid the total amount to the GG bank account.

Once payment has been received we send you the the unwatermarked versions of your photos.



CHANGES TO BJP PERFORMANCE WEAR SUPPLIER.

BJP HAS ANNOUNCED THAT THEY HAVE SOURCED A NEW SUPPLIER FOR THEIR PERFORMANCE WEAR. YOU WILL NOW BE ABLE TO ORDER YOUR PERFORMANCE WEAR AT ANY TIME OF THE YEAR ONLINE THROUGH THE BJP PHYSIE SHOP. BJP WILL BE INTRODUCING SEVERAL RANGES THROUGHOUT THE YEAR TO BE SOLD WHILE STOCKS LAST. EACH RANGE WILL HAVE DIFFERENT

Great News!

JUNIORS CAN NOW WEAR PERFORMANCE WEAR!!!!!!

2021 COMPETITIONS

If Junior members want to, and can find existing performance wear to fit them, they are able to wear performance wear for the 2021 Competition Season.

If the new supplier is up and running by competition time, they are also allowed to order and wear the new range for the 2021 competition season.



POSITION OF THE WEEK CONTINUES

GG teachers are asking that all our members get involved in our position of the week challenge. Each week a different GG Teacher will post their position of the week with a few tips on how to perfect this position.

We would love to see Photos of yourselves doing these different positions.



Need some inspiration?

Here are a few ideas for you. Do as many as you like:

- draw a physie girl doing this position and pose with her
- find an object starting with the same letter as the position to add to your photo
- find a place in your house to pose (think back to Miss Victoria's top stand in the tub)
- dress up as your favourite character to take your photo
- gather your family to do the position with you

Tips from Miss Rachelle:

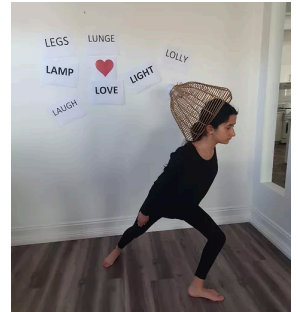
Stretch arms sideways and
diagonally upwards with palms up
Arms at 60 degree angle
Bring arms up through incline
Recover through sides

With your permission, we'd love to post your photo onto Instagram and Facebook to show our other members!

Where to send the position of the week

You have 3 options:

1. Add them directly to our new Physie padlet. Simply click the link and add an image
<https://padlet.com/ggphysie/6l883iq2pnen3fta>
2. Email your photos to ggphysie@gmail.com
3. Send them via text to your class teacher



GG REV WEBSITE

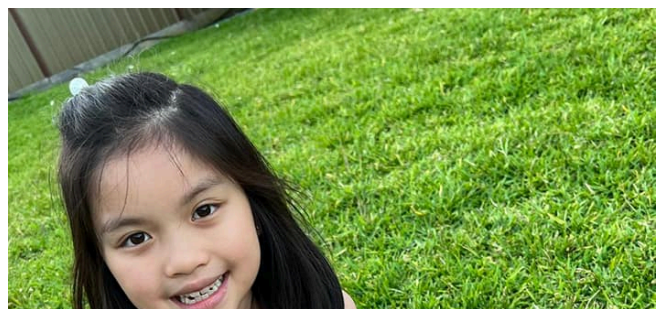
A reminder you can do any of the following on our
GG REV WEBSITE:

Order merchandise, Access training videos and packages,
See past newsletters and up to date information in our news and Events,
View the Gallery and more.

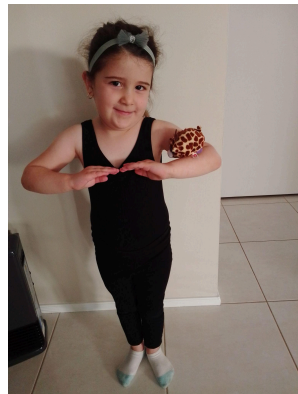
SHE'S BACK!...

GG Has Returned.

A while back we re-introduced the girls



The chosen recipient gets to take Gi Gi home for the week and share photos of the time they spent together. We can't wait to see what adventures GG gets up to.



- loading directly onto our new GG Padlet
<https://padlet.com/ggphysie/6l883iq2pnen3fta>
- Email them to Att your teacher at ggphysie@gmail.com
- Send them via a text message to your class Teacher.