



2026 PARENT HANDBOOK

Website: www.doncasterphysie.com

Email: doncasterphysie@gmail.com

Facebook: Doncaster Physical Culture School of Dance

Instagram: doncasterphysie

Locations: Ajani Community Hall, Ajani Centre, Lower Templestowe Community Centre



WHAT IS PHYSIE?

Physie (also known as Physical Culture) is the perfect combination of movements designed to increase strength, fitness and flexibility. The benefits are increased co-ordination, brain development and confidence.

Physie is a great way to make lifelong friends and compete at both a local and international level, individually and in teams.

The Bjelke Peterson (or BJP) School of Physical Culture has over 140 clubs in almost all suburbs of Sydney, country NSW, Queensland, ACT and 5 clubs in Victoria. Uniquely Australian, the Bjelke-Peterson School of Physical Culture has been involved in the fitness of Australian girls and boys for well over a century.

BJP provide a new syllabus and music to all clubs every year (around the start of February), that culminates in a series of friendly competitions for both teams and individuals throughout the year. These are not compulsory, but are encouraged to foster a sense of club spirit, confidence and belonging.

DONCASTER PHYSIE

Doncaster Physie is a non-for-profit organisation run by a dedicated teaching team and committee. Committee positions are open for election every year, and we would LOVE to welcome some new faces on board to bring some fresh ideas. We meet every few months via Google Meet online, so it is accessible for all. Our current President is Nadia, and we will hold an AGM early in the year to elect a new committee.

Get in touch with any of the teachers/associates if you are interested in joining our awesome committee! Be the first to know about fundraisers, competitions, teaching progress and social events.

Luisa is the head of the teaching team and started dancing with Doncaster Physie in 2004. She is incredibly committed to the running of the club and is supported by our 5 other fantastic teachers - Nadia, Jana, Natasha, Laura and Lilliana.

At Doncaster Physie, our aim is to provide a fun and encouraging environment for all members to learn dance, from ages 3 to over 60 years of age! Our syllabus is provided by BJP in early February, and our classes are held in the Manningham area (see locations on page 1). Beginners of all ages are more than welcome to join our fun and affordable classes.

Keep up to date! We regularly post updates of events/reminders within the club. We want as much exposure as we can get, so as many girls and ladies can experience Physie as possible! We love when you re-post and share our photos/ads and promotions!



@doncasterphysie



Doncaster Physical Culture School of Dance

CLASSES

What to wear:

- Fitted and supportive exercise clothing.
- Leggings or bike shorts.
- Hair TIED UP and off face. Low or high ponytail/bun is appropriate.
- No shoes are required, as all Physie is done barefoot.

Ask your teacher about second hand leotards that can be used for class practice!

Expectations:

- Girls are NOT to dance in their school uniform and will be asked to change before the beginning of class. There are bathrooms available to change in.
- No chewing gum in class.
- Mobile phones are not to be used in class, unless in case of an emergency.

NOTE TO PARENTS:

Please ensure you are physically either walking your daughter into her Physie class or dropping her AT THE DOOR to wait with a familiar responsible adult. They are to be picked up after class at the bottom of the stairs or inside the foyer. We cannot have girls racing out of eyesight into the parking lot to be collected. Please drive by the foyer stairs or park and collect your daughter inside.

Teachers often have a class before/after your daughter, so cannot always keep track of who has/has not left the building. We do our best to follow everyone out, but have a duty of care to ALL GIRLS, and want to guarantee everyone's safety. Please discuss this with your daughter's teacher if you have any questions.

ADMINISTRATION

Enrolment form

Hopefully you will have filled out our Doncaster enrolment form already, that asks for all relevant information regarding your family and should be completed in FULL i.e members full name, emergency contacts etc. It is also very important that you provide us with your child's health or medical conditions/allergies. We host events throughout the year that may involve consumption of food or small treats/snacks.

Fees and Registration

Term fees and BJP registration should be paid by the second week of the term by EFT transfer. You will receive an invoice at the beginning of each term. Please contact Doncaster email if you have any issues with your invoice.

You are more than welcome to pay more than one term /all terms in a single payment to avoid forgetting and incurring a late fee!

In 2025, we are introducing a late fee for Term Fees that remain unpaid after the Term finishes. Teachers do their best to follow up on fees etc but want to avoid this if possible.

\$20.00 late fee per student will be added to your invoice at the conclusion of the last class for the Term if the fee for that Term has not been paid.

EFT transfer details:

Doncaster School of Physical Culture Inc
BSB: Ask teacher for details
Account no: Ask teacher for details

Please include SURNAME and reason (eg. Fees, merchandise etc)

Family Discount

A 50% discount is offered to the third family member on Term fees.

Private Lessons

Private lessons are available from May/June to those wanting one on one help and are to be organised with your class teacher. Please reach out with notice so teachers are able to organise a time.

Practise Video

This is a great practising tool as it includes the full syllabus for each age group. This is produced by BJP and becomes available to members around Term 2. **You MUST have paid your BJP registration to receive the link to the video.** An email will be sent out when it is available with instructions on how to download.

FREQUENTLY ASKED QUESTIONS

1. Who do I talk to if I have any problems?

Communication is SUPER important and if you have any questions, please don't hesitate to contact the following people. Phone numbers can be found in your email.

Class or coaching issues:

Head Associate/Teacher- **Luisa**

5-8s	Jana Lilliana
9-12s	Natasha Laura
13-1st years	Luisa Natasha
Seniors	Jana Laura
Beginner/novice ladies	Nadia
Open ladies	Luisa

Fundraising, involvement and donations:

Club President- **Nadia**

Admin/fees/payment issues:

Club Treasurer- **Silvia**

Class Teacher

Other

Club email- doncasterphysie@gmail.com

2. How many lessons a week does my child need to attend?

Physie is no different to any other skill, the more you do it the quicker you learn. Two lessons a week are encouraged for all girls. Teaching relies on focus and consistency when building skills learnt in class the week prior.

Girls selected for Teams later in the year are required to attend the two classes per week, in order to learn timing we need commitment and support for their team.

3. What time should we arrive at class?

We understand it can sometimes be a mad rush to get girls to class on time from school/other extra curriculums. We run our classes on time, and ask that girls arrive 5-10 minutes prior to their class start time. Please ensure girls have been to the bathroom, they are changed and their drink bottle is full. They can also use this time to stretch, which is encouraged.

4. What class will I be in?

The age you turn on or before 31st August 2025. E.g: if you were turning 9 on the 31st August 2025 you would be in the 9 years, but if you turned 9 on the 1st September you would be in the 8 years (because that was your age on August 31st).

5. What happens if I am absent?

Please try to attend every class. If you are too sick to come, please message your teacher/s ASAP and explain your absence- this is extremely important for Team practices!

6. Can parents sit in the class?

Parents are required to sit outside of the hall in foyer areas and may watch class through the glass doors. This is to minimise class disruption, as we have found it to be very noisy when parents have sat in the class in the past, which disrupts our learning environment.

Parents of Tiny Tots are permitted to sit up the back of the class and watch quietly, and we ask that the parents monitor distractions from siblings during the class. Whilst watching from the back is permitted, we encourage all parents to watch from the foyer only, as it helps promote a sense of independence for the girls and allows our teachers to properly focus.

7. How can I help my child improve?

Practice, practice, practice! Encouraging your girls to practice the syllabus at home gives your girls a huge advantage.

If we don't think about the steps or stretch from one week to the next, most of the following lesson is spent 'remembering' the previous weeks class, rather than being able to focus on improving technique. The more you put into Physie, the more you will get out of it.

Remember Physie is a sport for fun and fitness, you do as much or as little as you feel you want to!

COMPETITIONS

Please note that this section does not apply to Tiny Tots. Competitions are available for girls aged 5 years and above.

The Physie year culminates in a series of friendly competitions for both teams and individuals, locally and interstate. These are not compulsory, however girls are encouraged to attend as they help foster club spirit, a sense of belonging to the club and club loyalty. Competitions are a fantastic experience for all girls and help build confidence, friendships outside of class and are always loads of fun!

All competitions welcome girls of all levels of experience and are held from July to November each year.

INDIVIDUAL CHAMPION GIRL

This comp is for all girls registered with BJP Physical Culture. NO girl is ever expected to compete alone on the floor. At any one time there are approx. 10-15 girls on the floor all being judged individually.

At this competition, the judges will usually award 1st to 5th place in each section (depending on number of girls competing).

CLUB COMPETITION: DONCASTER CLUB

- Held as preparation to our zone/interclub comps
- Competing with girls in your own classes
- Locally in Manningham area, fun and friendly day
- Usually a sausage sizzle, canteen and raffle (we always need helpers with these!)
- All fundraising profits made go towards purchasing medals, certificates, trophies etc that girls are rewarded with on the day!

INTERCLUB COMPETITION: MELBOURNE CLUBS AND INTERSTATE CLUBS

- Ideal for all levels (including beginners)
- Great introduction to larger competitions
- Held in August and can be both local and Interstate (NSW or QLD).



For those who decide to attend interstate competitions, we always try to coordinate travel and accommodation in order to make a fun, budget friendly weekend out of it!

ZONE COMPETITION: MELBOURNE CLUBS

- All 5 Victorian clubs, held locally.
- Associates wear their uniforms this weekend to represent Victoria.
- Clubs from WA, SA and NT are sometimes included in our Victorian Zone, as they are smaller and don't have other clubs to compete against for Zone in their state.
- Held across one weekend in October.
- Used as a selection process for the Nationals, with placegetters becoming eligible to attend Nationals in November.
- 5-12 year teams are held at the Zone competition.
- Dates for Zone will be released by BJP in June.



NATIONALS: ALL AUSTRALIAN CLUBS

- Girls aged 5-12 from all over Australia **that place in Zone**, compete at the Quay Centre, Sydney Olympic Park.
- Girls aged 13-Ladies do not need to qualify at Zone to compete at Nationals at the Concert Hall at the Sydney Opera House.

TEAM COMPETITIONS

We attempt, where possible, to include all girls in the team and we also expect that all girls are available to join a team; however, as eight girls are needed to form a team, numbers do not always permit this. Team Competitions for girls 5-12 are held at Victorian Zone. Team for 13-Ladies are held in the Quay Centre in Sydney in November.

The same syllabus is used for team events as for individuals; however in teams we work on trying to get the eight girls to look synchronised as one! It is therefore important that girls selected for teams are in attendance EVERY practice- including extra scheduled practices. We like to include the whole class in Team practices, learning extra dance endings, timing and marches that we use at our end of year Gala.

Extra notes!

- A champion individual does not immediately make a good team member, all girls are considered for team placement.
- Occasionally, a girl/lady may be required to work up/down if there are not enough girls in a class to make up a team of eight.
- Matching Team performance wear is provided by the club, and not always a perfect fit! We have a limited number but do our very best to have every girl looking their best!
- Teachers often select an 'emergency' support girl/s who in the case of illness or injury of an existing team member, will compete in the team on the day.



Our teachers are talented hairdressers! For Melbourne Teams (5-12) parents will be asked to follow a simple hairstyle, depending on the team.



For senior Sydney Teams, our teachers will whip out their tools and hairspray to get everyone matching with hair in pristine condition! It is an incredibly fun process, often with everyone getting ready in the same room, supporting each other and getting excited.



COMPETITION DRESS CODE

Performance wear

ALL girls and ladies MUST wear a BJP branded leotard, leggings and/or top to compete. These can be purchased new from the Physie Shop. <https://physieshop.com>

Leotards/performance wear should fit properly-tight fitting without any loose wrinkles. Leggings should be fitted so girls can dance without worrying about them falling down.

Do a routine in your performance wear to see if your size is right! You shouldn't have to adjust between dances.

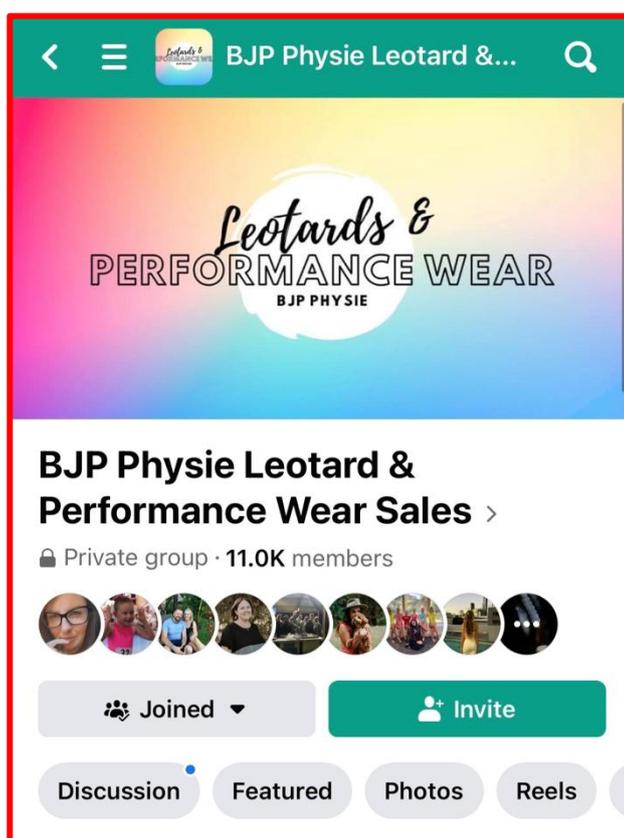
Many girls are more than happy to bring in sample sizes of performance wear for you to try on for size!

Teachers also have a few tips and tricks on keeping leggings and tops in place whilst dancing!

If girls wear undies under their performance wear/leotards, it is preferable that it is seamless and/or skin colour so it cannot be seen when dancing. For older girls, bras etc should also be skin colour, strapless and/or have clear straps attached.

Limited second hand performance wear and leotards are available through the club for a fee. Please speak to your teacher if you would like to organise to have a look.

We also highly recommend the second-hand performance wear Facebook page. This is a place for people to list performance wear they no longer wish to wear at a discounted price.



Hair and Makeup (check BJP website for further info)

- Hair 5-12 years

Simple styles are best for this age group. Ponytail straight or curled, hair worn out with a headband, half up, half down or braided. NO teasing for added volumes or height. Unless you have a full front fringe, hair should be slicked back off face.

If doing curls, we recommend using rollers! They hold much tighter and for longer than a curling iron.

- Makeup 5-12 years

Foundation, bronzer, blush and lipstick are allowed.

Fake tan, eye shadow, eye liner, mascara, glitter and nail polish are NOT PERMITTED.

- Hair/makeup 13 years to Ladies

Mascara, eyeliner, fake tan, false lashes, nails are all permitted

CLUB MERCHANDISE

Tracksuit jackets, warm up tops, singlets, shorts and bags are available to purchase through the club. Orders will be taken throughout the year and we will notify members before an order is placed.

Club merchandise is not compulsory, but it is recommended that those attending the competition have at least a tracksuit jacket or warm up top. Girls also like to wear their merchandise to and from class.

Our roller bags are great for interstate Physie trips as they are perfect cabin size!

SOCIAL EVENTS

Each year we host various social events as they are a great opportunity to spend time with Physie friends outside of class (and chat as much as you like!). In the past we have hosted:

- Movie Nights
- Discos
- Physie Bootcamp/Workshops
- Bowling/Laser Tag
- Bounce
- Pancake Parlour
- Junior and senior dinners

Event	Date	Info
Club Competition (Local)	TBC- End of July/start of August	<ul style="list-style-type: none"> - Fundraiser for club, very relaxed - Girls compete with girls within their own class - All dance at same time on the floor, wearing individual number - All girls receive participation medal - Great introduction to comps!
Interclub (Local)	TBC- August	<ul style="list-style-type: none"> - Both Melbourne and Interstate girls competing - Location changes each year, teachers select at start of year which we will attend - All dance at same time on the floor, wearing individual number - Makeup rules apply - Bigger than club comp
Interclub (Interstate)	TBC- August	<ul style="list-style-type: none"> - Both Melbourne and Interstate girls competing - Whitehorse are hosting this year - All dance at same time on the floor, wearing individual number - Makeup rules apply

Zone (Local)	Champion girl	TBC- October	<ul style="list-style-type: none"> - Girls split into age (5s, 6s, 7s, 8s etc) and compete with same age from Melbourne - Some girls will make finals and dance again - From the final heat, 4-5 places are selected to advance to Nationals - Makeup rules apply
	Team	TBC- October/November	<ul style="list-style-type: none"> - Girls form a team of 8 and dance as a singular team on the floor and are judged as one - All wear the same outfit (provided by club) - Compete against other clubs from Melbourne - Makeup rules apply (hair to be decided by teacher)
Nationals (Sydney Olympic Park)		TBC- November	<ul style="list-style-type: none"> - Girls who have placed in Zone can travel to Sydney to compete in National finals against girls all over Australia. - Makeup rules apply - Any senior or ladies teams will travel to Sydney and compete.
Doncaster End of Year Gala (Local)		December	Not a competition! Fun night for friends and family with dinner, to showcase our dances. Girls usually learn a special extra dance in Term 4.