



NORTHLAKES

Physical Culture Club



2026
INFO PACK



**NORTHLAKES
PHYSICAL CULTURE CLUB**
Cameron Park NSW

For more information please contact
Dannielle Mowbray
Secretary
Northlakes Physical Culture Club

Ph: 0418 717 100
northlakesphysieinfo@gmail.com
www.northlakesphysie.com

Northlakes Physie Club



northlakesphysie



Proudly sponsored by
LITTLE COOKIES
EARLY LEARNING CENTRE

N O R T H L A K E S P H Y S I E

Welcome to Northlakes Physical Culture. We are proud to be a club that is built on the foundations of family, friendship and fun. A club where we feel empowered to grow together as strong, confident girls and ladies. Where everyone is accepted for who they are, and where everyone is supported and motivated to be the best they can be.

At Northlakes Physie we encourage all our girls and ladies to build their physical strength and increase their flexibility, but on top of that we believe that teaching with a caring and encouraging attitude is what will really boost our students self-confidence and bring out their inner star.

We are dedicated to good sportsmanship, teaching girls to have respect for themselves and others, and working together as a team to achieve our dreams and goals.



Building friendships that last a lifetime

W H A T I S P H Y S I E

Physie provides all girls and women, irrespective of age or ability, with a **platform to shine**. Physie is a sport for life!

Founded in 2017, Northlakes Physie is affiliated with Bjelke-Petersen School of Physical Culture (BJP Physie). Long before exercise became a growth industry, Physie was keeping Australians fit and healthy. In fact, it has been established in Australia since 1892! Of course, what Physie is now is not the same as it was back then. Physie is now as contemporary as the music we dance to. But the principles of the exercise are still the same: building aerobic fitness, muscle strength and tone, good posture, and increasing flexibility, balance and coordination.

Physie has grown to become a unique and inspiring dance sport for girls and women of all ages. Combining various elements of ballet, jazz, contemporary, hip hop and aerobics.

The innovative and age appropriate choreography changes annually, and is designed to teach the relationship of movement to music, rhythm, coordination, balance and musical interpretation.

The BJP syllabus consists of six routines for each age group (Marching, Warm Up, Floor Drill, Relaxed/Contemporary, Exercises, Dance) with choreography designed to be achievable by all skill levels.

We practice and perfect routines throughout the year with the Physie year culminating in a series of competitions for both teams and individuals. Although competing is not mandatory, the process of learning, perfecting and performing a new syllabus each year helps girls stand tall with strength, pride, confidence and self-assurance.



C L A S S E S

Classes are held on Mondays & Tuesdays in the following age groups:

- > Under 5s
- > 5 - 8 Years
- > 9 - 12 Years
- > 13 Years - 1st Year Seniors
- > Seniors
- > Ladies

**The BJP Physie age year begins on 1 September.
Therefore the age you are on 31st August determines
which age group you will be registered in for that year.**

We understand that some girls may be uncomfortable about separating from their parent/carer, and as such we will allow those parents/carers into the class for a few weeks. After this we ask that parents/families not be in the room while class is in progress as we find students are more attentive and open to learning.



A N N U A L C O M M I T M E N T

Your annual membership with Northlakes Physie is a commitment to yourself and the club. We love to see the growth and development each of our members makes throughout the year. That begins with commitment.

At Northlakes we are committed to our Physie Family and we ask all our members to commit to the following:

- ✓ Be respectful, polite and supportive of each other at all times.
- ✓ Arrive 5 minutes prior to class start so that classes can begin on time.
- ✓ Wait outside the hall until your class begins. Please respect the teachers and other students by not entering the hall while another class is in progress.
- ✓ Advise us if you will be absent from class.
- ✓ Ensure that appropriate dance clothes/uniform is worn to class.
- ✓ Leave mobile phones at the front of the class on silent or switched off.
- ✓ Commit to Physie as soon as you enter the room, and give your best effort every class.
- ✓ If you are selected to participate in a Team, you agree to commit to all team classes.
- ✓ Commitment also means putting in effort outside of class hours to stretch, and practice.

We value parent/family support of our students and believe that the Northlakes Physie family is a wonderful place to make strong friendships.

We ask all parents/families to support and encourage our Northlakes members to develop the habit of practicing their Physie at home.

At competitions we ask that all Northlakes Physie family members try to sit together. This shows unity within our club and also creates a comfortable and welcoming place for our girls and their families to sit. We have a selection of Northlakes Physie Club uniforms available and love to see parents and families supporting the club by wearing our logo.

When you decide to do something
remind yourself that **it is commitment**
not motivation that matters

MEET OUR TEAM



KYLIE MARTIN

Starting Physie at the age of 7 and continuing until 17, Kylie competed at National level and placed 4th at the Opera House. After a break of nearly 18 years, Kylie returned to the sport she loved so much with her 3 beautiful daughters. In 2017 after 6 years as a BJP Associate and teaching physie with another club, Kylie decided it was time to take her passion for Physie to the next level and opened Northlakes Physie Club.

"I just love that Mums, Daughters and even Nans can all do Physie together. It is wonderful to be able to give girls the opportunity to dance with their friends. But what I love most is seeing how much each girls self-confidence develops throughout the year."



THERESE ATKINS

With a perfect pointe welcome, Therese says she is honoured to be part of the teaching team for NPCC.

A highly experienced dancer, Therese started ballet at a young age, and progressed to dance professionally in several cities around the world. Over the years Therese has had the privilege of teaching all disciplines of dance to all ages.

Therese started physie for exercise after having her 2 beautiful children. Several years and many comps later, the rest is history!



DREW MARTIN

Drew couldn't be more excited to be a BJP Associate.

"Sharing this teaching journey with my mum (Kylie) and sister (Abbie) makes it even more special. I hold our NPCC physie family close to my heart. I love the way we support each other both inside and outside of the classroom."

Besides Physie, Drew keeps busy by studying a double degree in psychology and criminology while also working. You will regularly find Drew at the beach with friends, seeing her favourite artists live at concerts and taking Pilates classes.



ABBIE MARTIN

As a physie girl since she was little, Abbie is excited to now be a BJP Associate teaching and supporting other girls at Northlakes Physie.

Abbie loves camping with her partner and puppy, as well as working in her own beautician/lash business. But her biggest passion is to make other women feel good!

"I can't wait to see everyone grow throughout the year!"

COMPETITIONS

Competitions are not compulsory, **but they are fun!**

Entering competitions is optional at Northlakes Physical Culture Club. We will never pressure anyone to compete if they choose not to; however, we do encourage all girls to set personal goals, try their best, and step outside their comfort zones. Competing isn't just about placing, it's about growth, confidence, and learning to challenge yourself. Competitions are a wonderful opportunity to build self-belief, develop resilience, and meet Physie girls from all over Australia. The BJP Physie year culminates in a series of competitions for both individuals (Champion Girl) and teams, offering every participant a chance to grow, celebrate their progress, and be proud of what they achieve.



RIBBON COMP

The Northlakes Physie Club Ribbon Comp is held in the middle of the year prior to Interclubs. It is an informal event designed to be a practice for the BJP competitions. The Ribbon Comp is a great way for girls to shake out any nerves they may have about performing in front of an audience, and is also a wonderful chance for families to see the girls perform. Girls will be required to wear a leotard or performance wear (official BJP or other). No places will be awarded at the Ribbon Comp, however all girls will receive a participation certificate and a small entry prize.



INTERCLUBS

Each year Northlakes Physie participates in two Interclub competitions. Arranged by host clubs, these friendly practice competitions are run as a Champion Girl style event with other BJP Physie clubs. Places will be awarded for each event at an Interclub, and every competitor will receive a certificate and a medal. Competitors will be required to wear an official BJP leotard or performance wear, and conform to the BJP competition rules. To be eligible to compete in an Interclub, names must be registered in advance and entry fee paid to Northlakes Physie prior to the event.



CHAMPION GIRL

Champion Girl is an individual competition where girls are encouraged to pursue their personal goals. Girls compete against other BJP members of the same age group in their zone. A series of heats and finals are held with a number of girls performing together at the same time. The first 5 places awarded in each age group qualify directly for Nationals, with the remaining Junior finalists qualifying for Repechage. Any girl that has registered with BJP is eligible to compete at their zone Champion Girl. Competitors will be required to wear an official BJP leotard or performance wear, and conform to the BJP competition rules.

Please see our Calendar of Events for a guideline of Champion Girl competitions and locations.



REPECHAGE

Finalists from Junior Zone Champion Girl are offered the opportunity to compete again at Repechage against all other finalists from their age group from all zones across Australia. The top 5 girls in each age category at Repechage qualify for Junior National Finals. Competitors will be required to wear an official BJP leotard or performance wear, and conform to BJP competition rules.



TEAMS

Team competitions are held in November each year at Sydney Olympic Park. A team of eight girls or ladies from each age group perform synchronised routines together as a team. This is one of the most exciting events on the Physie calendar.

While it is not always possible for all girls to perform in Teams, we will try our best to ensure every age group has the opportunity to be part of Team events.

This is a fantastic time of fun and friendship; a wonderful opportunity to build a great sense of comradery between the girls, develop their ability to work as a team and make fantastic bonds that last a lifetime.

To be eligible to compete, clubs must register teams in advance. Participating in a Team requires a commitment to attending all team classes.

There is no entry cost to the individual to compete in teams, however additional costs may be incurred for classes, competition wear hire, accommodation etc.



PRESENTATION DAY

The end of year presentation day is a chance for our Northlakes Family to come together to wrap up the year. This is usually a fun demonstration of our work for the year or a dance that we have learned.

We may ask the girls to wear something bright or colourful but there will be no requirement for expensive costumes or concert tickets, and there will not be any competition. We end the day with a presentation to all the girls, recognising their achievements for the year no matter how big or small!



WHAT TO WEAR



NORTHLAKES UNIFORMS

While uniforms are not compulsory for class, we do have a range of Northlakes Physie apparel available to purchase. Styles include a selection of tops and jackets. If you do not have, or do not wish to purchase a Northlakes Physie uniform you will be required to wear a singlet top (preferably plain black) and tights (preferably above the knee) for weekly classes. This is important so that teachers can see correct posture and positions, therefore loose fitting clothes are not acceptable.



PERFORMANCE WEAR

Should you wish to enter competitions all girls are required to wear official BJP performance wear, which can be purchased online all year round from www.physieshop.com.

Expect to pay around \$40-\$70 for each BJP performance wear item. Styles from the current or some previous years may be worn. Skin-coloured mesh or plain tights are optional, and no dance shoes are required.



C O M M U N I C A T I O N

Communication is important to us and for this reason we ask that all students and/or their families are members of the Northlakes Members Only Facebook Group. This group is a fantastic way for us all to stay connected and be supportive, to ask questions and send reminders.

We will use the Members Only Facebook Group to post news and updates, and also share what the girls have been learning in class. We will also send emails and notes home from class from time to time. If you have any questions or would like to discuss anything about your child, please feel free to contact us.



F U N D R A I S I N G

As a small, locally run, volunteer-based not-for-profit club, fundraising is essential to the continued success of Northlakes Physie. To reduce the need for repeated fundraising throughout the year, we include a \$20 compulsory fundraising fee in our annual registration.

This support helps cover key expenses such as hall hire, insurance, music licensing, team uniforms, and general operating costs. We work hard to keep our fees as affordable as possible for families, and fundraising plays an important role in allowing us to do so.

Families may still be invited to assist with activities such as BBQs, raffles, chocolate drives, or events, which also help build our club community. We are grateful for any additional support through volunteering, donations, or raffle prizes. If you have ideas or would like to help, please contact our Fundraising Committee.



ANNUAL MEMBERSHIP PAYMENTS & DISCOUNTS

- Northlakes Physie will provide a Statement of Fees for your Annual Membership during Term 1, and at intervals throughout the year. Payments can be made by Direct Deposit.
- Northlakes Physie is a registered provider of Active and Creative Kids.
- \$50 Early Bird Discount applies if Annual Membership is paid in full by 1 April.
- Early Bird Discount does not apply to instalment payments or Family Discounts.
- Third and subsequent immediate family members are eligible for a 25% Family Discount. No further discounts apply.
- Payment options include Annual Upfront or 4 instalment payments.
- To be read in conjunction with full Terms & Conditions.

EVENT CALENDAR

Dates are approximate and will not be finalised by BJP Physie until mid year

Northlakes registration fee due	Second week Term 1
BJP Early Bird registration fee due	15 March 2026
Northlakes Early Bird Annual Membership due	1 April 2026
Northlakes Ribbon Comp	Tuesday 21 July 2026
Interclub 1: Terrigal Physie Club Central Coast Adventist School	Sunday 26 July 2026
Interclub 2 Location to be advised	Date TBC Jul/Aug 2026
Juio Champion Girl (zone) Newcastle University	Date TBC from late Aug 2026
Ladies Champion Girl Central Coast	Date TBC Sept 2026
Repechage Sydney Olympic Park	Date TBC Oct 2026
Ladies Masters Champion Girl Sydney Olympic Park	Date TBC Oct/Nov 2026
Junior Nationals Sydney Olympic Park	Date TBC Nov 2026
Ladies Nationals Sydney Olympic Park	Date TBC Oct/Nov 2026
Seniors Champion Girl (13yrs+) Sydney Olympic Park	Date TBC Nov 2026
Teams (Juniors, Seniors, Ladies) Sydney Olympic Park	Date TBC Nov 2026
Senior National Finals Sydney Opera House	Date TBC Dec 2026
Northlakes Physie Club Presentation Day	Saturday 5 December 2026



2026 TIMETABLE

**All classes held at
Edgeworth Heights Public School
Crest Ave, Edgeworth**

Annual Membership includes 2 classes/week

M O N D A Y

Under 5s	4:00 - 4:30PM
5 - 8 Yrs	4:15 - 5:15PM
9 - 12 Yrs	5:00 - 6:00PM
13 - 1 st Yrs	6:00 - 7:00PM
Ladies	7:00 - 8:00PM
Seniors	8:00 - 9:00PM

T U E S D A Y

Tuesday classes begin Week 1 Term 2

5 - 8 Yrs	4:00 - 5:00PM
9 - 12 Yrs	5:00 - 6:00PM
13 - 1 st Yrs	6:00 - 7:00PM
Ladies	7:00 - 8:00PM
Seniors	8:00 - 9:00PM

**Timetable is subject to change depending on class numbers.*

MEMBERSHIP & REGISTRATION

ANNUAL MEMBERSHIP

\$650

5 Years to Ladies

Payment options include
Annual Upfront or 4 instalment payments.
Early Bird & Family Discount may be available

Annual Membership includes:

- ✓ Classes + registration + fundraising fee = \$650
- ✓ 2 classes per week during School Terms
(Tuesday classes commence Week 1, Term 2)
- ✓ 1 class per week during school holidays
(excluding Easter holidays)
- ✓ BJP Associate teachers, hall hire, insurance,
music, administration, Presentation Day

Additional costs (Paid separately)

- BJP registration (compulsory, paid to BJP Physie)
- Competition entry fees (optional)
- BJP performance wear (optional)
- Northlakes uniform (optional)

UNDER 5s

\$300

**Annual Membership
for Under 5 Years**

Payment options include
Annual Upfront or 4 instalment payments.

Membership includes:

- ✓ Classes + registration + fundraising fee = \$300
- ✓ 1 class per week during School Terms
- ✓ BJP Associate teachers, hall hire, insurance,
music, administration, Presentation Day

Additional costs (Paid separately)

- BJP performance wear (optional)
- Northlakes uniform (optional)

PAYMENTS & DISCOUNTS

\$50 Early Bird Discount applies if Northlakes Annual Membership is paid in full by 1 April 2026. Offer does not apply after this date. Discount does not apply to instalment payments or Family Discounts.

Third and subsequent family members eligible for 25% Family Discount. No further discounts apply.

Payment options include Annual Upfront or 4 instalment payments.

To be read in conjunction with full Terms & Conditions

PAYMENTS

REFERENCE: Family code + description

BSB: 650 000

ACCOUNT NO: 568 273 407

REGISTRATION FORM



PLEASE PRINT CLEARLY

First Name: _____ Last Name: _____

Date of Birth: _____ Age Group (age at 31 August): _____

Address: _____

Phone: _____

Email: _____

Parent/Guardian Name : _____

Do you have any pre-existing medical conditions/injuries or allergies: YES / NO

If YES, please describe and include any management plans in place:

This information will only be used if required during class lessons or competitions

Emergency contact Name and Phone: _____

Have you previously registered with a BJP Physie Club? YES / NO

If yes, which club did you attend? _____

In what Age Group or Section did you last compete in Champion Girl/Lady: _____ In which year: _____

In what Age Group or Section did you last compete in a Team: _____ In which year: _____

Would you like to redeem your **Active and Creative Kids** vouchers towards payment of Northlakes Physie Club Registration and/or Annual Membership?

Voucher 1: _____

Voucher 2: _____

Please circle your preferred payment structure:

ANNUAL UPFRONT / 4 x INSTALMENTS

\$50 Early Bird Discount if
paid in full by 1 April 2026

OFFICE USE ONLY

☐ BJP

☐ NL REG

☐ AU

☐ I1

☐ I2

☐ I3

☐ I4

TERMS & CONDITIONS

I give permission for images and footage of me/my child to be used by Northlakes Physical Culture Club for publicity purposes. Photography and video may be used in class, and photos may appear on our website, Facebook/Instagram page or advertising materials. YES / NO

Membership, Fees & Registration:

I understand and agree to pay the Bjelke Petersen School of Physical Culture registration fee of after attending no more than two classes at Northlakes Physie. This fee is to be paid directly to BJP Physie via www.physicalculture.com.au If I do not pay this fee I understand that I am not permitted to attend classes at Northlakes Physie until it is paid in full.

I understand and agree to pay the Northlakes Physical Culture Club annual registration and fundraising fee of **\$70** after attending no more than two classes at Northlakes Physie. This fee is to be paid directly to Northlakes Physie. If I do not pay this fee I understand that I am not permitted to attend classes at Northlakes Physie until it is paid in full.

I understand and agree that I am registering for an **annual membership** and I will receive a statement for membership fees with Northlakes Physical Culture Club according to my elected membership and payment structure, and I agree to pay those fees in full as they are due. All fees must be paid regardless of class location or class attendance.

I understand and agree that failure to pay fees may result in exclusion from the club or conditional re-enrolment until the matter is resolved.

I understand and agree that once registration is complete all fees are non-refundable.

Late season enrolments are subject to the same registration fees, however class fees will be calculated on a pro-rata basis per the number of weeks remaining in the season.

Applications to temporarily suspend membership must be made in writing to northlakesphysieinfo@gmail.com and will be granted at the absolute discretion of Northlakes Physical Culture Club.

Cancellation of membership must be provided in writing to northlakesphysieinfo@gmail.com with at least 2 weeks notice. You will continue to be responsible for any and all fees that fall due during the 2 week cancellation period.

Discounts:

\$50 Early Bird Discount will be applied to 5 years to Ladies Annual Membersip Fees paid in full by 1 April 2026. Offer does not apply after 1 April 2026.

Families with more than two registered members are eligible for Family Discounts. Third and subsequent members will receive a 25% discount. Family Discounts will only apply to immediate family members, billed to the same account. Early Bird discount does not apply in addition to Family discounts. No further discounts will apply.

Northlakes Physical Culture Club is a registered provider of the NSW State office of sport Active and Creative Kids program program and will accept vouchers towards payment of membership fees or club registration.

General:

I agree to respect the Associates decision and expertise in regards to selection of teams and group performances.

Newsletters, notifications and statements will be sent electronically to your registered email address and/or mobile number. I agree to ensure any changes remain current with Northlakes Physie.

I understand that information and club news will be published (regularly OR time to time) online in the Northlakes Members Only Facebook group which I may request to join.

I the undersigned, acting for myself, or parent or legal guardian of the below named child, agree that participation in Physical Culture classes run by Northlakes Physical Culture Club are at my/our own risk. Any accident or injury incurred at such times is in no way the fault of the instructor, associates or committee members of the club and are my own responsibility.

Member Full Name: _____

Parent/Guardian Full Name (if applicable): _____

Signed: _____

Date: _____