



PLYMPTON HALIFAX CALISTHENICS CLUB INC

www.plymptonhalifax.org.au

INFORMATION SHEET 2017

ENQUIRIES

Lisa Beecken mobile: 0438 808 967

Josie Kerr mobile: 0411 299 558

VENUE

All Saints Uniting Church, 364a Marion Road (corner Mooringe Ave), Plympton
Plympton Community Hall, 34 Long Street, Plympton – Sub-Junior White team only

AGES *as at 31/12/2017*

Tinkerbells (3-7yrs, noncompetitive) Saturdays 9-10am coached by Amelia DeLaine

Sparkles (3-7yrs, noncompetitive) Wednesday 4.30-5.30pm coached by Emma Allison

Tinies Navy (6-7yrs) Saturday 10-11.30am coached by Meg Allison

Tinies White (6-7yrs) Wednesday 5-6.30pm coached by Caitlin Carroll

Tinies Gold (6-7yrs) Wednesday 5-6.30pm coached by Amelia DeLaine

Sub-Juniors (8-10yrs) Monday 4.30-6.30pm coached by Hayley Edwards, Caitlin Carroll,
Meg Allison and Emma Allison

Juniors (11-13yrs) Tuesday 4.30-7pm coached by Lisa Beecken and Courtney Hill

Intermediates (14-16yrs) Tuesday 7-9pm coached by Hayley Edwards

Seniors (17yrs plus) Monday 6.30pm-9.30pm coached by Hayley Edwards

Masters (26yrs plus) Wednesday 6.30-8pm coached by Josie Kerr

CLASS ATTIRE

Hair must be off the face, neat and tidy so not to inhibit the student as they work. A bun is the preferred style. Wear a black leotard, tights (must be footless) and crossovers are optional, no loose or bulky clothing.

CLASS ATTENDANCE

It is expected your child attends weekly classes, extra practises, stage rehearsals along with club concerts and competitions. Calisthenics is a team sport and missing a class affects the whole team's progress. The more the team train together the better their performance will be. When your child is unwell please advise the Team Manager prior to the start of class.

CLUB MERCHANDISE

Club Tracksuit, Polo shirt, Hoodie, and Badges are available for purchase. Order forms are available on the club website. There will be a "Merchandise Order Evening" early in the year where you will be able to try on garments for sizing and place orders. Payment is required when ordering.

CLUB OBJECT AND PURPOSE: *to provide quality coaching in Calisthenics, through participation to grow and achieve success at all levels*



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SAFETY

All girls are to be dropped off and collected from **inside the hall**. (Safety of all members is paramount)

HOT WEATHER POLICY

Classes are cancelled if the temperature broadcast on Channel 9 News the night before is 36C or above. Confirmation of this will be on our Club Facebook page. *Make up classes will be arranged at a later date.*

FUNDRAISING

Every effort will be taken to keep fundraising to a minimum however it is expected that all club members will contribute to fundraising endeavours.

FACEBOOK AND NEWSLETTERS

The Club's 'Plympton Halifax' Facebook page will post information to keep you updated on events. Each team will also have their own private Facebook group, where the communication here will be specific to your team. Newsletters are sent out regularly via email.

TEAM MANAGER

The Team Manager is responsible for all communication, collection of fees and distribution of forms. Please inform the Team Manager if there are any injuries, illness or if you are not attending a lesson.

CLUB CAMP

In 2017 the Sub-Junior, Junior and Intermediates will be going on camp for 2 nights at Woodhouse. Dates 19 and 20 April. Cost of the 2 day camp will be \$100.00 per person. Tinies and Seniors to attend on 20 April for a day visit. Cost to be advised. Parents welcome to attend.

CONCERTS

Mid Year and Annual Concerts - Dates & Venues TBA

COMPETITIONS/DEMONSTRATIONS

CASA - Royalty Theatre, Adelaide

Sub-Junior, Juniors, Intermediates, Seniors - 8-31 May

Innovation - Hopgood Theatre, Noarlunga

Sparkles, Tinkerbells, Tinies - Either 3 or 4 June

CASA - Royalty Theatre, Adelaide

Sparkles, Tinkerbells, Tinies either 30,31 July or 06,07 August

Sub-Junior Team 1 04 August (TBC)

Junior Team 1 11 August (TBC)

Seniors 01 September (TBC)

All other teams' competition dates will be advised as soon as known