

PLYMPTON HALIFAX CALISTHENICS CLUB

NEWSLETTER—JANUARY 2015

Happy new year to everyone! We hope that 2015 is a wonderful year for all our calisthenic families. Please find listed below the start dates.

Our Coaches have some exciting routines prepared and are looking forward to seeing all the girls again. New members are always welcome so please bring along a friend to “come n try”. The first two lessons are free.

Please keep in mind our hot weather policy:-

“Classes are cancelled if the temperature broadcast on Channel 9 News the night before is 36C or above.”

Facebook is our means of communication so please check for updates re the hot weather policy.

TEAM	Age in 2015	DATE	TIME	COACH
TINKERBELLS (non competitive)	3-5years	Saturday 31 January	9-10am	Hayley Edwards
SPARKLES (non competitive)	3-5years	Wednesday 04 February	4-5pm	Caitlin Carroll
TINIES NAVY (competitive)	6-7years	Saturday 31 January	10-11.30am	Hayley Edwards
TINIES WHITE (competitive)	6-7years	Wednesday 04 February	4-5.30pm	Josie Kerr Assistant Coach:- Amelia DeLaine
ALL SUBJUNIORS ** See note below	8-10years	Wednesday 28 January	5-7pm	Hayley Edwards Shandell Wishart Josie Kerr
JUNIORS	11-13years	Tuesday 28 January	4.30-7pm	Lisa Beecken
INTERMEDIATES	14-16years	Tuesday 28 January	6.30-9 pm	Hayley Edwards
SENIORS	17 years+	Monday 02 February	6.30-9.30pm	Courtney Marshall

Note to ALL Sub-Juniors:-

All Sub-Juniors are to attend the following lessons. In lessons one and two routines will be taught and team selection in lesson three.

Wednesday 28 January	5-7pm
Monday 02 February	4.30-6.30pm
Monday 09 February	4.30-6.30pm

Once teams have been selected lessons will be as follows:-

NAVY	Mondays	4.30-6.30pm	Hayley Edwards
GOLD	Mondays	4.30-6.30pm	Shandell Wishart
WHITE	Wednesdays	5-7pm	Josie Kerr

A special thanks to Mike Canty who continues to update and maintain our website.

www.plymptonhalifax.org.au

2015 COMMITTEE

President : Josie Kerr

Vice President : Bronwyn Marshall

Secretary : vacant

Treasurer : Pauline Smitheram

Coach Co-Ordinator : Lisa Beecken

Child Protection Officer : Josie Kerr 0411 299 558

Committee: Julie Allison, Di Carroll, Kaye DeLaine, Loreta Fallavollita,
Kristy Fitzgerald, Mel Franson, Kylie Lawrie, Sandy McAppion, Sue McAvaney,
Lani Millar, Alison Sheridan, Tracy Stamou, Krista Vanzo-Perriam, Anita Young

We are looking for a Club Secretary.....

Are you well organised, a good communicator and OK with the computer? It only involves a little time managing incoming and outgoing correspondence, registrations and attendance at meetings every couple of months. Julie Allison, our outgoing Secretary will be on hand to support you. If you are keen to be involved and help support the Club please contact Julie or Josie.



CONGRATULATIONS to Eliana from our Junior team who has been selected in the 2015 South Australian Junior National Team. We are all very proud of you.

CONGRATULATIONS to the following girls who successfully completed their **Pupil Skills** exams in November:

TEST ONE—Amani, Ashlee, Bella, Charlene, Emelia, Gemma, Isabella, Jade, Leila, Lily, Megan, Mizuki, Olivia, Vanna, Zoe

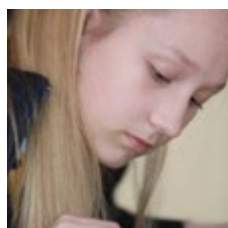
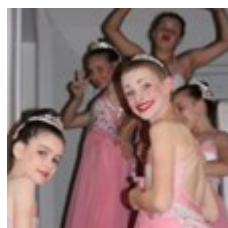
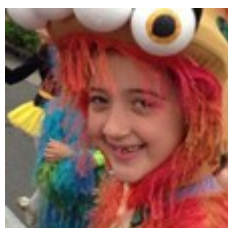
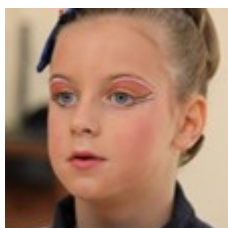
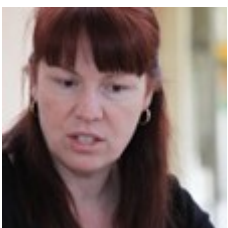
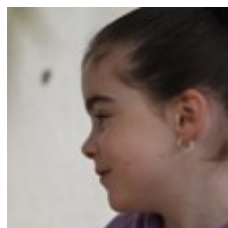
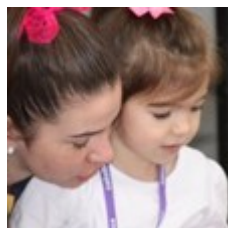
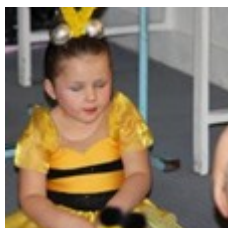
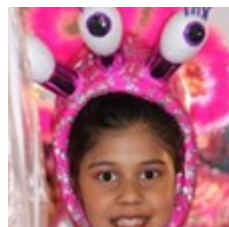
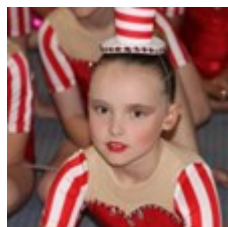
TEST TWO—Camila, Dusty, Indiah, Jordana, Liliana, Lisa, Maddie, Monique, Niki, Rebecca

GOOD LUCK to the following girls for their exams in February:

Test Three—Grace

Grade One—Illandra

Grade Three—Casey, Meg, Erin, and Pip



Thanks to
Lani
for the
photos.



We hope you all enjoyed our End Of Year Break Up at the Western Youth Centre. As this was something we hadn't done before any feedback would be most appreciated. Please email Lisa:- ldbeecken@yahoo.com.au



VOLUNTEERS REQUIRED

*** The Calisthenics Association of South Australia (CASA), our governing body, is looking for volunteers to help with a "Clean Up Day" at the Royalty Theatre. The Theatre is owned by us the members and we need to maintain it. Most of the work and maintenance around the Theatre is done by volunteers. If you can spare an hour or two on 01 February from 9am you help would be GREATLY appreciated. Please see the attached flyer. *** We have a stand at Westfield Marion Shopping Centre outside of Kmart and are seeking members to be on the stand and hand out brochures and answer any queries. A great promotion for our Club? If you can spare an hour or two on Saturday 14 February 9am-5pm or Sunday 15 February 11am-5pm please email Lisa ldbeecken@yahoo.com.au

***** IMPORTANT DIARY DATE *****

“Let's Get Together”

Family Picnic

Sunday 01 March, 12noon
Hazelwood Park/Burnside Pool



TERM ONE 2015 FEES

BSB 065-126 A/C 0090 3451
Please email receipt to treasurer@plymptonhalifax.org.au
and your Team Manager

Registration due first lesson \$80.00

SPARKLES AND TINKERBELLS	\$ 60.00
TINIES	\$ 70.00
	practise aesthetic skirt \$ 20.00
SUB-JUNIORS	\$ 88.00
	practise aesthetic skirt \$ 20.00
JUNIORS	\$108.00
INTERMEDIATES	\$108.00
SENIORS	\$120.00

There are two payment options—Yearly or by the Term. The yearly payment offers a 15% discount on the Term fees. Amounts are on the attached information sheet which is available to look at anytime on the website. Please complete the medical and information sheets and bring to the first lesson.