

PLYMPTON HALIFAX CALISTHENICS CLUB

NEWSLETTER JULY 2013



During the school holidays we had 60 Tinies and Sub-Juniors “Come n Try” at the West Torrens library. I’m sure we will see some new members as a result of this so please make them welcome. A huge thank you to Charlotte Beecken, Joey Brko, Caitlin Carroll, Di Carroll, Amelia DeLaine and Jaclyn DeLaine who were a great help on the day.....Lisa Beecken

Congratulations to Charlotte and the Sub-Junior National Team on their fantastic performance at the National competitions in Melbourne. The team finished 2nd. You are still able to watch the National competitions via webcast so log onto the CASA website for more details.

***** Like us on *****
FACEBOOK



Well done to Miss Hayley and her Tinies on their performances at their Demonstrations. They looked fantastic so a big thanks to everyone who helped in their preparations!



Thanks to everyone who helped at the Mid Year Concert. We could not have a Concert without our volunteers so whether it was backstage, in the dressing room, BBQ, trading table, ticket sales or raffle thank you! Our next Concert is the End Of Year Concert on Sunday 10 November at Brighton High School.

EXTRA LESSONS

As Competitions are now not far away it is important that ALL girls attend ALL lessons. Please advise your Team Manager or Coach if you are going to be absent.

COMPETITION DATES

Sub-Junior Navy (Miss Courtney)	Thursday 01 August, 6.30pm
Sub-Junior Gold (Miss Shandell)	Sunday 4 August, 2pm
Juniors	Saturday 17 August, 4.30pm
Intermediates	Friday 23 August, 6.30pm
Seniors	Friday 30 August, 6.30pm

VOLUNTEERS FOR THE COMPETITIONS

As part of our commitment to CASA (Calisthenic Association of South Australia) our Club is required to supply volunteers to competitions held throughout the year. We need to supply 4 people to assist on **Monday 5 August**. Our Seniors and Sub-Junior 2 teams have practise that night! Should we be unable to fulfil this commitment we will be fined \$50.00 for each person not present. It would be a shame to spend our fundraising money on this! Duties include, taking tickets, bbq, canteen and selling programs. Your help would be greatly appreciated. If you are available please contact Julie Allison on megemmacasey@internode.on.net
Thanks to Louise who has already volunteered!

SOLOS AND DUOS

If your daughter is interested in doing a Solo or Duo and requires a coach please let us know ASAP. Whilst your team coach may not be available to coach your daughter we will find you another coach. All ages can do these—even Tinies! The Competitions are held in October/November. Girls have an additional lesson each week and lessons costs are between \$8-\$15.

PUPIL SKILLS

If you are keen to participate please see your Coach.

TINIES LESSONS

There are NO Tinies lessons on Wednesdays 24 and 31 July and Saturdays 27 July and 3 August. Lessons resume on Wednesday 7 August and Saturday 10 August. If you have a friend who would like to have a “go” now is the perfect time. We always welcome new members.

APOLOGIES

In the last newsletter I forgot to thank Jason Wishart who helped at the shed clean up. Sorry and thank you. All volunteer help is greatly appreciated.