

PLYMPTON HALIFAX CALISTHENICS CLUB

NEWSLETTER—JULY 2014

It's freezing cold and wet so what better sport to participate in than Calisthenics!!!! Hope you are all surviving the cold conditions.....

A HUGE congratulations to Miss Courtney who recently returned from Melbourne after competing in the National Championships. She was a member of the 2014 South Australian Senior Team who became National Champions gaining four first places, one second and a third. What an amazing experience and we are so very proud of your achievements.

As we lead up to Competitions the Coaches have scheduled extra lessons. Please ensure all lessons are attended. The Sub-Juniors have already had their Royalty Theatre stage practises but the Juniors, Intermediates and Seniors still have theirs to come:-

Intermediates	Thursday 24 July	8-10pm
Juniors	Thursday 31 July	6-8pm
Seniors	Sunday 03 August	6.30-8pm

The Tinies are our first teams to perform for their Demonstrations:-

White Team (Wednesday)	Sunday 27 July	9am
Navy Team (Saturday)	Saturday 02 August	9am

Competition dates are:-

Sub-Junior Navy (Miss Courtney)	Thursday 07 August	6pm
Sub-Junior Gold (Miss Shandell)	Sunday 10 August	11am
Sub-Junior White (Miss Josie)	Sunday 10 August	11am
Juniors	Sunday 17 August	1pm
Intermediates	Thursday 21 August	6pm
Seniors	Friday 29 August	6pm

The next 6-8 weeks is a busy time of year for Calisthenics particularly our Costume Co-Ordinators. Please lend a hand where ever you can.

If your daughter is interested in doing a Solo or Duo please register your interest with me—Lisa Beecken ldbeecken@yahoo.com.au Whilst your Team Coach may not be available to Coach your daughter there will be another Coach within the Club 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 \$10-\$15 for a 30-45minute lesson.

Thanks to everyone who volunteered at our Mid Year Concert. We could not have a Concert without our volunteers, so whether it was backstage, on the BBQ, trading table, dressing room or front of house thank you!!

In 2014 we are changing the structure of how our Calisthenic year is scheduled. We will not be having an "End Of Year Concert" and instead we will be having an "Annual Concert" held on Sunday 28 September at 6.30pm at the Royalty Theatre. In Term 4 our lessons will be focusing on the extension of skills, Pupil Skills program for Sub-Juniors and some 2015 routines. Girls will move into their 2015 team/age group.

We still have a few boxes of fundraising chocolates at the hall so please grab a box if you can. Thanks to those who have already taken a box and please return payment to your Team Manager. We have secured a date for our annual Bunnings BBQ at Marion—21 September—so feel free to volunteer!!!

A reminder to ensure that your fees are up-to-date. We encourage payment to be made online and a receipt given to your Team Manager. Please note that in 2014 the Junior, Intermediate and Senior costumes are not included in your fees. Costume Co-Ordinators will advise you of the cost once costumes have been finalized.

Stay warm and happy Calisthenics.....Lisa Beecken