

# PLYMPTON HALIFAX CALISTHENICS CLUB

## NEWSLETTER—JULY 2017

It's not long until our teams present for the upcoming CASA Demonstrations and Competitions. A reminder of the dates below. If you get the chance to come along and watch another team your support would be greatly appreciated. Good luck to all our teams and coaches and thank you to all who have contributed towards the preparation.

Tinkerbells	Sunday 23 July, 9am (Demonstration)
Sparkles	Sunday 23 July, 12noon (Demonstration)
Tinies White & Gold	Sunday 23 July, 3pm
Tinies Navy	Saturday 29 July, 12noon
Sub-Junior White Team 3	Tuesday 01 August, 6pm
Sub-Junior Navy Team 1	Friday 04 August, 6pm
Sub-Junior Gold Team 2	Sunday 06 August, 3pm
Junior Team 1	Friday 11 August, 6pm
Junior Team 2	Sunday 13 August, 12noon
Masters	Sunday 13 August, 4pm
Intermediates	Friday 25 August, 6pm
Seniors	Friday 01 September, 6pm

All CASA Competitions, whether they be team or Solo, are run by volunteers. Our Club, together with all South Australian Clubs, are asked to supply four volunteers for each competition. This is in the canteen, door duty and dressing room. Plympton Halifax has been allocated Sunday 27 August at 3.30pm. If you would like to help please let Lisa know, [ldbeecken@yahoo.com.au](mailto:ldbeecken@yahoo.com.au)

Thanks to everyone involved in making our Mid Year Concert such a successful day. We could not have a Concert without our volunteers, so whether it was backstage, on the BBQ, trading table, dressing room, transporting props or front of house thank you!! It was our biggest Concert ever!

Our Annual Concert will be held on Saturday 23 September at 5.30pm at the Royalty Theatre. This is another opportunity where our whole Club gets together and we can celebrate a wonderful year.

A HUGE congratulations to Lily, Vanna and Miss Caitlin who recently returned from Sydney after competing in the National Championships. They were members of the 2017 South Australian Sub-Junior Team who placed second overall. What an amazing experience and we are so very proud of all your achievements.

If your daughter is interested in doing a Solo or Duo please register your interest with me—Lisa Beecken [ldbeecken@yahoo.com.au](mailto:ldbeecken@yahoo.com.au) Please let me know if there are any times during the week/weekend that your daughter would not be available as not all coaches are available every day!!! The lessons are \$10-\$15 for a 30-45 minute lesson. There is an additional cost for hall hire. Costumes are generally hired or you can make your own! There are a number of regional Competitions held. The CASA Competitions are 28 October-05 November for Gradings and finals are 11 November—25 November. Pupil Skills are a pre-requisite for the CASA Competitions.

A reminder to ensure that your fees are up-to-date. All term 2 fees including costumes, leotard hire, accessories should now be paid in full.

Term 3 fees are:-

Sparkles and Tinkerbells	\$70.00
Tinies	\$108.00
Sub-Juniors	\$128.00
Juniors	\$154.00
Intermediates	\$154.00
Seniors	\$200.00

All Term 3 fees (except Sparkles and Tinkerbells) include Royalty Theatre stage practise.

We encourage payment to be made online and a receipt given to your Team Manager.

BSB: 065 126 Account 0090 3451 Name: Plympton Halifax CC

Stay warm and happy Calisthenics.....Lisa Beecken 0438 808 967

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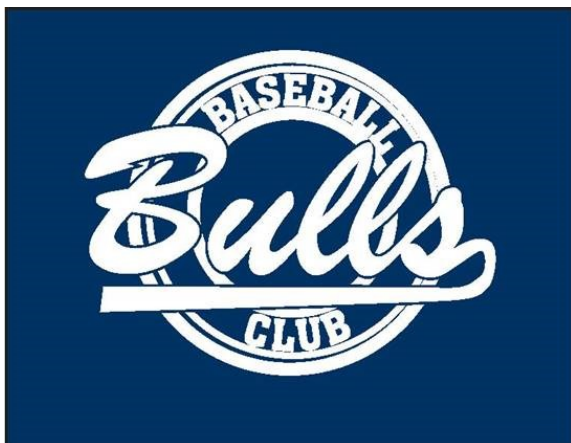
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The Bulls Baseball Club was formed in 1976 and its' "primary" demographic is 35 – 55 year old males and females. The winter season typically starts in late April and runs through to early September, spanning 16 regular season games and 3 finals rounds. For further information contact Jamie 0411 577 499



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