

PLYMPTON HALIFAX CALISTHENICS CLUB

NEWSLETTER—MARCH 2011

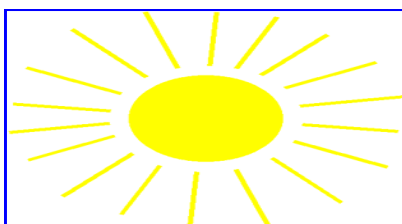


WELCOME

Since our January Newsletter we have had many new members particularly in the Tinies and Sub-Junior Teams. We would like to say a huge welcome to all participants and their families and we hope this is the beginning of a FUN Calisthenic year and a long and happy association with our Club. Should you have any queries please do not hesitate to speak with your Team Manager:

Tinies:	Anita
Sub-Juniors:	Janine
Intermediates:	Sandy
Seniors:	Julie

Our Coaches Hayley, Courtney and Lisa are very approachable so please feel free to chat with them should you have any concerns.



HOT WEATHER POLICY

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

PROMOTIONS

We have been busy promoting Calisthenics and our Club. We have contacted many schools in the area and asked them to put our contact details in their newsletter. If you have not seen any details in your school newsletter please let us know. We have also been to a number of kindys and had a "Cali-Kindy" session—a fun 30 minute cali lesson! The kindys we have visited are: Ascot Park, Mooringee, Kurralta Park, Baden Paterson, Clarence Gardens, Clarence Park, Glandore and Oaklands Estate. If you would like us to visit your kindy please let us know. On the 02nd March we ran "Storytime" at the West Torrens Library. We are also running "Storytime" on Tuesday 08 March, 10.30am at the Unley Town Hall and on Thursday 10 March, 10.30am at the Goodwood Library. If you have children who are pre-schoolers come along and join in the fun! During February we had a fabulous display at the Parkholme Library. Did you see our ad in the local Messenger? If you have any other ideas please tell us! Let's spread the calisthenic word—it's not all about the costumes!

IMPORTANT DIARY DATES

3 April	Christ The King School Fete—1pm (ALL TINIES AND SUB-JUNIORS)
11 April	Graceful Girl Gradings commence
29 April	Graceful Girl Finals commence
16 May –13 June	May Competitions (All Sub-Juniors, Intermediates and Seniors)
8 July	Mid Year Concert— ALL GIRLS
July	Tinies Demonstration* TBC
4 August	Sub-Junior Division 2 Competitions* TBC
26 August	Intermediate Division 1 Competitions* TBC
10 September	Senior Championship Competitions* TBC

DONATIONS OF TOYS

We would like to gather a small collection of toys to keep at the hall for the younger siblings.



CHRIST THE KING SCHOOL FETE

This is a fun opportunity and excellent promotion for our Club and Calisthenics. We would like all Tinies and Sub-Juniors to participate in a display on Sunday 03 April. The school is located at 126 Dunrobin Road, Warradale and the performance is a 1pm. Girls will need to have their hair in a bun and we will organise a leotard for the girls to wear. If you have any queries please call Lisa on 0438808967.

CONGRATULATIONS

Billie, Casey, Charlotte, Erin, Jaclyn and Nikki from our Intermediate Team have all been selected in the 2011 CASA Darwin Pink Team. Well done girls!

FAREWELL AND THANK YOU

We farewell Illandra and Loreta Fallavollita and wish them the best of luck in their move to Cairns and hope to see them back soon! We thank Loreta for her contributions on the committee.

We also thank Rebecca Louca for her many years of service to the Club.

FACEBOOK AND CYBERBULLYING

Facebook and similar forms of communication are now a large part of everyday life. Our coaches recently attended a seminar where cyber bullying was discussed. Our Senior Team uses Facebook in a very positive way to communicate and access their routines. Please be aware if your daughter is using these forms of communication and remind them that many people access and read this information. In relation to calisthenics we ask that comments regarding the Club, its members and the sport in general are always positive. There is a great website available which we recommend to all parents.

<http://www.cybersmart.gov.au>



FEES

If you have not paid the \$60.00 Registration fee it is now OVERDUE. This fee covers Calisthenics Association of South Australia Fees (registration, insurance, copyright and building levy).

Term one payment is due by the 15th March. This includes term one lessons and costume fees.

Tinies	\$ 90.00
Sub-Juniors	\$122.00
Intermediates	\$166.00
Seniors	\$208.00

If you wish to pay for the year you will receive a 15% discount.

Tinies	\$201.00
Sub-Juniors	\$323.00
Intermediates	\$408.00
Seniors	\$489.00

Payments can be made at class with the Team Manager or a direct deposit:-

BSB 065-126 A/C 0090 3451

Please contact our Treasurer Josie Kerr on 0411 299 558 if you need to discuss payment options.

NEXT COMMITTEE
MEETING

Tuesday 19 April, 7.15pm

HALL HOUSEKEEPING

We are very fortunate to have the facilities of the hall available to our Club. We ask everyone to leave the hall in a neat and tidy manner after each lesson. In particular please make sure you take home all articles of clothing, food, drinks and equipment. We have tea and coffee available in the kitchen. Please ensure that if you use any dishes from the kitchen you wash and put them away. There are drinks available for sale in the fridge. This is an honesty system. During lessons we ask that the girls drink water only. The last person to leave the hall needs to make sure that the lights are turned off including the toilet lights. Please keep the toilet/bathroom tidy.

We ask that no-one use the carpet room unless with a Coach.
It is also time to mop the floor—any volunteers?

PICK UP AND DROP OFF

Please make sure you bring your daughter into the hall at the start of the lesson. We ask that you come into the hall at the end of the lesson to collect your daughter.

CLUB JACKET AND POLO SHIRTS

If you would like to order either or both of these garments your Team Manager has an order form. Orders need to be placed by the 31st March.



Intermediates at the 2010 End Of Year Concert

If you have any information you would like included in the newsletter please contact Lisa Beecken ldbeecken@yahoo.com.au or 0438 808 967.