

PLYMPTON HALIFAX CALISTHENICS CLUB

NEWSLETTER-MARCH 2013

We again take the opportunity to welcome any new members since our last newsletter. It has been a busy start to the year. Unfortunately two Tinies and one Sub-Junior lesson have been cancelled due to hot weather, but lessons, if not already, will be rescheduled.

Four girls have been selected in the CASA Darwin Development teams. Congratulations to:-

Tiana (Sub-Juniors)
Eliana (Junior Purple)
Ilandra (Junior Pink)
Charlotte (Intermediate Purple)

Pupil Skills exams were held in February. Congratulations to Miss Courtney and the girls on their outstanding results:

Caitlin—Grade 4—Honors (96/100—OUTSTANDING)

Eliana—Grade One—Credit Plus
Charlotte—Test 3—Honors
Ilandra—Test 3—Credit Plus
Tiana—Test 3—Credit

Good luck to the following girls who are performing Graceful Girl or Duos at Competitions coming up in March and April:- Charlotte (Sub-Juniors), Eliana (Juniors), Caitlin (Seniors) and Billie and Charlotte (Intermediates).

Our AGM was held at the start of the year and we would like to once again thank Bronwyn Marshall who retired as President for all her hard work over the years. She has been extremely efficient in her role and we are glad that she will continue to take an active role on our Committee. For those of you who didn't get a chance to read her President's report here is an extract:-

"It is interesting to look back to 1996 when Courtney (our Senior and Sub-Junior Coach) came along with her friend Alice as a first year Sub Junior. Miss Josie (now President and Tinies mum) was the coach and Paige (current Senior) was in the team. I had never been involved in calisthenics before and did not expect that we would still be here 18 years later. In that time our entire family has helped out in many different roles. Courtney and I have both enjoyed the journey together, have made many great friends and learned many life lessons.

Calisthenics is a great sport. It encourages health and fitness, teaches dedication, discipline and skill development but most importantly is a team sport. I encourage everyone to be involved. committee run club we cannot function without the support of parents.

Please!! Whether you have a little or a lot of time to spend, I promise it will be worthwhile and will help the club to continue to offer little girls like Courtney and Paige the opportunity to grow and achieve success, to be role models for the next generation and happy and successful women that their families can be proud of. "

Josie Kerr retired as Treasurer so a big thank you to her for her hard work over the past years and she has now taken on the President's role. Jane Dowling has also retired from the committee after many years of service so thanks to her also.

Please note that there ARE Tinies lessons on the Adelaide Cup long weekend. There are NO Tinies lessons on Easter Saturday and NO Sub-Junior or Senior lessons on Easter Monday.

If you have any details you would like included in the newsletter please email me on ldbeecken@yahoo.com.au.....Thanks Miss Lisa

2013 COMMITTEE

President—Josie Kerr

Vice President—Sue McAvaney

Secretary—Julie Allison

Treasurer—Brendon Beh

Coach Co-Ordinator—Lisa Beecken

Di Carroll, Kaye DeLaine, Brenny Downs, Kristy Fitzgerald, Kylie Lawrie, Bronwyn Marshall,
Sandy McAppion, Pauline Smitheram, Anne Thomas, Anita Young,
Child Protection Officer—Josie Kerr—0411 299 558

TEAM MANAGERS

Please contact your Team Manager if you have any queries
and advise if you are going to be absent

| | | |
|-----------------|--|--|
| TINIES SATURDAY | Anne Thomas | 0403 258 613 |
| TNIES WEDNESDAY | Josie Kerr | 0411 299 558 |
| SUB-JUNIORS | Anita Young | 0432 746 839 |
| JUNIORS | Loreta Fallavollita | 0409 545 657 |
| | (class absence contact Lisa Beecken 0438 808 967) | |
| INTERMEDIATES | Kaye DeLaine | 0417 805 521 |
| SENIORS | Julie Allison | 0439 827 284 & Bronwyn Marshall 0411 865 158 |
| | (class absence contact Courtney Marshall 0423 799 808) | |

MAY COMPETITIONS

ALL Sub-Juniors, Juniors,
Intermediates and Seniors
13 May—04 June

TENTATIVE COMPETITION DATES

Sub-Juniors—01 August
Juniors—06 August
Intermediates—23 August
Seniors—30 August

NATIONAL CHAMPIONSHIPS

The National Championships are being held in Melbourne in July 2013. This is a magnificent competition from across Australia. For the first time it will be webcasted which means we will be able to watch it in Adelaide from the comfort of our own lounge room for the cost of an admission ticket. There will be more specific details in the coming weeks but for now click on the link below and see what to expect!

<http://vimeo.com/58687667>

TEA, COFFEE, WATER AND SOFT DRINKS

Please help yourself to the tea and coffee in the kitchen. It is located on the bench under the window and has a tea towel covering it. You will need to supply your own milk and please ensure you do the dishes!!!! There is water and soft drinks for sale in the fridge—\$1.50

MERCHANDISE

Polo Shirt \$33-\$38.50

Hoodie \$51-\$55

Tracksuit Jacket \$71.50-\$82.50

Tracksuit Pants \$33-\$38.50

Order forms available on the website

FEE PAYMENTS

Bank Details: BSB: 065-126 A/C: 0090 3451

Name: Plympton Halifax CC

Please provide your Team Manager with a copy of the payment

NEXT COMMITTEE MEETING: Monday 8 April, 7.15pm (please note change in date)

www.plymptonhalifax.org.au