

PLYMPTON HALIFAX CALISTHENICS CLUB

NEWSLETTER - MAY 2012

MAY COMPETITIONS

Congratulations to our Sub-Juniors, Juniors and Intermediates on their great performances at the recent May Competitions. Well done to our Coaches, Courtney, Lisa and Hayley in preparing the girls. Good luck to our Seniors who compete on Tuesday 05th June.



Juniors
Exercises—First
Clubs—First
Cali Revue—First



Intermediates
Exercises—3rd
Aesthetic—3rd
Dance/Rods—2nd



Sub-Juniors
No places but a fantastic performance



Graceful Girl
Eliana
Junior 10years
Division 1

MID YEAR CONCERT—All girls perform

When: Sunday 24 June 2012
Where: Royalty Theatre, 65 Angas Street, Adelaide
Time: Concert commences at 4.30pm
Girls to arrive at 4pm except Tinies who have a stage practise prior to the concert

3-3.20pm	Tinies Navy
3.20-3.40pm	Tinies White
3.40-4pm	Tinies Gold

* More details and the “helper” roster with the next newsletter

COSTUMES!!

Many people do not want their daughter to do calisthenics simply because of the costumes, but this is actually the best part. This is what the girls all love—”dressing up”. We are very lucky at Plympton Halifax that we have some fabulous ladies who are great sewers but they can’t do it all, so over the next few weeks, leading up to the concert and competitions, there may be bits and pieces coming your way. Most of it will be sequinning or some hand sewing. If you can’t do this please speak up and if you can do a little extra please speak up also!! If we all work together we will get the job done!

PUPIL SKILLS

Pupil Skills is a National Examination Programme where the girls learn a set syllabus which emphasises technical detail, presentation and knowledge of terminology. It begins at test one and works through a number of levels taking a girls calisthenics career to reach the gold medal. Whilst not compulsory it is strongly recommended that all girls participate in Pupil Skills beginning when they turn 7 years. For any girl interested in doing a solo, duo or graceful girl it is a pre-requisite. Listed below are the ages and levels required if competing in a solo, duo or graceful girl.

The next examinations are 1-11 November 2012 with the closing date for applications 24 September 2012. Please discuss Pupil Skills further with your Coach.

ACF Calisthenic Skills Requirements in SA

Age (in year of competition)	Prerequisite
8 years	Test 1
9 years	Test 2
10 years	Test 3
11 and 12 years	Grade 1
13 and 14 years	Grade 2
15 years	Prep 3
16 years and above	Grade 3
As of 2013 - 17 years and above will require Grade 4	
All Ages as at 31st December in the Year of Competition	

IMPORTANT LESSON DETAILS

Tuesday 05 June	No Intermediate lesson due to Senior Competitions
Wednesday 06 June	Intermediate lesson 5.30-7.30pm
Saturday 09 June	Tinies Navy and Gold lessons AS USUAL
Monday 11 June	No Sub-Junior or Senior lesson due Public Holiday
Wednesday 13 June	Senior lesson 6.30-9pm
Saturday 16 June	Sub-Junior lesson 11am-12.30pm

FEE PAYMENTS

Don’t forget you can pay your fees by direct deposit:

BSB: 065-126 A/C: 0090 3451

Remember to make sure to put your child’s name in the details for EFT payments and print a receipt to give to your Team Manager.