

PLYMPTON HALIFAX CALISTHENICS CLUB

NEWSLETTER—NOVEMBER—2013

END OF YEAR CONCERT

Sunday 10 November 2013, 1pm

Brighton High School Performing Arts Centre

305 Brighton Road, North Brighton

(car park off Ilfracombe Ave) There is a Car Boot Sale on during the morning at Brighton High School which is extremely popular so please take this into consideration and allow extra time for finding a car park.

Adults: \$12.50 * Concession: \$10.00 * Children: \$5.00

- Girls are to arrive at the theatre by 12.15pm
- Girls are to wear their hair in a high bun pulled back tight and smooth with gel and hairspray so there are no "whispy" bits.
- Please apply foundation, pink blush, red lipstick and some eyeshadow
- Girls will need some snacks and water in the dressing room as during interval we will be taking photos so the girls won't come out with their parents. **NO NUT PRODUCTS PLEASE** as we have girls who have reactions to these products.
- There will be a BBQ and trading table so *we would really appreciate some "goodies" for the trading table.*
- The roster for the day is attached so please take a look to see where you are helping!
- DVD's of the concert will be available for purchase—\$45.50. Order forms will be available in the ticket box and also attached. Payment is required when ordering.

DISCO AND CHRISTMAS PARTY

Tuesday 12 November, 5.30-7pm

This is for all girls.

Please arrive at 5.15pm for a 5.30pm start so you don't miss any dancing time!!! The disco will be from 5.30-6.30pm. At 6.30pm we will have "party food" followed by a visit from "someone special" !!!! Please bring a plate of food to share: **NO NUT PRODUCTS PLEASE**

Tinies and Intermediates-sweets, Sub-Juniors and Juniors-savoury.

AGM

Tuesday 12 November, 7.30pm

Please come along and support your Club. New members to the committee are very welcome and only 4-5 meetings per year. We are looking for a new Treasurer so if any one would like to fill this vacancy please speak up!

TINIES—"Flex, Stretch and More" with Brittany Law, Level 10 Rhythmic Gymnast

Saturdays 16, 23, 30 November and 7 December—9-10am

Cost for four lessons is \$20.00 payable at the first lesson

SUB-JUNIORS AND JUNIORS—"Flex and Tumbling" with Emma Allison, Cheer Coach

Mondays 18, 25 November and 2, 9 December—5.30-6.30pm

Cost for four lessons is \$20.00 payable at the first lesson

GLENELG PAGEANT ** PLEASE REPLY to ldbeecken@yahoo.com.au

Sunday 17 November, 10.30am

Specific details will be available at the party but please email Lisa Beecken if you would like to participate. This is a fun event for all members and a great promotion for calisthenics and our Club.

CHRISTMAS DINNER

Wednesday 04 December, 7pm

Cremorne Hotel

All members are welcome to come along to our annual dinner to celebrate a great year of calisthenics. Please RSVP to Lisa ldbeecken@yahoo.com.au or 0438 808 967

COSTUME CUPBOARD CLEAN UP

Monday 25 and Tuesday 26 November from 9am each day

Any amount of time that you can spare to help out will be greatly appreciated. Small helpers also welcome. Please email Julie megemmacasey@internode.on.net when you can attend or if you find yourself with some spare time just "come on down".

PUPIL SKILLS

Closing date for the February Pupil Skills Examinations is 25 November 2013 so please discuss with your Coach if you are interested in completing a level. Forms are available from the Calisthenics SA website. Remember that it is a pre-requisite for Solos, Duos and Graceful so girls need to keep up-to-date.

GRACEFUL GIRL

Anyone who is interested in doing a Graceful Girl in 2014 needs to discuss this with their Coach now!!!!!!

SCHOOL HOLIDAYS

Mondays 13 and 20 January, 5.30-6.30pm

Free "Cali Fun" lessons for Sub-Juniors and Juniors.

Bring along a friend.

LESSONS FOR 2014

Tinies Navy	Saturday 01 February	9-10am
Tinies White	Wednesday 05 February	4.45-5.45pm
Tinies Silver	Wednesday 05 February	5-6.30pm
Sub-Juniors	Monday 03 February	4.45-6.30pm
Juniors	Tuesday 28 January	4.30-7pm
Intermediates	Tuesday 28 January	6.30-9pm
Seniors	Monday 20 January	6.30-9.30pm

Thank you all for your support and assistance in 2013!

***MERRY CHRISTMAS
AND HAPPY NEW YEAR***