

PLYMPTON HALIFAX CALISTHENICS CLUB

Newsletter - December Edition 2024



Club Objective:

To provide quality coaching in calisthenics through participation to grow and achieve success at all levels.

As our calisthenics year comes to an end, we also come to the end of an era. The costumes, the props and a lifetime of memories (for me and many others!) have been packed up from the Plympton All Saints Uniting Church hall. We are very grateful to the Church Of Good Shepherd at Clayton Avenue Plympton, who have allowed us to store most of our belongings. Thank you to Julie Allison who co-ordinated the pack up and move. It has been a mammoth task and I am so grateful for all the help and support from so many of you.

I am still working on venues for lessons for next year. Most have been allocated as noted later in the newsletter. Many of you have asked about the fees and once all venues are sourced and locked in we will then begin working on our fee structure.

We held our Annual Concert at the Royalty Theatre in September and it was delightful to see our whole Club come together and enjoy each others items.

Congratulations to those who were recognised for years of service :

25 years - Jaclyn DeLaine, Paige MacDermot, Kaye DeLaine

20 years- Pip Canty

15 years - Shandell Moore

10 years - Matilda Shannon, Melinda Galliford, Ruby Piper,
Tabby Faturic, Yudi Lui, Maddison Ziersch

5 years - Alex Thorley, Amelia Zammit, Evie Lister, Elsie Thompson, Lilah Harrison,
Luella Kenny, Maria Escobar, Matilda Thorley, Olivia Kyrikopoulos, Sara Paech, Sive
White, Sophie Sutcliffe, Victoria Flavel, Zara Greenan, Zara Sims

It was another busy Solo and Duo season with 31 girls competing in Solos and a further 28 girls teaming up for 14 Duos. Please enjoy the photos below.

In October, 18 of our Sub-Juniors travelled to Ballarat to compete in the Royal South Street Competitions. Not only did they win the aggregate but they had so much fun visiting the Melbourne Zoo, bowling, mini golf, visiting the playground and Sovereign Hill. Memories to last a lifetime with strong friendships formed.

Our inaugural Presentation Night was a huge success and we look forward to making this an annual event. A special congratulations to all our award winners. Lots of fun was had by all!

Abbey Lockley was awarded the Hayley Edwards Best Club Girl Award for her club spirit and the volunteering she has provided in 2024. Billie Maier was awarded the Josie Kerr Club Person Award. Billie keeps us on track with our social media and we thank her very much for this.

38 girls sat their Pupil Skills exam this term. A special congratulations to Lotus, Jessica and Mali who gained Honours. Lots of time and hard work went into preparing for these exams. Well done to all girls and Coaches involved.

One of the highlights on our calisthenics calendar each year is the Glenelg Christmas Pageant. It did not disappoint. There were loads of smiles as we danced our way down Jetty Road.

Congratulations to Zara who was selected in the Sub-Junior Tier 1 and Macey in the Intermediate Tier 2 team for the AusCaliCarnivale to be held in Adelaide in July. I am sure you will enjoy the experience.

Sayuri has again been selected in the ACTC team. I look forward to seeing what this team has in store and enjoying their performances.

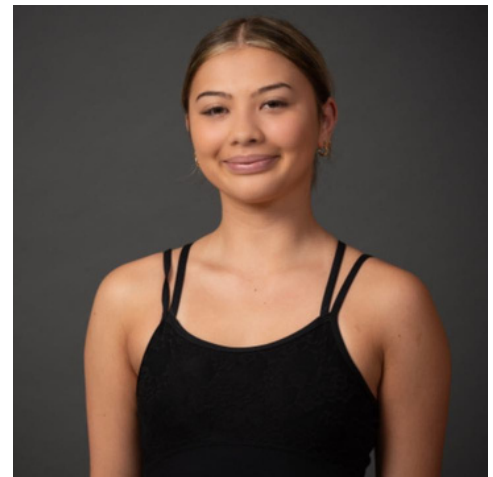
Thank you to our hard working committee and special mention to Kelly McAvaney, Julie Allison and Alison Sheridan for all they do as President, Secretary/Costume Co-Ordinator and Treasurer to ensure the smooth running of our Club.

To everyone who has volunteered in 2024 whether that be cleaning the hall, assisting with hair and makeup, transporting girls and props, gemming, selling chocolates, helping on the Bunnings BBQ, assisting at the Royalty Theatre, preparing the newsletter, or many of the numerous other tasks it takes to keep our Club thriving I say THANK YOU. I am very glad you are all part of the PHCC family.

I wish you all a very Merry Christmas and enjoyable break.

See you in 2025 and please do not hesitate to reach out if you have any queries.

Kind regards,
Lisa Beecken
Coach Co-Ordinator
0438 808 967



TERM 1 LESSONS & LOCATIONS

Seniors - Courtney Hill

Monday 13 January, 6.30-9.30pm
Plympton Primary School, Owen Street, Plympton

Intermediates - Hayley Edwards and Casey Allison

Thursday 30 January, 5.30-8pm
Lockleys North Primary School, 55 Malurus Ave, Lockleys

Tinkerbells - Casey Allison and Lily Jones (Trainee)

Saturday 01 February, 9am-10am
The Church of the Good Shepherd, 15 Clayton Ave, Plympton

Tinies Navy - Meg Allison and Niki Stamou (Trainee)

Saturday 01 February, 10am-11.30am
The Church of the Good Shepherd, 15 Clayton Ave, Plympton

Sparkles - Erin Bowden and Abbey Lockley (Trainee)

Monday 03 February, 4.30-5.30pm
Vermont Uniting Church, 578 Cross Road, South Plympton

Sub-Juniors - Jaclyn DeLaine, Amelia DeLaine, Lisa Beecken, Amy Fackrell, Caitlin Carroll

Team selection Mondays 03 and 10 February, 4.30-6.30pm
The Church of the Good Shepherd, 15 Clayton Ave, Plympton
Once teams are selected lessons will be as follows:

Navy Team : Mondays, venue tbc

Gold Team : Mondays, venue tbc

White Team : Thursdays, at Clayton Ave

Juniors - Caitlin Carroll and Amy Fackrell

Tuesday 04 February, 4.45pm-7.30pm
Lockleys North Primary School, 55 Malurus Ave, Lockleys

Tinies Gold - Amelia DeLaine

Wednesday 05 February, 4.30-6pm
Vermont Uniting Church, 578 Cross Road, South Plympton

Masters - Melinda Galliford

Wednesday 05 February, 6.30-8.30pm
Plympton Primary School, Owen Street, Plympton

DIARY DATES

PHCC AGM

Monday 10 February, 7pm
Church of the Good Shepherd, 15 Clayton Ave, Plympton

INNOVATION COMPETITION/DEMONSTRATIONS

Saturday 31 May or Sunday 01 June
Walford College
Tinies Gold, Tines Navy, Sparkles and Tinkerbells

CASA COMPETITIONS

The competition period is 03 August - 06 September

Masters, Sub-Juniors, Tines Navy, Tinies Gold, Sparkles and Tinkerbells will be advised of dates once known.

Seniors - Sunday 24 August (Convention Centre)
Intermediate Team 1 and 2 - Saturday 30 August (Royalty Theatre)
Junior Team 1 and 2 - Saturday 06 September (Royalty Theatre)

PUPIL SKILLS

Congratulations to all girls who sat their Pupil Skills exams this term:

Test One -Angel

Test Two - Natalie, Ariana, Ava, Annika, Matilda, Isla, Sophie, Alana, London, Olivia, Elena, Christina

Test Three - Stella, Sara, Ophelia, Zara, Evie, Scarlet M, Alana, Calli, Ivie, Claire, Lucy, Aysha, Scarlett S, Elouise, Dominica, Phoebe

Grade One - Luella, Enid, Annika, Elise, Mali

Grade Three - Bonnie, Jessica, Lotus, Sive

Good luck to Billie who will sit Grade 2 and Maddie, Niki and Olivia who will sit their Bronze Medal in February.

CASA SOLO/DUO COMPETITION RESULTS



ELISE & LUCY
COACH: MEG ALLISON

Calisthenics SA
2024 SOLO/DUO CHAMPIONSHIPS

Tinies Duo
Demonstration

Plympton Halifax
Calisthenics Club



ALLISON & PAIGE
COACH: CASEY ALLISON

Calisthenics SA
Sole Duo Competition 2024

Calisthenics SA
2024 SOLO/DUO CHAMPIONSHIPS

Tinies Duo
Demonstration

Plympton Halifax
Calisthenics Club



AGNES & ARIA
COACH: AMELIA DELAINE

Calisthenics SA
2024 SOLO/DUO CHAMPIONSHIPS

Tinies Duo
Demonstration

Plympton Halifax
Calisthenics Club



DOMNICA & SARA
COACH: JACLYN DELAINE

Calisthenics SA
2024 SOLO/DUO CHAMPIONSHIPS

Sub-Junior duo
Division 1

Plympton Halifax
Calisthenics Club



EVIE & ZARA
COACH: CAITLIN CARROLL

Calisthenics SA
2024 SOLO/DUO CHAMPIONSHIPS

Sub-Junior duo
Division 1

Plympton Halifax
Calisthenics Club



SOPHIE & WINNIE
COACH: AMELIA DELAINE

Calisthenics SA
2024 SOLO/DUO CHAMPIONSHIPS

Sub-Junior duo
Division 1

4TH PLACE

Plympton Halifax
Calisthenics Club



TORAH & MALIN
COACH: AMELIA DELAINE

Calisthenics SA
2024 SOLO/DUO CHAMPIONSHIPS

Sub-Junior duo
Championship

Plympton Halifax
Calisthenics Club



NATALIE & BILLIE
COACH: CAITLIN CARROLL

Calisthenics SA
2024 SOLO/DUO CHAMPIONSHIPS

Junior duo
Division 2

3RD PLACE

Plympton Halifax
Calisthenics Club



ENID & LUELLA
COACH: JACLYN DELAINE

Calisthenics SA
2024 SOLO/DUO CHAMPIONSHIPS

Junior duo
Division 1

Plympton Halifax
Calisthenics Club



ELISE & ANNIKA
COACH: AMY FACKRELL

Calisthenics SA
2024 SOLO/DUO CHAMPIONSHIPS

Junior duo
Division 1

Plympton Halifax
Calisthenics Club



SCARLETT & MALI
COACH: CAITLIN CARROLL

Calisthenics SA
2024 SOLO/DUO CHAMPIONSHIPS

Junior duo
Championship

Plympton Halifax
Calisthenics Club



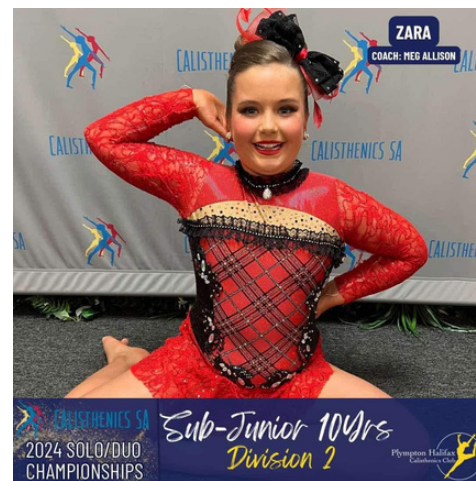
JESS & TALLYN
COACH: HAYLEY EDWARDS

Calisthenics SA
2024 SOLO/DUO CHAMPIONSHIPS

Intermediate duo
Division 1

Plympton Halifax
Calisthenics Club

CASA SOLO/DUO COMPETITION RESULTS



CASA SOLO/DUO COMPETITION RESULTS



MAYA
COACH: AMY FACKRELL

2024 SOLO/DUO CHAMPIONSHIPS

Sub-Junior 10yrs
Division 1

Plympton Halifax
Calisthenics SA



ELISE
COACH: AMY FACKRELL

2024 SOLO/DUO CHAMPIONSHIPS

Junior 11yrs
Division 3

1ST PLACE

Plympton Halifax
Calisthenics SA



ANNIKA
COACH: AMY FACKRELL

2024 SOLO/DUO CHAMPIONSHIPS

Junior 11yrs
Division 2

Plympton Halifax
Calisthenics SA



MALI
COACH: CATLIN CARROLL

2024 SOLO/DUO CHAMPIONSHIPS

Junior 11yrs
Division 1

Plympton Halifax
Calisthenics SA



MADDY
COACH: HAYLEY EDWARDS

2024 SOLO/DUO CHAMPIONSHIPS

Junior 12/13yrs
Division 6

3RD PLACE

Plympton Halifax
Calisthenics SA



NATALIE
COACH: KIMBERLEY DOYLE

2024 SOLO/DUO CHAMPIONSHIPS

Junior 12/13yrs
Division 6

1ST PLACE

Plympton Halifax
Calisthenics SA



BILLIE
COACH: KIMBERLEY DOYLE

2024 SOLO/DUO CHAMPIONSHIPS

Junior 12/13yrs
Division 3

Plympton Halifax
Calisthenics SA



SIVE
COACH: HAYLEY EDWARDS

2024 SOLO/DUO CHAMPIONSHIPS

Intermediate 14/15yrs
Division 4

Plympton Halifax
Calisthenics SA



TALLYN
COACH: HAYLEY EDWARDS

2024 SOLO/DUO CHAMPIONSHIPS

Intermediate 14/15yrs
Division 4

5TH PLACE

Plympton Halifax
Calisthenics SA



BONNIE
COACH: EMMA BELTON

2024 SOLO/DUO CHAMPIONSHIPS

Intermediate 14/15yrs
Division 4

1ST PLACE

Plympton Halifax
Calisthenics SA



MACEY
COACH: AMY FACKRELL

2024 SOLO/DUO CHAMPIONSHIPS

Intermediate 14/15yrs
Division 1

Plympton Halifax
Calisthenics SA



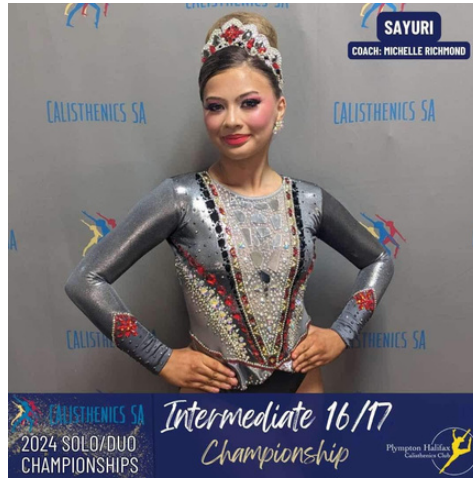
JESSICA
COACH: HAYLEY EDWARDS

2024 SOLO/DUO CHAMPIONSHIPS

Intermediate 14/15yrs
Division 1

Plympton Halifax
Calisthenics SA

CASA SOLO/DUO COMPETITION RESULTS



SUB JUNIOR BALLARAT PREMIER NW DIVISION WINNERS



Team 1
March - 2nd
Clubs - 4th
Rods - 1st
Exercises - 1st
Aesthetic - 1st
Song & Dance - 1st

Team 2
March - 2nd
Clubs - 1st
Rods - 1st
Exercises - 1st
Aesthetic - 1st
Song & Dance - 4th

PRESENTATION NIGHT







GLENELG CHRISTMAS PAGEANT



THANK YOU TO OUR SUB JUNIOR BALLARAT TEAM

GOLD SPONSOR

**ANGELYN
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