

PLYMPTON HALIFAX CALISTHENICS CLUB

Newsletter - September Edition 2024



Club Objective:

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

I have been involved in calisthenics and Plympton Halifax for most of my life, but I still felt immense pride as I watched our teams perform at the State Championships. Each and every member worked so hard to prepare for their 2-3.5 minute routines!

I witnessed many new skills, determination, resilience, growth, commitment, confidence, discipline, joy, camaraderie and so much more. Everyone should be congratulated on a wonderful competition season.

None of this would be possible without our hardworking Coaches. I thank them not only for the time they spent at lessons but the many hours of preparing and organising. Their passion for the sport is very evident through their well thought out routines and care for our girls. A special mention to Julie Allison and all those who were involved in making our teams sparkle on stage. The hours spent sewing and glueing does not go unnoticed or unappreciated. To all those who played a part in prop making, transporting, hair, makeup, team managing or any of the other numerous tasks undertaken, thank you.

I hope you have bought your tickets to our Annual Concert. I look forward to seeing all our teams perform a selection of their routines one last time!

Good luck to Maeve and Miss Amy who will be travelling to Darwin later this month to compete as members of the CASA Intermediate Development team.

In October, 18 of our Sub-Juniors will be travelling to Ballarat to compete in the Royal South Street Eisteddfod. I know this will be a fun and memorable experience for all.

A special mention to Amelia from our Intermediates who is the new demonstrator on the Pupil Skills Grade 2 videos. Well done Amelia for all the time and effort you put into this.

There are no team lessons, (except for those in the Ballarat teams), after the Annual Concert. The Term 4 commencement dates are listed in the newsletter.

Many of our members have begun preparing for Solo and Duo routines. We hope you enjoy this opportunity and experience.

As always if you have any questions please do not hesitate to contact me directly.

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

IMPORTANT NEWS

The All Saints Uniting Church will be closing its doors at the end of 2024. They are having a Farewell Church service and luncheon on Sunday 29 September at 10am. If you would like to join us and celebrate our over 50 years association with the church please rsvp by 14 September to Lisa (0438 808 967).

With these details in mind, over the coming months we will be looking for new practise venues. This may potentially mean a change of lesson days and an increase in fees to cover new venue and storage expenses.

ANNUAL CONCERT

Friday 13 September

6pm

Royalty Theatre: 65 Angas Street, Adelaide

5:30pm - Sparkles, Tinkerbells, Tinies Navy & Sub Juniors arrive

6pm - Juniors & Intermediates, Seniors & Masters arrive and watch in the audience and come back stage after item number 14.

Concert Tickets: Adults: \$20, Concession: \$15, Child (5-16 years): \$10,
Children under 5 free

[Click Here to purchase tickets.](#)

What to wear: Costumes and leotards will be brought to the theatre.

You will need to do your own daughter's hair and make up. If you require any assistance please speak with your team Coach.

Hair: Pulled up into a tight and smooth high bun. No wispy bits or fringes. Use gel and hairspray! Please pack some extra bobby pins for headpieces.

Make Up: Foundation, brown eyeshadow, blush, red lipstick.

Be sure to purchase your raffle tickets either online or on the day. We've got some great prizes and would appreciate your support.

There will also be a canteen where you can purchase drinks, hot food, chocolates and lollies. We accept cash or card.

The Concert will be videoed and available for purchase from Dance Works via the following link:

<https://www.trybooking.com/events/landing/1278539>

TERM 4 LESSONS

Girls will either continue in their current age group or move into the next age group in preparation for 2025. When girls move up into the next section this may be a change of day, time and coach. The lessons in Term 4 give the coaches and girls the opportunity to get to know one another before the new year begins. Please chat to your Coach or Lisa if you are unsure which section your daughter will be in in Term 4 2024.

Tinkerbells

Saturday 19 October - 07 December (no lesson on 2/11)
9 - 10am

Sparkles and Tinies Gold

Wednesday 16 October - Wednesday 27 November
4pm - 5pm

Tinies Navy

Saturday 19 October - 07 December (no lesson on 2/11)
9.30am - 11am

Sub-Juniors - DOB 2015/16/17

Monday 14 October - 09 December (Pupil Skills Exam)

Juniors - DOB 2012/13/14

Tuesday 22 October - 19 November
4.30 - 7pm

Intermediates - DOB 2008/09/10/11

Thursday 17 October - 14 November
7-9pm

Seniors

Monday 4 - 18 November

Masters

Wednesday 6 - 20 November

2024 SUB JUNIOR BALLARAT TEAM

Our Sub-Junior Ballarat Team have a recycling can and bottle fundraiser set up with Direct Collect and would love your support.

Direct Collect will deliver a nice clean blue bin to your location once you set up an account. All you have to do is fill the bin with eligible empty cans or bottles! Once the bin is full, log into you account and schedule a collection. After the bottles and cans have been counted, the collection funds earned will be distributed directly back to PHCC to support our Sub-Juniors travelling to Ballarat.

Visit Direct Collect to set up your account:
<https://www.direct-collect.com.au/>

DIARY DATES

BALLARAT COMPETITIONS

Sub Juniors

Wednesday 30 October

Will depart Adelaide Monday 28 October and return Thursday 31 October

PRESENTATION EVENT

Plympton Football Club

Saturday 09 November

GLENELG CHRISTMAS PAGEANT

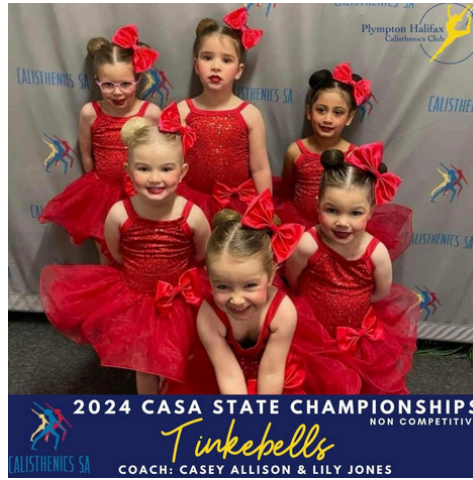
Sunday 24 November

CASA COMPETITION RESULTS



Sparkles

Choreography Awards
March
Exercises



Tinkerbells

Choreography Awards
Exercises
Dance



Tinies Navy

Rods - 4th
Song & Dance - 3rd



Sub Junior Blue

March - 3rd
Clubs - 5th
Exercises - 4th
Rods - 2nd
Song & Dance - 1st

First Overall



Sub Junior White

Exercises - 2nd
Rods - 3rd
Song & Dance - 2nd

First Overall



Sub Junior Gold

March - 4th
Clubs - 1st
Exercises - 3rd
Rods - 4th
Song & Dance - 5th

First Overall

CASA COMPETITION RESULTS



Sub Junior Navy

March - 1st
Clubs - 3rd
Exercises - 1st
Rods - Equal 3rd
Aesthetic - 4th
Song & Dance - 1st

Second Overall



Junior 2

Clubs - 5th



Junior 1

Clubs - 3rd
Exercises - 5th
Rods - Equal 5th
Aesthetic - Equal 5th
Character Folk - 5th



Intermediate 3

Rods - 5th



Intermediate 2

March - 3rd
Exercises - 3rd
Rods - 4th
Rhythmical Aesthetic - 3rd
Song & Dance - 1st



Intermediate 1

March - 5th
Clubs - 4th
Exercises - 5th
Rods - 5th
Rhythmical Aesthetic - 3rd
Song & Dance - 3rd

CASA COMPETITION RESULTS



Seniors

March - 3rd

Clubs - Equal 5th

Rhythmical Aesthetic - Equal 5th

Calisthenics Revue - 4th



Masters

March - 2nd

Clubs - 1st

Rods - 2nd

Calisthenics Revue - 1st

THANK YOU TO OUR SUB JUNIOR BALLARAT TEAM

GOLD SPONSOR

**ANGELYN
BUILDING
DESIGNS**



55 WATERHOUSE ROAD SOUTH PLYMPTON SA 5038

mobile: 0438 345 946

email: angelynbd@gmail.com

Angelyn Building Designs assists with the pre-construction phase when it comes to building your dream home or additions. With over 30 years experience in the industry they can design and lodge your applications to make it a smoother process. With many connections in the building industry they can help plan your dream design, taking location, materials, and purpose all into consideration. Their goal is to design a structure that is both safe and cost-effective.

BRONZE SPONSOR



Ph 0422021008 www.sennis.com.au

Sennis Portable Loo's specialise in the Hire and Service of Portable Toilets. They have a fleet of toilets for functions, festivals, party hire and building sites, with trucks to come and pump out, clean and service chemical toilets.
It's what they do!