

# PLYMPTON HALIFAX CALISTHENICS CLUB

Newsletter - December Edition 2025



## Club Objective:

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

Thank you to all our members for making this past year such a wonderful and memorable one at Plympton Halifax Calisthenics Club. Your dedication, enthusiasm, and support, whether as performers, parents, volunteers, coaches, or supporters, are the heart of our club and the reason it continues to thrive. From lessons and competitions, to concerts and club events, your commitment and teamwork have created an environment filled with encouragement, friendship, and pride. I am incredibly grateful for everything you all contribute.

Our Annual Concert was an opportunity for our Club to come together and celebrate our 2025 performances. Congratulations to those who were recognised for years of service:

30 years - Courtney Hill

10 years - Abbey Lockley, Maeve McAvaney

5 years - Joanne Taylor, Ivie Harris-Hill, Anabelle Nehme, Enid Phillips, Billie Taylor, Skyla Powell, Lucy Edwards, Ariana Krasniqi, Elise Baggoley, Aysha Renfrey

A special congratulations to Gemma Sheridan and Sayuri Inthavong who both received Life Membership. This honour recognises their exceptional dedication, passion for the sport and contribution to PHCC. They are both wonderful role models.

It was another busy Solo and Duo season and as always I am grateful for the dedication of our Coaches who prepared each participant to the best of their ability. Well done to you all.

Our Presentation Afternoon and Evening were again lots of fun. I loved the effort everyone made to dress to impress!

Niki Stamou was awarded the Hayley Edwards Best Club Girl Award. Niki has stepped confidently into new responsibilities embracing every challenge with her enthusiasm and genuine love for PHCC.

Alison Sheridan was awarded the Josie Kerr Best Club Person award. Alison is our Treasurer and donates hours of volunteer time to this role and many other tasks.

48 girls sat their Pupil Skills exams this term. Lots of time and hard work went into preparing for these exams. Congratulations girls and all coaches involved.

A special congratulations to Ruby Piper and Sayuri Inthavong who completed their Bronze medal and both were awarded with Honours. What a remarkable achievement and we are so proud of you. Niki Stamou became the first Plympton Halifax member to obtain her Silver medal. An outstanding accomplishment. Miss Courtney coached our medal recipients and should also be congratulated.

Thank you to our hard working committee lead by our President Tracy Stamou, Secretary/Costume Co-Ordinator Julie Allison and Treasurer Alison Sheridan. These ladies lead by example to ensure the jobs got done big or small!

A heartfelt thank you to all our volunteers for the time, energy, and care you generously give to Plympton Halifax Calisthenics Club. All the behind-the-scenes efforts, willingness to step in whenever needed, and ongoing support make everything we do possible. A special mention to Billie for organising our social media and Caitlin for her help with the newsletter.

Wishing everyone an enjoyable break, a very Merry Christmas and I can't wait to see you all in 2026.

Lisa Beecken - Coach Co-Ordinator  
0438 808 967

# TERM 1 2026 START DATES

SPARKLES - Abbey Lockley  
Monday 02 February, 4.30-5.30pm  
Vermont Uniting Church, 578 Cross Road, South Plympton

TINKERBELLs - Lily Jones  
Saturday 07 February, 9- 10am  
The Church of the Good Shepherd, 15 Clayton Ave, Plympton

TINIES NAVY - Casey Allison  
Saturday 07 February, 10-11.30am  
The Church of the Good Shepherd, 15 Clayton Ave, Plympton

TINIES GOLD - Amelia DeLaine  
Wednesday 11 February, 4.30-6pm  
Venue: Glengowrie Uniting, 33 Butler Crescent, Glengowrie

SUB-JUNIORS - Amelia DeLaine, Jaclyn DeLaine, Amy Fackrell,  
Erin Bowden, Niki Stamou

Team Selection will be on Mondays 02 and 09 February, 4.30-6.30pm  
at the Church of the Good Shepherd, 15 Clayton Ave, Plympton.

Once teams are selected lessons will be as follows:

Navy, Gold, White : Mondays - Venues TBC

Blue : Thursdays - The Church of the Good Shepherd, 15 Clayton Ave, Plympton

JUNIORS - Lisa Beecken, Caitlin Carroll, Casey Allison  
Team selection will be on Tuesday 27 January and 03 February, 4.30-7pm  
at the Church of the Good Shepherd, 15 Clayton Ave, Plympton

INTERMEDIATES - Hayley Edwards  
Monday 02 February, 5-8pm  
Venue : TBC

SENIORS - Courtney Hill  
Monday 26 January, 6.30pm  
Plympton Primary School, Owen Street, Plympton

MASTERS - Melinda Galliford  
Wednesday 04 February, 6.30-8.30pm  
Plympton Primary School, Owen Street, Plympton

# 2026 DIARY DATES

## PHCC AGM

Thursday 19 February - 7pm

## INNOVATION COMPETITION/DEMONSTRATION

Saturday 30 May or Sunday 31 May  
All Sparkles, Tinkerbells, Tinies Navy, Tinies Gold

## WINDSOR COMPETITION

10 - 12 July  
Masters

## CASA STATE CHAMPIONSHIPS

The competition period is 25 July - 05 September 2026.

Masters, Junior 2, Sub-Junior Gold, Sub-Junior White, Sub-Junior Blue, Tinies Gold, Tinies Navy, Sparkles and Tinkerbells will be advised once known.

Dates subject to change:  
Sub-Junior Navy - Friday 07 August  
Junior 1 - Saturday 15 August  
Seniors - Sunday 23 August  
Intermediates - Friday 28 August

# SAVE THE DATE - STRENGTH & FLEX CLASSES

With Miss Hayley and Miss Erin

Fridays - 9, 16, 23, 30 January and 06, 13 February

Venue : The Church of the Good Shepherd, 15 Clayton Ave, Plympton

Developing  
5 - 6.30pm

Advanced  
6.30-8pm

Please keep a look out on your team pages to register!

## PUPIL SKILLS

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

Test One - Isabelle, Gracie, Aria, Sophia, Antonia, Allison, Skye, Eliana, Layla, Elise, Emily, Lexi, Lucy, Elle, Isabella

Test Two- Georgia, Angel, Tabitha, Maia, Kinandari, Genevieve

Test Three- Isla, Ayana, Natalie, Charlie, Ema, Ariana, Olivia, Amelie, Ava, Skyla, Annika, Kundai, Billie, Elena, Sophie

Grade One - Malin, Zara

Grade Two - Ebony, Maddy, Sophie

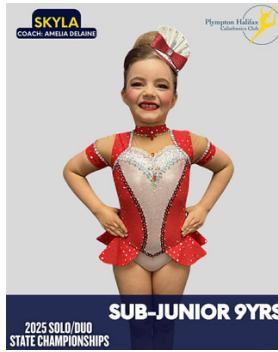
Grade Three - Maeve, Marissa, Tallyn, Tash

Bronze Medal- Ruby, Sayuri

Silver Medal- Niki

Good luck to Sive (Grade 4), Zoe (Grade 3) and Charlie (Grade 1) who will sit their exams in February.

# SOLOS/DUOS



# SOLOS/DUOS



# PRESENTATION AFTERNOON/NIGHT

