

# PLYMPTON HALIFAX CALISTHENICS CLUB

*Newsletter - December Edition 2023*



## **Club Objective:**

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

Since our last newsletter a lot has happened!!!

We held our Annual Concert at the Royalty Theatre which was a huge success. Our whole Club came together and celebrated our wonderful competition routines concluding in a performance to honour 100 years of Disney.

Congratulations to Tiana Sheridan who was presented with life membership.

The following were acknowledged for their Years of Service:

35 years - Hayley

25 years - Amelia, Casey, Julie, Shannon

10 years - Femi, Jade, Leila, Lily, Marissa, Olivia, Tash

5 years - Annika E, Isla, Jenny, Madison W, Mali, Malin, Scarlett M, Shyla, Victoria.

The Hayley Edwards Best Club Girl was awarded to Niki Stamou.

Carolyn Stevens and Tracy Stamou were acknowledged for their volunteer work and awarded the Josie Kerr Best Club Person for 2023.

Our Junior and Intermediate teams competed in the Royal South Street Eisteddfod in Ballarat in October. Both teams had wonderful trips both on and off the stage. They enjoyed shopping and sightseeing in Melbourne, Sovereign Hill, Escape Rooms and mini golf. Memories to last a lifetime were created and both teams were successful in winning the Aggregate in their Divisions.

The busy Solo and Duo season has come to an end. Congratulations to each girl who competed. We are very proud of you all. Well done to our Coaches who carefully created routines to suit each girl. Information relating to Graceful Girls in 2024 has been posted on your team facebook pages this week.

Congratulations to the 61 girls who last week sat their Pupil Skills exams. This is a worthwhile and confidence building experience for our girls to focus on technique and terminology.

A few weeks ago we had a massive costume tidy up. This was lead by Julie Allison. We cannot thank her enough for the organisation and sorting that went into those days and is still continuing. Thanks to her helpers also : Casey, Meg, Tracy, Janine, Lisa, Kelly M, Michelle, Elsie, Alana, Tahnee, Dinda, Rebecca, Barb and Amelia D.

We want you to have your say! As valued members, your views and experiences are so important. Please click here to complete the survey and thank you to those who have already completed it: <https://forms.gle/FgSCTQtYrNo87ahw5>

As the year comes to a close, I would like to express my gratitude to many who have helped to ensure that tasks, whether big or small were achieved. Most of us balance volunteering with full time jobs so I know how precious your time is. Volunteering makes a difference!

Thank you to our committee and special thanks to our President, Kelly, Secretary, Julie and Treasurer, Alison for the many hours they have spent with administration roles to ensure the smooth running of our Club. To Carolyn and her fundraising team thank you for all your hard work throughout the year. To Billie who keeps us on track with our social media thank you for all the time you spend on this. To Julie, Sue, Kylie, Kelly and all who spent hours at the sewing machine to ensure our teams were well presented, thank you.

And finally, where would we be without our Coaches. From choreography, cutting music, making dlps, hair and makeup, endless hours of practise, and everything in between, we are so grateful for all that you do to ensure our girls not only enjoy their lessons but shine on stage. To the class assistants you are well and truly valued and appreciated.

I hope you all have a lovely Christmas and enjoyable break. I look forward to sharing more fun and exciting adventures with you all in 2023!

Lisa Beecken  
Coach Co-Ordinator

# 2024 LESSONS

Sub-Juniors  
Monday 29 January  
4.30-6.30pm

Seniors  
Monday 29 January  
6.30-9.30pm

Juniors  
Tuesday 30 January  
4.30-7pm

Intermediates  
Thursday 01 February  
6-9pm

Tinkerbells  
Saturday 03 February  
9 - 10am

Tinies Navy  
Saturday 03 February  
10 - 11.30am

Sparkles  
Wednesday 07 February  
4-5pm

Tinies Gold  
Wednesday 07 February  
5-6.30pm

Masters  
Wednesday 07 February  
7-9pm

# COME N TRY CALISTHENICS

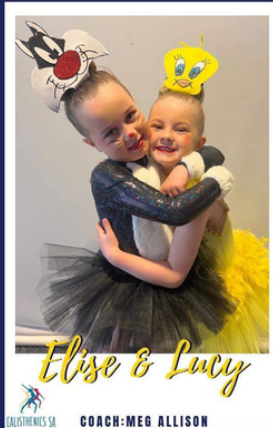
West Torrens Library  
Thursday 25 January

Please encourage your friends and family to come along and try  
Calisthenics!

10-10.45am - 6 years and under  
11-11.45am - 7-10 years







2023 SOLO/DUO

TINIES  
NON COMP  
DUO

Elise & Lucy

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: MEG ALLISON



2023 SOLO/DUO

TINIES  
NON COMP  
DUO

Olivia & Skyla

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: AMELIA DELAINE



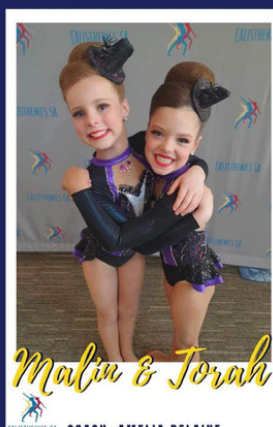
2023 SOLO/DUO

TINIES  
NON COMP  
DUO

Winnie & Sophie

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: AMELIA DELAINE



2023 SOLO/DUO

SUB-JUNIOR  
DUO

CHAMPIONSHIP

Malin & Torah

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: AMELIA DELAINE



2023 SOLO/DUO

SUB-JUNIOR  
DUO

FINAL 2

Charlie & Mali

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: CAITLIN CARROLL



2023 SOLO/DUO

SUB-JUNIOR  
DUO

FINAL 2

Lucy & Scarlett

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: JACLYN DELAINE



2023 SOLO/DUO

SUB-JUNIOR  
DUO

FINAL 3

Luella & Evie

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: JACLYN DELAINE



2023 SOLO/DUO

SUB-JUNIOR  
DUO

FINAL 3

Stella & Isabella

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: STEPH CLAIRE



2023 SOLO/DUO

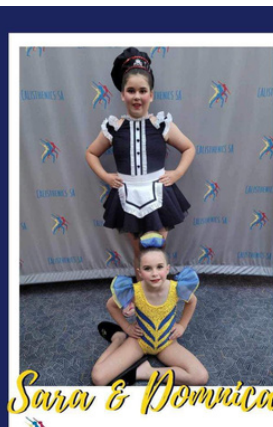
SUB-JUNIOR  
DUO

FINAL 3

Alana & Elise

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: CASEY ALLISON



2023 SOLO/DUO

SUB-JUNIOR  
DUO

FINAL 3

Sara & Domnica

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: JACLYN DELAINE



2023 SOLO/DUO

INTERMEDIATE  
DUO

CHAMPIONSHIP

Ellie & Maddly  
(MARRON)

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: CAITLIN CARROLL



2023 SOLO/DUO

INTERMEDIATE  
DUO

CHAMPIONSHIP

Ruby & Sayuri

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: MICHELLE RICHMOND





**3rd place**



**2023 SOLO/DUO**

SENIOR DUO

*Billie & Erin*

CASA SOLO/DUO CHAMPIONSHIPS

COACH: HAYLEY EDWARDS

Plympton Halifax Callisthenics Club



**2023 SOLO/DUO**

TINIES 3-4 YEARS NON COMP

*Bobbi*

CASA SOLO/DUO CHAMPIONSHIPS

COACH: KYLIE KURYLOWICZ

Plympton Halifax Callisthenics Club



**2023 SOLO/DUO**

TINIES 3-4 YEARS NON COMP

*Chloe*

CASA SOLO/DUO CHAMPIONSHIPS

COACH: ERIN BOWDEN

Plympton Halifax Callisthenics Club



**2023 SOLO/DUO**

TINIES 5 YEARS NON COMP

*Eddie*

CASA SOLO/DUO CHAMPIONSHIPS

COACH: JOSIE KERR

Plympton Halifax Callisthenics Club



**2023 SOLO/DUO**

TINIES 5 YEARS NON COMP

*Isabelle*

CASA SOLO/DUO CHAMPIONSHIPS

COACH: ERIN BOWDEN

Plympton Halifax Callisthenics Club



**2023 SOLO/DUO**

TINIES 7 YEARS NON COMP

*Olivia*

CASA SOLO/DUO CHAMPIONSHIPS

COACH: AMELIA DELAINE

Plympton Halifax Callisthenics Club

**5th place**



**2023 SOLO/DUO**

TINIES 7 YEARS JAN-MARCH

*Winnie*

CASA SOLO/DUO CHAMPIONSHIPS

COACH: AMELIA DELAINE

Plympton Halifax Callisthenics Club



**2023 SOLO/DUO**

TINIES 7 YEARS JAN-MARCH

*Annika*

CASA SOLO/DUO CHAMPIONSHIPS

COACH: JACLYN DELAINE

Plympton Halifax Callisthenics Club



**2023 SOLO/DUO**

TINIES 7 YEARS JAN-MARCH

*Isla*

CASA SOLO/DUO CHAMPIONSHIPS

COACH: CAITLIN CARROLL

Plympton Halifax Callisthenics Club

**3rd place**



**2023 SOLO/DUO**

TINIES 7 YEARS APRIL-JULY

*Ava*

CASA SOLO/DUO CHAMPIONSHIPS

COACH: AMELIA DELAINE

Plympton Halifax Callisthenics Club



**2023 SOLO/DUO**

TINIES 7 YEARS APRIL-JULY

*Ariana*

CASA SOLO/DUO CHAMPIONSHIPS

COACH: JOSIE KERR

Plympton Halifax Callisthenics Club



**2023 SOLO/DUO**

TINIES 7 YEARS APRIL-JULY

*Mabel*

CASA SOLO/DUO CHAMPIONSHIPS

COACH: JOSIE KERR

Plympton Halifax Callisthenics Club





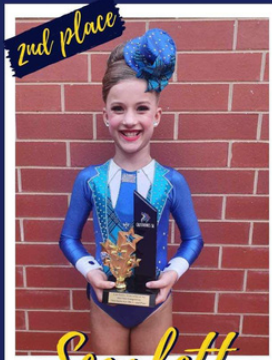
2023 SOLO/DUO

TINIES  
7 YEARS  
AUG-DEC

CASA SOLO/DUO CHAMPIONSHIPS

Ema

COACH: JOSIE KERR



2023 SOLO/DUO

SUB-JUNIOR  
8 YEARS  
DIVISION 1

CASA SOLO/DUO CHAMPIONSHIPS

Scarlett

COACH: AMELIA DELAINE



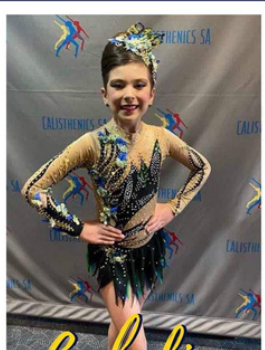
2023 SOLO/DUO

SUB-JUNIOR  
8 YEARS  
DIVISION 1

CASA SOLO/DUO CHAMPIONSHIPS

Evie

COACH: CASEY ALLISON



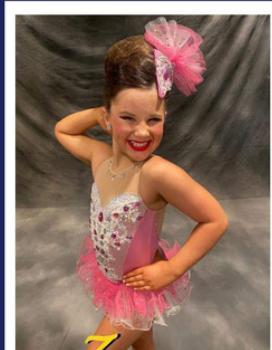
2023 SOLO/DUO

SUB-JUNIOR  
8 YEARS  
DIVISION 1

CASA SOLO/DUO CHAMPIONSHIPS

Ophelia

COACH: STEPH CLAIRE



2023 SOLO/DUO

SUB-JUNIOR  
8 YEARS  
DIVISION 1

CASA SOLO/DUO CHAMPIONSHIPS

Zara

COACH: CAITLIN CARROLL



2023 SOLO/DUO

SUB-JUNIOR  
8 YEARS  
DIVISION 2

CASA SOLO/DUO CHAMPIONSHIPS

Lucy

COACH: JACLYN DELAINE



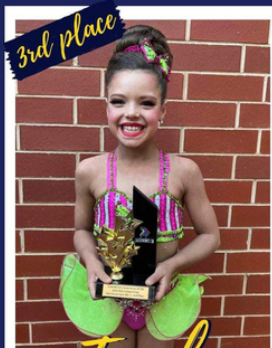
2023 SOLO/DUO

SUB-JUNIOR  
8 YEARS  
DIVISION 3

CASA SOLO/DUO CHAMPIONSHIPS

Stella

COACH: STEPH CLAIRE



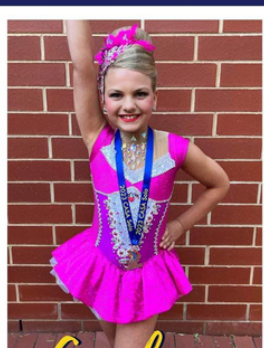
2023 SOLO/DUO

SUB-JUNIOR  
8 YEARS  
DIVISION 1

CASA SOLO/DUO CHAMPIONSHIPS

Torah

COACH: AMELIA DELAINE



2023 SOLO/DUO

SUB-JUNIOR  
9 YEARS  
DIVISION 1

CASA SOLO/DUO CHAMPIONSHIPS

Amelia

COACH: LISA BEECKEN



2023 SOLO/DUO

SUB-JUNIOR  
8 YEARS  
DIVISION 1

CASA SOLO/DUO CHAMPIONSHIPS

Malin

COACH: AMELIA DELAINE



2023 SOLO/DUO

SUB-JUNIOR  
9 YEARS  
DIVISION 2

CASA SOLO/DUO CHAMPIONSHIPS

Charlie

COACH: CAITLIN CARROLL



2023 SOLO/DUO

SUB-JUNIOR  
9 YEARS  
DIVISION 3

CASA SOLO/DUO CHAMPIONSHIPS

Zara

COACH: MEG ALLISON







**2023**  
SOLO/DUO

SUB-JUNIOR  
9 YEARS

DIVISION 3

*Isabella*

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: JOSIE KERR

Plympton Halifax  
Catholics Club



**2nd place**

**2023**  
SOLO/DUO

SUB-JUNIOR  
10 YEARS

DIVISION 1

*Mali*

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: CAITLIN CARROLL

Plympton Halifax  
Catholics Club



**2023**  
SOLO/DUO

SUB-JUNIOR  
10 YEARS

DIVISION 1

*Annika*

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: AMY FACKRELL

Plympton Halifax  
Catholics Club



**1st place**

**2023**  
SOLO/DUO

SUB-JUNIOR  
10 YEARS

DIVISION 3

*Isabella*

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: STEPH CLAIRE

Plympton Halifax  
Catholics Club



**2023**  
SOLO/DUO

JUNIOR  
11 YEARS

DIVISION 1

*Natalie*

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: KIMBERLY DOYLE

Plympton Halifax  
Catholics Club



**3rd place**

**2023**  
SOLO/DUO

JUNIOR  
11 YEARS

DIVISION 2

*Sophie*

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: CASEY ALLISON

Plympton Halifax  
Catholics Club



**2023**  
SOLO/DUO

JUNIOR  
11 YEARS

DIVISION 2

*Maddy*

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: HAYLEY EDWARDS

Plympton Halifax  
Catholics Club



**3rd place**

**2023**  
SOLO/DUO

JUNIOR  
12/13 YEARS


DIVISION 1

*Amelia*

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: AMY FACKRELL

Plympton Halifax  
Catholics Club



**2023**  
SOLO/DUO

JUNIOR  
12/13 YEARS

DIVISION 2

*Macey*

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: AMY FACKRELL

Plympton Halifax  
Catholics Club



**2023**  
SOLO/DUO

JUNIOR  
12-13 YEARS

DIVISION 3

*Tallyn*

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: HAYLEY EDWARDS

Plympton Halifax  
Catholics Club



**2023**  
SOLO/DUO

JUNIOR  
12-13 YEARS

DIVISION 4

*Tash*

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: CAITLIN CARROLL

Plympton Halifax  
Catholics Club



**2nd place**

**2023**  
SOLO/DUO

JUNIOR  
12/13 YEARS

DIVISION 5

*Matilda*

CASA SOLO/DUO  
CHAMPIONSHIPS

COACH: HAYLEY EDWARDS

Plympton Halifax  
Catholics Club



**2nd place**



**2023 SOLO/DUO**

INTERMEDIATE  
14/15 YEARS

DIVISION 1

**Ellie**

CASA SOLO/DUO CHAMPIONSHIPS

COACH: CAITLIN CARROLL



**4th place**



**2023 SOLO/DUO**

INTERMEDIATE  
14/15 YEARS

DIVISION 1

**Maddie**

CASA SOLO/DUO CHAMPIONSHIPS

COACH: HAYLEY EDWARDS




**2023 SOLO/DUO**

INTERMEDIATE  
14/15 YEARS

DIVISION 1

**Jess**

CASA SOLO/DUO CHAMPIONSHIPS

COACH: HAYLEY EDWARDS




**2023 SOLO/DUO**

INTERMEDIATE  
14/15 YEARS

DIVISION 1

**Lotus**

CASA SOLO/DUO CHAMPIONSHIPS

COACH: REBECCA APLIN



**2nd place**



**2023 SOLO/DUO**

INTERMEDIATE  
14/15 YEARS

DIVISION 4

**Jordla**

CASA SOLO/DUO CHAMPIONSHIPS

COACH: CAITLIN CARROLL




**2023 SOLO/DUO**

INTERMEDIATE  
14/15 YEARS

DIVISION 4

**Siara**

CASA SOLO/DUO CHAMPIONSHIPS

COACH: HAYLEY EDWARDS



**4th place**



**2023 SOLO/DUO**

INTERMEDIATE  
16/17 YEARS

CHAMPIONSHIP

**Sayuri**

CASA SOLO/DUO CHAMPIONSHIPS

COACH: MICHELLE RICHMOND




**2023 SOLO/DUO**

INTERMEDIATE  
16/17 YEARS

CHAMPIONSHIP

**Maddie**

CASA SOLO/DUO CHAMPIONSHIPS

COACH: CAITLIN CARROLL




**2023 SOLO/DUO**

INTERMEDIATE  
16/17 YEARS

CHAMPIONSHIP

**Ruby**

CASA SOLO/DUO CHAMPIONSHIPS

COACH: MICHELLE RICHMOND




**2023 SOLO/DUO**

INTERMEDIATE  
16/17 YEARS

DIVISION 1

**Gemma**

CASA SOLO/DUO CHAMPIONSHIPS

COACH: CAITLIN CARROLL




**2023 SOLO/DUO**

INTERMEDIATE  
16/17 YEARS

DIVISION 1

**Olivia**

CASA SOLO/DUO CHAMPIONSHIPS

COACH: HAYLEY EDWARDS




**2023 SOLO/DUO**

INTERMEDIATE  
16/17 YEARS

DIVISION 1

**Niki**

CASA SOLO/DUO CHAMPIONSHIPS

COACH: HAYLEY EDWARDS







Team 1	Team 2
March - 2nd	March - 1st
Clubs - 1st	Clubs - 1st
Exercises - 2nd	Exercises - 1st
Rods - 1st	Rods - 1st
Aesthetic - 1st	Aesthetic - 2nd
Cali Revue - 1st	Cali Revue - 2nd

Team 1	Team 2
March - 3rd	Clubs - 1st
Clubs - Equal 1st	Exercises - 2nd
Exercises - 1st	Rods - 1st
Rods - Equal 2nd	Rhythmical
Rhythmical	Aesthetic - 1st
Aesthetic - 1st	
Dance Arrangement - 1st	



# CHRISTMAS DISCO



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\*Roy Morgan Single Source Australia, March 2022  
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