

# PLYMPTON HALIFAX CALISTHENICS CLUB

*Newsletter - December Edition 2021*



Plympton Halifax  
Calisthenics Club



@plymptonhalifaxcc

What a year! How incredibly lucky have we been to have all our scheduled events/competitions proceed in 2021. One more to go - our 30 year Gala. This will be a wonderful night to reflect on everything Plympton Halifax. We look forward to seeing so many of you dressed "fabulously" at what is now a sold out event.

As our calisthenic year comes to a close I thank each and everyone of you for your support. They say it takes a tribe to get a job done and when I needed the job done you have all been there. Special thanks to our President, Kelly, Secretary, Julie, and Treasurer, Alison, who have kept all things running smoothly behind the scenes. Also thank you to Julie, Sue and Kylie and all involved in costumes who helped make our girls feel special.

The calisthenic year never really ends for our coaches. Choreography for 2021 began twelve months ago, then team lessons began, followed by Graceful season, camp, May competitions, Innovation competitions, Mid Year Concert, Reynella Braeview competitions, CASA competitions, Solo and Duo season and Pupil Skills exams. Throughout this busy schedule our talented team of coaches worked tirelessly - thank you is simply not enough.

Our results throughout all the competitions were brilliant. The commitment of our girls both young and old never ceases to amaze me.

Thank you parents and carers for bringing your girls to calisthenics - this unique crazy addictive sport!

Enjoy the summer break with family and friends and I look forward to sharing 2022 with you all.

Merry Christmas!

Lisa Beecken  
Coach Co-Ordinator  
0438808967



# SPRING CLEAN

A big thank you to all who have helped with our weekly cleaning throughout 2021.

In preparation for 2022 we will be having a BIG clean and are seeking volunteers. The more the merrier and the quicker it gets done!

Saturday 22 January from 9.30am

Hope to see you there!

## BUNNINGS BBQ FUNDRAISER

Saturday 8th January  
Bunnings @ Westfield Marion

Please contact Lisa if you are available to help.

## CAMP 2022

Camp 2022  
30th April - 1st May  
One night sleepover



## AGM

7pm, Thursday 10th February  
At the hall  
All new committee members welcome

# PUPIL SKILLS

Congratulations to the following girls who have or will sit their Pupil Skills exam this term.

Test 1: Saorise, Jessica, Malin, Isabella, Charlie, Anabelle, Torah, Nalah, Zara, Amelia, Elise, Scarlett

Test 2: Luella, Ivy, Enid, Chloe, Annika, Elise, Isla, Mali, Annabella, Violet

Test 3: Ebony, Madison, Sophie, Natalie, Ruby

Grade 1: Sara, Marissa, Gaby, Lilah, Matilda, Tallyn, Amelia, Sive, Chloe, Molly, Tash, Scarlett, Maeve, Angelina, Zoe

Grade 2: Piper

Grade 3: Abbey, Jade, Maddie, Niki, Shyla

# STRENGTH & FLEX CLASS

We are excited to announce that Saturday morning strength and flex classes are back in 2022 with Miss Caitlin & Miss Lisa.

Dates: February 5th, 12th, 19th, 26th & March 5th

Where: TBA

Times:

8:30-9:30am 10 Years Plus

9:30-10:30am 6-9 Years

Prices: \$12 per lesson

Book your place now: <https://www.trybooking.com/BWCAC>



# 2022 START DATES

## Tinkerbells

Saturday 5 February, 9-10am

Coaches: Erin Bowden & Meg Allison

## Sparkles

Wednesday 9 February, 4-5pm

Coach: Amelia DeLaine

## Tinies Navy

Saturday 5 February, 10-11.30am

Coach: Meg Allison

## Tinies Gold and White

Wednesday 9 February, 5-6.30pm

Coaches: Amelia DeLaine & Hayley Edwards

## Sub-Juniors (2012/13/14)

Monday 31 January, 4.30-6.30pm

Coaches: Caitlin Carroll, Lisa Beecken & Jaclyn DeLaine

## Juniors (2009/10/11)

Tuesday 1 February, 4.30-7pm

Coaches: Lisa Beecken, Amelia DeLaine, Jaclyn DeLaine & Amy Fackrell

## Intermediates (2005/06/07/08)

Tuesday 1 February, 7pm-9:30pm

Coaches: Hayley Edwards, Casey Allison & Meg Allison

## Seniors

Monday 24 January, 6:30pm

Coach: Courtney Hill

## Masters

Wednesday 2 February, 6:30pm

Coaches: Hayley Edwards & Casey Allison

# CASA SOLO/DUO RESULTS

 <p>Calisthesis SA</p> <p><b>Winnie</b></p> <p>COACH: ANIELLA BELLEAU</p>	<p>2021 Solo</p> <p><b>TINIES 5 YEARS</b> NON COMPETITIVE</p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>	 <p>Calisthesis SA</p> <p><b>Zana</b></p> <p>COACH: MEG BELLISON</p>	<p>2021 Solo</p> <p><b>TINIES 6 YEARS</b> NON COMPETITIVE</p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>	 <p>3rd place</p> <p><b>Savoy</b></p> <p>COACH: CATHLIN CARROLL</p>	<p>2021 Solo</p> <p><b>TINIES 7 YEARS</b> COMPETITIVE (TAL DEC)</p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>	 <p><b>Torah</b></p> <p>COACH: ANIELLA BELLEAU</p>	<p>2021 Solo</p> <p><b>TINIES 7 YEARS</b> COMPETITIVE (TAL DEC)</p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>
 <p>Marine Rods Aschraie Clubs</p> <p><b>Isabella</b></p> <p>COACH: ANIELLA BELLEAU</p>	<p>2021 Solo</p> <p><b>TINIES 7 YEARS</b> COMPETITIVE (MAR 2021)</p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>	 <p>Calisthesis SA</p> <p><b>Charlie</b></p> <p>COACH: CATHLIN CARROLL</p>	<p>2021 Solo</p> <p><b>TINIES 7 YEARS</b> COMPETITIVE (TAL DEC)</p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>	 <p>3rd place</p> <p><b>Mali</b></p> <p>COACH: CATHLIN CARROLL</p>	<p>2021 Solo</p> <p><b>SUB-JUNIOR 8 YEARS</b></p> <p><b>DIV 1</b></p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>	 <p><b>Rebecca</b></p> <p>COACH: ANIELLA BELLEAU</p>	<p>2021 Solo</p> <p><b>SUB-JUNIOR 8 YEARS</b></p> <p><b>DIV 2</b></p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>
 <p>3rd place</p> <p><b>Natalie</b></p> <p>COACH: KIMBERLY BOYLE</p>	<p>2021 Solo</p> <p><b>SUB-JUNIOR 9 YEARS</b></p> <p><b>DIV 1</b></p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>	 <p>ASA Solo Due Championships 2021</p> <p><b>Madison</b></p> <p>COACH: NATLEY EDWARDS</p>	<p>2021 Solo</p> <p><b>SUB-JUNIOR 9 YEARS</b></p> <p><b>DIV 3</b></p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>	 <p><b>Billie</b></p> <p>COACH: KIMBERLY BOYLE</p>	<p>2021 Solo</p> <p><b>SUB-JUNIOR 10 YEARS</b></p> <p><b>DIV 1</b></p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>	 <p>Due Championships 21</p> <p><b>Scarlett</b></p> <p>COACH: CATHLIN CARROLL</p>	<p>2021 Solo</p> <p><b>JUNIOR 11 YEARS</b></p> <p><b>CHAMP</b></p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>
 <p>2nd place Due Championships 21</p> <p><b>Amelia</b></p> <p>COACH: AMY FORDS</p>	<p>2021 Solo</p> <p><b>JUNIOR 11 YEARS</b></p> <p><b>DIV 1</b></p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>	 <p><b>Marissa</b></p> <p>COACH: LISA REEDER</p>	<p>2021 Solo</p> <p><b>JUNIOR 11 YEARS</b></p> <p><b>DIV 1</b></p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>	 <p>Due Championships 21</p> <p><b>Melly</b></p> <p>COACH: ANIELLA BELLEAU</p>	<p>2021 Solo</p> <p><b>JUNIOR 11 YEARS</b></p> <p><b>DIV 1</b></p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>	 <p>1st place</p> <p><b>Maere</b></p> <p>COACH: CATHLIN CARROLL</p>	<p>2021 Solo</p> <p><b>JUNIOR 11 YEARS</b></p> <p><b>DIV 2</b></p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>
 <p>1st place</p> <p><b>Torah</b></p> <p>COACH: CATHLIN CARROLL</p>	<p>2021 Solo</p> <p><b>JUNIOR 11 YEARS</b></p> <p><b>DIV 3</b></p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>	 <p>3rd place</p> <p><b>Jallyn</b></p> <p>COACH: NATLEY EDWARDS</p>	<p>2021 Solo</p> <p><b>JUNIOR 11 YEARS</b></p> <p><b>DIV 3</b></p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>	 <p>CASA Solo Due Championships 2021</p> <p><b>Maddi</b></p> <p>COACH: NATLEY EDWARDS</p>	<p>2021 Solo</p> <p><b>JUNIOR 12/13 YEARS</b></p> <p><b>CHAMP</b></p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>	 <p>1st place</p> <p><b>Ellie</b></p> <p>COACH: CATHLIN CARROLL</p>	<p>2021 Solo</p> <p><b>JUNIOR 12/13 YEARS</b></p> <p><b>DIV 1</b></p> <p><b>CASA SOLO &amp; DUO CHAMPIONSHIPS</b></p> <p>Phonogram Hall of Fame</p>



# CASA SOLO/DUO RESULTS



**2021 Solo**

**JUNIOR**  
12/13 YEARS

**DIV 3**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Jada*

COACH: CATHY CARROLL



**2021 Solo**

**JUNIOR**  
12/13 YEARS

**DIV 4**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Jessica*

COACH: NATLEY EDWARDS



**2021 Solo**

**INTERMEDIATE**  
14/15 YEARS

**CHAMP**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Ruby*

COACH: MICHELLE RICHMOND



**2021 Solo**

**INTERMEDIATE**  
14/15 YEARS

**CHAMP**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Saguri*

COACH: MICHELLE RICHMOND



**2021 Solo**

**INTERMEDIATE**  
14/15 YEARS

**DIV 1**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Niki*

COACH: NATLEY EDWARDS



**2021 Solo**

**INTERMEDIATE**  
14/15 YEARS

**DIV 2**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Maddie*

COACH: NATLEY EDWARDS



**2021 Solo**

**INTERMEDIATE**  
14/15 YEARS

**DIV 2**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Olivia*

COACH: NATLEY EDWARDS



**2021 Solo**

**INTERMEDIATE**  
14/15 YEARS

**DIV 2**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Vanna*

COACH: CATHY CARROLL



**2021 Solo**

**INTERMEDIATE**  
14/15 YEARS

**DIV 4**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Gemma*

COACH: CATHY CARROLL



**2021 Solo**

**INTERMEDIATE**  
14/15 YEARS

**DIV 5**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Leila*

COACH: CATHY CARROLL



**2021 Solo**


**INTERMEDIATE**  
16/17 YEARS

**DIV 1**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Jenna*

COACH: NATLEY EDWARDS



**2021 Solo**

**SENIOR**

**CHAMP**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Erin*

COACH: NATLEY EDWARDS



**2021 Duo**

**TINIES**  
NON COMPETITIVE

**CASA SOLO & DUO CHAMPIONSHIPS**

*Matilda & Sophie*

COACH: ANIELA BELIANE



**2021 Duo**

**SUB-JUNIOR DUO**

**CHAMPIONSHIP**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Billie & Natalie*

COACH: CATHY CARROLL



**2021 Duo**

**SUB-JUNIOR DUO**

**DIVISION 1**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Sofia & Madison*

COACH: ANIELA BELIANE



**2021 Duo**

**JUNIOR DUO**

**CHAMPIONSHIP**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Maddy & Ellie*

COACH: CATHY CARROLL



**2021 Duo**

**JUNIOR DUO**

**DIVISION 1**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Jasmin & Maere*

COACH: CATHY CARROLL



**2021 Duo**

**JUNIOR DUO**

**DIVISION 2**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Jessica & Jallyn*

COACH: NATLEY EDWARDS



**2021 Duo**

**JUNIOR DUO**

**DIVISION 2**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Lexi & Chloe*

COACH: ANIELA BELIANE



**2021 Duo**

**JUNIOR DUO**

**CASA SOLO & DUO CHAMPIONSHIPS**

*Matilda & Sire*

COACH: NATLEY EDWARDS



# CASA SOLO/DUO RESULTS



## GRACEFUL GIRLS 2022

Would your daughter like to do a Graceful Girl in 2022?

If you're curious to learn more about the inaugural and historic 'Calisthenics Graceful Girl' check-out the following link to see the documentary that showcased the event:

<https://www.youtube.com/watch?v=NTc8phaS8CU>

If you are interested, please contact Lisa or any of our Coaches by the 10th of December as our Coaches need time to prepare routines. Graceful Girl lessons are 1-1 lessons with one of our Coaches. Generally, there is a minimum of 10 practices to prepare the girls for competitions.

There is a once off hall hire fee and then a cost per lesson. Costs for practices: 30 minutes - \$10, 45 minutes - \$15, 1 hour - \$20.

Parents will need to organise their daughters costume (with help from the coach) at an additional cost. You can ask for one to be made by members of our club, you can hire one through pages like: 'SA Cali Costume Hire and Forsale' on Facebook, or our club has some on hand that can be hired out. Graceful Girls are a great way to learn ballet technique, and also grace, poise, and confidence on stage!