

PLYMPTON HALIFAX CALISTHENICS CLUB

Newsletter - January Edition 2023



Club Objective:


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

Welcome to 2023! I hope you have enjoyed the break with family and friends. I am once again looking forward to a fun and exciting calisthenics year.

I recently met with our Coaches who are eagerly preparing for the year. We are all looking forward to seeing returning faces, welcoming new members, starting routines and spending time with our calisthenics family.

In 2023 there are a few changes to our coaching team. I welcome Josie Kerr out of retirement and she will be coaching our Sparkles, Tinies White and co-coaching the Masters with Casey Allison. Hayley Edwards is no longer coaching the Masters or Tinies White teams. A big thank you for her expertise with these teams over the last few years. Hayley will continue to coach our Intermediate Team 1. Meg Allison is not continuing as the coach of the Tinies Navy or Tinkerbells. Meg will be missed by our Saturday parents and girls for her care and devotion. Thank you Meg for coaching our future stars on Saturday mornings for the past seven years. Meg will continue to co-coach the Intermediate 2 team with Casey Allison. Erin Bowden is coaching both the Tinies Navy and Tinkerbells.

Miss Amelia has retired from the Sparkles team after 5 years but continues to coach the Tinies Gold and co-coach the Junior 2 with Jaclyn Delaine. I know Miss Amelia will miss her Sparkles and I thank her for the enthusiasm and joy she brought to our younger members. Miss Jaclyn will no longer be coaching the Sub-Junior White team and I thank her for her patience and persistence for the past 2 years. We welcome Miss Amy to the Sub-Junior coaching team and thank her for efforts with Junior Squad 2 in 2022. Miss Caitlin will be coaching our new Sub-Junior Blue team on Thursdays as well as continuing as the Sub-Junior Navy coach on Mondays.



Thank you to those who completed our Annual Club Survey. It was so great to receive feedback on the year that was and it's really helped us to plan for the year ahead.

While you will notice changes made to our Club as the year rolls out, one notable change that we wanted to mention will be our use of social media. The survey results reminded us of the importance of using our social media channels in a way that not only promotes our Club effectively, but, also ensures the ongoing wellbeing of all members including coaches, parents and of course our girls.

This year the sharing of our Graceful Girl competition results will be done through our Club managed social media only i.e our Facebook and Instagram accounts. Coaches will no longer post about their individual competitors using their own accounts. While we understand this may disappoint some, we feel that in the current digital world, changes like this will ensure an equal, wholesome and positive experience for all. Parents and competitors are still welcome to post cali-related content and tag any Club members or coaches as they like.

Facebook will remain as our main form of communication for team and Club correspondence. You will find us on Facebook 'Plympton Halifax Calisthenics Club' and Instagram plymptonhalifaxcc. Each team also has their own private Facebook group to share team details and the very important practice videos.

There has been a small increase in registration, fees and costumes. Please refer to the document titled " PHCC fees 2023" which details all costs. This will be posted on your team facebook pages and our website so you can refer to it at any time. I ask that you take the time to read through it thoroughly so you are aware of all payments and when they are due. If you would like to set up a payment plan do not hesitate to contact our Treasurer, Alison.

A code of conduct for all members has been developed and is a requirement of registration.

If you need anything at all please remember your calisthenics family is here to help, support and listen. 2023 here we come.....See you all soon!

Kind regards
Lisa Beecken
Coach Co-Ordinator
0438 808 967



2023 START DATES

Tinkerbells

Saturday 04 February, 9-10am

Coach: Erin Bowden

Sparkles

Wednesday 08 February, 4-5pm

Coach: Josie Kerr

Tinies Navy

Saturday 04 February, 10-11:30am

Coach: Erin Bowden

Tinies Gold and White

Wednesday 08 February, 5-6.30pm

Coaches: Amelia DeLaine & Josie Kerr

Sub-Juniors

Monday 30 January, 4.30-6.30pm

Coaches: Caitlin Carroll, Lisa Beecken & Amy Fackrell

Juniors

Tuesday 31 January, 4.30-7pm

Coaches: Lisa Beecken, Amelia & Jaclyn DeLaine

Intermediates

Tuesday 31 January, 7-9:30pm

Coaches: Hayley Edwards, Meg & Casey Allison

Seniors

Monday 30 January, 6.30-9:30pm

Coach: Courtney Hill

Masters

Wednesday 22 February, 6:30-8:30pm

Coaches: Casey Allison & Josie Kerr

WELCOME TO BABY OTIS

Congratulations to Miss Meg and David on the safe arrival of their beautiful baby boy. We can't wait to meet him!



PRE LOVED CLOTHING MART

Saturday 28 February
Mooringe Ave Hall

Cleaning out the wardrobes? Clothes can be left at the hall once lessons begin. We ask, if possible, that the clothes come on a coathanger and you hang them on the designated clothes rack.

Also on the look out if anyone can loan us some clothes racks?

STRENGTH & FLEX CLASSES

We are excited to announce that Saturday morning strength and flex classes are back in 2023 with Miss Caitlin & Miss Lisa.

Dates: 28/1, 4/2, 11/2, 18/2, 25/2, 4/3

8:30am - 9:30am: 10 years plus

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

Where: Church of Good Shepherd, 11 Clayton Ave, Plympton

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

AGM

7pm, Wednesday 15th February
PHCC Hall
All new committee members welcome

FAMILY POOL DAY

Sunday 26 February
Marion Outdoor Pool
Everyone welcome!

BRING A FRIEND TO CLASS

Tinkerbells and Tinies Navy : Saturday 18 February
Sparkles and Tinies Gold/White : Wednesday 22 February

GRACEFUL GIRL CONCERT

Saturday 01 April
11.45am
PHCC Hall

CAMP 2023

15th - 16th April (One night)
Nunyara, Belair
ALL Sub-Junior, Juniors and Intermediates

BUNNINGS BBQ FUNDRAISER

Saturday 15 July

TEAM COMPETITIONS

All dates are tentative

CASA MAY DEMONSTRATION

Held at the Royalty Theatre, Adelaide
08 May - 02 June
For ALL Sub-Juniors, Juniors, Intermediates

INNOVATION COMPETITIONS

Held at Hopgood Theatre, Noarlunga 27 or 28 May
For ALL Tinkerbells, Sparkles, Tinies Navy, Gold and White

REYNELLA BRAEVIEW COMPETITIONS

Held at Scott Theatre, Adelaide 21,22, 23 July
For ALL Sub-Juniors, Juniors, Intermediates and Seniors

CASA STATE CHAMPIONSHIPS

Held at the Royalty Theatre, Adelaide

Sunday 13 August: Seniors (Adelaide Convention Centre)

Friday 18 August: Sub Junior Navy (Tentative)

Saturday 26 August: Junior 1 & 2

Saturday 02 September: Intermediate 1 & 2

Sparkles, Tinkerbells, Tinies Navy, Gold & White, Sub Junior Gold, White & Blue will be advised once known.

The competition period is the 14 July - 2 September.

PUPIL SKILLS

Congratulations to all girls who successfully passed their exams in December 2022.

Test One

Alana, Aysha, Victoria, Lucy, Stella, Ella, Libby, Scarlett S, Scarlett M, Domnica, Ella, Sara, Evie, Ivie, Zara G

Test 2

Saoirse, Isabella L, Amelia, Scarlett W, Malin, Charlie, Torah, Zara S, Elsie, Bronte

Test 3

Luella, Eleni, Enid, Annika, Elise, Isla, Mali, Isabella C

Grade One

Abby, Billie, Sofia, Tabby

Grade Two

Maddi, Jessica, Jada, Sive, Lilah, Lotus, Ellie, Maria

Grade Three

Sayuri, Vanna, Ruby, Olivia, Gemma

Grade Four

Niki, Maddie

Good luck to Stella R, Ophelia and Bree who will sit their exams in the next few weeks.



Your Common Area Facilities Specialists!!

GRACEFUL GIRLS

Good luck to all our girls and Coaches as they prepare over the coming weeks for Graceful Girl Regional and CASA competitions:

TINIERS: Edie, Freya, Isabelle, Lucy, Mabel, Matilda, Norma-Jean, Olivia, Skyla, Sophie, Winnie

SUB-JUNIORS: Annika, Charlie, Evie, Isabella C, Isabella L, Lucy, Mali, Ophelia, Saorise, Scarlett, Torah, Zara G, Zara S

JUNIORS: Amelia, Billie, Ebony, Macey, Maeve, Matilda, Ruby, Tallyn, Tash

INTERMEDIATES: Bree, Ellie, Gemma, Jada, Jessica, Lilah, Lotus, Maddi, Maddie, Niki, Olivia, Piper, Ruby, Sayuri, Vanna

SENIORS: Erin, Tiana

MASTERS: Amy, Amelia

AESTHETIC SKIRTS

Aesthetic skirts are available to purchase via the following link
<https://www.plymptonhalifax.org.au/product-page/aesthetic-practice-skirt>

HOT WEATHER POLICY

Classes are cancelled if the forecast temperature the night before is 36C or above as per the Bureau of Meteorology website :

<http://www.bom.gov.au/sa/forecasts/adelaide.shtml?ref=hdr>

Notification will be posted on our Club and Team Facebook pages. Please ensure you turn on all notifications for our communication platforms to ensure you don't miss out on this information. Please be mindful of this notification during extreme heat.