

PLYMPTON HALIFAX CALISTHENICS CLUB

Newsletter - March Edition 2023



Club Objective:

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

What a fabulous start to Calisthenics 2023! A special welcome to those who have recently joined our Club.

At our recent committee meeting we discussed the results of the survey conducted at the end of 2022. The committee will continue to refer to the feedback throughout the year.

Some points we are currently working on:

Invoices

During Term 1 our Treasurer, Alison, is working on a new invoicing procedure. We hope to have it available in Term 2.

Communication

Noticeboard - for those at our Mooringe Ave hall please see the noticeboard in the foyer for updates. On all Team Facebook pages the 2023 Diary Dates and Fees have been posted. Please refer to this throughout the year. These are also on our website.

Working With Children's Check

Many volunteer roles require this. If you do not have one and are considering volunteering please apply via the link below. There is no cost involved.

<https://www.sa.gov.au/topics/rights-and-law/rights-and-responsibilities/screening-checks/apply-for-a-screening-check>

Many of our girls and their coaches have been training hard in preparation for Graceful Girl competitions. We wish everyone good luck as regional competitions commence leading into CASA.

Once a term we are looking for each team to clean our hall. With two or three people it takes about 45 minutes to sweep, mop, vacuum and general tidy. Your Team Manager will advise when it is your teams turn.

Your team Facebook page is our main form of communication so please check this regularly for updates and details re upcoming events.

If you have any questions, queries or suggestions please don't hesitate to contact me.

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

PHCC COMMITTEE

President - Kelly McAvaney
Vice President - Di Carroll
Secretary - Julie Allison
Treasurer - Alison Sheridan
Coach Co-Ordinator - Lisa Beecken
Child Protection Officer - Josie Kerr

Meg Allison, Amelia DeLaine, Jaclyn DeLaine, Kaye DeLaine, Janine Duggan, Michelle Kerr, Sue McAvaney, Rebecca Powell, Tracy Stamou, Carolyn Stringer, Alex Thorley, Alana Trickett



Your Common Area Facilities Specialists!!

TEAM MANAGERS

Tinkerbells - Paige MacDermot
Sparkles - Josie Kerr
Tinies Gold - Rebecca Powell and Amanda Kyriakopoulos
Tinies Navy -
Sub-Junior Navy - Stacey Maunder
Sub-Junior Gold - Stacey Maunder
Sub-Junior White - Kylie Reidy
Sub-Junior Blue - Caitlin Carroll
Juniors - Kelly McAvaney
Intermediates - Tracy Stamou and Chantha Inthavong
Seniors - Bronwyn Marshall
Masters -

TERM 1 FEES

Sparkles and Tinkerbells \$75
Tinies \$103.50
Sub-Juniors \$126.50
Juniors \$151.50
Intermediates \$151.50
Seniors \$164.50
Masters \$132.50

BSB 065 126
Account 0090 3451

Please include your daughter's name and team as reference

Sports Voucher

The voucher is valid for children aged 5-15 years old (inclusive), year of birth 2008 to 2018. The voucher can be used towards fees but NOT registration. Please email the voucher to phcctreasurer5@gmail.com

Registration - \$110

Please pay and complete the form online:
Registration | Plympton Halifax CC

PRE LOVED CLOTHING MART

Saturday 11 March
8am - 1pm
Mooringe Ave Hall

NEXT COMMITTEE MEETING

Thursday 16 March, 7pm
Mooringe Ave Hall
Everyone welcome

GRACEFUL GIRL CONCERT

Saturday 01 April
11.45am
Mooringe Ave Hall

CAMP 2023 - SUB JUNIORS, JUNIORS & INTERS

15 and 16 April (1 night)

Nunyara Conference Centre, 5 Burnell Drive, Belair

We are excited to be going on "overnight" Camp in 2023.

There will be specific information posted on your Team Facebook pages re times. Everyone needs to make their own way to and from camp. It is a one night stay for all Sub-Juniors, Juniors and Intermediates. The cost is \$100 per person and has been supported by funding from our fundraising.

Please follow the link to pay

<https://www.plymptonhalifax.org.au/product-page/camp-2022>

Sparkles, Tinkerbells, Tinies Navy, Tinies Gold, Seniors and Masters are all invited for dinner and the games night. The cost will be advised on your Team Pages.

STRETCH & FLEX

Save the dates 13, 20, 27 May

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

These are a “black leotard” demonstration. Girls need to supply their own leotard. Please check with your Team Manager to ensure you have the correct leotard.

INNOVATION COMPETITIONS

Held at Hopgood Theatre, Noarlunga 27 or 28 May

For ALL Tinkerbells, Sparkles, Tinies Navy and Gold

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, Sub Junior Gold, White & Blue will be advised once known.

The competition period is the 14 July - 2 September.

PUPIL SKILLS

Congratulations to Bree and Ophelia who recently passed their pupil skills exam!

MERCHANDISE

All merchandise can be ordered online. There is only one order per year for tracksuits so they need to be ordered by 25 March.

<https://www.plymptonhalifax.org.au/merchandise>

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.

POOL DAY

A number of girls, coaches, mums and dads attended the Pool Day at Marion Outdoor Pool recently. The weather was fabulous and it was a fun day had by all!



KYTONS EASTER FUNDRAISER 2023

Don't buy your Hot Cross Buns from anywhere else this Easter! Get the best and help PHCC at the same time by supporting our Kytons Easter fundraiser.

The large range includes traditional fruit or fruitless hot cross buns, snack size, gluten free, or the exclusive Fruchocs hot cross buns! Also available to order are their impossibly soft range of lamingtons. Everything you need for a delicious Easter!

Don't forget to share the love with your friends, family and workmates as there is a hamper prize for the highest fundraiser in the club - so get selling!

Orders will be available for pickup from the Hall on Wednesday 5th April from 4:30-8:30pm, just in time for Easter.

To sell simply download the form from your team facebook page or pick one up from the hall, collect your orders and the money, then transfer funds to the following account:

Alexandra Zanker

BSB 065 102

Account 1021 7216

Reference: Your name and "Kytons"

Don't forget to include your name as payment reference so we know who is the winner of the highest fundraiser prize!

Email through your order form to alexandra.zanker@sa.gov.au by Wednesday 22nd March 5pm.

Thank you for your support - happy selling!





Join our next Principal Tour

**Enrol Now
for 2024**



Scan to Register



Friday, 17 February - 9.30am to 10.30am
Wednesday, 15 March - 5.00pm to 6.00pm
Wednesday, 17 May - 9.30am to 10.30am
Wednesday, 17 May - 5.30pm to 6.30pm
Monday, 5 June - 9.30am to 10.30am

Tenison Woods Catholic School - 68 Brooker Terrace, Richmond