

PLYMPTON HALIFAX CALISTHENICS CLUB

Newsletter - September Edition 2026



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

Whilst competition season is not completely over, it has been wonderful to see our teams take the stage at the State Championships. Every team has showed determination, perseverance and confidence. It has been fantastic to see the personal growth in our members, along with the enjoyment and friendships that make our Club so special. Good luck to our Masters team who are yet to compete.

Our Senior team is competing on the 17th October in a new competition which involves teams from around Australia. This is a fantastic opportunity and promises to be a spectacular competition so if you can come along and watch.

A huge part of our success belongs to our incredible Coaches. The time and effort, not only in the lesson, but choreographing, planning, organising and supporting our members is enormous - thank you.

We would also like to give a very special thank you to Julie Allison, along with everyone who worked so hard to make sure our teams looked amazing on stage. From sewing and gluing to checking the smallest costume details, your work and commitment are truly appreciated.

Thank you also to everyone who contributed in so many other ways, including prop making, transport, hair and makeup, team managing and all the countless jobs that happen behind the scenes. Every contribution, big or small, plays an important part in making our performances possible.

Congratulations to Isla (Sub-Juniors) and Elouise (Juniors) who competed in the Interstate Challenge in Perth. We are extremely proud of you and everything you achieved.

Our Annual Concert is not far away and I can't wait to see our teams perform a selection of routines once more and celebrate everything they have achieved throughout the year.

After the Annual Concert there will be a break from lessons until Term 4. Please refer to the dates, times and venues listed later in the newsletter.

Term 4 is also a wonderful opportunity to introduce friends to our amazing sport, with 2 free trial lessons available. We would love to welcome some new faces and give them the chance to experience everything Calisthenics has to offer.

Many of our members are currently preparing for Solo and Duo performances. We hope you enjoy this special opportunity and look forward to seeing all of the wonderful routines come together over the coming weeks. Please join us in celebrating these performances in our annual Solo and Duo Concert on Saturday 31 October.

We are thrilled to welcome Hughes Recruitment Partners as a gold sponsor and thank them for their generosity and support.

As always, if you have any questions or need any further information, please don't hesitate to contact me.

Lisa Beecken
Coach Co-Ordinator
0438 808 967



ANNUAL CONCERT

Saturday 12 September

2pm @ Walford College Theatre, 316 Unley Road, Hyde Park

Arrival Time - 1:30pm - All Sub Juniors, Juniors and Seniors

Arrival Time - 1:45pm - Tinkerbells, Sparkles, Tinies Navy, Intermediates,
Masters

Concert Tickets can be purchased via the following link:

<https://www.revolutionise.com.au/plymptonhalifaxcali/events/377816>

Don't forget to order a program for only \$5! This is a lovely keepsake.

What to wear: Costumes and leotards will be brought to the theatre. You will need to do your own daughter's hair and make up. If you require any assistance please speak with your team Coach.

Hair: Pulled up into a tight and smooth high bun. No wispy bits or fringes. Use gel and hairspray! Please pack some extra bobby pins for headpieces.

Make Up: Foundation, brown eyeshadow, blush, red lipstick.

At interval we will be taking a photograph of the entire Club and all members will need to wear their Club tracksuit. If you DO NOT have a Club tracksuit please advise your Coach so we can organise one for you to borrow.

There will also be a canteen where you can purchase drinks and snacks. We accept cash or card.

Be sure to purchase your raffle tickets either online or on the day. We've got some great prizes and would appreciate your support.

The Concert will be videoed and available for purchase from Dance Works via the following link:

<https://www.trybooking.com/events/landing/1637873>

GOLD SPONSOR

Hughes Recruitment Partners is a premier technology and digital recruitment agency committed to connecting top-tier talent with the most innovative companies in South Australia.

With extensive specialist expertise in the technology, digital transformation and IT projects sectors, they pride themselves on more than just filling positions: they strive to cultivate long-term relationships with the finest candidates and clients in SA.

Hughes Recruitment Partners is a company built on personal connections and offers permanent, fixed term and temporary recruitment solutions, tailored to each client's specific needs.

Contact Brett on 0422 970 313 or brett@hughesrp.com.au

<https://www.hughesrp.com.au/>

PHCC thank you for your generosity and we appreciate your support.



DIARY DATES

BUNNINGS BBQ FUNDRAISER

Sunday 11 October
Marion
Volunteers Required

ACF SENIOR COMPETITION

Saturday 17 October
Paradise Community Church

GLENELG CHRISTMAS PAGEANT

All girls are invited to participate
Sunday 22 November
10:30am

PHCC PRESENTATION AFTERNOON

Saturday 28 November
Plympton Football Club
3.30-5pm - Sparkles, Tinkerbells, Tinies

PHCC PRESENTATION NIGHT

Saturday 28 November
Plympton Football Club
6pm - Sub-Juniors, Juniors, Intermediates, Seniors & Masters

END OF YEAR DINNER

All parents/carers are invited
Monday 14 December
Morphett Arms Hotel

TERM 4

Girls will either continue in their current age group or move into the next age group in preparation for 2027. When girls move up into the next section this may be a change of day, time and coach. The lessons in term 4 give the coach and girls the opportunity to get to know one another before the new year begins. Please chat to your coach or Lisa if you are unsure which section your daughter will be in Term 4 2027.

* Age in 2027

Sparkles

* 7 years and under

Monday 12 October - 23 November

4.30-5.30pm

Vermont Uniting , 578 Cross Road, South Plympton

Tinkerbells

* 5 years and under

Saturday 24 October - 12 December (no lesson 7 November)

9-10am

The Church of The Good Shepherd, 15 Clayton AVE, Plympton

Tinies Navy

* 6 and 7 years

Saturday 24 October - 12 December (no lesson 7 November)

9 - 10.30am

The Church of The Good Shepherd, 15 Clayton Ave, Plympton

Sub-Juniors

During Term 4 all our Sub-Juniors learn for their Pupil Skills exam which will be held on Monday 07 December at Glengowrie Uniting. Practise venue is as per date of birth.

Test One - DOB 2019

* 8 years

Monday 12 October - 07 December

4.30-6.15pm

St Francis of Assisi, 835 South Road, Clarence Gardens

Test Two - DOB 2018

* 9 years

Monday 12 October - 07 December

4.30 - 6.30pm

Pan-Laonian, 24/26 Aldridge Ave ,Plympton Park

Test Three - DOB 2017

* 10 years

Monday 12 October - 07 December

4.30-6.30pm

The Church of The Good Shepherd, 15 Clayton Ave, Plympton

Juniors

* 11, 12 13 years

Tuesday 13 October - 10 November

4.30 - 7pm

The Church of The Good Shepherd, 15 Clayton Ave, Plympton

Please note all Juniors are together in Term 4

Intermediates

* 14, 15, 16, 17 years

Monday 12 October - 09 November

5-7pm

Glengowrie Uniting, 33 Butler Crescent, Glengowrie

Masters

Wednesday 21 October - 04 November

6.30-8pm

Plympton Primary School

SOLOS & DUOS

Good Luck to the following girls competing in the Solo and Duo season:

SOLOS

Tinies - Aleana, Paige, Amal

Subbies - Isabelle, Allison, Elena, Ariana, Isla, Layla, Lexi,
Georgia, Ema, Gracie

Juniors - Annika, Ophelia, Lucy, Mali, Zara, Sara, Luella, Domnica, Evie

Inters - Tallyn

Seniors - Niki, Erin, Olivia, Maddie

DUOS

Tinies, Aleana & Paige

Subbies - Isla & Zi Yu (Marden)

Juniors - Enid & Luella

Inters - Tallyn & Zoe

Seniors - Erin & Meg (Marden)

REYNELLA BRAEVIEW & WINDSOR COMPETITION



Rods - 3rd Place



March - 1st Place
Clubs - 2nd Place
Exercises - 2nd Place
Rods - 1st Place
Aesthetic- 1st Place

Overall -First



March - 3rd Place
Clubs - 4th Place
Exercises - 4th Place
Rods - 3rd Place
Aesthetic- 4th Place



March - 4th Place
Stage Medley - 3rd Place



March - Equal 3rd Place
Clubs - Equal 4th Place
Exercises - 3rd Place
Rods - 3rd Place
Aesthetic - 3rd Place
Stage Medley - Equal 4th Place

Overall - Equal Second



March - 5th Place
Clubs - 5th Place
Exercises - 5th Place
Rods - 5th Place
Rhythmical Aesthetic- 5th Place
Dance Arrangement- 5th Place



March - 1st Place
 Clubs - 1st Place
 Exercises - 1st Place
 Rods - 2nd Place
 Rhythmical Interpretation - 1st Place
 Calisthenics Spectacular - 2nd Place
 Overall -First



March - 2nd Place
 Exercises - 5th Place
 Rods - 1st Place
 Aesthetic- 3rd Place
 Cali Revue - 3rd Place

CASA STATE CHAMPIONSHIPS



March - 5th Place
 Exercises - 5th Place
 Rods - 3rd Place
 Character Folk - 3rd Place

CASA STATE CHAMPIONSHIP RESULTS



March - 3rd Place
 Clubs - 2nd Place
 Exercises - 3rd Place
 Rods - 1st Place
 Aesthetic- 4th Place

Overall - Second



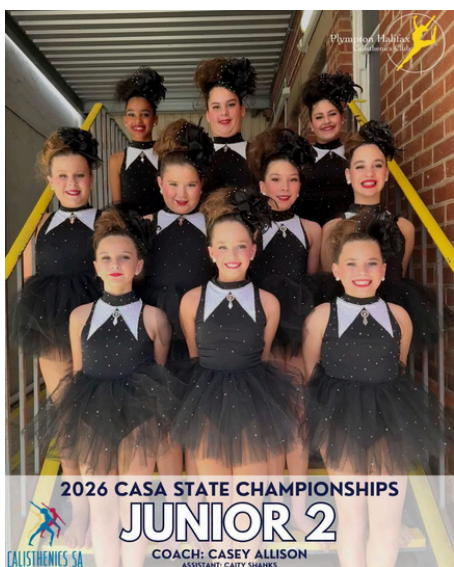
March - 2nd Place
 Clubs - 4th Place
 Exercises - 2nd Place
 Rods - 3rd Place
 Aesthetic- 1st Place

Overall - Second



March - 1st Place
 Clubs - 2nd Place
 Exercises - 3rd Place
 Rods - 1st Place
 Aesthetic- 3rd Place

Overall - First



March - 5th Place
 Clubs - 5th Place
 Exercises - 5th Place
 Rods - 5th Place
 Aesthetic- 5th Place
 Stage Medley - 5th Place



March - 5th Place
 Clubs - 3rd Place
 Exercises - 4th Place
 Rods - 5th Place
 Aesthetic - 5th Place



March - 3rd Place
 Rods - 4th Place
 Rhythmical Aesthetic- 4th Place
 Dance Arrangement- 4th Place



March - 3rd Place
 Clubs - 3rd Place
 Rods - 5th Place
 Rhythmical Interpretation - 4th Place
 Calisthenics Spectacular - 3rd Place

Overall - Third

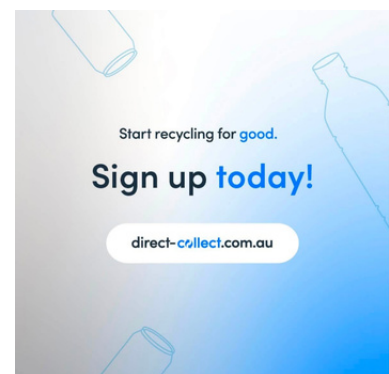
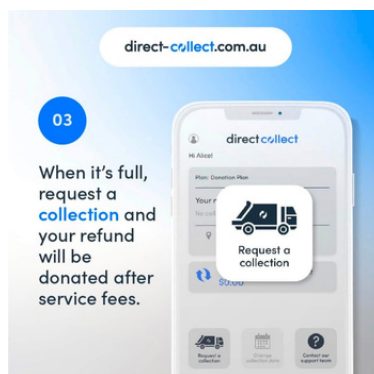
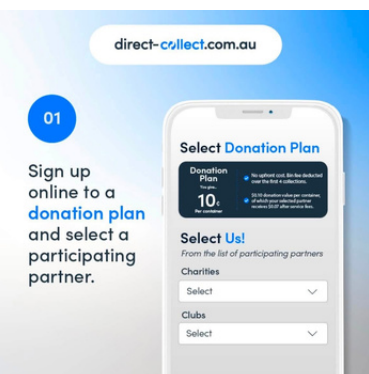
DIRECT COLLECT

We are proud to be a participating partner with Direct Collect.

This means, without spending a cent you can donate directly to us, as well as keeping recyclables out of landfill. Simply sign up to Direct Collect and after the service fees, your refund from your collection of bottles, cans and containers will be donated to us.

Stop throwing money away and start recycling for good today.

Thank you for your support 🧡💛💜



BRONZE SPONSOR

Livewire Digital is a South Australian owned and operated business. They are specialists in commercial fit outs, residential construction, data and communications and security systems.

They believe in strong and long term working relationships with clients, suppliers and employees to achieve the best outcomes. Their extensive knowledge in a vast range of areas allows Livewire Digital to offer a turn key solution for all your electrical requirements.

0400 979 979

livewiredigital@bigpond.com

<http://livewiredigitalsa.com>

Thank you Livewire Digital for your support.



DO YOU SHOP AT DRAKES?

Thank you to those who shop at Drakes and have been supporting our Club. This is an ongoing fundraiser so you can join up at anytime.

Everytime you shop at Drakes and scan the code, PHCC gets a kickback! At no cost to you 🙌

Simply download the mydrakes app and follow the instructions document. Happy shopping and thank you for supporting our club! 🛒



Looking for an easy way to help fundraise for PHCC by simply scanning your phone each time you shop at any Drakes Supermarket – yes please! Simply follow the steps below to download the myDrakes app and select Plympton Halifax Calisthenics Club as your nominated club, then each time you shop at any Drakes Supermarket scan your phone and 1c will be donated for every \$2 spent.

Instructions:

1. Download the myDrakes app via the app store
2. Enter your mobile number when prompted
3. Enter the verification number sent to your mobile
4. Select "Choose Now" to select your designated club
5. Search or scroll down to find "Plympton Halifax Calisthenics Club", select and save
6. You're all set up – now all you have to do is remember to scan your phone every time you shop at Drakes and watch the dollars roll in!

