

PLYMPTON HALIFAX CALISTHENICS CLUB

Newsletter - January Edition 2026



Club Objective:

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

I am excited to welcome everyone back as we begin another calisthenics year in 2026. We trust that the break provided time to recharge and enjoy the holidays with family and friends.

While classes were on pause, our coaching team has been hard at work planning routines and preparing for the year ahead. We are looking forward to seeing all teams return.

To participate in classes, all members must complete their registration prior to the first lesson. This includes accepting the club's Code of Conduct.

Registration can be completed using the following link:

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

Families are encouraged to review the 2026 fee sheet, which outlines costs and payment timelines. Should you need to discuss payment options, please contact our Treasurer, Alison.

With the under 16 social media ban we will be moving our team communication to a private team app called Heja. This is exempt from the social media ban and is a very simple app to work with for parents, team members and coaches. Heja gives us a safe and family-friendly space to share team updates, photos and videos without using public social media or groups. Heja will be our go to app for everything team related. We will also have a private facebook page (PHCC Members 2026) for all Club members which will be used to share club related information - Concerts, Fundraisers, etc. More details will be provided at your lessons.

I am pleased to see a number of girls again participating in Graceful Solos and wish them all the best as they prepare for upcoming regional and CASA events. Graceful Solos provide a unique opportunity for girls to build confidence and create meaningful memories alongside their coach.

I would like to congratulate Isla and Elouise who have been selected in the CASA State teams. They have already begun training in preparation for their competitions in Perth in July. I know the girls will thoroughly enjoy this experience.

Members are warmly invited to attend our Annual General Meeting, to be held at 7pm on Thursday 19 February, at the Church of the Good Shepherd, 15 Clayton Avenue, Plympton. We look forward to welcoming new committee members and sharing plans for the year ahead.

I am looking forward to a positive and successful year for PHCC and creating wonderful memories. See you all soon!

Lisa Beecken
Coach Co-Ordinator
0438 808 967



TERM 1 2026 START DATES

SPARKLES - Abbey Lockley

Monday 02 February, 4.30-5.30pm

Vermont Uniting Church, 578 Cross Road, South Plympton

TINKERBELLS - Lily Jones

Saturday 07 February, 9- 10am

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

TINIES NAVY - Casey Allison

Saturday 07 February, 10-11.30am

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

TINIES GOLD - Amelia DeLaine

Wednesday 11 February, 4.30-6pm

Venue : Glengowrie Uniting Church, 33 Butler Crescent, Glengowrie

SUB-JUNIORS - Amelia DeLaine, Jaclyn DeLaine, Amy Fackrell,
Erin Bowden, Niki Stamou

Team Selection will be on Mondays 02 and 09 February, 4.30-6.30pm
at the Church of the Good Shepherd, 15 Clayton Ave, Plympton.

Once teams are selected lessons will be as follows:

Navy, Gold, White : Mondays - Venues TBC

JUNIORS - Lisa Beecken, Caitlin Carroll, Casey Allison

Team selection will be on Tuesday 27 January and 03 February, 4.30-7pm
at the Church of the Good Shepherd, 15 Clayton Ave, Plympton

INTERMEDIATES - Hayley Edwards

Monday 02 February, 5-8pm

Venue : Glengowrie Uniting Church, 33 Butler Crescent, Glengowrie

SENIORS - Courtney Hill

Monday 26 January, 6.30-9:30pm

Plympton Primary School, Owen Street, Plympton

MASTERS - Melinda Galliford

Wednesday 04 February, 6.30-9pm

Plympton Primary School, Owen Street, Plympton

2026 DIARY DATES

PHCC AGM

Thursday 19 February - 7pm
The Church of the Good Shepherd, 15 Clayton Ave, Plympton

PHCC CAMP

Saturday 30 May and Sunday 31 May (one night stay)
Nunyara, Belair
All Sub-Juniors, Juniors and Intermediates

INNOVATION COMPETITION/DEMONSTRATION

Saturday 30 May or Sunday 31 May
All Sparkles, Tinkerbells, Tinies Navy, Tinies Gold

MID YEAR CONCERT

Either Saturday 20 June or Sunday 21 June TBC
Brighton High School
All teams perform

WINDSOR COMPETITION

10 - 12 July
Golden Grove Arts Centre
Masters

BUNNINGS BBQ FUNDRAISER

Hoping for a date in July!

REYNELLA BRAEVIEW COMPETITIONS

16-19 July
Walford College
All Sub-Juniors, Juniors and Intermediates

CASA STATE CHAMPIONSHIPS

The competition period is 25 July - 05 September 2026.

Masters, Junior 2, Sub-Junior Gold, Sub-Junior White, Tinies Gold, Tinies Navy, Sparkles and Tinkerbells will be advised once known.

Dates subject to change:
Sub-Junior Navy - Friday 07 August
Junior 1 - Saturday 15 August
Seniors - Sunday 23 August
Intermediates - Friday 28 August

ANNUAL CONCERT

Either Saturday 12 or Sunday 13 September TBC
Walford College

STRENGTH & FLEX CLASSES

With Miss Hayley and Miss Erin

Fridays - 23, 30 January and 06, 13 February

Venue : The Church of the Good Shepherd, 15 Clayton Ave, Plympton

Developing

5 - 6.30pm

<https://www.trybooking.com/DIHEC>

Advanced

6.30-8pm

<https://www.trybooking.com/DIHEE>

GRACEFUL GIRLS

Good Luck to the following girls competing in the Graceful Girl season:

Tinies

Aleana, Agnes, Paige, Zoella

Sub-Juniors

Allison, Aria, Ariana, Ava, Elena, Elise, Ema, Georgia, Gracie, Isabelle

Juniors

Alana, Charlie, Domnica, Elouise, Evie, Lucy, Phoebe, Sara, Zara S

Intermediates

Ebony, Maddy, Sophie, Tallyn, Tash, Zoe

Seniors

Erin, Niki, Olivia, Ruby, Sayuri

Masters

Melinda

HOT WEATHER POLICY

Classes are cancelled if the forecast temperature the night before at 6pm is 36C or above, UNLESS the practise hall is air-conditioned. Practise is cancelled for those at halls with air-conditioning at 38C or above. Please refer to the Bureau of Meteorology website.

Notification will be posted on our Club Facebook page (PHCC Members 2026) and team Heja apps. Please ensure you turn on all notifications for our communication platforms to ensure you don't miss this information. Please be mindful of the notifications during extreme heat.

PHCC BUY SWAP & SELL

Please join this page to buy and sell PHCC merchandise, Solo/Duo and Graceful costumes.