

PLYMPTON HALIFAX CALISTHENICS CLUB

Newsletter - May Edition 2023

2023 PHCC Cali Camp



Club Objective:

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

With Graceful season now over, and the CASA May Displays well under way, I look forward to seeing our Tinies on stage at the Innovation Competitions/Demonstrations and all teams at the Mid Year Concert. There will be three separate Concerts with all 73 team items performing.

We were lucky to have 50 girls perform Gracefuls. I am very proud of all girls determination and commitment to this part of our sport. A big thanks to our wonderful coaches and the parents who encourage this opportunity.

Camp was lots of fun as we were back sleeping over after a few years off due to the Pandemic. Some of our Subbies said "it was the best thing ever". Camp is a combination of practise and fun activities but most importantly spending time with your calisthenics friends and making new ones.

I am very excited to announce Sachiez Kitchen as a sponsor. A friendly and welcoming restaurant located at 295 Anzac Highway, Plympton. Please support those who support us.

Thank you to the remarkable people who work tirelessly to ensure the success and smooth running of our Club. Our Club relies on volunteers. If you can volunteer, even just once throughout the year, this puts less pressure on us all.

As always, please reach out if you have any questions or concerns.

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



TERM 2 FEES

Sparkles and Tinkerbells : \$75

Tines : \$103.50

Sub-Juniors : \$126.50

Juniors : \$151.50

Intermediates : \$151.50

Seniors : \$164.50

Masters : \$132.50

Costume and Accessories Fee

Sparkles and Tinkerbells : \$115

Tinies : \$135

Sub-Junior Gold, White and Blue : \$190

Sub-Junior Navy : \$220

Juniors : \$215

Intermediates : \$215

Seniors : \$205

Masters : \$15 (costume and shoe hire tba)

In regards to the Costume fee, this includes one "take home" costume. The amount allocated for this costume is an estimate. Should the costume cost vary from the estimate you will be refunded the difference or advised of the balance owing as soon as known. Included in the fee is the hire of leotards to wear at Competitions, Demonstrations and Concerts. The accessories fee covers the hire of clubs, rods, shoes (if applicable - Masters pay an additional cost), false eyelashes, lipstick, props, competition team entry fees.

Sachiez
KITCHEN

Phone Number: 8297 8555

Website: www.sachiezkitchen.com.au

MID YEAR CONCERT

When: Saturday 17 June

Where: Brighton High School Performing Arts Theatre
305 Brighton Rd, North Brighton

Concert 1: Sparkles, Tines Gold, Sub-Junior Gold, Sub-Junior Blue, Masters
Girls to arrive at 1pm for a 1.30pm start

Concert 2: Tinkerbells, Tinies Navy, Sub-Junior Navy,
Sub-Junior White, Seniors
Girls to arrive at 4pm for a 4.30pm start

Concert 3: Juniors and Intermediates
Girls to arrive at 7pm for a 7.30pm start

What to wear: Costumes and leotards as advised by your Coach/Team
Manager. Club tracksuit if you have one.

Hair: Pulled into a tight and smooth bun. No wispy bits or fringes. Use gel
and hairspray! Please pack some extra bobby pins. If you are unable to do
your own hair please discuss with your Coach.

Make Up: Foundation, brown eyeshadow, blush, the coaches have the girls
lipsticks.

Backstage/Dressing Room: Unless you are performing the role of 'dresser'
for a team, parents will not be allowed backstage or in the dressing room.
Please take your daughter to the stage door entry via the main foyer.

Ticket information will be available soon on your facebook pages.

As this is our Club concert parents are allowed to take photographs or video
of their daughters on stage. Please take care not to distract participants on
stage and avoid taking photos of others due to privacy considerations.
Photography or videoing is banned at any competitions or demonstrations
later in the year. For the girls, there are to be **NO PHOTOS OR VIDEOS
TAKEN IN THE DRESSING ROOM**

MID YEAR CONCERT

On the day there will be a canteen where you can purchase pies, sausage rolls, drinks, chocolates, and lollies, as well as a Sausage Sizzle. We will accept cash or card on the day.

We are having a raffle and thank those people and businesses who have generously donated. We've got some great prizes including a MUK hair dryer valued at \$200.

MID YEAR CONCERT RAFFLE PRIZES

Tickets - \$1

Muk Hair Dryer - Valued at \$200

Donated by Sue McAvaney

\$100 Cupcake Voucher

Donated by Sugar & Spice Cakes (Amanda Forth Piper)

Memory Board / Chalkboard - Valued at \$75

Donated by Memory Boards By Taylor (Taylor Ziersch)

Full Set of Nails Voucher - Valued up to \$75

Donated by Leli Nail Design (Kimberley Ashton)

Full Set of Nails Voucher - Valued up to \$75

Donated by Leli Nail Design (Kimberley Ashton)

Floral artwork

Donated by Saundersons Florist

Kid's Night Light - Valued at \$60

Donated by Little Miss Ketchup SA (Sheila Wheeler)

Kid's Night Light - Valued at \$60

Donated by Little Miss Ketchup SA (Sheila Wheeler)

Bounce Voucher - Student 3 x Entry Pass - Valued at \$55

Donated by Bounce at Richmond Road, Marleston

\$50 Cake Voucher

Donated by The Cake Sheila (Sheila Wheeler)

\$50 Cake Voucher

Donated by The Cake Sheila (Sheila Wheeler)

Wine & Goodies Basket

Pump Shower set - Valued at \$40

Donated by Winnie and Willa (Billie Galley)

Arnotts Product Pack

Donated by Arnotts (Chris Sims)



DIARY DATES

COMMITTEE MEETING

Thursday 1 June
7pm @ Mooringe Ave Hall
All members welcome

REYNELLA BRAEVIEW COMPETITIONS

Held at The Helen Reid Theatre, Walford Anglican College
Unley Road, Hyde Park

Friday 21 July (morning) : Sub-Junior Gold, Blue and White
Friday 21 July (afternoon) : Sub-Junior Navy
Saturday 22 July, (morning) : Intermediate Team 1
Saturday 22 (afternoon) : Intermediate Team 2
Saturday 22 July (evening) : Seniors
Sunday 22 July (morning) : Junior Team 2 and 3
Sunday 22 July (afternoon) : Junior Team 1

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.

FUNDRAISING

Fundraising is essential to our Club and directly benefits all our members through team entry fees to competitions, leotard purchases, camp subsidy, and many other events/activities. Through our fundraising efforts we were previously able to offer reduced introductory prices for tracksuits and polo shirts.

At Plympton Halifax we choose not to charge each member a fundraising levy. As we have a few different fundraisers throughout the year we do not expect you to support them all but those that most suit you. Thank you for your support of our recent fundraisers :Kytons, Silent Disco and Cadbury chocolates. Please see below two additional fundraisers for those that shop online or at Drakes.

ONLINE SHOPPING

Do you shop online? Would you love to support our Club at no cost to you? Shop like you always do and earn PHCC kickbacks from businesses through Shopnate.

100's of brands like bonds, the iconic, lego, MAC and more, check them out! Simply click on the link <https://shopnate.app.link/65LkSnPXfzb> and select our Club.

DO YOU SHOP AT DRAKES?

We have signed up to community dollars and this means that 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.

Happy shopping and thank you for supporting our club!



Your Common Area Facilities Specialists!!



BALLARAT INTERS
QUIZ
NIGHT

MC - BECKY BLAKE

SATURDAY 29TH JULY -
6:30- TIL LATE

PLYMPTON SPORTING AND RECREATION CLUB

RAFFLES/GAMES/SILENT AUCTION

ALL DRINKS AT CLUB MEMBER PRICES
NO BYO

\$30

\$30PP (INCLUDES
LIGHT SUPPER)



QR CODE

2023 Graceful Solo

TINIES 5 YEARS

DEMONSTRATION

Edie

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: MISS KAREN

2023 Graceful Solo

TINIES 6 YEARS

DEMONSTRATION

Freya

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: CAITLIN CARROLL

2023 Graceful Solo

TINIES 5 YEARS

DEMONSTRATION

Isabelle

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: ERIN BOWDEN

2023 Graceful Solo

TINIES 5 YEARS

DEMONSTRATION

Lucy

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: ERIN BOWDEN

2023 Graceful Solo

TINIES 7 YEARS

DEMONSTRATION

Mabel

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: MISS KAREN

2023 Graceful Solo

TINIES 7 YEARS

DEMONSTRATION

Norma-Jean

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: MISS KAREN

2023 Graceful Solo

TINIES 7 YEARS

DEMONSTRATION

Olivia

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: AMELIA DELAINE

2023 Graceful Solo

TINIES 7 YEARS

DEMONSTRATION

Skylla

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: AMELIA DELAINE

2023 Graceful Solo

TINIES 7 YEARS

JAN-APRIL

Annika

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: JACLYN DELAINE

5th place

2023 Graceful Solo

TINIES 7 YEARS

JAN-APRIL

Winnie

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: AMELIA DELAINE

2023 Graceful Solo

TINIES 7 YEARS

MAY-DEC

Matilda

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: AMELIA DELAINE

5th place

2023 Graceful Solo

TINIES 7 YEARS

MAY-DEC

Sophie

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: AMELIA DELAINE

2023 Graceful Solo

SUB-JUNIOR 8 YEARS

OPHELIA

COACH: AMY FACKRELL

2023 Graceful Solo

SUB-JUNIOR 8 YEARS

DIVISION 2

Lucy

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: JACLYN DELAINE

4th place

2023 Graceful Solo

SUB-JUNIOR 8 YEARS

DIVISION 3

Evie

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: CASEY ALLISON

5th place

2023 Graceful Solo

SUB-JUNIOR 8 YEARS

DIVISION 1

Scarlett

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: AMELIA DELAINE

2023 Graceful Solo

SUB-JUNIOR 8 YEARS

CHAMPIONSHIP

Zara

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: CAITLIN CARROLL

2023 Graceful Solo

SUB-JUNIOR 9 YEARS

Isabella

COACH: ERIN BOWDEN

4th place

2023 Graceful Solo

SUB-JUNIOR 9 YEARS

DIVISION 4

Zara

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: CASEY ALLISON

5th place

2023 Graceful Solo

SUB-JUNIOR 9 YEARS

DIVISION 2

Jorah

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: AMELIA DELAINE

2023
Graceful Solo

SUB-JUNIOR
9 YEARS

DIVISION 1

Charlie

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: CAITLIN CARROLL

2023
Graceful Solo

SUB-JUNIOR
10 YEARS

DIVISION 2

Amika

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: AMY FACKRELL

2023
Graceful Solo

SUB-JUNIOR
10 YEARS

DIVISION 2

Isabella

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: AMY FACKRELL

2023
Graceful Solo

SUB-JUNIOR
10 YEARS

DIVISION 1

Mali

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: CAITLIN CARROLL

2023
Graceful Solo

JUNIOR
11 YEARS

DIVISION 3

Ebony

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: JACLYN DELAINE

2023
Graceful Solo

JUNIOR
11 YEARS

DIVISION 3

Ruby

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: JACLYN DELAINE

2023
Graceful Solo

JUNIOR
12/13 YEARS

DIVISION 5

Matilida

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: AMY FACKRELL

2023
Graceful Solo

JUNIOR
12/13 YEARS

DIVISION 4

Jash

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: CAITLIN CARROLL

2023
Graceful Solo

JUNIOR
12/13 YEARS

DIVISION 3

Jabbyn

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: HAYLEY EDWARDS

2023
Graceful Solo

JUNIOR
12/13 YEARS

DIVISION 3

Maere

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: HAYLEY EDWARDS

2023
Graceful Solo

JUNIOR
12/13 YEARS

DIVISION 2

Billie

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: KIMBERLEY DOYLE

2023
Graceful Solo

JUNIOR
12/13 YEARS

DIVISION 2

Macey

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: ALICIA SYMONDS

2023
Graceful Solo

JUNIOR
12/13 YEARS

DIVISION 1

Amelia

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: AMY FACKRELL

2023
Graceful Solo

INTERMEDIATE
14/15 YEARS

DIVISION 4

Piper

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: CASEY ALLISON

2023
Graceful Solo

INTERMEDIATE
14/15 YEARS

DIVISION 3

Jada

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: CAITLIN CARROLL

2023
Graceful Solo

INTERMEDIATE
14/15 YEARS

DIVISION 2

Lilah

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: CASEY ALLISON

2023
Graceful Solo

INTERMEDIATE
14/15 YEARS

DIVISION 2

Jessica

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: HAYLEY EDWARDS

2023
Graceful Solo

INTERMEDIATE
14/15 YEARS

DIVISION 1

Maudie

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: HAYLEY EDWARDS

2023
Graceful Solo

INTERMEDIATE
14/15 YEARS

DIVISION 1

Lotus

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: REBECCA APLIN

2023
Graceful Solo

INTERMEDIATE
14/15 YEARS

CHAMPIONSHIP

Ellie

CASA GRACEFUL SOLO CHAMPIONSHIPS

COACH: CAITLIN CARROLL

2023 Graceful Solo
INTERMEDIATE 16/17 YEARS
Ruby
COACH: MICHELLE RICHMOND

2023 Graceful Solo
INTERMEDIATE 16/17 YEARS
Bree
COACH: CASEY ALLISON

2023 Graceful Solo
INTERMEDIATE 16/17 YEARS
DIVISION 2
Gemma
COACH: CAITLIN CARROLL

2023 Graceful Solo
INTERMEDIATE 16/17 YEARS
DIVISION 1
Madeline
COACH: CAITLIN CARROLL

4th place
2023 Graceful Solo
INTERMEDIATE 16/17 YEARS
DIVISION 1
Niki
COACH: HAYLEY EDWARDS

3rd place
2023 Graceful Solo
INTERMEDIATE 16/17 YEARS
DIVISION 1
Olivia
COACH: HAYLEY EDWARDS

2023 Graceful Solo
INTERMEDIATE 16/17 YEARS
CHAMPIONSHIP
Vivian
COACH: CAITLIN CARROLL

2023 Graceful Solo
INTERMEDIATE 16/17 YEARS
CHAMPIONSHIP
Sayuri
COACH: MICHELLE RICHMOND

2023 Graceful Solo
SENIOR 18+ YEARS
DIVISION 4
Jiana
COACH: HAYLEY EDWARDS

2023 Graceful Solo
MASTERS 26+ YEARS
FINAL A
Anebia
COACH: JOSIE HEER & COURTNEY HILL



2023 PHCC Graceful solo concert