

PLYMPTON HALIFAX CALISTHENICS CLUB

Newsletter - June Edition 2026



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

What a busy start to Term 2! So many exciting events already!

Concert Week was such a joy. It was a wonderful opportunity for our teams to present their routines to an audience and showcase their progression so far.

Our Tinies Navy, Sparkles, and Tinkerbells shone on stage at the Innovation competitions. Well done to our clever and brave youngest members.

Camp was such fun once again, always a highlight on the calisthenics calendar for our Sub-Juniors, Juniors, and Intermediates. There were so many memories made and new friendships formed. We also loved having some of our Masters and Seniors attend.

It's not long now until our Mid Year Concert. This year there will be two concerts, so please see details later in the newsletter.

Isla from our Sub-Juniors is a member of the Sub-Junior Tier 1 State Team, and Elouise from our Juniors is a member of the Junior Tier 2 State Team. Both girls will travel to Perth to compete in the Interstate Challenge. We wish them a wonderful trip and an amazing experience representing their teams. Their Revue will be held on 7 June for anyone who would like to go along and support them.

Congratulations to Tallyn for performing with CASA at the 2026 CanDance for a Cure fundraiser. It's great to see our sport promoted to the wider dance community whilst supporting an incredible cause.

We are now heading into team competition season, and things are starting to get very busy with extra practices, costumes, and prop making. If you are able to lend a hand, even with a small task, it would be greatly appreciated.

Looking forward to the next few weeks and seeing you at the various events.
Happy calisthenics!

Lisa Beecken - Coach Co-Ordinator - 0438 808 967

MID YEAR CONCERT

Saturday 20 June

Brighton High School
Performing Arts Theatre
305 Brighton Road, North Brighton

Concert 1

Girls to arrive at 1.30pm for a 2pm start
Sparkles, Tinkerbells, Tinies Navy, Sub-Junior White, Gold & Navy

Concert 2

Girls to arrive at 4.30pm for a 5pm start
Junior 2, Junior 1, Intermediates, Seniors, Masters

Tickets can be purchased online via the link below:

<https://www.revolutionise.com.au/plymptonhalifaxcali/events/358128>

Hair : Hair is to be pulled into a tight and smooth bun with no wispy bits or fringe. Use gel and hairspray. Please pack some bobby pins. If you are unable to do your own hair please discuss with your Coach who will organise assistance.

Makeup : Foundation, brown eyeshadow, blush, red lipstick

Competitions earrings (if pierced ears) : all Juniors, Intermediates, Seniors and Masters. These are available to purchase if you have misplaced yours : <https://www.plymptonhalifax.org.au/product-page/club-competition-earrings>

MID YEAR CONCERT

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

There is to be NO filming or taking of photographs of the girls on stage or in the dressing rooms.

The canteen will be open for the purchase of pies, pasties, soup, chips, chocolates, lollies and drinks. We will accept cash or card.

Please support our raffle. Tickets can be purchased online or on the day. There are many fabulous prizes and we thank the following companies for their generosity : A-Step-Ahead (Amy Fackrell), 7t7, Ugly Swan, Ego Pharmaceuticals and Arnotts.

First prize is a nights accommodation at the stunning Lady Bay Resort at Normanville on the Fleurieu Peninsula valued at \$300. Relax for the night or play a round of golf, enjoy dinner or lunch at the fabulous restaurant while you take in everything beautiful Normanville has to offer! Thank you to Lady Bay Resort for their generous donation.



2026 DIARY DATES

WINDSOR COMPETITION

Friday 10 July, 6pm
Golden Grove Arts Centre
Masters

REYNELLA BRAEVIEW COMPETITIONS

16 July - Juniors
17 July - Sub Juniors
18 July - Intermediates
Walford College

CASA STATE CHAMPIONSHIPS

****Dates are subject to change****

Royalty Theatre, 65 Angas Street, Adelaide

SPARKLES - Saturday 25 July, 9am
TINIES NAVY - Sunday 26 July, 4pm
TINKERBELLS - Sunday 02 August, 9am
SUB-JUNIOR NAVY - Friday 07 August, 6pm
SUB-JUNIOR GOLD - Sunday 09 August, 2.30pm
SUB-JUNIOR WHITE - Sunday 09 August, 2.30pm
JUNIOR 2 - Saturday 15 August, 10am
JUNIOR 1 - Saturday 15 August, 4pm
SENIORS - Sunday 23 August, 1pm * Adelaide Convention Centre
INTERMEDIATES - Friday 28 August, 6pm
MASTERS - Friday 04 September, 6pm

COMMITTEE MEETING

Thursday 27 August, 7pm

ANNUAL CONCERT

Saturday 12 September, 2pm
Walford College
All teams perform

BUNNINGS BBQ

Sunday 11 October
Marion

ACF SENIOR COMPETITION

Saturday 17 October
Paradise Community Church

PHCC PRESENTATION EVENT

Saturday 28 November
Plympton Football Club
3.30-5pm - Sparkles, Tinkerbells, Tinies
6pm - Sub-Juniors-Masters

PHCC BUY & SELL

We have a PHCC secondhand Facebook page where you can buy and sell our merchandise and graceful, solo and duo costumes.

<https://www.facebook.com/share/g/18gSFEoY3X/?mibextid=wwXlfr>

Please request to join.

BRONZE SPONSOR

We are delighted to welcome Livewire Digital as a Club 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.

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<http://livewiredigitalsa.com>

Thank you Livewire Digital for your support.



INNOVATION TINIES COMPETITION/DEMONSTRATION



March - 1st Place
 Exercises - 1st Place
 Rods - 2nd Place
 Character Folk - 1st Place



Choreography Award - Dance



CONCERT WEEK



CAMP



