

# PLYMPTON HALIFAX CALISTHENICS CLUB

*Newsletter - May Edition 2026*



## **Club Objective:**

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

Welcome to Term 2! We have an exciting term ahead, with plenty of fun events for everyone to look forward to, especially in the first few weeks: Concert Week, Innovation Competitions/Demonstrations for Tinkerbells, Sparkles and Tinies, Camp for our Sub-Juniors, Juniors and Intermediates, and our Mid Year Concert.

Term 1 was a busy and productive start to the year, with all teams working hard to learn new routines. We encourage everyone to come along to Concert Week to support one another, meet your buddy, and see how our routines are coming together.

Earlier in Term One, Layla, Calli, and Natalie took part in the CASA Starlet program. This provided them with a valuable opportunity to further develop their existing skills while also learning new ones.

Congratulations to all our girls and coaches on their wonderful performances throughout the Graceful season. A big thank you to those who generously volunteered their time at the Royalty Theatre during the CASA Graceful Competitions to ensure they ran smoothly.

During the school holidays, we had the wonderful opportunity to perform a concert at Kapara Aged Care facility. It was a truly special community event, and seeing the smiles on the residents' faces made the experience incredibly rewarding.

A big shout out to our Bronze sponsor LiveWire. For your electrical needs please support those who support us! If you have any family, friends or businesses who would like to sponsor our Club please contact me to discuss options!

Looking forward to another busy and fun term!  
Lisa Beecken - Coach Co-Ordinator - 0438 808 967

# CONCERT WEEK

## MONDAY 11 MAY

**SUB-JUNIOR NAVY, 6.15PM**

THE CHURCH OF THE GOOD SHEPHERD, 15 CLAYTON AVE, PLYMPTON

**SUB-JUNIOR GOLD, 6.15PM**

ST FRANCIS OF ASSISI, 835 SOUTH ROAD, CLARENCE GARDENS

**INTERMEDIATES, 7PM**

GLENGOWRIE UNITING, 33 BUTLER CRESCENT, GLENGOWRIE

## TUESDAY 12 MAY

**JUNIOR 2, 6.30PM**

THE CHURCH OF THE GOOD SHEPHERD, 15 CLAYTON AVE, PLYMPTON

## WEDNESDAY 13 MAY

**MASTERS, 7PM**

PLYMPTON PRIMARY SCHOOL,  
OWEN STREET, PLYMPTON

## SATURDAY 16 MAY

**TINKERBELLS, 9.45AM**

THE CHURCH OF THE GOOD SHEPHERD, 15 CLAYTON AVE, PLYMPTON

**TINIES NAVY, 10AM**

THE CHURCH OF THE GOOD SHEPHERD, 15 CLAYTON AVE, PLYMPTON

## MONDAY 18 MAY

**SPARKLES, 5.15PM**

VERMONT UNITING, 576 CROSS ROAD, SOUTH PLYMPTON

**SUB-JUNIOR WHITE, 5.45PM**

PAN-LACONIAN, 24/26 ALDRIDGE AVE, PLYMPTON PARK

**SENIORS, 7PM**

PLYMPTON PRIMARY SCHOOL,  
OWEN STREET, PLYMPTON

## TUESDAY 19 MAY

**JUNIOR 1, 7PM**

GLENGOWRIE UNITING, 33 BUTLER CRESCENT, GLENGOWRIE

# 2026 DIARY DATES

## 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, 10am - Tinies Navy  
Sunday 31 May, 1pm - Sparkles  
Sunday 31 May, 3.30pm - Tinkerbells  
Walford College

## COMMITTEE MEETING

Thursday 18 June  
Venue TBA

## MID YEAR CONCERT

Saturday 20 June  
Brighton High School

Concert 1 - 2pm Start: Sparkles, Tinkerbells, Tinies Navy,  
Sub-Junior Navy, Gold and White

Concert 2 - 5pm Start: Junior 1 & 2, Intermediates, Seniors & Masters

# WINDSOR COMPETITION

10 - 12 July  
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

# ANNUAL CONCERT

Saturday 12 September, 2pm  
Walford College  
All teams perform

# 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

## 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.

0400 979 979

[livewiredigital@bigpond.com](mailto:livewiredigital@bigpond.com)

<http://livewiredigitalsa.com>

Thank you Livewire Digital for your support.



# MOTHERS DAY RAFFLE

We are holding a Mother's Day raffle with a chance to win a lovely hamper.

Tickets are only \$1 each and can be purchased via the link:

<https://www.revolutionise.com.au/plymptonhalifaxcali/events/354157>

The winner will be drawn on 8 May just in time for Mother's Day.



# WORKING WITH CHILDREN CHECK

During the year we will be asking for volunteers for a variety of different events. Many require a WWC Check.

If you don't already have one please see the link below - it's free!

[Click Here to Apply](#)

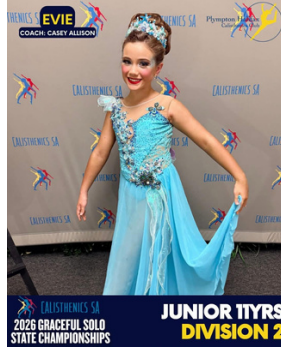
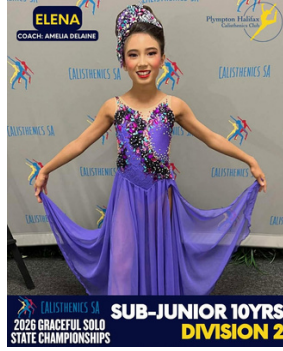
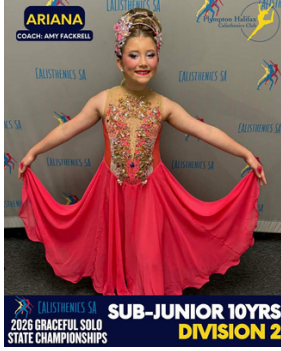
# PHCC BUY & SELL

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

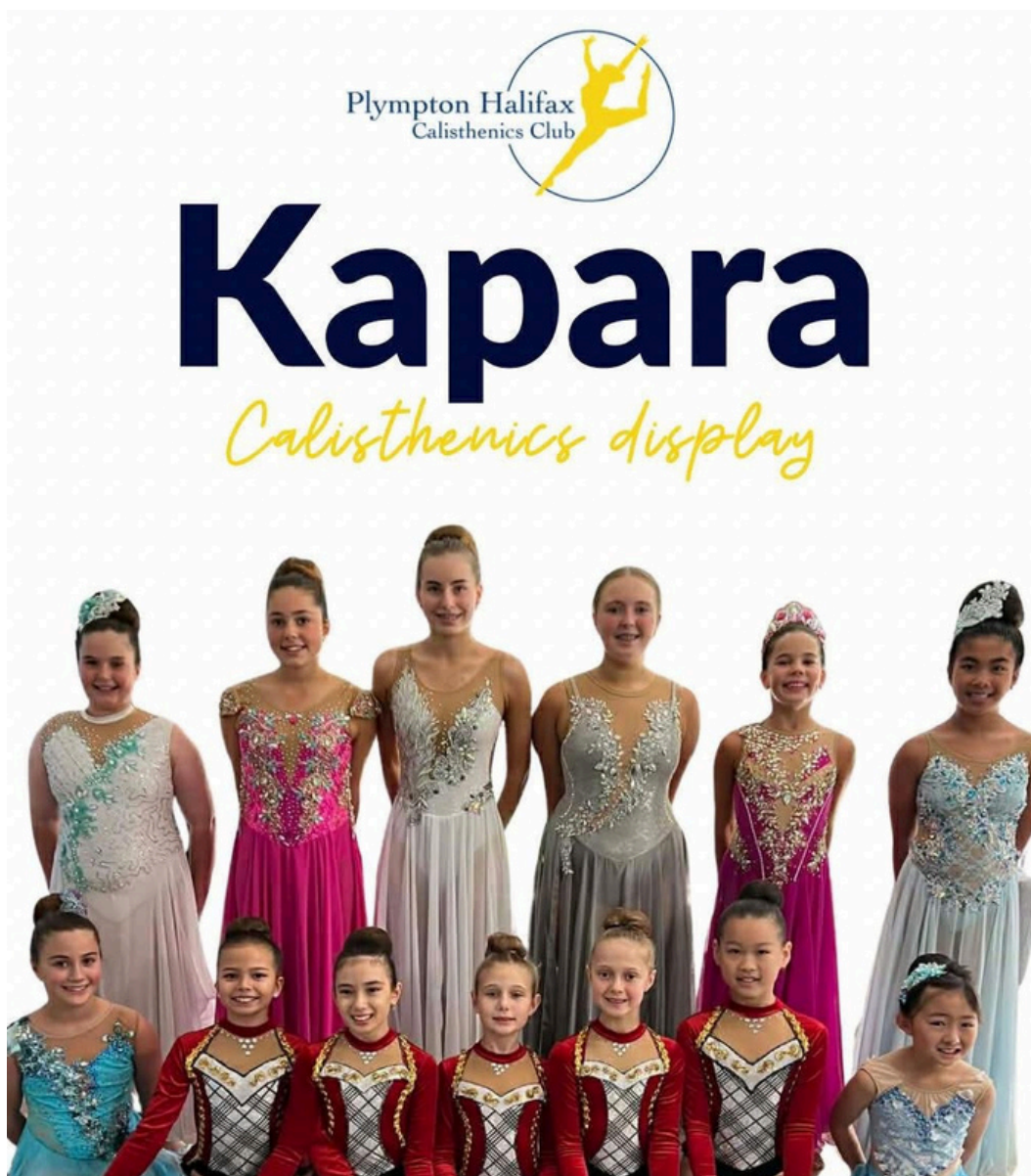
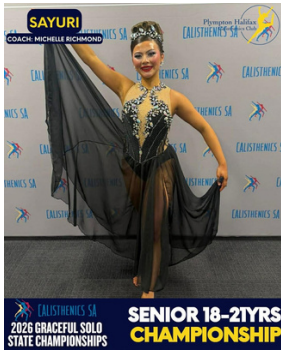
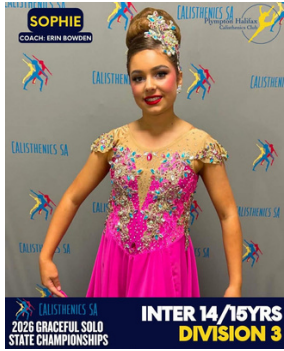
<https://www.facebook.com/share/g/18gSFEoY3X/?mibextid=wwXlfr>

Please request to join.

# GRACEFUL GIRLS



# GRACEFUL GIRLS



# 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 Plymouth 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 "Plymouth 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!

