

PLYMPTON HALIFAX CALISTHENICS CLUB

Newsletter - September Edition 2022



Plympton Halifax
Calisthenics Club



@plymptonhalifaxcc

What an exciting time we have had over the last few months with all teams competing in the CASA State Championships. Whilst all teams battled lots of sickness and injury, when it came to competition day there were only two girls who were unfortunately unable to perform. To the credit of our Coaches and teams, members rallied together and all performances were something to be very proud of.

Thank you to everyone who made these competitions happen - whether that be volunteering at the Royalty Theatre, sewing costumes, doing hair or makeup, making and transporting props, organising team parties or gemming hundreds if not thousands of gems on costumes. Volunteers do not go unnoticed - you are what makes our Club.

Thank you to our Coaches for their dedication and the enormous amount of hours they spent preparing their teams to the very best of their ability.

Congratulations to Olivia and the SA Intermediate National team who were runners up in the first ever virtual National Competitions in July. This was a very exciting event and we are very proud of Olivia and all that she achieved.

Later this month Amy (Coach), Kylie (Chaperone) and Maeve from our Juniors will be travelling to Darwin to compete in the Frangipani Cup as part of the SA Junior Development Team. We wish them good luck and a lovely trip in the sun!

After waiting three years, in November, our Masters team will be travelling to the Pan Pacs on the Gold Coast. We wish them a great trip and competition.

I am very much looking forward to our Annual Concert, where, for the first time in three years the whole Club will come together. Following the Concert there will be a break from team lessons. Many girls are beginning Solo and Duo lessons and I wish them well in their preparations.

As always if you have any questions or concerns please don't hesitate to contact me.

Lisa Beecken
0438 808 967



Your Common Area Facilities Specialists!!



ANNUAL CONCERT

Sunday 18th September, 12 noon

Royalty Theatre: 65 Angas Street, Adelaide

11:30am - Sub Juniors, Juniors, Inters Seniors & Masters arrive

1pm - Sparkles, Tinkerbells, Tinies meet their dresser out the front of the theatre. We encourage these teams to sit in the audience with their parent/guardian and watch the first section of the concert from 12 noon. No ticket required.

Concert Tickets: Adults: \$18.50, Children/Student: \$13.50,
Children under 5 free.

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

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 as follows.
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.

On the day make sure you get your Raffle tickets. We've got some great prizes and would appreciate your support.

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

The Concert will be videoed and available for purchase after the concert through Event Clips.

TERM 4 LESSONS

Girls will either continue in their current age group or move into the next age group ready for 2022. When girls move up into the next section this is usually a change of day, time and Coach. The lessons in Term 4 give the coaches and girls the opportunity to get to know one another before the new year begins. Please chat to your Coach if you are not sure which section your daughter will be in in Term 4 2023.

Lessons in Term 4 commence:

Tinkerbells

Saturday 22 October, 9-10am

Sparkles

Wednesday 19 October, 4-5pm

Tinies Navy

Saturday 22 October, 9-10.30am

Tinies Gold and White

Wednesday 19 October, 5-6.30pm

Sub-Juniors (2013/14/15)

Monday 17 October, 4.30-6.30pm

All at the Mooringe Ave Hall

Juniors (2010/11/12)

Tuesday 25 October, 4.30-7pm

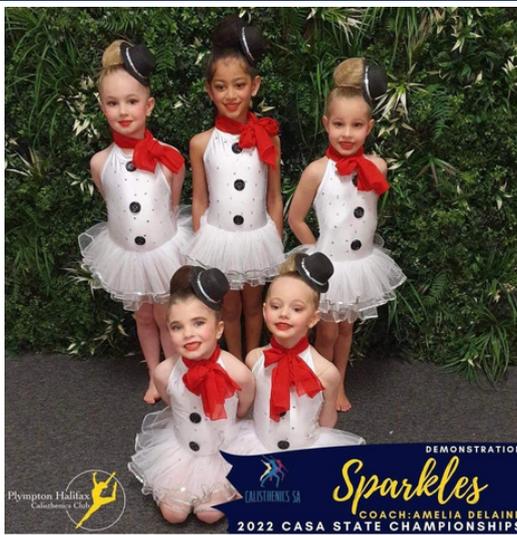
All at Mooringe Ave Hall

Intermediates (2006/07/08/09)

Tuesday 25 October, 7pm

Seniors

TBA



March: 1st
Exercises: 1st
Rods: 1st
Aesthetic: 3rd

March: 2nd
Exercises: 4th
Aesthetic: 4th

March: 4th
Exercises: 3rd
Rods: 3rd
Aesthetic: 2nd



March: 3rd

March: 1st
Exercises: 3rd
Rods: 4th
Character Folk: 2nd
3rd Overall

March: 4th
Clubs: 4th
Exercises: 4th
Rods: 3rd
Character Folk: 1st
3rd Overall



March: 3rd
Song & Dance: 4th

Clubs: 1st
Exercises: 1st
Rods: 4th
Aesthetic: 3rd
Song & Dance: 2nd
2nd Overall

March: 3rd
Clubs: 5th
Song & Dance: 5th
2nd Overall



March: 1st
Clubs: 1st
Exercises: 2nd
Rods: 2nd
Aesthetic: 1st
Dance: 1st
1st Overall

March: 1st
Clubs: 1st
Exercises: Equal 1st
Rods: 2nd
Aesthetic: 1st
Dance: 1st
1st Overall

March: 3rd
Clubs: 3rd
Rods: 4th & 5th
Aesthetic: 4th
Dance: 3rd
3rd Overall