

PLYMPTON HALIFAX CALISTHENICS CLUB

Newsletter - June Edition 2023



Club Objective:

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

It's been a wonderful month with our youngest members competing at the Innovation Competitions/Demonstrations and our Sub-Juniors, Juniors and Intermediates at the CASA May Display. Well done to all our girls and thank you to our Coaches, costume, makeup, hair and prop ladies who all helped to make this happen smoothly.

It's now time to get excited about our Mid Year Concert, all 75 items spread over three concerts. I hope you have purchased your tickets!

I would like to take this opportunity to wish Amelia (Juniors), Sayuri (Intermediates) and Miss Amy (Juniors 2nd Assistant Coach) all the best for their upcoming trip to compete in the National Championships. We are very proud of them and wish them a successful competition and an experience they will never forget.

Please make sure you keep up to date with communications through your Team and our Club facebook pages. With competition dates now available for all teams, we are organising Royalty Theatre stage and extra practises. As soon as dates and venues are confirmed we will advise you. We all have busy schedules and we appreciate you making every effort to attend all lessons to ensure our girls and teams are fully prepared.

I am excited that our Junior and Intermediate teams are travelling to Ballarat in October to compete in the Royal South Street Competitions. Our Intermediate team is having a Quiz Night fundraiser - please see the flyer for more details on how to purchase your tickets.

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

Regards,
Lisa Beecken



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.

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!**

The canteen will be open for the purchase of pies, sausage rolls, vegetarian
pasties, quiches, drinks, chocolates, and lollies. There will also be a Sausage
Sizzle. We will accept cash or card on the day.

MID YEAR CONCERT

Concert and raffle tickets are now available. Please come along and support our teams as they prepare for the CASA State Championships.

Concert 1

<https://www.revolutionise.com.au/plymptonh.../events/189244/>

Concert 2

<https://www.revolutionise.com.au/plymptonh.../events/190343/>

Concert 3

<https://www.revolutionise.com.au/plymptonh.../events/190344/>

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Thank you

Plympton Halifax
Calisthenics Club

To the following
businesses for their kind
donations supporting our
Mid Year Concert raffle

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)



REYNELLA BRAEVIEW COMPETITIONS

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

Sub-Junior Gold, Blue and White: Friday 21 July (morning)
Sub-Junior Navy: Friday 21 July (afternoon)
Intermediate Team 1: Saturday 22 July (morning)
Intermediate Team 2: Saturday 22 (afternoon)
Seniors: Saturday 22 July (evening)
Junior Team 2 and 3: Sunday 23 July (morning)
Junior Team 1: Sunday 23 July (afternoon)

CASA STATE CHAMPIONSHIPS

Held at the Royalty Theatre, Adelaide

Sparkles: Saturday 29 July 9am
Tinkerbells: Sunday 30 July 10am
Tinies Gold: Friday 28 July 6pm
Tinies Navy: Saturday 05 August 5pm
Sub Junior White & Blue: Sunday 06 August 10am
Sub Junior Gold: Friday 11 August 6pm
Sub Junior Navy: Friday 18 August 6pm
Junior 2: Saturday 26 August 11am
Junior 1: 4: Saturday 26 August 4:30pm
Intermediate 2: Saturday 02 September 11am
Intermediate 1: Saturday 02 September 4:30pm
Seniors: Sunday 13 August 2pm (Adelaide Convention Centre)
Masters: Sunday 27 August 3pm

ROYAL SOUTH STREET COMPETITION

Ballarat, VIC

Juniors: Wednesday 18th October
Intermediates: Sunday 8th October

COMMITTEE MEETING

Thursday 17 August
7pm
PHCC Hall, Mooringe Ave

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.

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!!

Sachiez
KITCHEN

Phone Number: 8297 8555

Website: www.sachiezkitchen.com.au



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



Exercises: 2nd
Rods: 3rd
Folk: 4th

March: 3rd
Exercises: 2nd
Rods: 3rd
Folk: 2nd