

PLYMPTON HALIFAX CALISTHENICS CLUB

Newsletter - September Edition 2025



Club Objective:

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

Having been part of Calisthenics and the Plympton Halifax community for most of my life, I still find myself overwhelmed with pride watching our teams shine at the State Championships. The effort, energy and dedication that went into every 2 to 3.5-minute routine was truly inspiring.

Each performance displayed new skills, resilience, determination, and importantly personal growth. There was discipline, confidence, joy and a strong sense of camaraderie.

Of course, none of this would have been possible without our amazing Coaches. Thank you for your countless hours of teaching, planning, and organising behind the scenes. Your passion is clear in every detail—from the creative routines to the care and support you show each member. A very special thank you to Julie Allison and everyone who helped our teams dazzle on stage. Your tireless work—sewing, gluing, and ensuring every costume detail was perfect—has not gone unnoticed. To those who contributed through prop making, transport, hair and makeup, team managing, and countless other roles—thank you.

Your support means everything.

If you haven't already, grab your tickets for our Annual Concert! I can't wait to see all our teams perform a selection of routines once more.

There are no lessons after the Annual Concert until Term 4. Please see dates, times and venues listed later in the newsletter. Term 4 is a perfect time to introduce friends to our wonderful sport - 2 free trial lessons!

Many of our members are preparing for Solo and Duos. Enjoy this lovely opportunity and we look forward to seeing the routines in coming weeks.

As always, if you have any questions please do not hesitate to contact me.

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

COACH & VOLUNTEER OF THE YEAR

We are beyond proud to celebrate two incredible women who have given so much to Plympton Halifax.

Lisa and Julie have each dedicated over 20 years to our club, showing extraordinary passion, commitment, and support for our members and community. Their contribution has left an unforgettable mark on our club's history!

These prestigious awards were presented at the 2025 Senior Championship Competition – what an incredible recognition of their hard work and commitment.

Thank you, Lisa and Julie, for everything you do. These awards are so well deserved, and we are truly fortunate to have you both at Plympton Halifax. Your dedication plays a huge role in our club's success. 🌟



ANNUAL CONCERT

Sunday 21 September

2pm @ Walford College Theatre, 316 Unley Road, Hyde Park

1:30pm - All Sparkles, Tinkerbells, Sub Juniors, Intermediates,
Seniors & Masters

1:45pm - Tinies Gold, Tinies Navy, Junior 1 & Junior 2

Concert Tickets: Adults: \$22, Concession: \$17, Child (5-16 years): \$12,
Children under 5 free

[Click Here](#) to purchase tickets.

Don't forget to order a program for only \$4! This is a lovely keepsake.

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. If you require any assistance please speak with your team Coach.

At interval we will be taking a photograph of the entire Club and all members will need to wear their Club tracksuit. We will arrange a tracksuit for any Sub-Juniors, Tinies Gold, Tinies Navy, Sparkles and Tinkerbells who do not have one. All other members please wear your tracksuit!

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.

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

Be sure to purchase your raffle tickets either online or on the day. We've got some great prizes and would appreciate your support.

The Concert will be videoed and available for purchase from Dance Works via the following link:

<https://www.trybooking.com/events/landing/1463289>

TERM 4 LESSONS

Girls will either continue in their current age group or move into the next age group in preparation for 2026. When girls move up into the next section this may be 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 or Lisa if you are unsure which section your daughter will be in in Term 4 2025.

Masters

Plympton Primary School
Wednesdays 22 October - 05 November
6.30-8pm

Seniors

Plympton Primary School
Mondays 27 October - 10 November
6.30-8.30pm

Intermediates

Thursdays 16 October - 13 November
6 - 8pm
Venue to be advised

Juniors

Church of the Good Shepherd, Clayton Ave, Plympton
Tuesdays 14 October - 11 November
4.30-7pm

* Please note all Juniors are at the one venue in Term 4

TERM 4 LESSONS

Sub-Juniors

During Term 4 our Sub-Juniors learn for their Pupil Skills exam which will be held on 08 December at Glengowrie

* Practise venue is as per date of birth

Test One - DOB : 2018

Mondays 13 October - 08 December

4.30-6pm

Glengowrie Uniting Church, 33 Butler Crescent, Glengowrie
OR

Wednesdays 15 October - 03 December + Exam Monday 08 December

4.30-6pm

Glengowrie Uniting Church, 33 Butler Crescent, Glengowrie

Test Two - DOB : 2017

Mondays 13 October - 08 December OR

4.30-6.30pm

Pan-Laconian Hall, 24/26 Aldridge Ave, Plympton Park

Test Three - DOB : 2016

Mondays 13 October - 08 December

4.30-6.30pm

Church of The Good Shepherd, Clayton Ave, Plympton

TERM 4 LESSONS

Tinies Gold

Glengowrie Uniting, 33 Butler Crescent, Glengowrie
Wednesdays 15 October - 26 November
4:30 - 6pm

Tinies Navy

Church of The Good Shepherd, Clayton Ave, Plympton
Saturdays 18 October - 06 December (no lesson 8/11)
9:30 - 11am

*Please note the lesson on 25 October will be held from 10am - 11am at
Glengowrie Uniting, 33 Butler Crescent, Glengowrie

Tinkerbells

Church of The Good Shepherd, Clayton Ave, Plympton
Saturdays 18 October - 06 December (no lesson 8/11)
9 - 10am

*Please note the lesson on 25 October will be held from 10am - 11am at
Glengowrie Uniting, 33 Butler Crescent, Glengowrie

Sparkles

Vermont Uniting, 578 Cross Road, South Plympton
Mondays 13 October - 24 November
4.30 - 5.30pm

PRESENTATION EVENT

29 November
Plympton Football Club

REYNELLA BRAEVIEW COMPETITION RESULTS



Sub Junior Blue
Exercises: Second
Rods: = Third
Folk: Fifth

Sub Junior White
March: Third
Clubs: Second
Exercises: Third
Rods: = Third
Folk: Fourth
Second Overall

Sub Junior Gold
March: Second
Clubs: First
Exercises: First
Rods: First
Folk: First
First Overall

Sub Junior Navy
March: Fifth
Clubs: Third
Exercises: Second
Rods: Fourth
Folk: Second
Third Overall



March: Fifth
Clubs: Second
Exercises: Second
Rods: Second
Aesthetic: Second
Dance: First
Third Overall

March: Third
Clubs: Third
Rods: Third
Aesthetic: Fourth
Dance: Second
Third Overall

Clubs: Fourth
Exercises: First
Rods: Third

March: Fourth
Rods: Third
Dance: Third



March: First
Clubs: Second
Exercises: First
Rods: Third
Rhythmical Aesthetic: Second
Dance: Second
Second Overall

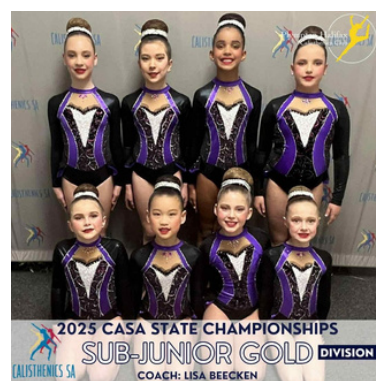
CASA STATE CHAMPIONSHIP RESULTS



Choreography Awards:
Exercises & Dance

March: Third
Exercises: Second
Rods: First
Aesthetic: First

Exercises: Fifth
Rods: Fourth

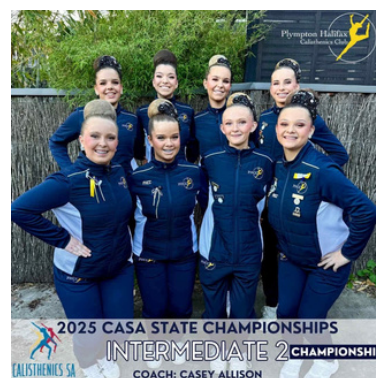


March: Fifth
Exercises: Third
Rods: Third
Folk: Second
First Overall

March: Third
Clubs: Fourth
Exercises: Fourth
Rods: Fourth
Folk: Third
First Overall

March: First
Clubs: First
Exercises: Second
Rods: First
Folk: First
First Overall

March: Fourth
Clubs: Second
Exercises: Second
Rods: First
Folk: Third
Second Overall



March: Fifth
Clubs: Fourth
Exercises: Fifth
Rods: Fourth
Aesthetic: Fourth
Dance: Fourth

March: Fifth
Clubs: Fifth
Rods: Fifth
Aesthetic: = Fourth

Clubs: Second
Exercises: Third
Rods: = Third

March: Fourth
Clubs: Fifth
Rhythmical
Aesthetic: = Fifth
Cali Revue: Fifth

CASA STATE CHAMPIONSHIP RESULTS



March: = Third
Exercises: Fifth
Dance: Fifth



March: Second
Clubs: Second
Exercises: Second
Rods: Third
Cali Revue: Third

AUSCALICARNIVALE



March: Fourth
Clubs: Fifth
Exercises: Fourth
Rods: Fourth
Cali Revue: Fourth



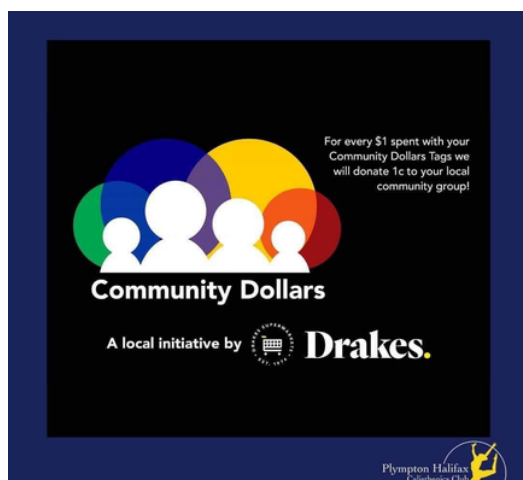
DO YOU SHOP AT DRAKES?

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 Plympton 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 "Plympton 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!

