

# 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**

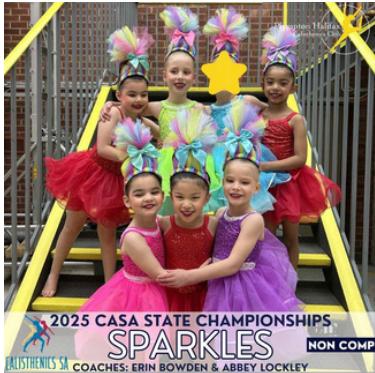
Clubs: Fourth  
Exercises: First  
Rods: Third

March: Fourth  
Rods: Third  
Dance: Third



March: First  
Clubs: Second  
Exercises: First  
Rods: Third  
Rhythrical 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

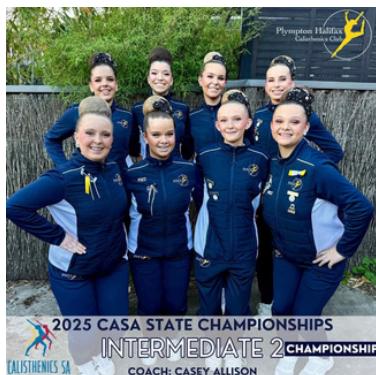


March: Fifth  
Exercises: Third  
Rods: Third  
Folk: Second  
First Overall

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  
Rhythrical  
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!

