

PLYMPTON HALIFAX CALISTHENICS CLUB

Newsletter - January Edition 2024



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

Welcome to the 2024 calisthenic year. I hope you have all had an enjoyable break and managed to spend time with family and friends.

I am again delighted to be working alongside a talented and dedicated team of Coaches who are very much looking forward to seeing everyone again and sharing their holiday stories.

Thank you to all who completed our recent survey. This information is very important and helpful in planning for 2024 and also to continually improve many different facets of the Club.

Prior to the first lesson participants need to be registered via the link below. Registration includes the agreement of our Code of Conduct. Without payment of registration the participant is not insured and therefore NOT able to train.

<https://www.plymptonhalifax.org.au/registration>

Please take some time to read the "PHCC fees 2024" which details all costs and when payments are due. This will be posted on our website and your team communication pages so you can refer to it throughout the year. With increasing hall hire and cost of living expenses we have needed to increase fees and costume costs. If you would like to set up a payment plan please speak to our Treasurer.

Our Intermediate and Senior teams will be using an app called "Heja" for all communication. All other teams will continue to use facebook as their main form of communication for team and Club correspondence.

Many of our girls and Coaches have already commenced Graceful Girl lessons and we wish them all the best over the coming weeks as they prepare for regional and CASA Competitions.

Tinies:

Elise, Isabelle, Bobbie, Olive

Sub-Juniors :

Sara, Annika, Domnica, Lucy, Malin, Matilda, Scarlett S, Winnie, Torah, Olivia, Ava, Ema, Sophie, Ariana, Ophelia, Isabella, Zara S, Zara G, Charlie, Evie, Alana

Juniors:

Billie, Ebony, Luella, Annika, Mali, Maddy

Intermediates:

Amelia, Macey, Matilda, Vanna, Gemma, Natasha, Jada, Maddi, Olivia, Maeve, Jessica, Tallyn, Femi, Lotus, Sayuri, Ruby

Seniors:

Niki, Erin, Maddie

Masters:

Amy

Congratulations to Billie, Maddi, Mali and Sayuri who have been selected in the Australian Calisthenics Theatre Company Ensemble . This is a new initiative for the Calisthenics community and we can't wait to watch you perform on the Festival Theatre stage in June.

I hope you will consider coming along to our AGM which will be held on Tuesday 06 February, 7pm, at the hall. This is a great opportunity to show your support . New members are very welcome.

If you have any queries now or throughout the year please do not hesitate to contact me directly and remember it's a great time to bring a friend along to come n try—the first 2 lessons are free.

Looking forward to a great year.

Lisa Beecken

Coach Co-Ordinator - 0438 808 967

2024 LESSONS

Tinkerbells

Saturday 03 February, 9-10am

Coaches : Casey Allison and Lily Jones (trainee)

Sparkles

Wednesday 07 February, 4-5pm

Coach : Erin Bowden

Tinies Navy

Saturday 03 February, 10-11.30am

Coach : Meg Allison

Tinies Gold

Wednesday 07 February, 5-6.30pm

Coach : Amelia DeLaine

Sub-Juniors

Monday 29 January, 4.30-6.30pm

Coaches : Amelia DeLaine, Jaclyn DeLaine, Lisa Beecken,
Amy Fackrell, Caitlin Carroll

Juniors

Tuesday 30 January, 4.15-7pm

Coaches : Caitlin Carroll and Jaclyn DeLaine

Intermediates

Thursday 01 February, 6-9pm

Coaches : Hayley Edwards and Casey Allison

Seniors

Monday 29 January, 6.30pm-9.30pm - Plympton Primary School

Coach : Courtney Hill

HOT WEATHER POLICY

Classes are cancelled if the forecast temperature the night before is 36C or above as per the Bureau of Meteorology website :

<http://www.bom.gov.au/sa/forecasts/adelaide.shtml?ref=hdr>

Notification will be posted on our Club and Team Facebook pages and Heja (Intermediates and Seniors). Please ensure you turn on all notifications for our communication platforms to ensure you don't miss out on this information. Please be mindful of this notification during extreme heat.

PUPIL SKILLS

Congratulations to all girls who successfully passed their exams in December 2023.

Test 1

Ava, Ema, Elena, London, Ariana, Snaya, Matilda, Skyla, Mabel, Annika, Winnie, Natalie, Olivia, Sophie

Test 2

Alana, Aysha, Victoria, Lucy, Stella, Libby, Scarlett S, Scarlett M, Domnica, Sara, Evie, Ivie, Zara G, Ella, Ophelia, Elouise, Ava-Louise, Calli

Test 3

Annabelle, Isabella L, Amelia, Malin, Charlie, Torah, Zara S, Elsie, Maya

Grade One

Ebony, Maddy, Natalie, Sophie

Grade Two

Tallyn, Natasha, Marissa, Angelina, Maeve, Zoe, Azelia, Matilda, Amelia, Macey

Grade Four

Gemma, Monique, Olivia, Ruby, Sayuri, Vanna

Good luck to Isla (Test One) who will sit her exam in a few weeks.



BRING A FRIEND TO CLASS

Tinkerbells and Tinies Navy : Saturday 17 February
Sparkles and Tinies Gold/White : Wednesday 21 February

STRETCH & FLEX

Wednesdays 7, 14, 21 & 28 February, 6 March
Mooringe Ave Hall

4:30 - 5:15pm; Developing Flex
with Miss Caitlin & Miss Lisa

5:15 - 6pm; Extended Flex

Pre Requisite - Both leg splits and a Walkover (Front or Back) minimum
with Miss Erin, Miss Caitlin & Miss Lisa

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

PRELOVED CLOTHING MART

Saturdays 17 February and 02 March
Mooringe Ave Hall

Cleaning out the wardrobes? Clothes can be left at the hall once lessons begin. We ask, if possible, that the clothes come on a coathanger and you hang them on the designated clothes rack.

Also on the look out if anyone can loan us some clothes racks?

BUNNINGS BBQ

Sunday 07 April

We will be looking for Volunteers!

PHCC GRACEFUL GIRL CONCERT

Saturday 13 April, 11:45am
Mooringe Ave Hall

PHCC CAMP

Monday 15-16 April (One night stay)
AFLMax, West Beach

Arrival Times:
Sub-Juniors: 12:30pm
Juniors: 9:30am
Intermediates: 9:30am
Seniors: 3:30pm

Pick Up Time: 10am (Everyone)

TINIES INNOVATION COMPETITION

25 - 26 May
Hopgood Theatre, Noarlunga
All Sparkles, Tinkerbells, Tinies Navy, Tines Gold

MID YEAR CONCERT

Sunday 23 June
Walford Theatre
Exact times to be advised
All teams perform

WINDSOR COMPETITION

12-14 July
Golden Grove Arts Theatre
Masters

REYNELLA BRAEVIEW COMPETITION

18 - 21 July

Walford Theatre

All Sub-Juniors, Juniors, Intermediates and Seniors

CASA STATE CHAMPIONSHIPS

The Competition period is 24 July - 31 August.

Sparkles, Tinkerbells, Tinies Navy, Tinies Gold, Sub-Junior Gold, Sub-Junior White, Sub-Junior Blue and Masters will be advised once known.

Royalty Theatre, Adelaide

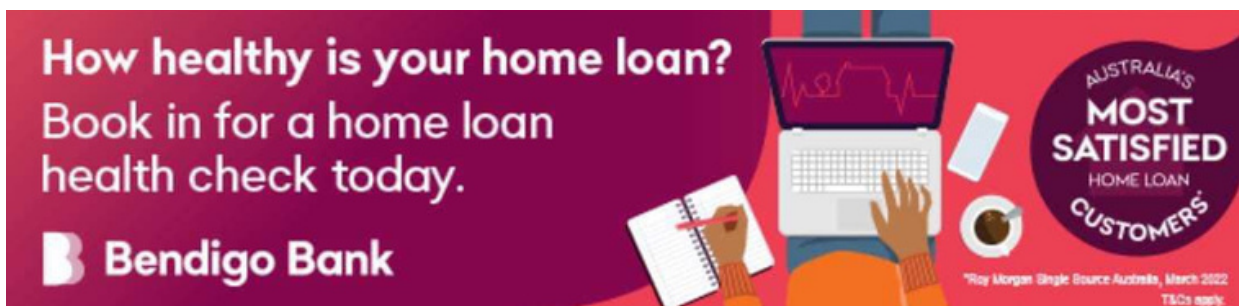
Friday 09 August - Sub-Junior Navy (tentative)

Saturday 17 August - Junior 1 and 2

Sunday 25 August - Seniors (Convention Centre)

Saturday 31 August - Intermediate 1, 2 and 3

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The advertisement features a red background with white and yellow text. It includes an illustration of a person's hands typing on a laptop, a smartphone, a notebook, and a coffee cup. A circular badge on the right contains the text 'AUSTRALIA'S MOST SATISFIED HOME LOAN CUSTOMERS*'. The Bendigo Bank logo is on the left.

Sachiez
KITCHEN



BOOK & BEAN

The logo for Book & Bean features a stylized open book with a green plant growing out of the center. The text 'BOOK & BEAN' is written in a serif font below the book.