

PLYMPTON HALIFAX CALISTHENICS CLUB

Newsletter - September Edition 2023



Club Objective:

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

Another fabulous few months of calisthenics! So much has happened and I hope you have enjoyed every moment.

It was wonderful to see all our teams compete in the CASA State Championships. The talent amongst our teams is outstanding.

Thank you and congratulations to all our girls, coaches, costume co-ordinators, people who did props, hair, makeup and everything else in between, to ensure all our teams were given the best opportunity to compete and make wonderful memories at the CASA State Championships.

So many volunteers over the last couple of months and you are ALL greatly appreciated, whether that was: cleaning our hall, running the Intermediate Ballarat Quiz night, helping on the Bunnings BBQ, helping at the Junior Ballarat BBQ, the Royalty Theatre door duty and many many other jobs that just need to get done!

Congratulations to Sayuri, Amelia and Miss Amy (2nd assistant coach), who competed in the National Championships. Sayuri's Intermediate team are the national champions and Amelia and Miss Amy's Juniors finished runner up.

In October our Junior and Intermediate teams are travelling to Ballarat to compete. The biggest groups we have ever taken to Ballarat - 52 girls and coaches. We wish them the very best of luck and hope they have a great trip full of fun!

I am looking forward to our Annual Concert and seeing our whole Club on stage. It's a BIG Concert but such a wonderful experience for our teams.

As always if you have any questions please don't hesitate to reach out.

Kind regards,

Lisa Beecken - 0438 808967



ANNUAL CONCERT

Saturday 23 September, 4pm

Royalty Theatre: 65 Angas Street, Adelaide

3.30pm - Sub Juniors, Intermediates, Seniors & Masters arrive

4pm - Junior Team 2 March arrive

4:45pm - Remainder of Juniors arrive

5pm - Sparkles, Tinkerbells, Tinies Gold and Tinies Navy meet their dresser out the front of the theatre. Please be on time as we are unable to wait for those running late!!! We encourage these teams to sit in the audience with their parent/guardian and watch the first section of the concert from 4pm.

No ticket required.

Concert Tickets: Adults: \$20, Concession: \$15, Child (5-16 years): \$10,
Children under 5 free

PHCC Annual Concert 2023 - Plympton Halifax Calisthenics Club -
revolutioniseSPORT

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.

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.

Be sure to purchase your raffle tickets either online or on the day. We've got some great prizes and would appreciate your support. There will also be a canteen where you can purchase drinks, hot food, 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 2024. 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 in in Term 4 2023.

Tinkerbells

Saturday 21 October, 9 - 10am

Sparkles

Wednesday 25 October, 4.30-5.30pm

Tinies Gold

Wednesday 25 October, 4.30-6pm

Tinies Navy

Saturday 21 October, 9 - 10.30am

Sub-Juniors (2014/15/16)

Monday 16 October, 4.30-6.30pm - Mooringe Ave hall

* Tinies moving into Sub-Juniors will practise at Church of the Good Shepherd, 15 Clayton Ave, Plympton

Juniors (2011/12/13)

Tuesday 07 November, 4.30-7pm

* 5 lessons

Intermediates (2007/08/09/10)

Tuesday 07 November, 7pm

* 5 lessons

Seniors

TBA

* 3 lessons

Masters

Wednesday 08 November, 6.30pm

* 3 lessons

COSTUME CUPBOARD CLEAN UP

We need your help!

We are looking for as many volunteers as possible to tidy and organise our costumes and leotards. If you can come for an hour or two (or more) it would be GREATLY be appreciated. Many hands make light work.

Thursday 26 October : 2 - 9pm

Friday 27 October : 10am - 6pm

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!

2023 Intermediate
BALLARAT TEAM
SPONSOR

How healthy is your home loan?
Book in for a home loan health check today.

Bendigo Bank

AUSTRALIA'S MOST SATISFIED HOME LOAN CUSTOMERS

*Top Morgan Single Source Australia, March 2022 T&Cs apply



March: 4th
 Clubs: 3rd
 Exercises: 2nd
 Rods: 3rd
 Aesthetic: 5th
 Cali Revue: 2nd
 Third Overall



Gold Team
 March: 2nd
 Clubs: 1st
 Exercises: 1st
 Rods: 1st
 Cali Revue: 4th
 First Overall



Blue Team
 Exercises: 5th
 Rods: 4th



March: 1st
 Clubs: 2nd
 Rods: 3rd
 Aesthetic: 3rd
 Cali Revue: 4th
 Third Overall



March: 2nd
 Clubs: 3rd (Team 2)
 Clubs: 4th (Team 3)
 Exercises: 5th
 Rods: 2nd
 Aesthetic: 3rd
 Cali Revue: 2nd
 Third Overall



Team 1
 Clubs: 4th
 Rhythmical Aesthetic: 4th
 Team 2
 Clubs: 3rd
 Rods: 4th
 Rhythmical Aesthetic: 1st



March: 2nd
 Clubs: 2nd
 Exercises: 3rd
 Rods: 1st
 Rhythmical Aesthetic: 1st
 Song & Dance: 3rd
 Second Overall



March:
Choreography Award



Exercises:
Choreography Award



Folk: 3rd



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



March: 3rd
Exercises: 2nd
Rods: 3rd
Third Overall



Clubs: 3rd
Cali Revue: 1st
Third Overall



March: 1st
Clubs: 1st
Exercises: 1st
Rods: 1st
Cali Revue: 1st
First Overall



March: 1st
Clubs: 2nd
Exercises: 3rd
Rods: 1st
Aesthetic: 2nd
Cali Revue: 3rd
Second Overall



Clubs: 1st
Rods: 1st



March: Equal 3rd
 Clubs: 5th
 Exercises: 5th
 Rods: Equal 2nd
 Aesthetic: 5th
 Cali Revue: 4th

Third Overall



March: 3rd
 Clubs: 4th
 Exercises: 3rd
 Rods: 4th
 Aesthetic: 4th
 Cali Revue: 1st

Third Overall



Clubs: Equal 2nd
 Exercises: Equal 5th
 Rhythmic
 Aesthetic: 2nd



March: 4th
 Rods: 4th
 Dance: 3rd



March: 4th
 Exercises: 5th



Clubs: 5th (Team 1)
 Aesthetic: 4th
 Cali Revue: 4th



Your Common Area Facilities Specialists!!



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