

PLYMPTON HALIFAX CALISTHENICS CLUB

Newsletter - March Edition 2026



Club Objective:

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

We are delighted to begin another exciting Calisthenics year. A warm welcome back to all of our returning members. A very special welcome to those who are joining Plympton Halifax for the first time. We are pleased to have you as part of our Club and look forward to seeing you grow, learn new skills, and enjoy everything that calisthenics has to offer.

At our recent AGM Tracy Stamou was re-elected as our Club President, Di Carroll as Vice President, Julie Allison our Secretary and Allison Sheridan our Treasurer. We thank them for again guiding our Club with their experience and also their generous volunteer hours. Welcome to our newly elected committee - new and familiar faces.

Fundraising and sponsorship are a vital part of our Club. We have a range of sponsorship packages available, so please reach out if you know of any businesses that may be able to assist or would be interested in supporting the Club. Your support helps us continue to grow and provide opportunities for our girls and teams.

This year our main form of communication is via your team Heja app and our Club Facebook page - PHCC Members 2026. Please make sure you are a member of both and have notifications turned on so you don't miss anything! In particular please ensure you use the schedule on the Heja app to check for important dates and advise your Coach if you are unable to attend a lesson. Please avoid private messages to the Coach.

Graceful season is well underway. Good luck to all our girls and Coaches for regional competitions and then the State Championships. Enjoy the wonderful time on stage and the opportunity to work one on one with a Coach. Please support the girls in our annual PHCC Graceful Solo Concert on 21 March.

Camp is one of our most popular events in our Sub-Junior, Junior and Intermediate calisthenics calendar. It is a special event that brings our teams together by strengthening friendships, building connections and sharing in plenty of fun. The camp is subsidised by our fundraising efforts by \$85 per girl. The cost for those staying for the full duration of the camp is \$100, (full price \$185).

Please don't hesitate to reach out if you have any questions, suggestions or concerns. I am excited for a year of growth, teamwork and memorable moments.

Kind regards

Lisa Beecken. Coach Co-Ordinator
0438 808 967 - ldbeecken@yahoo.com.au

BABY NEWS

Congratulations Miss Caitlin and Jordan on the safe arrival of baby Dawson. Your PHCC family wish you love and happiness for this next chapter and we can't wait to meet him.



2026 DIARY DATES

PHCC GRACEFUL CONCERT

Saturday 21 March, 11.45am
The Church of the Good Shepherd, 15 Clayton Ave, Plympton

PHCC COMMITTEE MEETING

Thursday 16 April, 7pm

PHCC CAMP

Saturday 30 May and Sunday 31 May (one night stay)
Nunyara, Belair
All Sub-Juniors, Juniors and Intermediates

Please pay via the link below:

<https://www.revolutionise.com.au/plymptonhalifaxcali/events/345482>

INNOVATION COMPETITION/DEMONSTRATION

Saturday 30 May or Sunday 31 May
All Sparkles, Tinkerbells, Tinies Navy, Tinies Gold

MID YEAR CONCERT

Saturday 20 June
Brighton High School
All teams perform

WINDSOR COMPETITION

10 - 12 July
Golden Grove Arts Centre
Masters

BUNNINGS BBQ FUNDRAISER

Hoping for a date in July!

REYNELLA BRAEVIEW COMPETITIONS

16 July - Juniors
17 July - Sub Juniors
18 July - Intermediates
Walford College

CASA STATE CHAMPIONSHIPS

The competition period is 25 July - 05 September 2026
Royalty Theatre, 65 Angas Street, Adelaide

Masters, Junior 2, Sub-Junior Gold, Sub-Junior White, Tinies Gold, Tinies Navy, Sparkles and Tinkerbells will be advised once known.

Dates subject to change:
Sub-Junior Navy - Friday 07 August
Junior 1 - Saturday 15 August
Seniors - Sunday 23 August
Intermediates - Friday 28 August

ANNUAL CONCERT

Saturday 12 September, 2pm
Walford College
All teams perform

ACF SENIOR COMPETITION

Friday 16 October - to be confirmed
Paradise Community Church
Senior team only

PHCC PRESENTATION NIGHT

Saturday 28 November
Plympton Football Club
3.30-5pm - Sparkles, Tinkerbells, Tinies
6pm - Sub-Juniors-Masters

2026 COMMITTEE MEMBERS

President

Tracy Stamou

Vice President

Di Carroll

Secretary

Julie Allison

Treasurer

Alison Sheridan

Coach Co-Cordinator

Lisa Beecken

Child Protection Officer

Josie Kerr

Meg Allison, Amelia DeLaine, Jaclyn DeLaine, Kaye DeLaine, Mel Franson, Melinda Galliford, Laurel Hawke, Jo Hill, Michelle Kerr, Amanda Kyriakopoulos, Paige MacDermot, Sue McAvaney, Naomi Paech

2026 TEAM MANAGERS

Sparkles

Jacinta Nagi

Tinkerbells

Laurel Hawke

Tinies Navy

Darcie Caprioli

Sub-Junior Navy

Sam Plush

Sub-Junior Gold

Amanda Kyriakopoulos and Bec Powell

Sub-Junior White

Paige MacDermot

Junior 1

Shelley Pickup

Junior 2

Joanna Craig

Intermediates

Angela Haggerty

Seniors

Tracy Stamou and Deb Beck

Masters

Sam Noble

2026 TEAM DEMONSTRATORS & ASSISTANTS

We would like to acknowledge and thank our Team Demonstrators and Assistants who kindly donate their time to help our Coaches and teams.

Sparkles - Gemma Sheridan

Tinkerbells - Evie Lister, Ophelia Penglis,
Alana Kerr & Casey Alison

Tinies Navy - Zara Sims, Tash Sheridan & Elise Kerr

Tinies Gold - Sara Paech & Sophie Dicheria

Sub-Junior White - Olivia Raestas, Shyla Varma
Annabelle Cox & Billie Maier

Sub-Junior Gold - Enid Phillips

Sub-Junior Navy - Luella Kenny

Junior 2 - Caity Gaffney

Junior 1 - Hayley Edwards

Intermediates - Lily Jones

Seniors - Hayley Edwards

BRONZE SPONSOR

We are delighted to welcome Livewire Digital as a Club Bronze sponsor.

Livewire Digital is a South Australian owned and operated business. They are specialists in commercial fit outs, residential construction, data and communications and security systems.

They believe in strong and long term working relationships with clients, suppliers and employees to achieve the best outcomes. Their extensive knowledge in a vast range of areas allows Livewire Digital to offer a turn key solution for all your electrical requirements.

0400 979 979

livewiredigital@bigpond.com

<http://livewiredigitalsa.com>

Thank you Livewire Digital for your support.

2026 PHCC

CLUB SPONSOR

livewire digital
ELECTRICAL AND DATA

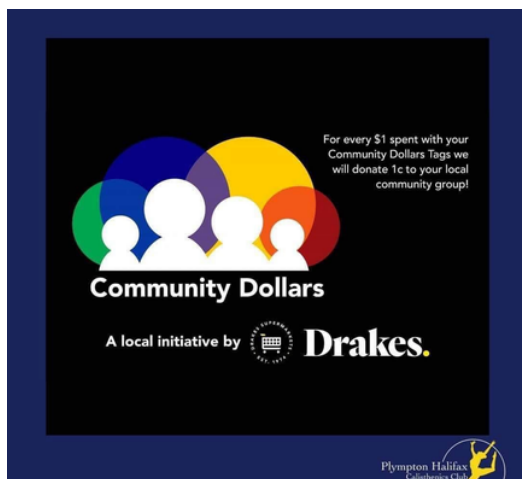
DO YOU SHOP AT DRAKES?

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 Plymouth 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 "Plymouth 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!

