

PLYMPTON HALIFAX CALISTHENICS CLUB

Newsletter - March Edition 2024



Club Objective:

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

What a fabulous start to 2024! A special welcome to those who have recently commenced their calisthenics journey at Plympton Halifax.

Thank you to those who have volunteered their time to be on the Committee, Team Managers and Team Assistants. We appreciate everyone who generously donates their time.

Graceful Girl season is well and truly under way with regional competitions in full swing! We will hold our annual PHCC Graceful Girl Concert at the Mooringe Ave hall on Saturday 13 April at 11.45am. Please come along and support the girls in preparation for the CASA gradings and finals.

Camp is one of our most popular events for the year where our Sub-Juniors to Seniors get to spend quality time getting to know each other outside of weekly lessons. I am very excited for our new venue - AFL Max.

Please note the important dates for competitions listed in this newsletter. Due to building construction at the Walford Theatre I have had to source another venue for our Mid Year Concert. This means a change of date also. The new date for our Mid Year Concert is Saturday 15 June and it will be held at Brighton High School.

Congratulations to Maeve who was selected in the CASA Intermediate Development Team and Miss Amy, who is the Assistant Coach. They recently commenced training for competitions which will be held in Darwin in September. I am sure you will enjoy the experience.

Sayuri, Maddi, Billie and Mali are members of the newly formed Australian Calisthenics Theatre Company. They are working towards a Concert at the Festival Theatre on the 29 and 30 June. Be sure to get your tickets to see this spectacular show.

Please do not hesitate to contact me if you have any questions.

Kind regards,
Lisa Beecken

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

PHCC COMMITTEE

President - Kelly McAvaney

Vice President - Di Carroll

Secretary - Julie Allison

Treasurer - Alison Sheridan

Coach Co-Ordinator - Lisa Beecken

Child Protection Officer - Josie Kerr

Meg Allison, Amelia DeLaine, Jaclyn DeLaine, Kaye DeLaine, Melinda Galliford, Michelle Kerr, Sue McAvaney, Naomi Paech, Tracy Stamou, Alana Trickett

TEAM MANAGERS

Tinkerbells - Kylie Lawrie

Sparkles - Amy Hammond

Tinies Gold - Sam Plush

Tinies Navy - Paige MacDermot

Sub-Junior Navy - Michelle Kerr

Sub-Junior Gold - Christine Sutcliffe

Sub-Junior White - Alex Thorley

Sub-Junior Blue - Amanda Kyriakopoulos

Juniors - Alana Trickett

Intermediates - Kelly McAvaney

Seniors - Tracy Stamou and Deb Beck

Masters - Samantha Noble

WORKING WITH CHILDREN CHECK

Please ensure you have your Working With Children's Check if you are volunteering. There is no cost involved.

[Working with Children Checks](#)

PUPIL SKILLS

Congratulations to Isla who passed Test One in February.

TERM 1 FEES

Sparkles and Tinkerbells \$75

Tinies \$103.50

Sub-Juniors \$126.50

Juniors \$177.50

Intermediates \$187

Seniors \$173

Masters \$132.50

BSB 065 126 Account 0090 3451

Please include your daughter's name and team as reference

Sports Voucher

The voucher is valid for children aged 5-15 years old (inclusive), year of birth 2009 to 2019. The voucher can be used towards fees. Please email the voucher to phcctreasurer5@gmail.com



BUNNINGS MARION BBQ

Sunday 07 April

Thank you to our sponsors Angelyn Building Designs, Specialty Foods and Riviera Bakery for their generous donations towards this fundraiser.

PHCC GRACEFUL GIRL CONCERT

Saturday 13 April, 11:45am
Mooringe Ave Hall

PHCC CAMP

Monday 15-16 April (One night stay)
AFLMax, West Beach
Sub-Juniors, Juniors, Intermediates, Seniors

Monday 15 April - specific times and venue drop off details will be posted on
your team Facebook pages

Tuesday 16 April - Pick Up 10am (Everyone) from AFLmax

NEXT COMMITTEE MEETING

Tuesday 30 April, 7pm
Mooringe Ave Hall

Everyone is welcome

TINIES INNOVATION COMPETITION

25 - 26 May

Hopgood Theatre, Noarlunga

All Sparkles, Tinkerbells, Tinies Navy, Tines Gold

MID YEAR CONCERT

Saturday 15 June

Brighton High School

Girls to arrive 30 minutes prior to start of Concert

Concert 1 - 1.30pm: Masters, Sub-Junior Navy, Sub-Junior Blue,
Tinies Navy, Sparkles

Concert 2 - 4.30pm: Seniors, Sub-Junior White, Sub-Junior Gold,
Tinies Gold, Tinkerbells

Concert 3 - 7.30pm Junior 1 and 2, Inter 1, 2 and 3

WINDSOR COMPETITION

12-14 July

Golden Grove Arts Theatre

Masters

REYNELLA BRAEVIEW COMPETITON

19 - 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

PRESENTATION EVENT

Saturday 09 November

Plympton Football Club

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