

# PLYMPTON HALIFAX CALISTHENICS CLUB

*Newsletter - December Edition 2022*



Plympton Halifax  
Calisthenics Club



@plymptonhalifaxcc

2022 began with COVID still well and truly restricting us all both at calisthenics and life in general. At the start of the year many of the lessons were held with everyone wearing a mask. Slowly but surely restrictions have eased but will things ever be quite the same? We have all worked through 2022 “together”. Thank you for supporting each other no matter what.

We have certainly had a fun year both on and off the stage. We would particularly like to thank our President, Kelly, Secretary, Julie and Treasurer, Alison for the many hours they have spent with administration roles to ensure the smooth running of our Club. To Julie, Sue, Kylie and Kelly and all those who assisted throughout the year with costumes, you really are all so creative and we cannot thank you enough for all that you do. The hours spent ensuring that our teams look fabulous does not go unnoticed.

Volunteers are the heartbeat of our Club. Everyone who volunteers for a job, big or small, is very much appreciated – weekly hall cleaning, concert duties (backstage, dressers, front of house, selling raffle tickets, canteen), prop makers, gemming costumes/headpieces, sourcing raffle prizes, social media – Billie, canteen and door duty at the Royalty theatre, hair and makeup for competitions, website – Casey, organising merchandise – Kelly, Bunnings BBQ helpers, etc,etc.....

Term 4 has continued to be busy with Solo, Duo, Masters Pan Pacs and Pupil Skills exams. All our coaches have worked tirelessly to ensure our girls were well prepared for each event.

A big congratulations to our Masters team for bringing home one gold and two bronze medals from the Pan Pacs Games. A wonderful achievement for 3 years of hard work (the Games had been postponed due to COVID).

Congratulations to Miss Amy, Maeve and Kylie for their successful trip to Darwin to compete in the Frangapani Cup. The team placed first in all items and had a fabulous time.

It was great to be back at the Glenelg Christmas Pageant and we loved seeing all those smiles. Such a fun event.

We are very proud of the following girls who have been selected in the 2023 SA National teams to compete on the Gold Coast in July:

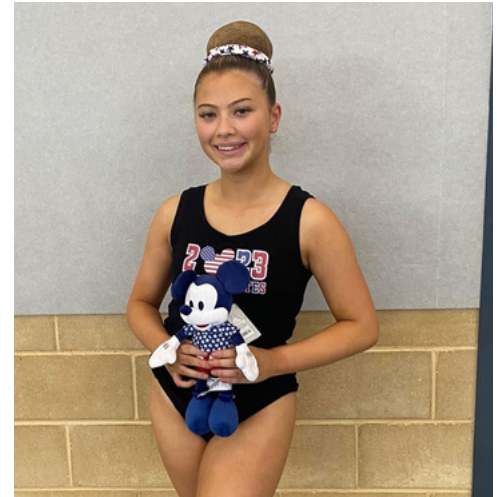
Saorise – Sub-Juniors  
Amelia – Juniors  
Miss Amy – Juniors – Second Assistant  
Sayuri - Intermediates

As the year draws to a close and we begin to prepare for Christmas, if you haven't already done so, we would love to hear about your experiences with our Club in 2022. As valued members, your views and experiences are so important. [Please click here to complete survey.](#)

Your continued support with enthusiasm is what enables Plympton Halifax Calisthenics Club to thrive and survive and I can't wait for 2023 and to share it with you. Wishing you all a wonderful Christmas and enjoyable break with family and friends.

Kind Regards,  
Lisa Beecken  
Coach Co-Ordinator





## WESTFIELD MARION PROMOTIONAL STAND

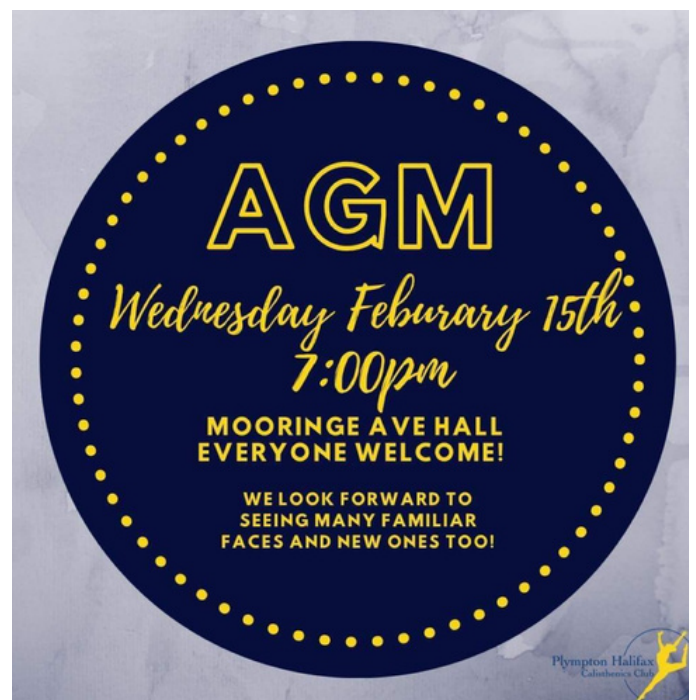
Would you like to volunteer to promote our wonderful sport and club?

Friday 20 January, Saturday 21 January, Sunday 22 January  
Please contact Lisa - 0438 808 967

## COME N TRY CALISTHENICS

West Torrens library  
Wednesday 25 January

Please encourage your friends and family to come along and try Calisthenics!  
9.30am -10.15am - 6 years and under  
10.30-11.15am - 7-10 years



# TERM 1 LESSONS

Lessons commence:

Tinkerbells

Saturday 04 February, 9-10am

Sparkles

Wednesday 08 February, 4-5pm

Tinies Navy

Saturday 04 February, 10-11:30am

Tinies Gold and White

Wednesday 08 February, 5-6.30pm

Sub-Juniors

Monday 30 January, 4.30-6.30pm

Juniors

Tuesday 31 January, 4.30-7pm

Intermediates

Tuesday 31 January, 7-9:30pm

Seniors

Monday 30 January, 6.30-9:30pm

Masters

Wednesday 22 February, 6:30-8pm

# STRENGTH & FLEX CLASSES

Save the dates!

28/1, 4/2, 11/2, 18/2, 25/2, 4/3

8:30am - 9:30am: 10 years plus

9:30am - 10:30am: 9 years and under



# SECOND HAND CLOTHING MART

Saturday 28 February

Mooringe Ave Hall

Having a clean out during the holidays?

Looking for donations of pre-loved clothes for our fundraiser.

Coathangers too!

# AESTHETIC SKIRTS

Will be available to purchase via our merchandise link on the website mid January.

# MASTERS PAN PACIFIC RESULTS

Our Masters had an incredible time on the Gold Coast topped off with fabulous performances on the stage:

Cali Revue - 1st Place

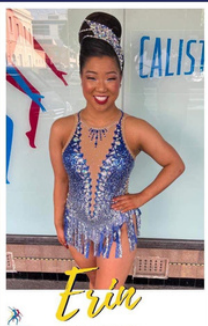
March - 3rd Place

Clubs - 3rd Place

Congratulations to you all!







**2022**  
*Solo/Duo*

**SENIOR**

**CHAMPIONSHIP**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Erin*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**INTERMEDIATE 14/15 YEARS**

**CHAMPIONSHIP**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Sayuri*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**INTERMEDIATE 14/15 YEARS**

**CHAMPIONSHIP**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Ruby*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**JUNIOR 12/13 YEARS**

**CHAMPIONSHIP**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Ellie*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**SUB-JUNIOR 8 YEARS**

**CHAMPIONSHIP**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Saoirse*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**INTERMEDIATE 16/17 YEARS**

**DIVISION 1**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Maddie*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**INTERMEDIATE 16/17 YEARS**

**DIVISION 1**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Niki*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**INTERMEDIATE 14/15 YEARS**

**DIVISION 1**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Olivia*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**INTERMEDIATE 14/15 YEARS**

**DIVISION 1**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Vanna*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**JUNIOR 12/13 YEARS**

**DIVISION 1**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Jessica*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**JUNIOR 11 YEARS**

**DIVISION 1**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Tabby*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**SUB-JUNIOR 10 YEARS**

**DIVISION 1**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Natalie*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**SUB-JUNIOR 9 YEARS**

**DIVISION 1**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Madi*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**SUB-JUNIOR 8 YEARS**

**DIVISION 1**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Charlie*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**SUB-JUNIOR 8 YEARS**

**DIVISION 1**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Isabella*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**INTERMEDIATE 16/17 YEARS**

**DIVISION 2**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Jade*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**INTERMEDIATE 14/15 YEARS**

**DIVISION 2**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Gemma*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**JUNIOR 12/13 YEARS**

**DIVISION 2**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Maddi*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**JUNIOR 12/13 YEARS**

**DIVISION 2**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Amelia*

COACH: NATALIE EDWARDS



**2022**  
*Solo/Duo*

**JUNIOR 12/13 YEARS**

**DIVISION 2**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Jada*

COACH: NATALIE EDWARDS



5th place



**2022**  
*Solo/Duo*

**JUNIOR**  
11 YEARS

**DIVISION 2**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Billie*

COACH: KIMBERLY BOYLE



**2022**  
*Solo/Duo*

**SUB-JUNIOR**  
8 YEARS

**DIVISION 2**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Zara*

COACH: WIS ALLISON

3rd place



**2022**  
*Solo/Duo*

**SENIOR**

**DIVISION 3**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Tiara*

COACH: KATHY EDWARDS

2nd place



**2022**  
*Solo/Duo*

**INTERMEDIATE**  
14/15 YEARS

**DIVISION 3**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Leila*

COACH: CATHY CARROLL

1st place



**2022**  
*Solo/Duo*

**JUNIOR**  
12/13 YEARS

**DIVISION 3**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Scarlett*

COACH: CATHY CARROLL

3rd place



**2022**  
*Solo/Duo*

**JUNIOR**  
12/13 YEARS

**DIVISION 3**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Zoe*

COACH: KATHY EDWARDS

2nd place



**2022**  
*Solo/Duo*

**SUB-JUNIOR**  
10 YEARS

**DIVISION 3**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Sophie*

COACH: CATHY CARROLL



**2022**  
*Solo/Duo*

**SUB-JUNIOR**  
10 YEARS

**DIVISION 3**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Madison*

COACH: KATHY EDWARDS



**2022**  
*Solo/Duo*

**JUNIOR**  
12/13 YEARS

**DIVISION 4**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Marissa*

COACH: LISA REEDER & TINA HENRY



**2022**  
*Solo/Duo*

**INTERMEDIATE**  
14/15 YEARS

**DIVISION 4**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Bree*

COACH: KATHY EDWARDS

2nd place



**2022**  
*Solo/Duo*

**JUNIOR**  
12/13 YEARS

**DIVISION 5**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Jalyn*

COACH: KATHY EDWARDS



**2022**  
*Solo/Duo*

**JUNIOR**  
12/13 YEARS

**DIVISION 5**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Chloe*

COACH: KATHY EDWARDS



**2022**  
*Solo/Duo*

**JUNIOR**  
12/13 YEARS

**DIVISION 5**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Matilda*

COACH: AMY FARRER



**2022**  
*Solo/Duo*

**JUNIOR**  
12/13 YEARS

**DIVISION 5**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Tash*

COACH: CATHY CARROLL



**2022**  
*Solo/Duo*

**JUNIOR**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Abby*

COACH: AMY FARRER



**2022**  
*Solo/Duo*

**JUNIOR**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Maria*

COACH: KATHY EDWARDS



**2022**  
*Solo/Duo*

**JUNIOR**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Molly*

COACH: AMY FARRER



**2022**  
*Solo/Duo*

**MASTERS**

**CASA SOLO/DUO CHAMPIONSHIPS**

*Colleen*

COACH: AMY FARRER



4th place



**2022**  
*Solo/Duo*

**TINIES**  
7 YEARS  
COMPETITIVE JUN-AUG

*Alana*

**CASA SOLO/DUO CHAMPIONSHIPS**

COACH: AMELIA DELANEY

Phonics Institute

5th place



**2022**  
*Solo/Duo*

**TINIES**  
7 YEARS  
COMPETITIVE SEPT-DEC

*Zaria*

**CASA SOLO/DUO CHAMPIONSHIPS**

COACH: WYB DELANEY

Phonics Institute



**2022**  
*Solo/Duo*

**TINIES**  
7 YEARS  
COMPETITIVE JAN-APRIL

*Erin*

**CASA SOLO/DUO CHAMPIONSHIPS**

COACH: WYB DELANEY

Phonics Institute



**2022**  
*Solo/Duo*

**TINIES**  
7 YEARS  
COMPETITIVE JUN-AUG

*Scarlett*

**CASA SOLO/DUO CHAMPIONSHIPS**

COACH: AMELIA DELANEY

Phonics Institute



**2022**  
*Solo/Duo*

**TINIES**  
7 YEARS  
COMPETITIVE SEPT-DEC

*Scarlett*

**CASA SOLO/DUO CHAMPIONSHIPS**

COACH: AMELIA DELANEY

Phonics Institute



**2022**  
*Solo/Duo*

**TINIES**  
DEMONSTRATION

*Norma-Jean*

**CASA SOLO/DUO CHAMPIONSHIPS**

COACH: LUCY HORN

Phonics Institute



**2022**  
*Solo/Duo*

**TINIES**  
6 YEARS  
NON COMPETITIVE

*Olivia*

**CASA SOLO/DUO CHAMPIONSHIPS**

COACH: AMELIA DELANEY

Phonics Institute



**2022**  
*Solo/Duo*

**TINIES**  
DEMONSTRATION

*Sara*

**CASA SOLO/DUO CHAMPIONSHIPS**

COACH: AMELIA DELANEY

Phonics Institute



**2022**  
*Solo/Duo*

**TINIES**  
6&7 YEARS  
NON COMPETITIVE

*Winnie*

**CASA SOLO/DUO CHAMPIONSHIPS**

COACH: AMELIA DELANEY

Phonics Institute



**2022**  
*Solo/Duo*

**TINIES**

*Freya*

COACH: AMELIA DELANEY

Phonics Institute



**2022**  
*Solo/Duo*

1st place



Ruby & Saiguri

COACH: NICOLEE BUCHANAN

INTERMEDIATE  
DUO

CHAMPIONSHIP

CASA SOLO/DUO  
CHAMPIONSHIPS

**2022**  
*Solo/Duo*

2nd place



Ellie & Madely

COACH: CATHY CARROLL

JUNIOR  
DUO

CHAMPIONSHIP

CASA SOLO/DUO  
CHAMPIONSHIPS

**2022**  
*Solo/Duo*



Jess & Maddali

COACH: HARVEY EDWARDS

JUNIOR  
DUO

CHAMPIONSHIP

CASA SOLO/DUO  
CHAMPIONSHIPS

**2022**  
*Solo/Duo*



Lilah & Piper

COACH: CATHY CARROLL

INTERMEDIATE  
DUO

DIVISION 1

CASA SOLO/DUO  
CHAMPIONSHIPS

**2022**  
*Solo/Duo*



Billie & Zoe

COACH: CATHY CARROLL

JUNIOR  
DUO

DIVISION 1

CASA SOLO/DUO  
CHAMPIONSHIPS

**2022**  
*Solo/Duo*

1st place



Torah & Malia

COACH: JACQUELYN DELANEY

SUB-JUNIOR  
DUO

DIVISION 1

CASA SOLO/DUO  
CHAMPIONSHIPS

**2022**  
*Solo/Duo*

3rd place



Ruby & Isia

COACH: JACQUELYN DELANEY

SUB-JUNIOR  
DUO

DIVISION 1

CASA SOLO/DUO  
CHAMPIONSHIPS

**2022**  
*Solo/Duo*



Elise & Quiana

COACH: AMY PATRICKS

SUB-JUNIOR  
DUO

DIVISION 1

CASA SOLO/DUO  
CHAMPIONSHIPS

**2022**  
*Solo/Duo*



Enal & Luella

COACH: JACQUELYN DELANEY

SUB-JUNIOR  
DUO

DIVISION 1

CASA SOLO/DUO  
CHAMPIONSHIPS

**2022**  
*Solo/Duo*

4th place



Jadlynn & Jash

COACH: HARVEY EDWARDS

JUNIOR  
DUO

DIVISION 2

CASA SOLO/DUO  
CHAMPIONSHIPS

**2022**  
*Solo/Duo*



Maddala & Sara

COACH: HARVEY EDWARDS

JUNIOR  
DUO

DIVISION 2

CASA SOLO/DUO  
CHAMPIONSHIPS

**2022**  
*Solo/Duo*



Ivy & Madison

COACH: HARVEY EDWARDS

SUB-JUNIOR  
DUO

DIVISION 2

CASA SOLO/DUO  
CHAMPIONSHIPS

**2022**  
*Solo/Duo*



Skylar & Olivia

COACH: JACQUELYN DELANEY

TINIES  
DUO

HEAT 1

CASA SOLO/DUO  
CHAMPIONSHIPS

**2022**  
*Solo/Duo*



Ivie & Zara

COACH: WENDY ALLISON

TINIES  
DUO

HEAT 1

CASA SOLO/DUO  
CHAMPIONSHIPS

**2022**  
*Solo/Duo*



Ellie & Mabel

COACH: JESSIE REED

TINIES  
DUO

HEAT 2

CASA SOLO/DUO  
CHAMPIONSHIPS

**2022**  
*Solo/Duo*



Sophia & Maddala

COACH: JACQUELYN DELANEY

TINIES  
DUO

HEAT 2

CASA SOLO/DUO  
CHAMPIONSHIPS