PLYMPTON HALIFAX CALISTHENICS CLUB

Newsletter - Janurary Edition 2022

Plympton Halifax Calisthenics Club

@plymptonhalifaxcc

Welcome to 2022 – hasn't it been interesting already!

Just when we thought we were slowly getting back to some sort of normal we have been thrown another curve ball. I know some of our members have had COVID-19 and others in isolation. I hope those with COVID-19 have recovered well and everyone remains safe.

Many things are uncertain in our lives at the moment, but, with fingers crossed we plan to commence our 2022 calisthenic year as scheduled. We will continue to follow guidelines as per our COVID-19 Safe Plan. Prior to each team commencing we will post specific details on the Team Facebook page. If changes do occur we will update you as soon as we can.

During the break our Coaches have been very busy preparing for the new calisthenic year. They are very much looking forward to starting new routines and seeing everyone again.

There has been a few changes to our coaching team. I would like to welcome Amy Fackrell and Erin Bowden. Amy has many years experience coaching all age groups and will be coaching our Junior Squad 2. Erin is a familiar face around the Club as she is one of our Senior members. Erin will begin her coaching career along side Meg Allison with the Tinkerbells. I thank Courtney Hill for coaching the Tinkerbells for the past two years. In 2022 Meg Allison will join her sister Casey and co-Coach the Intermediate 2 team. Caitlin Carroll and Casey Allison are not continuing to coach in the Junior section. Thank you to both of them for their hard work and support in this section for the past year and 3 years respectively. Amelia DeLaine is not continuing co-coaching the Masters 2 – thank you also for your great work in this section.

Our fees and registration for 2022 will not be increasing. Our costume fee will increase slightly. CASA are implementing a new format for registration and once this has been finalised we will forward you details on how you can register and all the 2022 fee information.

Facebook is our main form of communication. You will find us on Facebook 'Plympton Halifax Calisthenics Club' and Instagram plymptonhalifaxcc. Each team also has their own private Facebook group to share team details and the very important practice videos. The Sub-Junior and Junior teams will use SeeSaw to share their practice videos. I would like to thank Billie Galley, who is one of our Seniors for all the work that she does behind the scenes with our social media.

Early January we had our first fundraiser at Bunnings. Thank you to those who helped at our BBQ. We have three more dates booked so will be looking for volunteers.

In 2022, in these challenging times, I hope that Plympton Halifax Calisthenics Club will provide you all with some fun and enjoyable times. If you need anything please remember your PHCC calisthenic family is here to help, support and listen.

See you all soon,
Lisa Beecken
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2022 START DATES

Tinkerbells
Saturday 5 February, 9-10am
Coaches: Erin Bowden & Meg Allison

Sparkles
Wednesday 9 February, 4-5pm
Coach: Amelia DeLaine

Tinies Navy
Saturday 5 February, 10-11.30am
Coach: Meg Allison

Tinies Gold and White
Wednesday 9 February, 5-6.30pm
Coaches: Amelia DeLaine & Hayley Edwards

Sub-Juniors
Monday 31 January, 4.30-6.30pm
Coaches:Caitlin Carroll, Lisa Beecken & Jaclyn DeLaine

Juniors
Tuesday 1 February, 4.30-7pm
Coaches: Lisa Beecken, Amelia DeLaine, Jaclyn DeLaine & Amy Fackrell

Intermediates
Tuesday 1 February, 7pm-9:30pm
Coaches: Hayley Edwards, Casey Allison & Meg Allison

Seniors
Monday 24 January, 6:30pm
Coach: Courtney Hill

Masters
Wednesday 2 February, 6:30pm
Coaches: Hayley Edwards & Casey Allison

DIARY DATES 2022

AGM

7pm, Thursday 10th February
PHCC Hall
All new committee members welcome

STRENGTH & FLEX CLASSES

We are excited to announce that Saturday morning strength and flex classes are back in 2022 with Miss Caitlin & Miss Lisa.

Dates: February 5th, 12th, 19th, 26th & March 5th

Where: Church of Good Shepherd, 11 Clayton Ave, Plympton

Times:
8:30-9:30am 10 Years Plus
9:30-10:30am 6-9 Years

Prices: $12 per lesson

Book your place now: https://www.trybooking.com/BWCAC

BRING A FRIEND TO CLASS

Sub-Juniors : Monday 07 February
Tinkerbells and Tinies Navy : Saturday 12 February
Sparkles and Tinies Gold/White : Wednesday 16 February

DIARY DATES 2022

POOL DAY

Sunday 06 March
Marion Outdoor Pool

GRACEFUL GIRL CONCERT

Saturday 02 April
11.45am
PHCC Hall

CAMP 2022

30th April - 1st May
Nunyara, Belair

BUNNINGS BBQ FUNDRAISERS

Sunday 27 March
Saturday 30 April
Sunday 05 June

TEAM COMPETITIONS

All dates are tentative

CASA MAY COMPETITIONS

Held at the Royalty Theatre, Adelaide
09 May - 30 May
For ALL Sub-Juniors, Juniors, Intermediates and Seniors

INNOVATION COMPETITIONS

Held at Hopgood Theatre, Noarlunga
28/29 May
For ALL Tinkerbells, Sparkles, Tinies Navy, Gold and White

REYNELLA BRAEVIEW COMPETITIONS

Held at Scott Theatre, Adelaide
22, 23, 30, 31 July
For ALL Sub-Juniors, Juniors, Intermediates and Seniors

CASA STATE CHAMPIONSHIPS

30 July - 03 September
Held at the Royalty Theatre, Adelaide
Saturday 13 August - Sub-Junior Navy and Gold (Championship)
Saturday 20 August - All Juniors (Championship)
Friday 26 August - Intermediate 1 (Division 1)
Friday 02 September - Seniors (Division 1)

GRACEFUL GIRLS

Good luck to all our girls and Coaches as they prepare over the coming weeks for Graceful Girl Regional and CASA competitions:

TINIES: Evie, Norma-Jean, Olivia, Sara, Winnie, Zara
SUB-JUNIORS: Charlie, Ebony, Isabella, Ivy, Malin, Maddi, Saoirse, Scarlett, Torah, Zara
JUNIORS: Amelia, Chloe W, Ellie, Jada, Jessica, Lilah, Maddi, Maeve, Matilda, Molly, Scarlett, Tallyn, Tash
INTERMEDIATES: Bree, Gemma, Leila, Lily, Maddie, Niki, Olivia, Ruby, Sayuri, Vanna
SENIORS: Charlotte, Erin, Tiana
MASTERS: Amy

HOT WEATHER POLICY

Classes are cancelled if the temperature broadcast on Channel 9 News the night before is 36C or above. Notification will be posted on our Club and Team Facebook pages.

GALA GALLERY

Our Gala was a night to reflect on memories and catch up with old friends. Our Club Person Award was renamed after Josie Kerr and the Club Girl Award was renamed after Hayley Edwards in recognition of both ladies 30 year service to the Club. Congratulations to Kelly McAvaney, Maddie Beck and Niki Stamou who were the 2021 award recipients.
It was an unforgettable night filled with so many laughs, a few tears and plenty of fun!