

# PLYMPTON HALIFAX CALISTHENIC CLUB

## JANUARY NEWSLETTER 2020

Welcome to the 2020 calisthenic year. I hope you have all had an enjoyable break and managed to spend time with family and friends. For those who have had family and friends affected by the devastation of the fires across the country our thoughts and prayers are with you all.

I am again delighted to be working alongside a talented and dedicated team of Coaches who are very much looking forward to seeing everyone again, sharing their holiday stories and an exciting 2020 calisthenic year. There have been a few changes to our Coaching team for 2020. I welcome Jaclyn DeLaine to the coaching team as the Coach of the Sub-Junior White team and thank Meg Allison and Casey Allison who were the previous Coaches of this team. After either assisting or coaching the Saturday morning teams for the past 13 years, I thank Amelia DeLaine for her contribution to our littlest members on Saturday mornings, and welcome Courtney Hill as the Coach of the Tinkerbells. I am excited to say that we will have an Intermediate Team 2 and this will be coached by Casey Allison. The experienced Miss Josie will be joining Casey Allison and Co-Coaching the Junior Team 2.

In the first few weeks of lessons we often experience some very hot weather. Please ensure your girls bring plenty of water to lessons. Our hot weather policy is :

*"Classes are cancelled if the temperature broadcast on Channel 9 News the night before is 36C or above."*

Facebook is our main means of communication so please check our Club Facebook page together with your team page re updates for hot weather and general information.

Many of our girls and Coaches have already commenced Graceful Girl lessons and we wish them all the best over the coming weeks as they prepare for regional competitions.

Prior to your first lesson please take the time to look at the fees for 2020 included in this newsletter. There has been no increase in lesson fees. The costume, leotard hire and Royalty Theatre stage practise fees have all increased to cover costs. Registration has also increased from \$97 to \$100. Please note that the entire \$100 is forwarded to the Calisthenic Association of South Australia for affiliation fees – CASA registration, public liability, personal accident, copyright and Royalty Theatre levy. Without payment of this fee the participant is not insured and therefore **NOT** able to train. Registration, medical information and payment is to be completed online on the following link,

<https://www.plymptonhalifax.org.au/copy-of-registration>

I hope you will consider coming along to our AGM which will be held on Thursday 20 February, 7pm, at the hall. This is a great opportunity to show your support . New members are very welcome.

If you have any queries now or throughout the year please do not hesitate to contact me directly and remember it's a great time to bring a friend along to come n try—the first 2 lessons are free.

Looking forward to a great year.

Kind regards,

Lisa Beecken—Coach Co-Ordinator

0438 808 967—ldbeecken@yahoo.com.au

*Proud sponsor:  
2019 Sub-Junior  
Ballarat Team*

**BESTON** GLOBAL FOOD COMPANY



TEAM	Age in 2020	START DATE	TIME	COACH
TINKERBELLS (non competitive)	3-7years	Saturday 01 February	9-10am	Courtney Hill
SPARKLES (non competitive)	3-7years	Wednesday 05 February	4-5pm	Amelia DeLaine & Pip Canty
TINIES NAVY	6-7years	Saturday 01 February	10-11.30am	Meg Allison
TINIES GOLD	6-7years	Wednesday 05 February	5-6.30pm	Amelia DeLaine
SUB-JUNIORS	8-10years	Monday 03 February	4.30-6.30pm	Caitlin Carroll—Navy Hayley Edwards— Gold Jaclyn DeLaine—White
JUNIORS	11-13years	Tuesday 28 January	4.30-7pm	Lisa Beecken—Team 1 Casey Allison & Josie Kerr—Team 2
INTERMEDIATES	14-17years	Tuesday 28 January	7-9.30pm	Hayley Edwards—Team 1 Casey Allison—Team 2
SENIORS	18 years+	Monday 03 February	6.30-9.30pm	Courtney Hill
MASTERS	26 years+	Wednesday 05 February	6.30-8.30pm	Hayley Edwards

### **STRENGTH AND FLEXIBILITY CLASSES**

*with Miss Lisa & Miss Caitlin*

commencing Saturday 01 February

Glenelg North Community Centre

10+ years : 8.30-9.30am      6-9 years : 9.30-10.30am

Cost : \$12 per lesson

Please book via the following link:

<https://www.trybooking.com/BHRUW>

### **POOL DAY**

Marion Outdoor Pool

Sunday 23 February

2-5pm

Everyone welcome!

### **2020 CAMP**

*Nunyara, Belair*

*22 and 23 April*

*This is for the whole club to attend so please put these dates in your diary. We can't wait!*

### **PUPIL SKILLS**

*Congratulations* to our Sub-Juniors who passed their Class exams in December 2019:

*Test One* : Madison, April, Lily, Grace K, Gretel, Ebony, Indiana, Lexi, Sophie, Mackenzie

*Test Two* : Sofia, Tabby, Eliza, Grace B, Lottie

*Test Three* : Azelia, Yudi, Tallyn, Matilda, Natasha, Zoe, Lexi, Mikayla, Angelina F, Gabriela,

Marissa, Maeve, Grace B, Angelina K, Chloe, Bridey

Good luck to Tiana and Monique for their upcoming exams.

## **2020 COMPETITION DATES**

04 May-22 May	May Competitions—All Sub-Juniors, Juniors, Intermediates, Seniors
30 or 31 May	Innovation Competitions—Sparkles, Tinkerbells, Tinies Navy, Tinies Gold
31 July-05 Sept	CASA Team Competitions—ALL teams
	15 August—Sub-Junior Navy Team (Championship)
	22 August—Junior Teams 1 and 2 (Championship)
	28 August—Intermediate Team 1 (Division 1)
	04 September—Seniors (Division 1)

## **TERM ONE 2020 FEES**

Our preferred payment method is EFT

BSB 065-126 A/C 0090 3451

REGISTRATION	\$ 100.00
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### **PLUS**

SPARKLES AND TINKERBELLS	\$ 70 .00
TINIES	\$ 98.00
SUB-JUNIORS	\$ 120.50
JUNIORS	\$ 145.00
INTERMEDIATES	\$ 145.00
SENIORS	\$ 155.50
MASTERS	\$ 132.50

*All Juniors (\$40), Intermediates(\$40) and Seniors(\$50) require an aesthetic practise skirt :*

Orders to Julie —megemmacasey@internode.on.net

## **PAY FOR THE WHOLE YEAR AND RECEIVE A DISCOUNT DUE FIRST LESSON**

The total includes discounted term fees, registration and costumes.

(Does not include Annual Concert costume, if applicable  
or Aesthetic costume for Intermediates and Juniors.)

Sparkles/Tinkerbells	<b>\$438.00</b>	Juniors	<b>\$730.00</b>
Tinies	<b>\$538.00</b>	Intermediates	<b>\$721.00</b>
Sub-Juniors	<b>\$644.00</b>	Seniors	<b>\$724.00</b>
		Masters	<b>\$530.50</b>

## **SPORTS VOUCHER**

The Sports Vouchers program from the Government of South Australia administered by the Office recreation and Sport is ongoing in 2020. The program provides an opportunity for primary school aged children from reception to Year 7 to receive \$100 toward fees on a sport of their choice. Download the link and forward completed form to the Treasurer:

treasurer@plymptonhalifax.org.au **To be used for registration and Term One fees only.**

[https://www.sportsvouchers.sa.gov.au/data/assets/pdf\\_file/0005/599432/2020Voucher.pdf](https://www.sportsvouchers.sa.gov.au/data/assets/pdf_file/0005/599432/2020Voucher.pdf)