

PLYMPTON HALIFAX CALISTHENIC CLUB

NEWSLETTER—NOVEMBER 2018

As lessons for 2018 are coming to an end a big thank you to everyone for a fabulous year! What a long list of events and competitions we have participated in. So looking forward to 2019 and hope you can make it to our Christmas Party and Dinner to celebrate!

CHRISTMAS BREAK UP

Sunday 09 December

Venue: Ascot Park Scout Hall

51 Sixth Avenue, Ascot Park

**2—3pm : Shared afternoon tea with a visit by Father Christmas at 2.30pm
(please bring a plate of party food to share)**

3—4pm : Solo and Duo Concert—girls are invited to perform their items.

PARENT CHRISTMAS DINNER

Tuesday 18 December 7pm

The Mediterranean

2/72 The Broadway, Glenelg South

RSVP : Lisa Beecken by 13 December 0438 808 967 or ldbeecken@yahoo.com.au

PUPIL SKILLS

On **Monday 03 December** the Sub-Juniors will have their class exams at the following times:

Test 1—4.30pm (arrive at 4.00pm)

Test 2—5.15pm (arrive at 4.30pm)

Test 2—6pm (arrive at 5.15pm)

Test 3—6.45pm (arrive at 6pm)

Please note that these are approximate times. Once girls have completed their exam they are to be collected as there is no lesson afterwards. Girls are to wear a plain black leotard, no tights, no underwear showing, no jewellery, no nail polish and hair in a neat and tidy bun. Good luck girls.

THANK YOU TO OUR VOLUNTEERS

We really appreciate our volunteers and thank them very much:-

Bunnings BBQ— Trevor, Catherine, Karen, Phil, Karen, Anne, Peter, Paul, Amelia, Meg, David, Di, Maddie, Piper, Kate, Bob, Lexi and Lisa

Royalty Theatre—24 November—Kelly, Shannon, Lisa, Charlotte and Hayley

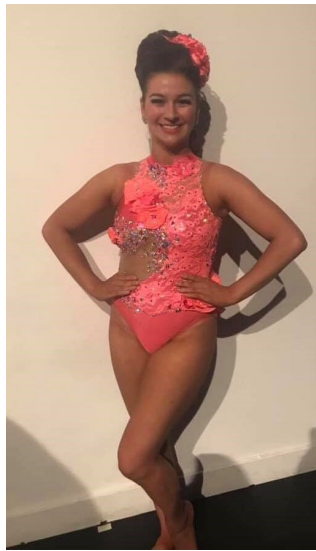
Royalty Theatre—6 November—Dee, Tracy and Niki

SOLOS AND DUOS

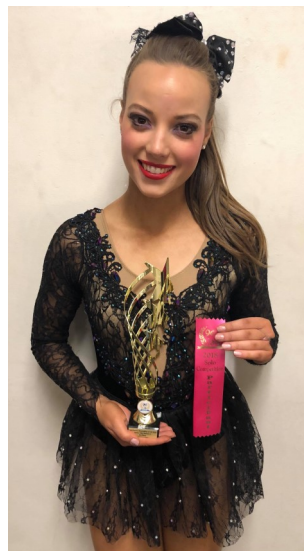
Please enjoy the Solo and Duo photos on the next pages. Congratulations to each and every girl who danced on the stage. You are all winners for getting out there. To our wonderful Coaches who spend hours training the girls thank you for your dedication.



ERIN
Senior Div 1—2nd
Coach: Hayley



CAITLIN
Senior Div 1
Coach: Kayla



PIP
Senior Div 2—3rd
Coach: Courtney



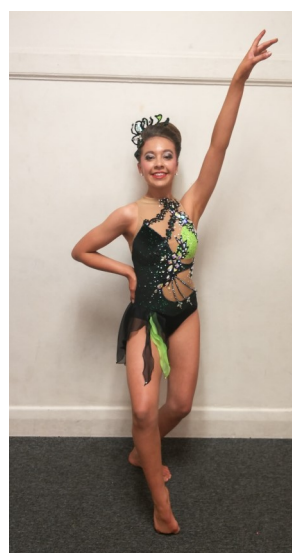
ILLANDRA
Intermediate Div 1
Coach: Hayley



TIANA
Intermediate Div 2
Coach: Hayley



NIKI
Junior 12/13 years Championship
Coach: Courtney



MONIQUE
Junior 12/13yrs Div 2
Coach: Hayley



MADDIE
Junior 12/13yrs Div 2
Coach: Courtney



BELLA
Junior 12/13yrs Div 2
Coach: Hayley



LILY
Junior 11 years Div 1—1st
Coach: Caitlin



VANNA
Junior 11 years Div 2—1st
Coach: Caitlin



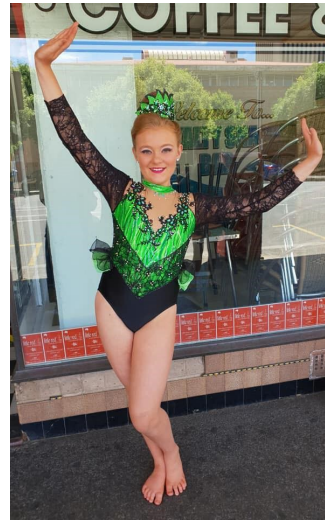
LEILA
Junior 11 years Div 2—2nd
Coach: Caitlin



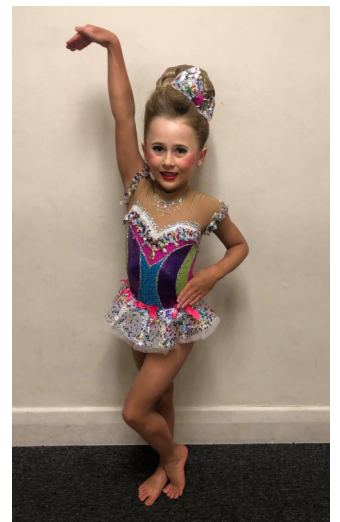
GEMMA
Junior 11 years Div 2
Coach: Caitlin



OLIVIA
Junior 11 years Div 2
Coach: Hayley



BREE
Junior 11 years Div 5
Coach: Casey



JESSICA
Sub-Junior 9 years Championship
Coach: Caitlin



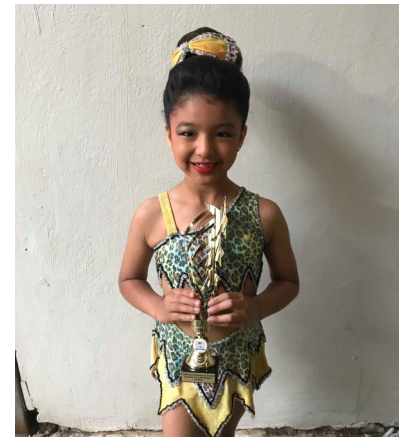
ELLIE
Sub-Junior 9 years Div 1 –4th
Coach: Caitlin



GEORGIA
Sub-Junior 9 years Div 2
Coach: Caitlin



ZOE
Sub-Junior 8yrs Championship
Coach: Josie



GABRIELA
Sub-Junior 8 yrs Div 1—2nd
Coach: Lisa



GEORGIA
Sub-Junior 8 years Div 1
Coach: Meg



MARISSA
Sub-Junior 8 years Div 1
Coach: Lisa



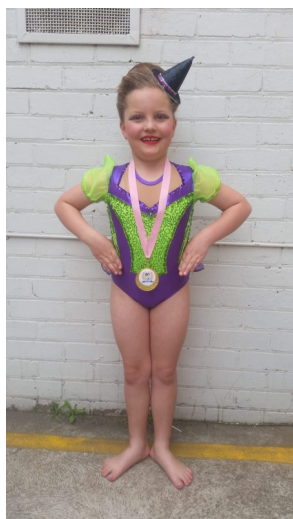
TASH
Sub-Junior 8 yrs Div 2—4th
Coach: Caitlin



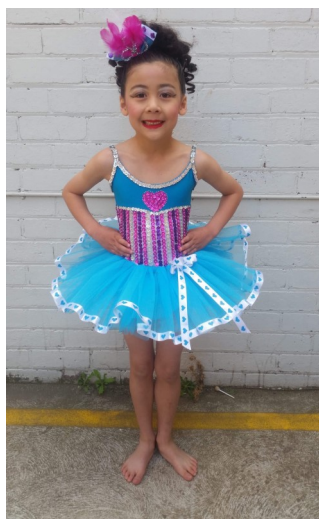
MAEVE
Sub-Junior 8 yrs Div 2
Coach: Hayley



MIKAYLA
Sub-Junior 8 years Div 3– 4th
Coach: Casey



ELIZA
Tinies 7yrs Competitive-5th
Coach: Amelia



CARA
Tinies Demonstration
Coach: Lisa



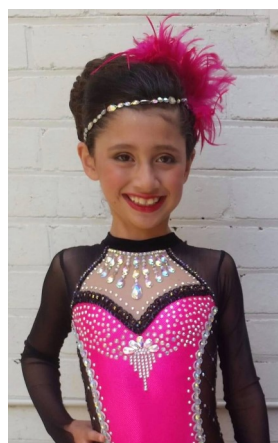
HOLLY
Tinies Demonstration
Coach: Amelia



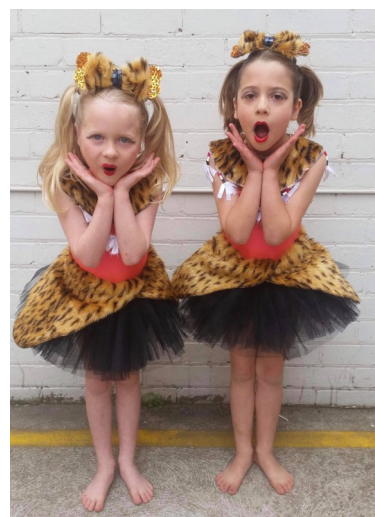
LOTTIE
Tinies Demonstration
Coach: Caitlin



GRETEL
Tinies Demonstration
Coach: Caitlin



ANGELIQUE
Tinies Demonstration
Coach: Shirleen



APRIL AND LILY
Tinies Demonstration
Coach: Amelia



GRETEL AND MAKAYLA
Tinies Demonstration
Coach: Josie



MADDI AND HAYLEY
Sub-Junior Championship
Coach: Caitlin



LEXI AND TALLYN
Sub-Junior Div 2
Coach: Casey



GEORGIA AND MATILDA
Sub-Junior Div 2
Coach: Meg



BELLA AND MONIQUE
Intermediate Div 1—4th
Coach: Hayley



ILLANDRA AND JORDAN
Intermediate Championship
Coach: Hayley



CAITLIN AND ALI
Seniors
Coach: Melissa

2019 GRACEFUL GIRLS

It is now time to start thinking about a Graceful Girl ,so if your daughter is interested in doing one in 2019 please contact Lisa by 07 December so that Coaches can be allocated and then begin preparing routines. These are private lessons so there are additional costs involved. Lessons are \$10 per half hour, \$15 for forty five minutes and \$20 for an hour. There is generally a minimum of 10 lessons. Parents need to organise their own costume. The Club hires out costumes or alternatively you can make or purchase your own. There is a once off hall hire of \$15-\$20 for these lessons. Please be aware that it may not be your team coach that coaches your daughter. Please email Lisa with any days and times of the week that you are not available ldbeecken@yahoo.com.au

GLENELG CHRISTMAS PAGEANT

The sun was shining and it was a wonderful day. Thanks for coming and we hope all the girls loved being part of it!



COSTUME CUPBOARD CLEAN UP

Monday 10 December from 9.30am

If you can spare an hour or two it would be greatly appreciated. Julie will be sorting out all our costumes, tidying and packing everything away!! Children are welcome.

PROP AND SHED CLEAN UP

Saturday 12 January from 9.30am

It would be great to have as many hands as possible to clean , tidy and sort out our prop shed located at the back of the hall. Everyone is very welcome—mums, dads, brothers and sisters.

STRENGTH AND FLEXIBILITY LESSONS—SCHOOL HOLIDAYS 2019

Prior to lessons commencing in 2019 we will be holding some strength and flexibility classes with specialist Coach Kym Miles. More information will be provided soon on your team facebook pages.

AGM

Tuesday 12 February, 7pm

At the hall

Please pop this date in your diary.

Our Club is run by volunteers and without them we could not continue.

Many hands make light work so we would love to see some new faces.

Lessons for 2019 commence as follows:-

SENIORS	Monday 21 January, 6.30pm
MASTERS	Wednesday 23 January, 6.30-8pm
JUNIORS	Tuesday 29 January, 4.30-7pm
INTERMEDIATES	Tuesday 29 January, 7-9pm
TINKERBELLS	Saturday 02 February 9-10am
TINIES NAVY	Saturday 02 February, 10-11.30am
SUB-JUNIORS**	Monday 04 February, 4.30-6.30pm
<i>* **Sub-Junior parents please note that in the first 2 lessons the girls will learn some work and then teams will be selected. There will be 3 teams and 1 team will be practising at another venue from week 3 onwards. All Sub-Junior lessons will be on a Monday night.</i>	
SPARKLES	Wednesday 06 February, 4-5pm
TINIES GOLD	Wednesday 06 February, 5-6.30pm





Our Juniors had the most wonderful trip to Ballarat creating so many memories and lasting friendships. The competition was tough and tight and we gained 2nd place overall.

A big thank you to our sponsor:-

BALANCE
HOME SERVICES

PHONE: 8388 3433

EMAIL: enquiries@balancehomeservices.com.au

