

# PLYMPTON HALIFAX CALISTHENICS CLUB

*Newsletter - March Edition 2021*



Plympton Halifax  
Calisthenics Club



@plymptonhalifaxcc

## PHCC UPDATE 2021

How is it March already!? We hope everyone has had a fun and enjoyable start to our 2021 calisthenic year.

It is Graceful Girl season. This means that many of our girls have been training for hours with their coaches to prepare for their regional and CASA Competitions. Excitingly, we will be holding a Graceful Girl Concert at our hall on Saturday 27 March at 11:45am. If you'd like to see what the Graceful Girl is all about and show support for our girls, please come along!

Our club AGM was held earlier in the term. We must thank our retiring President Josie Kerr who has held this role and previously the role of Treasurer for many, many years. Her continued commitment, dedication and passion for our Club is unwavering. Our club would not be what it is today without Josie's incredible contribution. We must now welcome our new President, Kelly McAvaney. Kelly is a member of our Masters team and has a daughter in the Junior Team. We are so grateful for Kelly's excitement and enthusiasm about the role and are confident that she will help the club achieve great things!

# PHCC UPDATE 2021

## PHCC 2021 COMMITTEE

President: Kelly McAvaney

Vice President: Di Carroll

Secretary: Julie Allison

Treasurer: Alison Sheridan

Coach Co-Ordinator: Lisa Beecken

Child Protection Officer: Josie Kerr (contact number: 0411 299 558)

Committee Members: Meg Allison, Bev Bahr, Amelia DeLaine, Jaclyn DeLaine, Kaye DeLaine, Sue McAvaney, Tracy Stamou

Facebook is our main form of communication. Each team also has their own private Facebook group to share team details and the very important practice videos, (Juniors use Seesaw). If you are not yet a member of your daughter's team page, please speak with your Team Manager.

At any time throughout the year should you have any questions, queries or concerns please do not hesitate to contact me.

Regards,

Lisa Beecken

Coach Co-Ordinator

0438 808 967 or [ldbeecken@yahoo.com.au](mailto:ldbeecken@yahoo.com.au)

# COMING UP IN 2021

## CALI CAMP

DATE: 15 and 16 April @ Nunyara, Belair

We are excited to be going on Camp in 2021! Costs and arrival/departure times will be posted on your team's Facebook page. Everyone will need to make their own way to and from camp. It is a one night stay for all Sub-Juniors, Juniors and Intermediates. The Sparkles, Tinkerbells, Tinies Navy, Tinies Gold, Tinies White, Seniors and Masters are all invited for dinner and the games night. Parents are welcome too!

## TEAM COMPETITIONS

All dates are tentative at this stage.

### MAY COMPETITIONS

DATE: 10-28 May @ Royalty Theatre for Sub-Juniors, Juniors, Intermediates and Seniors.

These are a "black leotard" competition. Girls need to supply their own leotard and wear nude coloured knickers or body stocking. Please check with your team manager to make sure you have the correct leotard.

### INNOVATION TINIES COMPETITIONS/DEMONSTRATIONS

DATE: 29 or 30 May @ the Hopgood Theatre  
for Sparkles, Tinkerbells, Tinies Navy, Tinies Gold & Tinies White.

### CASA STATE COMPETITIONS

DATE: 31 July – 29 August @ Royalty Theatre – all teams.\*  
7 August—Sub-Junior Navy and Gold Teams (Championship)  
14 August—Junior Teams 1, 2 and 3 (Championship)  
20 August—Intermediate Team 1 and 2 (Division 1)  
27 August—Seniors (Division 1)

\* Sparkles, Tinkerbells, Tinies Navy, Tinies Gold, Tinies White and Masters dates not released yet.

## MID YEAR CONCERT

DATE: 19 June @ Brighton High School Performing Arts Theatre.

Due to COVID-19 restrictions still being in place the concert will be split into three sessions.

Concert 1 @ 2pm: Sparkles, Tinkerbells, Tinies Navy, Gold and White.

Concert 2 @ 4:30pm: Sub-Junior Navy, Gold and White, Seniors, Masters.

Concert 3 @ 7:30pm: Junior 1, 2 and 3 and Intermediates 1 and 2.

# THANK YOU

Thank you to those who helped at Westfield Marion Shopping Centre on our stand at the start of the term – Amelia, Caitlin, Di C, Di G, Hayley, Jaclyn, Josie, Kelly S and Meg.

## TEAM MANAGERS

Sparkles  
Tinkerbells  
Tinies Navy  
Tinies Gold & White  
Sub-Junior Navy  
Sub-Junior Gold & White  
Junior Squad 1  
Junior Squad 2  
Intermediates  
Seniors  
Masters

Amanda Kyriakopoulos and Rebecca Powell  
Alexandra Thorley  
Shelley Pickup and Tahnee Greenan  
Michelle Kerr  
Alana Trickett  
Selena Worthley  
Kelly McAvaney  
Anne Berry-Smith  
Tracy Stamou  
Meg Allison  
Melinda Galliford and Julie Hutchins

## POOL DAY

A number of girls, coaches, mums and dads attended the Pool Day at Marion Outdoor Pool. The weather was fabulous and it was a fun day had by all!



# NEW PHCC TRACKSUIT

After a lot of work by our tracksuit committee and rounds of consultation with coaches, parents and girls we can now reveal our new PHCC club tracksuit! We wanted something that reflected our club story, something that was practical for our girls, and something that would represent us well for the years to come.

Sizing:  
Kids 6-16  
Adults 8-24

The tracksuit includes a jacket and pants. Please note that you must buy both items. The items are not sold separately, and the girls will not be permitted to wear the jacket without the pants. You can mix up the sizing though e.g. size 8 jacket and size 10 pants.

## Try-on:

Samples are available to try on for ONE week only! From next Monday 15 – Saturday 20 March be sure to arrive to lesson early or stay a little longer to try on the jacket and pants to find the right size. If you are not able to attend, your daughter will be fitted and given a slip of paper to take home with suggested sizing.

## Pricing:

As a special introductory offer, and thanks to our fundraising efforts, the club will contribute \$70 towards each tracksuit purchased. This offer will only be available in 2021!

Kids sizes: Pants and Jacket = \$105.00 - Club contribution \$70 = TOTAL COST ONLY \$35!!!

Adult sizes: Pants and Jacket = \$120.00 - Club contribution \$70 = TOTAL COST ONLY \$50!!!

## Ordering:

To receive your tracksuit for May Competitions you must place your order by next Saturday 20 March. To order, simply click on the following link [Merchandise | Plympton Halifax CC](#) and place your order:

Select “tracksuit jacket payment” and order the size. Then select “tracksuit pant payment” and order the size. Proceed to the cart and complete payment.

## Not paying now?

If you would like to pay later, select “tracksuit pant” and “tracksuit jacket” and order the sizes. Put a reminder in your phone to pay by end of April to allow enough time to arrive before May Competitions. The tracksuit won't be dispatched until payment is made.

In case you missed it the first time... this is the ONLY opportunity to order in 2021. Act quickly and get in by Saturday 20 March so you don't miss out!



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