



CAL-LINK

Welcome to the CAL Link - This newsletter is designed to keep you informed of events, provide information and give you the opportunity to ask questions and get either direct responses or have the Q & A published in the following edition of CAL Link

MEET YOUR EXECUTIVE COMMITTEE



President - Jennie Power

Jennie has been involved with CACTI since 1997. Her first role was Evatt's delegate to the Competition Sub-Committee. Jennie held this position until 1999 when she became the Competition Sub-Committee Convenor. Her role as Convenor continued until the end of 2001. In 2002 she took on the duties as Evatt's President as well as CACTI delegate. In 2004 Jennie remained CACTI delegate and added to her repertoire as Team Manager for Evatt's Intermediate Team. She has continued her involvement at club level in 2005 as Team Manager for Evatt Inters and added to that she became President of CACTI. A somewhat daunting task but for the most part is enjoying the role (so far!)



Secretary - Sue Latter

Sue has been involved with calisthenics since 1983. She has performed a number of duties within CACTI including 10 years as Skills Convenor. Other involvement has been as Canteen Coordinator, ACF Delegate and various duties with rep teams. Sue is also a member of the Comp committee and Deanne's delegate at CACTI. Sue was awarded life membership in 2003. The reason she is involved is because she enjoys meeting people and the associated social aspects. What will she get involved in next?



Treasurer - Debbie Whitfield

No profile received from the ever so shy DW so all Cal Link can say about her as

the Treasurer - "She ain't got no money, clothes are kinda funny and hair is kinda wild and free - she's been around for a long time, done heaps at both club and CACTI level, been involved in rep team, has time to cook and wash and sew, adds and subtracts, divides and multiplies, writes cheques, banks cheques. Why does she do this future editions may reveal, if we can track her down - a very busy lady.

Sub-program news

Competitions

We commenced the year with our Solo competitions in April and May 2005. An increase in the number of participants was pleasing and for the first time in a few years CACTI was able to re-introduce Cal Solos and Duos in the Senior Division. Results were:

PRELIMINARY SOLO RESULTS - APRIL 2005

Calisthenic Graceful:

Junior Div 2 - 10 yrs: 1st: Emma Fisher (K)
2nd: Danielle Watson (K)
3rd: Jessica Boynton (D)
& Taylor Maree Muller (K)
HM: Sarah James (Ex)
HC: Emily Yip (A)

Junior Div 2 - 11/12 yrs: 1st: Jennifer Hawke (D)
2nd: Catrin Hopkins (E)
3rd: Brittany Gould (J)
HM: Karina Dudderidge (A)

Junior Div 1: 1st: Giorgia Stavaruk (K)
2nd: Caitlin Gordon (J)
3rd: Eliza Anlezark (K)
HM: Taylor Corey (Ac)
HC: Nicole Lustrini (Ac) & Kiera Doherty (J)

Intermediates Div 2: 1st: Kristie Hoop (Ex)
2nd: Aika O'Toole (Ex)
3rd: Hannah Webb (E)
HM: Chloe Stephens (B)
HC: Lydia Bozzato (B)

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Intermediates Div1 - 13/14 yrs 1st: Caitlin Stavaruk (K)
2nd: Jenna Kratzel (B)
3rd: Amy Minchin (D)
HM: Cassandra Muir (B)
HC: Nicole Wood (B)

Intermediates Div 1- 5/16 yrs: 1st: Amanda Phillips (K)
2nd: Alexandra Gillard (K)
3rd: Ashlee Bye (D) &
Belinda Seaman (J)
HM: Carli McMartin (E)
HC: Melissa Smith (E) &
Alexandra Muir (B)

Senior: 1st: Narelle Drake (Dow)
2nd: Sandra Cappuccio (K)
3rd: Hannah Schneider (D)
HM: Louise Heaton (E)

CALISTHENIC SOLO:

Sub-Junior - 6/7 years: 1st: Chelsea Newbury (E)
2nd: Annie Clarke (K)
3rd: Chloe Riches (D)
HM: Ellen Sutherland (Ac)
HC: Jamie Van Kampen (A)

Sub-Junior - 8/9 years: 1st: Ashleigh Watson (K)
2nd: Elise Webb (E)
3rd: Ashleigh Gibson (B)
HM: Katherine Reber (B) &
Natasha Muir (B)
HC: Rachel Minchin (D)

Junior - Div 2 - 10 years: 1st: Danielle Watson (K)
2nd: Kacie Patterson (K)
3rd: Kilie Arnold (D)
HM: Carrie Altinger (B)

Junior - Div 2 - 11/12 years: 1st: Molly Feltrin (B)
2nd: Emily Rutten (K)
3rd: Tracey Goodman (Ac)
HM: Erin Miller (E)
HC: Laura Pardoe (Ac) &
Ashleigh Costello (B)

Junior - Div 1 - 10 years: 1st: Danielle Rutten (K)
2nd: Emma Fisher (K)
3rd: Bethany Taylor (D)

Junior - Div1 - 11/12 years: 1st: Caitlin Gordon (J)
2nd: Georgia Stavaruk (K)
3rd: Alexia Bayliss (E)
HM: Meg Phillips (Ac)
HC: Rebecca Reber (B)

Intermediate - Div 2: 1st: Sophie Teager (B)
2nd: Krystal Jansen Young (A)
3rd: Jessica Kerney (J)
HM: Ashleigh Lawler (J)

Intermediate - Div 1-13/14 yrs: 1st: Caitlin Stavaruk (K)
2nd: Amy Minchin (D)
3rd: Lydia Bozzatto (B)
HM: Kari Sharp (E)

Intermediate - Div 1-15/16 1st: Belinda Seaman (J)
2nd: Amanda Phillips (K)
3rd: Anastasia Zvargulis (K)
HM: Alexandra Muir (B)
HC: Ashlee Bye (D)

Senior: 1st: Sandra Cappuccio (K)
2nd: Kathleen Garner (E)
3rd: Louise Heaton (E)

CALISTHENIC DUO

Sub- junior: 1st: Natasha Muir & Katherine Reber (B)
2nd: Alannah & Rachel Alley-Freeman (J)

Junior: 1st: Bethany Taylor & Kilie Arnold (D)
2nd: Alison Hattley & Eliza Anlezark (K)
3rd: Alexandra Wood & Alexandra Hewitt (B)
HM: Lauren & Emma Gillan (J)

Intermediates: 1st: Jemma Floyd & Jessica Plunkett (A)
2nd: Kristie Hoop & Aika O'Toole (Ex)
3rd: Cassandra Muir & Caitlin Taylor (B & D)
HM: Chloe Stephens & Sophie Teager (B)
HC: Georgia Venables & Sarah Zeller (Ex)

Seniors: 1st: Carly Lawler & Shannon Thomas (B & J)
2nd: Megan Thorpe & Katrina Morrison (B)

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CHAMPIONSHIP SOLO RESULTS - 2005

DUOS

Sub-junior: 1st: Katherine Reber & Natasha Muir (B)
2nd: Alannah & Rachel Alley-Freeman (J)

Junior: 1st: Kilie Arnold & Bethany Taylor (D)
2nd: Eliza Anlezark & Alison Hattley (K)
3rd: Lauren & Emma Gillan (J)
HM: Alexandra Wood & Alexandra Hewitt (B)

Inters: 1st: Kristie Hoop & Aika O'Toole (Ex)
2nd: Chloe Stephens & Sophie Teager (B)
3rd: Cassandra Muir & Caitlin Taylor (B & D)
HM: Jemma Floyd & Jessica Plunkett (A)
HC: Sandy Parbs & Nicole Wood (B)
HC: Georgia Venables & Sarah Zeller (Ex)

Senior: 1st: Kirbie Straschko & Melissa Floyd (A)
2nd: Shannon Thomas & Carly Lawler (J & B)
3rd: Katrina Morrison & Megan Thorpe (B)
HM: Megan Griffin-Warwicke & Nikki
Marion (A)
HC: Marie De Angelis & Felicity Smith (E)

CALISTHENIC SOLO

Sub-Junior - 6 & 7 years: 1st: Chloe Riches (D)
2nd: Annie Clarke (K)
3rd: Ellen Sutherland (Ac)
HM: Chelsea Newbury (E)
HC: Vanessa Dudderidge (A)
HC: Jamie Van Kampen (A)

Sub-Junior - 8&9 yrs: 1st: Ashleigh Watson (K)
2nd: Rachel Minchin (D)
3rd: Natasha Muir (B)
HM: Elise Webb (E)
HC: Ashleigh Gibson (B)
HC: Brydie Hawke (D)

Junior-Division 2 - 10yrs: 1st: Kilie Arnold (D)
2nd: Carrie Altinger (B)
3rd: Danielle Watson (K)
HM: Kacie Patterson (K)
HC: Emily Ackerman (Dow)
SM: Kirsty Goodman (Ac)

Junior - Div 2 - 11&12yrs: 1st: Daniella Gashparag (K)
2nd: Erin Miller (E)
3rd: Charlotte Ransom (D)
HM: Rhiannon Ryan-Farre (SS)
HC: Ashleigh Costello (B)

Junior - Division 1 - 10yrs: 1st: Danielle Rutten (K)
2nd: Emma Fisher (K)
3rd: Bethany Taylor (D)

Junior - Division 1 - 11 & 12yrs: 1st: Caitlin Gordon (J)
2nd: Rebecca Reber (B)
3rd: Giorgia Stavaruk (K)
HM: Catrin Hopkins (E)
HC: Taylor Corey (Ac)

Intermediate - Division 2: 1st: Jessica Kerney (J)
2nd: Courtney Bach (SS)
3rd: Amanda Shanks (B)
HM: Sophie Teager (B)
HC: Ashleigh Lawler (J)

Inters Division 1 - 13 & 14yrs: 1st: Caitlin Stavaruk (K)
2nd: Hannah Webb (E)
2nd: Kari Sharp (E)
3rd: Lydia Bozzato (B)
HM: Amy Minchin (D)
HC: Cassandra Muir (B)

Inters Division 1 - 15 & 16yrs: 1st: Ashlee Bye (D)
2nd: Belinda Seaman (J)
3rd: Anastasia Zvargulis (K)
HM: Alexandra Muir (B)
HC: Allirah Golding (SS)

Senior: 1st: Sandra Cappuccio (K)
2nd: Kathleen Garner (E)
3rd: Louise Heaton (E)
HM: Felicity Smith (E)
HC: Kylie McInnes (J)
HC: Carly Lawler (B)

GRACEFUL SOLO

Junior - Division 2 - 10yrs: 1st: Emma Fisher (K)
2nd: Kirstey Goodman (Ac)
3rd: Jessica Boynton (B)
HM: Danielle Watson (K)
HC: Taylor-Maree Muller (K)

Junior Division 2 - 11 & 12yrs: 1st: Jennifer Hawke (D)
2nd: Catrin Hopkins (E)
3rd: Brook Arnold (D)
HM: Emily Rutten (K)
HC: Brittney Gould (J)

Junior - Division 1: 1st: Giorgia Stavaruk (K)
2nd: Taylor Corey (Ac)
3rd: Nicole Lustri (Ac)
HM: Meg Phillips (Ac)
HC: Caitlin Gordon (J)
HC: Taylor Clark (D)
SM: Eliza Anlezark (K)
SM: Danielle Rutten (K)

Inters - Division 2: 1st: Lydia Bozzatto (B)
2nd: Chloe Stephens (B)
3rd: Hannah Webb (E)
HM: Kristie Hoop (Ex)
HC: Jessica Kerney (J)
HC: Amanda Shanks (B)

Inters Division 1 - 13 & 14yrs: 1st: Caitlin Stavaruk (K)
2nd: Amy Minchin (D)
3rd: Jenna Kratzel (B)
HM: Caitlyn Flint (E)
HM: Caitlyn Taylor (D)
HC: Nicole Wood

Inters Division 1 - 15 & 16yrs: 1st: Melissa Smith (E)
2nd: Anastasia Zvargulis (K)
3rd: Belinda Seaman (J)
HM: Claire Anderson (D)
HC: Alexandra Gillard (K)
HC: Katrina Morrison (B)
SM: Amanda Phillips (K)

Seniors: 1st: Melissa Floyd (A)
2nd: Mayrah Butt (Dow)
3rd: Hannah Schneider (D)
HM: Sandra Cappuccio (K)
HC: Emma Bristow (J)

ACT Rep Team 2005

Sub-Junior, Junior and Intermediate Teams together with Junior and Intermediate Graceful Soloists and Intermediate Calisthenic Soloists competed at the 17th National Championships in Melbourne in July 2005.

All teams and soloists were a credit to the ACT and certainly have made their presence known at National level. It was fabulous to see so many supporters from the ACT rallying for our teams and soloists. Our girls certainly appreciated your support.

Junior Graceful Results:

Closed Division: 1st place: Taylor Corey
2nd place: Nicole Lustri
3rd place: Giorgia Stavaruk

Intermediate Graceful Results:

Closed Division: 1st place: Jenna Kratzel
3rd place: Amy Minchin

Intermediate Calisthenic Solo Results:

Open Division: 5th place: Belinda Seaman
Closed Division: 1st place: Belinda Seaman
2nd place: Ashlee Bye

Team Results:

Results of the competitions are as follows:

Sub-Juniors

Figure March	1st place
Free Exercises	3 rd place
Rod Exercises	2 nd place
Aesthetic	4 th place
Folk Dance	3 rd place

ACT Sub-Juniors gained =2nd place in the aggregate.

Juniors:

Figure March:	Open Division 4 th place
	Closed Division 1 st place
Free Exercises	Open Division 3 rd place
	Closed Division 1 st & 2 nd place
Rod Exercises	Closed Division 1 st & 3 rd place
Club Swinging	Closed Division 1 st & 3 rd place
Aesthetic	Closed Division 2 nd & 3 rd place
Stage Presentation	Closed Division 2 nd place

ACT Juniors gained 1st place in the Closed Division

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Intermediates:

Figure March	Open Division	4 th place
	Closed Division	1 st place
Free Exercises	Closed Division	1 st place
	Open Division	3 rd place
Rod Exercises	Closed Division	1 st place
	Open Division	4 th place
Club Swinging	Closed Division	1 st place
	Open Division	4 th place
Aesthetic	Closed Division	1 st place
	Open Division	4 th place
Rhythmic	Open Division	4 th place
	Closed Division	1 st place
Interpretation	Closed Division	1 st place
	Open Division	4 th place
Calisthenic	Open Division	4 th place
	Closed Division	1 st place
Spectacular	Closed Division	1 st place

ACT Intermediates gained 1st place in the Closed Division

Congratulations to all, particularly Sub-Juniors for their 1st place in Figure March - a 1st for the ACT.

Rep Team Costumes

There are costume sets available for sale from both 2004 and 2005 rep teams. Details are available within your club - (they were given to your CACTI delegate). If you would like a further look please contact Marjory Smith for 2004 costumes and Liz Kratzel for 2005 costumes.

Nationals 2006 - the 18th National Championships will be held in Darwin in July 2006.

September/October will be the time for coaches to be selected, along with team and team management. We are striving to build on the momentum of our past/current success and strongly urge you to consider your options for 2006.

More on this in the next newsletter.....due very soon.....

CACTI Logo

CACTI, through its member clubs, has decided it is time to obtain a new CACTI logo - you are invited to submit your ideas/designs and either

give them to your club delegate to submit to CACTI or forward through the CAL Link email address.

One of many objectives of CACTI is to enhance communication between the Association and its members. One form of communication at present is via each club's delegate at CACTI meetings. The aim of this newsletter is to open further lines of communication with ALL members by way of this newsletter. It is important to ensure that this form of correspondence is worthwhile and meets the needs of the calisthenics community.

Calisthenic Skills

There has been a lot of discussion about the skills program and CACTI is currently looking at the possibility of moving the Skills program forward in the future to February/March each year. The Calisthenics year is very busy, particularly in the second half of the year with comps, teams travelling to Ballarat, Club camps etc. Holding skills in Feb/March would enhance the techniques required for ALL participants, ie Club, Soloists and rep teams. They will get the grounding they need at the beginning of the year and will be able to utilise what they learn throughout the year.

Letters to the Editor

What would you like included in the CACTI Newsletter?

Any news of interest should be forwarded to the email addresses shown in the footer of this publication. You may wish to advertise your end of year concert, your club's timetable, costumes for sale, coach/cadet vacancies. etc

Next Edition:

- **More news on the upcoming events**
- **(Question time: let CAL Link know what your views are - email the CAL Link as displayed on the footer of this newsletter - the editor will ask the questions and provide answers in the next edition)**
- **Skills - now and in the future**
- **August comp results & November timetable**

Quote: JFK - Ask not what Calisthenics can do for you but what you can do for Calisthenics - your contribution is what keeps the wheels in motion. (This quote has been modified to suit our needs.)

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