



# CAL-EIDOSCOPE

Newsletter of the Evatt Calisthenics Club Incorporated

*(The newsletter with the EDGE)*

[www.evattcalisthenics.org](http://www.evattcalisthenics.org)

Newsletter No. 1, February 2006

## ***Welcome back for 2006***

There's lots happening in the first few weeks of the Calisthenics year so it won't take too long to get back into the swing of things. Welcome to all our new families – we hope you will find Calisthenics both a fun and rewarding experience. If you have any questions at all then please don't hesitate to contact me on 62417690 or [webbs@grapevine.net.au](mailto:webbs@grapevine.net.au).

Don't forget our website has a lot of information, as well as links to other Calo sites – the address is:

**[www.evattcalisthenics.org](http://www.evattcalisthenics.org)**

Chris Webb  
President

## ***NEW COMMITTEE***

At our AGM in January the Committee for 2006 was elected. Thanks so much to those people who have again given up their time to help with the running of the Club. We still have vacancies for a Secretary, Publicity Officer and CACTI Competition delegate. If you are interested in one of these positions, or are just interested in coming to the meetings to learn more about the Club, then please call Chris on 62417690. A contact list of the Committee and Coaches is attached to this Newsletter.

## ***FEES***

Just a reminder that fee invoices will be issued over the next 1-2 weeks. Please note that a 10% discount applies if annual fees are paid in full before the end of the first term. The discount does not apply to the CACTI registration fee.

Payment can be made at class to team managers or by cheque or credit card to PO Box 437 Belconnen ACT 2616. Payment can also be made by direct deposit. The details are as follows:

BSB number: 062913  
Account Number: 010216547  
Account Name: Evatt  
Calisthenics

Any questions call David on  
6258-0495.

## ***SAUSAGE SIZZLE***

Our first social event for the year will be a sausage sizzle to be held from 5-7.30pm on Friday 3 March 2006 at Lake Ginninderra (the park off Diddams Close).

Sausage Sandwiches and soft drinks will be available for \$1.00 each, or if you prefer you can pack the esky – just come down and relax with us. A flier has gone home this week with info.

## **SKILLS**

The Australian Calisthenics Federation (ACF) hold a national examination scheme called Calisthenics Skills. The set syllabus is designed to develop an individual's Calisthenic skills. Evatt Calisthenics Club encourages its pupils to participate; usually from their second year of calisthenics onwards.

CACTI usually hold Calisthenics Skills classes and examinations twice throughout the year; **however, this year it is likely that the skills program may only be held once, in the beginning of the year.**

Below is a table of the recommended ages for Calisthenics Skills.

<b>Test 1:</b>	6-7 years
<b>Test 2:</b>	7-8 years
<b>Test 3:</b>	9-10 years
<b>Grade 1:</b>	10-12 years
<b>Grade 2:</b>	12-14 years
<b>Prep 3:</b>	13-15 years
<b>Grade 3:</b>	14-16 years
<b>Grade 4:</b>	17 years

This year the skills classes will be run over the following four weekends (venues to be advised):

Saturday March 25 or Sunday  
March 26  
Sunday April 2  
Sunday April 9  
Sunday April 23

The examinations will be held on May 5/6/7 at Urambi Primary school, Kambah. Participants must attend 3 out of the 4 classes to be eligible to present for the examination.

The fees for the 2006 Calisthenics Skills program are as follows:

Test 1 & Test 2 \$55  
Test 3 through to Grade 4 \$75

**If you wish to participate in the 2006 Calisthenics Skills program, or would like more information, please call Kirsten Sharp on 6258 4676 or ask your team manager or coach.** All enrolment forms and payment must be received by February 24, 2006.

## ***What makes a Cala girl a Cala girl??*** By Han and Kari

1. Will do anything to get food.
2. Acts like a loser in public.
3. The most important weekend of the year is camp.
4. Calls other girls chicks not girls.
5. Are total un-co dancers apart from calisthenics.
6. Always complains about calisthenics but never quits.
7. Never admits that they are good even if they are.
8. Laughs at anything even if it's stupid.
9. Walks onto the stage and make their mums cry - walks off stage turns into a clown again.
10. Always loses their voice after cheering so much at the end of a comp weekend.

(stay tuned for more wit and wisdom from our guest columnists, Inters girls Han and Kari!)

### **IMPORTANT DATES for 2006**

3 March – 5-7.30pm Club Sausage Sizzle – Lake Ginninderra – off Diddams Close.	13 March – Evatt Committee Meeting 8.00pm, The Sports Club Kaleen
7-8 April – Karilee Solo Competitions Hawker College	10 April - Evatt Committee Meeting 8.00pm, The Sports Club Kaleen
29/30 April – CACTI Preliminary Solo Competitions, Erindale Theatre	27/28 May – CACTI Championship Solo Competitions
16-18 June – Deanne Physical Comps – Erindale Theatre	12-16 July – 18 <sup>th</sup> National Calisthenics Championships – Darwin
29/30 July - 5/6/ August - CACTI Preliminary Team Comps – Erindale Theatre	26-27 August - Evatt Camp – Birrigai
4/5 - 12/13 November - CACTI Championship Team Comps – Erindale Theatre	19 November – Evatt Christmas Party and Presentation Day

***EVATT CALISTHENICS CLUB INCORPORATED THANKS OUR MAJOR SPONSOR:***



**THE SPORTS CLUB KALEEN**

*Where you really get that winning feeling!*

### ***Sports Quote of the Day***

*"I owe a lot to my parents, especially my mother and father."  
(Greg Norman)*

### ***NEWSLETTER ADVERTISING***

Anyone interested in advertising in our newsletter for a small fee please contact Chris. If you would like to contribute to the newsletter or have suggestions please contact Chris Webb on 6241 7690 - email [webbs@grapevine.net.au](mailto:webbs@grapevine.net.au)