



CAL-EIDOSCOPE

Newsletter of the Evatt Calisthenics Club Incorporated

(The newsletter with the EDGE)

Newsletter No. 2, June 2005

FROM THE PRESIDENT

A few weeks ago I was talking to some parents and I asked them if they were going to watch the solo competition. The response was "On a few occasions recently, some newer members of our Club have asked just what is Calisthenics and what happens at the competitions - the first one being this weekend. While the girls have been having a good time coming to classes and getting to know the movements, until girls and parents have experienced a competition it is a bit hard to get your head around.

It's probably useful to start at the beginning - Calisthenics as we know it today descended from Physical Culture activities during the Victorian Gold Rush era. Its aim was the promotion and enjoyment of physical fitness, and still is today. The word Calisthenics originates from the Greek word meaning: beauty- *kallos* and strength- *sthenos*. The sport is unique to Australia.

Depending upon the age, girls learn between 5 and 8 items during the year. Each item lasts between 1½ - 4 minutes. These items are practised each week and then presented on stage in front of an audience, for an adjudicator in competition. The emphasis is on teamwork and uniformity to display an impressive

performance. These items are complimented by a musical accompaniment, which is unrestricted in choice, giving an individual quality to each performance. Costumes, make-up and hairstyles also add to the overall presentation of each item. The adjudicator awards a score for each item much like gymnastics, and the team that gets the highest score after all items is called the Aggregate Winner.

There are four competitions held during the year. They are the Deanne Physical Competition, to be held this weekend, the Brindabella Fancy Competition held in September, and the two official competitions run by Calisthenics ACT Inc, the CACTI Preliminary Competitions in July/August and the Championship Competition held in November. All competitions are held at the Erindale Theatre. Evatt also holds an end of year concert and presentation day where you get to see all our teams relax after the hype of competitions and perform just for you. Check the calendar on the last page of the newsletter for exact dates.

The ACT has eight clubs who compete at competitions, and often Clubs from NSW will also compete. The competitions are great to watch, and

we encourage all Evatt parents to come along and support our girls. Evatt traditionally sit together in the right side of the back half of the theatre so look out for other supporters.

If you want more information on competitions, don't hesitate to contact myself, a committee member or have a chat to your Coach after class. Good luck to all teams at the Deanne Comps.

Paul Flint, President

NATIONAL CALISTHENICS CHAMPIONSHIPS

The 17th National Calisthenics Championships will be held in Melbourne from the 6th to 9th of July 2005.

We would like to congratulate Melissa Smith and her coach, Erin Power, for being selected to compete in the Intermediate Graceful Girl Section. Go Mel!

The ACT is sending three teams to the Championships, one each in the Sub-Junior, Junior and Intermediate age groups. We would also like to acknowledge and wish all the best to the 5 Evatt girls who have been selected to compete for the ACT teams. They are:

Sub-junior – Elise Webb
Junior – Alexia Bayliss
Intermediate – Carli McMartin
Kari Sharp
Caitlyn Flint

Those of you who managed to get to the Rep Team concert at the Canberra Theatre a couple of weeks ago will understand why we have high hopes for a good showing at Nationals. The

teams all look extremely well prepared and the many hours put in at training will ensure they do us proud.

Evatt would also like to thank the Sports Club Kaleen for providing sponsorship to our girls to assist with the costs of getting to Melbourne. Don't forget that as a member of Evatt Calisthenics Club you are entitled to free membership of the Sport Club Kaleen. Just ask at the front desk of the Club for details.

2005 WOMEN'S GRANTS PROGRAM

We are pleased to report that Evatt has been successful in obtaining a grant through the 2005 Women's Grants Program run by Sport and Recreation ACT. \$1,000 has been provided to be used for a specialist training weekend. Mrs Glenys Datsun, a fully qualified adjudicator from South Australia, and an ex-Evatt Coach, will be brought over to work with all our teams and coaches to offer advice on improving performance. All teams will be involved in the specialist weekend which will be held on 14 and 15 October. Further details will be provided in due course.

We would like to acknowledge the assistance of CACTI in supporting our application.

EVATT SOLOISTS 2005

The Solo Competitions for 2005 concluded with the CACTI Championships at Erindale Theatre on the 22th and 29th May. Evatt had many beautiful girls competing at the three Competitions, all of whom performed extremely well, and many of whom placed. They were (coaches in brackets):

Sub Junior Cal Solo:

Chelsea Newberry (Kirsty McGregor)
Zoe Logan (Marie DeAngelis)
Jakari Yinaar French (Lauren Curtis)
Elise Webb (Nicole Heaton)

Junior Cal Solo

Alexia Bayliss (Erin Power)
Catrin Hopkins (Kimberlie McGregor)
Tanyel Yey (Kirsty McGregor)
Emma McGuire (Kirsty McGregor)
Amy Hall (Louise Heaton)
Erin Miller (Louise Heaton)

Inter Cal Solo

Hannah Webb (Kimberlie McGregor)
Kari Sharp (Erin Power)

Senior Cal Solo

Louise Heaton (Self)
Felicity Smith (Lauren Curtis)
Cathleen Gardiner (Lauren Curtis)

Junior Graceful

Catrin Hopkins (Erin Power)

Inter Graceful

Caitlyn Flint (Erin Power)
Carli McMartin (Kirsty McGregor)
Melissa Smith (Erin Power)
Kari Sharp (Erin Power)
Hannah Webb (Kirsty McGregor)
Lauren Webb (Louise Heaton)

Senior Graceful

Louise Heaton (Self)
Marie DeAngelis (Lauren Curtis and Self)

Senior Duo

Marie DeAngelis and Felicity Smith
(Lauren Curtis)

Congratulation to all the girls, coaches,
and parents involved with the solos
this year.

SKILLS PROGRAM

The skills program is an Australia-wide program designed to raise the standard of Calisthenics and to unify terminology and technique. It is of benefit both to the girls themselves and to their teams. Qualified interstate examiners travel to the ACT to examine the students in the syllabus at every level. The syllabus progresses through a number of stages suitable to the growth and development of the child. It is highly recommended for all girls to take part in the skills program, usually starting in their second year of callisthenics, and then progressing through the levels each year or so. The ages below are approximate only:

Test 1: 6-7 years

Test 2: 7-8 years

Test 3: 9-10 years

Grade 1: 10-12 years

Grade 2: 12-14 years

Prep Grade 3: 13-15 years

Grade 3: 14-16 years

Grade 4: 15 years and over

Bronze Medal: 16 years and over

Silver Medal: 17 years and over

Gold Medal: 18 years and over

In order to train as a coach girls must have passed at least the following skills exams:

Cadet Coach: Calisthenics Skills
Grade 1

Level 1 Coach: Calisthenics Skills
Grade 2

All Graceful Solo Participants in the National Championships must have Calisthenics Skills as follows:

11-12 years: Grade 1

13-14 years: Grade 2

15 years: Prep Grade 3

16 years: Grade 3

17 years & over: Grade 4

All ages as of 31st December and Skills level by close of ACF entry.

This year skills classes have been set for the weekends of 13-14, 20-21, 27-28 August and 3-4, 10-11 September. The exam weekend will be 16-18 September.

The classes will be held at Lyneham Primary School. Most of the Sunday classes are expected to be held between 12.30 and 5 pm, and the Saturday classes will probably also be in the afternoons. The exams will be interrupted on Sunday morning due to church being held at the school. If there are more than 90 girls there may also be Sunday morning exams, held at another venue. It is hoped that application forms will be available the week after Deanne comps. For further information please contact Kirsten Sharp on 6258 4676

FEES

A reminder that the second instalment of fees should have been paid by now. The Club is constantly under financial pressure and we need the co-operation of all to ensure we remain viable while keeping costs down as much as possible. If you have any problems then please discuss with the Treasurer, David Perceval on 6258 4676.

PARTY AND DISCO

It was a chilly Friday night for our first party of the year but 25 girls, a band of hardy coaches and even a couple of smiling (male) committee members braved the conditions. The girls were entertained by some innovative games and raucous music, and powered on through the evening whilst the food and soft drink held out. Thank you to Lauren and the coaches for organising

the evening that allowed the girls to burn off some steam without worrying about their technique!

OPEN NIGHTS

Don't forget that the first class of every month is open night. This is when parents are encouraged to come to class, stay for some or all of it, and get to see what the girls have been doing.

We don't encourage parents to come to all classes as it can sometimes distract the girls. Open nights provide the opportunity to meet other parents and give the girls to a chance to show off in front of an audience.

As school holidays fall in the first week of July, the next open nights will be on the first week of August. Hope to see you there.

Thought for the Day

"Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead."

—Louisa May Alcott

NEWSLETTER ADVERTISING

Anyone interested in advertising in our newsletter for a small fee please contact Chris on the address below.

IMPORTANT DATES for 2005

(Cut This Out and Stick it on Your Fridge)

23-25 June – Deanne Physical Comps – Erindale Theatre	6-9 July – 17 th National Calisthenics Championships – Melbourne
30/31 July - CACTI Preliminary Team Comps – Erindale Theatre	6/7 August - CACTI Preliminary Team Comps – Erindale Theatre
10 Sept - Brindabella Fancy Comps – Erindale Theatre	1/2 October - Evatt Camp - Birrigai
14/15 October - Specialist Training Weekend	22/23 October – Sydney Competitions To Be Confirmed – Please note that no decision has been made as yet to send Evatt Teams to Sydney
5/6 November - CACTI Championship Team Comps – Erindale Theatre	12/13 November - CACTI Championship Team Comps – Erindale Theatre
20 November – Evatt Christmas Concert and Presentation Day – Hawker College	1 December 2005 – General Meeting and Election of Office Bearers for 2006

EVATT CALISTHENICS CLUB INCORPORATED THANKS OUR MAJOR SPONSOR:



THE SPORTS CLUB KALEEN

Where you really get that winning feeling!

Don't forget you are eligible for free membership of The Sports Club Kaleen if you are part of Evatt Calisthenics Club. Just drop into the Club to ask for details.

If you would like to contribute to the newsletter or have suggestions please contact Chris or Felicity Webb on 6241 7690 - email webbs@grapevine.net.au