



CAL-EIDOSCOPE

Newsletter of the Evatt Calisthenics Club Incorporated

(The newsletter with the EDGE)

www.evattcalisthenics.org

Newsletter No. 3, June 2008

ACT REP TEAM

As you may be aware, the ACT will be represented by two teams at the National Calisthenics Championships in Perth in July this year. We are very proud that we have girls representing our Club in the ACT squad. They are:

Juniors – Tonya Witney and Elise Webb

Inters – Carly Savona and Hannah Webb

The girls are currently training very hard as they build towards July. *Best of luck in Perth!*

We are also proud to announce that Elise Webb and her partner Ashleigh Watson and Leila Burnell and her partner Isobel Karia, have been selected to represent the ACT in the Junior Duo section at Nationals. Well done girls!.

CALISTHENICS SHOWCASE

Before the ACT Team departs for Perth, they will be “strutting their stuff” at a special performance at the Canberra Theatre. This gives people who can’t make it to Perth the opportunity to see the ACT teams and soloists in action, whilst also providing the teams with a full dress rehearsal.

The Calisthenics Showcase will be held at 4pm on Saturday 28 June 2008 at the Canberra Theatre. Tickets are \$22 per person and are available from Canberra Ticketing on 6275 2700.

Fliers for the event were distributed at class last week and you are encouraged to give them out to as many people as you can.

We are keen to see as many Evatt people there as possible, and are therefore offering a special deal for families whereby we will subsidise children’s tickets by \$10. Please see details on the form that was handed out at class. If you did not receive this form then please contact Sue on 6254 5804

DEANNE COMPETITION

The first teams competition for the year, the Deanne Physical, will held on the weekend of 20-22 June. This is a friendly competition which is an opportunity to get in some stage practice before the Preliminary CACTI competition in August.

Session times and costs are:

Intermediates

Friday 20 June 2008, 6pm to 10:35pm

Sub-Juniors

Saturday 21 June 2008, 9:00am to 1:35pm

Seniors
Saturday 21 June 2008, 2:15pm to
6:30pm

Tinies
Sunday 22 June 2008, 9:00am to
11:15am

Juniors
Sunday 22 June 2008, 12:00pm to
4:35pm

Entry costs per session are \$12 Adult,
\$6 Child/Concession

You will receive a note from your
Coach or Team Manager about
arrangements for the weekend.

SOLO COMPETITIONS

The weekend before last saw the ACT
Solo competitions draw to a close for
2008. The Club achieved some terrific
results and we congratulate all
competitors and their coaches on their
performances.

A VERY BIG THANK YOU ALSO
TO THOSE WHO FULFILLED
EVATT'S DUTIES AT THE CACTI
COMP!

THANKS TO OUR COMPETITION
DELEGATES – JILL, JENNIE AND
CHRIS FOER THEIR HARD WORK
AT COMPS!

CANBERRA MODEL CAR CLUB BBQ

Thank you to all the people who
helped out at the Canberra Model Car
Club BBQ over the weekend of 17
May. The weather was not that great
but we showed that Calisthenics people
can also brave the great outdoors and
are not just Theatre pansies. A huge
thank you to Kirsten Sharp for

organising the BBQ and braving all 4
days. The funds raised will greatly
assist those who worked with their
Ballarat costs.

CAMP

Another successful Evatt Camp was
held on the weekend of 30-31 May at
Birrigai for our Junior and
Intermediate teams. This was a great
opportunity for teams to get some
serious work done, while also having
fun and getting to know each other.
On the Sunday afternoon parents were
treated to a concert showing us the
progress that has been made this year.

Thanks once again to Kerry Bayliss for
organising yet another successful
Camp (that's five now!) and thanks to
her helpers Felicity Webb, Sue
Whitney, Jan Savona and Cathy Curtis.

SKILLS 2008

The Australian Calisthenics Federation
(ACF) holds 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.

The following table gives
recommended ages for Calisthenics
Skills.

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

Enrolment forms will be sent home soon.

FEES

Fee notices for the second fee instalment have now been issued. If you are in a class and have not yet

received a fee notice for the first installment, please contact the Treasurer. *This may mean that you are not registered and therefore not insured.* Any questions call Jill on.

IMPORTANT DATES for 2008

4 February -	1 st Term Commences
20 - 22 June -	Deanne Competition
4 July -	End 2 nd Term
17 - 20 July -	National Calisthenics Championships - Perth
21 July	3 rd Term Commences
2/3 and 9/10 August	Preliminary Teams Competition
30-31 August -	Brindabella Competition
26 September -	End 3 rd Term
13 October -	4 th Term Commences
26 October -	Practice Concert
October	Ballarat Competition (Intermediates)
8/9 and 15/16 November -	Championship Teams Competition
22 November -	Presentation

EVATT CALISTHENICS CLUB INCORPORATED THANKS OUR MAJOR SPONSOR:



THE BELCONNEN SOCCER CLUB