



# CAL-EIDOSCOPE

Newsletter of the Evatt Calisthenics Club Incorporated  
[www.evattcalisthenics.org](http://www.evattcalisthenics.org)

*(The newsletter with the EDGE)*

Newsletter No. 3, August 2005

## ***FROM THE PRESIDENT***

The July/August comps are the half way point for the year and a good time to take stock of how we are progressing. I would have to say that from what I have seen the indications are extremely positive. All teams looked terrific at the Preliminary Competitions and it augers well for the rest of the year. Congratulations to the coaches for their achievements so far in 2005 - your commitment is very much appreciated. Thank you also to the many people who support the teams - the cadets, class helpers, managers, wardrobe managers and others who ensure our Club rolls on. Most importantly, hats off to the girls for working hard and getting some great results.

A reminder to all parents and supporters about etiquette when spectating at Erindale Theatre. No photography or videoing is allowed inside the Theatre. This is a Theatre rule and there are no exceptions. There were some instances at the last competitions of this occurring. We have a concert of the end of the year for all Evatt teams where videoing and photography is encouraged so please wait for then. Also, it is important that the audience does not disrupt or distract the teams as they perform. This is the reason that children are requested not to sit in the lower section, people are asked not to talk

during performances, and the doors are closed during each item.

In addition, can you please ensure that your child is supervised at all times. If you are unsure if the girls are being cared for by the team then touch base with your team Manager who will know where things are up to.

We are now coming into a very busy time of the year with, Camp, the specialist coaching weekend and the upcoming competitions. Many girls are also participating in the CACTI Skills Program, both as participants and Coaches. These activities are directed towards improving individual techniques and overall team performance. They are well worth the effort (at least as a parent I can say that).

I hope all you dedicated taxi drivers (I mean parents!) can keep up with the pace

*Paul Flint, President*

## ***WEBSITE***

We are pleased to announce that Evatt Calisthenics Club has a brand new updated website. The site contains lots of information about the Club, key happenings and upcoming events, links to other relevant sites and about

Calisthenics in general. We will also be posting the newsletters, results of competitions, photos and other interesting bits as they come to hand. Go over to

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

and have a look around. Thank you so much to Neville McMartin for providing the domain, building the site, and agreeing to keep the site updated. Thanks also to Sam Power for his work on our original site.

Please let us know what you think or if you have ideas for improvements.

## ***A NAME CHANGE FOR EVATT???***

A proposal has been put to the Evatt Committee that the views of all members are sought as to if we should consider a name change for the Club. The discussion arose because we are the only Club with a “geographical” name.

The rationale for a possible change is that by naming our club after a Suburb of Canberra we are limiting our membership base, because of the perception that our catchment area is associated with that suburb.

There is also a very strong view that our Club is one of the oldest in the ACT with a proud tradition and we should maintain our name at all costs.

A compromise position has also been proposed that we change our name to better reflect our catchment, but entrench “Evatt” in the new name. An example put forward by a Committee member was “ENACT” – standing for Evatt and Northern ACT.

Please be aware that the Committee does not have a position on this issue.

It is being raised in the Newsletter only to gather people’s views. The process to consider a change to the name would be long, consultative and detailed, and will not be taken lightly.

What do you think? Please let us know through the “Contact” link on the website, or to the editor on the email address at the end of the Newsletter.

## ***NATIONAL CALISTHENICS CHAMPIONSHIPS***

As reported in the last newsletter, the 17<sup>th</sup> National Calisthenics Championships were held in Melbourne from the 6<sup>th</sup> to 9<sup>th</sup> of July 2005.

What the Championships clearly showed was how competitive the ACT is against the rest of Australia. The Sub-juniors came second overall, the ACT’s best result ever, and Juniors and Inters both won the closed division.

Congratulations to all ACT competitors, coaches and support people for a job well done. Bring on Darwin 2006.

## ***TEAMS***

### ***Tinies***

WOW what a competition!!! I am so proud of our little girls and the effort they put in on the day. Congratulations to you all and thank you for working so hard for us. I would like to extend a special thank you to Stephanie O'Meara for all her hard work and support of all of us at class and at competitions. We are all looking forward to some hard work, and good fun, as we prepare ourselves for our final competition in November.

I would also like to wish Felicity Smith Good Luck as she is about to become an accredited coach. Thankyou to Felicity, Caitlin, Alexia and Caitlin O for all their hard work and dedication towards Tinies, and helping them to become more confident and sure of their work.

Here's to another great term of Calisthenics as we learn rods and song and action... We have so much to look forward to.

Marie, Felicity, Caitlin, Alexia, Caitlin O and Stephanie :-)

### ***Subbies***

What an Amazing Competition Subbies have just had! For all of you that do not know our wonderful Subbies were in fine form on Sunday and came second! They had an early start to the day, but it worked out for the best for all involved.

Thank you to all the Subbies for practicing hard at class and home for us, and always putting in 100%. Also a massive thankyou to all parents who bring their children to class and encourage them to practice at home - it has paid off.

A huge thankyou to Felicity Webb for all her hard work, without her we wouldn't have such an organised and smooth running class. Thank you Felicity.

We are all excited and ready to put some hard work in so we look just as fantastic in November.

Thank you all so much,

Kirsty, Marie, Jess, Ally, Kari, Hannah, Caitlin and Felicity

### ***Juniors***

Juniors performed extremely well at the mid year comps. They received 4th place for March, 3rd Place for Aesthetics and came 5th overall. I am very pleased with how well they did, considering how tough the Junior section is.

The competition was an "All-in-one grading comp" so Evatt was up against every club from the ACT.

Over the coming weeks we will be learning our Cal Spec - Willy Wonka and our Song & Dance – A Chorus Line. I am very excited about teaching these routines as they are extremely fun to choreograph.

Just a reminder that the first class of every month is open night so please feel free to poke your nose in and have a look at what the Juniors are getting up to. We train at Giralang Primary on Thursday nights from 5:30 to 8pm

Keep up the great work Juniors

Louise, Kerry, Jill, Lauren & Mel

PS Can't wait for camp. It's going to be heaps of fun!!!!

### ***Inters***

The Inters did really well at the recent competitions considering we didn't have a full strength team. We gained 4th overall which was a great effort considering the standard of the Inters teams in the ACT this year.

We have now started on our Stage Presentation which is this year themed as "*Treasure Island!*" It's already proving to be an exciting and fun item.

Thank you to 5 of the Evatt Juniors who are helping us out in this item.

A HUGE congratulations to 4 Evatt Inters who did us proud at the recent National Championships which were held in Melbourne.

Carli McMartin, Kari Sharp and Caitlyn Flint who were in the ACT Intermediates Team, and Melissa Smith who competed as a National Graceful Soloist.

Keep working hard and bring on Camp!!!

Erin

### ***Seniors***

The Seniors comp was held on Saturday 6th August. After what seemed to be a very dodgy start to the day, the Seniors surprised themselves by receiving 3rd place for March. We somehow recovered from the fits of laughter from receiving such a high place - and continued to keep up our momentum and received two 4ths and a 5th. The entire team was happily surprised by our results, and we are ecstatic that we achieved our goal of not coming last in anything! (Well - we're not too sure about clubs!)

Who knows girls - once we actually know our work we could be getting even higher places, or maybe even winning! Now wouldn't that be something!?!?!?!

The seniors are really looking forward to the coming months with Camp - our favourite time of year, a visit from an Evatt Icon - Glenys Datsun, and the Sydney Comps. Hopefully all of these occasions will help us to improve and build our confidence for a very

successful Championship Comp in November.

### ***SPECIALIST COACHING WEEKEND***

As mentioned in the last Newsletter, 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.

The specialist weekend will be held from 16 -18 September. The following is the schedule for the weekend:

Friday 16<sup>th</sup> Seniors 6pm-10pm  
Saturday 17<sup>th</sup> Subbies 9am-1pm  
Inters 1.30pm-5.30pm  
Sunday 18<sup>th</sup> Juniors 9am - 1pm

Coaches will have more info closer. This will be extremely beneficial for the teams and it is that it really important that we get 100% attendance.

### ***CAMP***

Camp is held annually for Juniors, Inters and Seniors. This year we will also have the Subbies coming out for the day on Sunday. The main purpose of the camp is for all age groups involved to start learning their routines for the fancy items for the year. These fancy items include things like Song & Dance, Folk Dance, Stage Presentation and Calisthenics Spectacular. **The**

**coaches regard this camp as one of the most important things on our Calisthenics calendar and it is absolutely vital that all girls attend.**

Camp is being held at the Birrigai Outdoor School from Friday 2<sup>nd</sup> to Sunday 4<sup>th</sup> of September. All the girls involved should have already received their notes giving details of their requirements. If you haven't please call me. These notes and your payment must be returned to your team manager by Friday August 26<sup>th</sup>.

If you need assistance with getting to camp could you please talk to either your team manager or me as soon as possible and we will try to organize some car pooling.

### **FAMILY SAUSAGE SIZZLE**

On the Sunday we will be having a sausage sizzle and the families of the girls involved in the camp are all invited to attend. This will start at 12 noon. Could you please make sure you let me know how many of you will be attending by filling in the box on your permission form.

If you have any questions I can be contacted on 6258 0698 (H), 6278 9053 (W), or 0403 558 941.

Kerry Bayliss  
Camp Coordinator

### **MERCHANDISE**

We have a small number of Club jackets in stock which are the older design. They are only in medium and large sizes and are on sale for the bargain price of \$25 each. First in first served. Please contact Jill on 6230-3857 if you are interested.

### **FEES**

A reminder that the third instalment of fees is now due. The Committee would like to thank families for their efforts to pay on time – it allows the Club to manage its finances and 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 6258-0495

### **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.

The next open nights will be on:  
1<sup>st</sup> September - Subbies and Juniors  
6<sup>th</sup> September – Inters  
7<sup>th</sup> September - Tinies and Seniors

Hope to see you there.

### ***Interesting Facts***

A quarter of all the body's bones are in the feet. There are 52 bones in a pair of feet.  
(So there's no excuse for not pointing them – right Coaches!!!)

## ***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)

3-5 September - Evatt Camp - Birrigai	10 Sept - Brindabella Fancy Comps – Erindale Theatre
15-17 September - 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](mailto:webbs@grapevine.net.au)