



## Karilee Catch Up 6/2016 October 2016

We are the Champions

Congratulations Karilee, we've done it again!

Cali ACT Championship Team  
Competition sees Karilee  
awarded the  
ACT Championship Club Shield  
for 2016



Fantastic performances from all age groups saw Karilee achieve wins in Tinies, Subbies, Juniors and Seniors, and runners up in Inters. What a wonderful year to be involved in our club. Congratulations to all the girls and all of the coaches, cadets, assistants, wardrobe leaders, team managers, committee members, volunteers and our President, who have all put so much time and effort into making 2016 wonderful.



Whilst our adorable Tinies are finished for the year, other than their routines and tricks for the concert, the other age groups all have Ballarat on their minds! It is time again for the Royal South Street CommBank Calisthenics Competition for Teams and for Senior Gracefuls and, for the first time, Senior Solos.



Our Inters excelled with their clubs routine, placing third among very stiff competition. They also achieved 5<sup>th</sup> place in both Song & Dance and Cal Revue – well done Inters.



The Seniors had a few pre-comp hurdles to overcome with Ballarat having minimum participant numbers. Some old friends were drafted into lending a hand on competition day and proudly took the stage.

Seniors excelled in Free Ex placing first! They also achieved second places in both Clubs and Rods, a third place in March and were Highly Commended in Cal Revue. This effort saw Karilee Seniors awarded with the Reserve Aggregate Trophy for Division 1 – congratulations ladies, we are all so proud of you.



Senior Graceful Solos are a beautiful sight at Ballarat after the Senior Teams have finished competing. For the first time ever Senior Calisthenic Solos were also held. The Rebers' both put in outstanding performances with Katie

placing 4<sup>th</sup> and Rebecca having the honour of being the inaugural performer. What a fantastic competition ladies, well done.

Subbies and Juniors are preparing for their big trip as I write this – more results and information in the final newsletter for the year, which will come out just after the concert.

### End of Year Concert

Day: Friday 4<sup>th</sup> of November

Time: 6pm-approximately 9:30pm.

Place: Erindale Theatre

Cost: Adults \$10, Concession \$5 **Please note cash only, no EFTPOS facilities are available**

Food to bring: Tinies and Subbies please bring a plate of sweet food to share

Juniors, Inters and Seniors please bring a plate of savoury food to share

Important: no tan required. Hair in a bun and foundation on (eyelashes if you use them); high cut undies and

Karilee tracksuit or training uniform

The concert requires lots of parent/volunteer help to run smoothly. If anyone can help with any duties such as setting up food, ticket box, in and out doors etc, cleaning at the end of the evening – even if you can spare an hour to pitch in, please contact either your team manager or Kate Hewitt at [karileesecretary@gmail.com](mailto:karileesecretary@gmail.com)

### Masters Class

Our recreational Karilee Cali-Masters class is now up and running (literally, as we start each class with an inspired fitness, strength and stretching session). So just who are the masters? We are a group of 11 ladies with aspirations to improve our strength, flexibility and general conditioning, to share in the fun that is Cali, and to perfect the execution of a 'jazz split' (without pulling a hamstring)!

Most of us are ex-Cali, though for some the break is significant, having finished in juniors or intermediates. Two team members are brand new to Cali, and doing a sensational job in picking up new skills. Our ages range from 33 to 43, and our average age is 37. Between us we have 23 children, including 10 boys and 13 girls (10 of these girls are already registered Karilee participants, with the remaining 3 in nappies!) We are teachers, nurses, public servants, administrators, managers, hairdressers, advisors and above all, super-mums (and aunties)!

Whilst we don't take ourselves too seriously, we are gearing up to present a seriously entertaining item at our club concert in November. Our "Master-piece" is not to be missed!!

## Skills Exams

Thank you to all the girls who registered for the Skills classes and exams. Whilst exam results are necessary for Representative Team duties and competing at the Nationals in solos or duos, the classes are also great for technique development and meeting girls from other clubs. Most classes will be held at Weetangera Primary School on every Sunday in November, with class times to be emailed to you during the week of the 24<sup>th</sup> of October.

## Solos/Duos in 2017

If your daughter is interested in doing a solo, graceful or duo in 2017 and is yet to organise a coach now is the time to start preparing. In the first instance please see your class coach who will have an idea of the coaching staff available for next year and the best fit for you and your daughter.

## Calendar:

RSSS Ballarat competitions:

Sub Juniors – 26 October

Juniors – 27 October

Karilee End of Year Concert – Friday 4<sup>th</sup> November

Skills Classes – Sundays of 6, 13, 20, 27 of November, Wednesdays of 23, 30 November

Skills Tests – 3<sup>rd</sup>-5<sup>th</sup> December – Medal Tests in January 2017

