



CALISTHENICS

How it works

What is Calisthenics?

The word calisthenics is derived from ancient Greek roots - 'kallos' for beauty and 'thenos' for strength. Calisthenics as an artistic sport is unique to Australia. It combines dance, gymnastics, singing, apparatus manipulation and ballet, and is performed in theatres. It involves a team of dancers learning routines choreographed to music - each of about three to four minutes duration. The team presents those routines at competitions. It is a visually stunning competitive activity for girls of all ages and is conducted in the following age groupings based on age at 31 December:

Teenies: 3 yrs and under; Tinies: 4yrs-7yrs; Sub Juniors: 8yrs-10yrs; Juniors: 11yrs-13yrs; Intermediates: 14yrs-16yrs; Seniors: 16yrs and over.

Commitment and the Calisthenics Year

We welcome your interest in Karilee. Calisthenics can be a big commitment, not only for dancers, but for their families as well. The calisthenics season begins in February and continues through until early November. Usually school holidays are observed but occasionally extra training sessions might be scheduled as calisthenics is a competitive sport and our coaches are mindful of our teams' preparations in the lead up to competitions. There are several ACT competitions that Karilee competes in concluding with the ACT Championships in September and a competition in Ballarat in October. ACT competitions are held on weekends with each team competing on one day against other teams during a four to six hour program on the day. As the girls compete on stage as a team, every member of the team is vital. A team will struggle to compete if girls are missing on competition day. It is important before joining Karilee that you understand the level of commitment required from both dancers and their families.



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Calisthenics in Canberra

There are seven calisthenics clubs in Canberra coordinated by Calisthenics ACT Incorporated (Cali-ACT - <http://www.calisthenicsact.com.au>). Cali-ACT organises our competitive year and runs the main competitions (for soloists and teams, preliminary and championship comps). "Practice" competitions, under competitive conditions, are also run each year. Karilee runs the Karilee Solos while Deanne runs a competition for teams