



SKILLS PROGRAM

Developing and Learning New Skills

What are Skills?

The Calisthenics Skills Program run by Cali-ACT and ACF provides participants with the opportunity to learn correct calisthenic terminology and improve their own technique and presentation. Involvement in the Calisthenics Skills Program aims to assist each participant to improve their skills, benefiting themselves and their club, and resulting in greater enjoyment from calisthenics. The Skills Program is not just for those girls who are soloists or aiming for National or State Team selection, but is a good way of reinforcing what is taught in class.

How are Skills Developed?

Each dancer learns skills at training. These are developed over time under the careful eye of the coaching staff who are mindful of each girls physical development, age and capabilities. Certain gymnastic-style moves are not introduced until coaches judge the dancer is ready to try them.

To supplement class training, and to enable each dancer to measure her progress against her peer group, participation in the Calisthenics Skills Program is encouraged but is not compulsory. However, keen dancers, especially ones who aspire to coaching positions, will find that achieving specific skill levels are a prerequisite for such roles.

Cali-ACT Skills Program

The Cali-ACT Skills Program consists of three divisions - Tests, Grades and Medals. Within these divisions there is a logical progression through the various elements which make up the foundation of calisthenics.

The girls attend additional preparation classes over a period of a few weeks before being examined by a qualified ACF examiner. The exams are held along the lines of ballet exams and the girls are examined in groups so that they feel more comfortable.

All participants receive a written critique of their examination performance from the examiner. Certificates and patches are awarded to participants who successfully complete the program and examination.

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