



Karilee Catch Up September 2018

Teams competitions

Karilee will compete in the Cali-ACT Teams Championship competition on the weekend, then next week Sub-Juniors will head off to Melbourne for the Waverley Competition followed by Seniors, Inters and Juniors in October. Below are some details about these coming events.

The Cali-ACT championships competition program is available from the Cali-ACT FaceBook page and website at <https://www.calisthenicsact.com.au/competitions/2018-cali-act-champ-team-program>.

Cali ACT Champ Teams: 22-23 September 2018
 Adjudicator: *Cheryle Ablett, Diane Lukey & Gayle Ciotti*
 Saturday, 22 September 2018

Tinies	9:00am
Juniors	1:00pm
Seniors	7.30pm
<i>Sunday, 23 September</i>	
Sub-Juniors	9:00am
Intermediates	4:00pm

Waverley Championship Competition Trip for Sub-Juniors will be from 27 to 29 September 2018. Competing on Friday, 28 September.

Royal South Street Society (RSSS) Calisthenics competition will be held from 8 Oct to 3 Nov 2018 at the Founders Theatre, Federation University, St Helen Campus, Ballarat.

Karilee Competition Dates

Champ Reserve	Inters	13 Oct 2018
Cal Solo & Graceful Girl		19 Oct 2018
Champ Reserve	Seniors	20 Oct 2018
Division 2	Juniors	28 Oct 2018

Pan Pacific Masters Games will be held on the Gold Coast from 2nd to 11th November 2018.

Team Managers will provide more detailed information for the age groups before each event.

These Key Dates can also be accessed from <https://karilee.com.au/key-dates/>

Karilee End of Year Concert

2018 Concert
 Erindale Theatre
 2nd November 2018
 at 5.30pm

\$10 pp adults
 \$5 pp concessions
 and children
 \$2 for new recruits

Join Karilee to celebrate the achievements of 2018!

Karilee End of Year Concert will be held on Friday, 2nd November 2018 at the Erindale Theatre.

Save this date and join Karilee at the concert to celebrate our achievements for the year. More detail from your team manager will be available closer to the date.

Before the concert starts we will have a team photo followed by a program of our best routines and share a supper during the intermission.

See the best of our routines with performances from all our teams from Tinies to Seniors.

Encourage your family and friend to come and see what we do at Karilee. Your friends can get in to the concert for a \$2 coin donation, if they provide contact details to allow Karilee to email them with information about next years team registrations. There is no obligation for them to join.

Tickets will be available at the door, you will be able to pay cash or with your debit or credit card.

Looking forward to a great concert at the end of the year.

Karilee Banner

Karilee now has a new banner that can be used when advertising what we do, recruiting for the next season or for fundraising BBQ. Contact Maureen Bourne via email to borrow the banner - karileeassistantsecretary@gmail.com.au

Karilee Calisthenics

Fitness Fun Friends

Australian Calisthenics
 A unique Dance Sport

www.karilee.com.au

Tinies performing at the 40th Anniversary of the Weston Creek Community Centre



A great day promoting Karilee while supporting the Weston Creek Community Centre
Many thanks for all those who helped on the day.

Karilee 40th Anniversary celebrations for 2019

Lots of Karilee members are now proudly wearing their Karilee 40th year anniversary hoodie.

So, now is the time to think about what we would like to do to celebrate our anniversary and start organising.

So far, the preliminary plans are to have a family friendly event in February 2019.

The committee would like to hear from you with your suggestions about the type of celebration you want and activity ideas. We have a couple members who are willing to assist with the organising of this event. A couple more members to assist would help spread the workload.

Contact Maureen Bourne via email to provide your suggestions karileeassistantsecretary@gmail.com or comment to related posts on our FaceBook page.

Karilee Constitution

A General Meeting was held on Tuesday, 18 September 2018 at Raiders Weston Club to vote on the Proposed Constitution, that is still available at <https://karilee.com.au/home/committee/proposed-constitution/>. The vote was unanimous in favour of adopting it as our current Karilee Constitution.

Thank you to those members who attended this important General Meeting.

Once the Karilee Constitution has been registered with the Office of Regulatory Services, it will be added to our website.

Our next step will be to review and update our current policies and guidelines.



**Celebrating 40 Years
1979 - 2019**

Calisthenics Skills Programme in the ACT

The Australian Calisthenic Federation (ACF) Skills Program was designed and developed to raise the standard of calisthenics Australia wide and to provide a unified approach to terminology and technique. This National Program is administered by each State/Territory under the auspices of the Australian Calisthenic Federation-Examiner's Advisory Board and is run very much along the lines of ballet exams.

The syllabus aims to ensure that every calisthenic pupil is learning the correct technique and has been developed to ensure that pupils progress through the different levels, building on their technique with no demands on the individual which exceeds their maturity or ability. The idea is that participants work through the levels at their own pace when they are ready. Participants must successfully complete each level before moving to the next.

Most candidates find the demands of the programme very easy compared to what is taught in a standard class however the idea is not to make the movements difficult but to aim for perfection of technique. Skills classes are not only for the elite performer but for anyone who is interested in improving technique and learning correct terminology as there is not always time in club classes to focus on this area.

As the pupils are being prepared to cope with an exam environment skills classes are, by necessity, more formal than a standard class as the coach will also be teaching the girls how to present to the examiner as well as mastering the movements. Home practice is essential so that the candidate is feeling very confident going into the exam. It is important to choose the right skill level for each of the participants so that they feel well able to do everything that is requested of them. The idea is that the girls have a rewarding experience that boosts confidence not one that has the opposite effect!

Karilee will be offering Test 1 and 2 skills classes in-house this year but girls above this level will need to enrol in the ACT classes. Registration forms will be coming out shortly via your team manager together with details of class dates, etc. It is envisaged that the Karilee classes will be held on Tuesday afternoons through November and the ACT classes will be held on Sundays in November. The exams themselves will be held over the weekend of 1st and 2nd December.

Further information coming soon!!!

Jacqueline Reber
Karilee and Calisthenics ACT Skills Coordinator

Links for the Skills Syllabus and Videos to the ACF website

These ACF links are on the Karilee website at <https://karilee.com.au/competitions/improving-your-skills/>

SKILLS SYLLABUS

- [TEST 1](#)
- [TEST 2](#)
- [TEST 3 \(Jan 2016\)](#)
- [GRADE 1](#) and [STANDARD 1](#)
- [GRADE 2](#) and [STANDARD 2](#)
- [GRADE 3](#) and [STANDARD 3](#)
- [GRADE 4](#) and [STANDARD 4](#)
- [BRONZE MEDAL](#)
- [SILVER MEDAL](#)
- [GOLD MEDAL – Part 1](#)
- [GOLD MEDAL – Part 2](#)

SKILLS VIDEOS

All video links will re-direct you to You-Tube.

The original source is from the ACF website

<https://www.calisthenicsaustralia.org/resources/videos>

TEST 1	GRADE 1	Bronze Medal
TEST 2	GRADE 2	Silver Medal
TEST 3	GRADE 3	Gold Medal
	GRADE 4	

MUSIC

<https://www.calisthenicsaustralia.org/resources/music>



Cali ACT Preliminary Teams competition

The Cali ACT Preliminary Teams competition was held at the Erindale Theatre on 4-5 August 2018. The Adjudicators were Diane Winterling and Marion Longstaff. Congratulations to all our teams on your outstanding performances! Special thank you to our coaches and team management.

Karilee Results:

Tinies: Aggregate Winners (24 points)

Subbies: Aggregate Winners (24 points)

Juniors: Reserve Aggregate Winners (26 points)

Inters: Reserve Aggregate Winners (24 points)

Seniors: Reserve Aggregate Winners (24 points)



AGE GROUP	TINIES	SUB-JUNIOR	JUNIOR	INTERMEDIATE	SENIORS
March	1st Place (74) Team 1	1st Place (83) Team 1	2nd Place (81) Team 2 3rd Place (80) Team 1	2nd Place (89) Team	3rd Place (91.5) Team
Club Swinging		3rd Place (82.5) Team 1 & 2	3rd Place (80) Team 1 5th Place (75) Team 3	1st Place (92) Team 1	2nd Place (91) Team
Rod Exercises	1st Place (75) Team 1 4th Place (66) Team 2	1st Place (86) Team 1 =4th Place (82) Team 2	4th Place (82) Team 2	3rd Place (86.5) Team 1 =4th Place (84) Team 2	1st Place (94.5) Team
Free Exercises	1st Place (75) Team 1 3rd Place (66) Team 2	2nd Place (85) Team 1 Spec Mention Team 2 & 3	1st Place (89) Team 1 4th Place (78) Team 2	3rd Place (85) Team	=2nd Place (94) Team
Aesthetics	1st Place (77) Team 1 4th Place (62) Team 2	1st Place (84) Team 1 =5th Place (76) Team 2	2nd Place (87) Team 1 3rd Place (82) Team 2	1st Place (90) Team	2nd Place (94) Team
Fancy			Dance Arrangement 1st Place (88) Team 1 3rd Place (83) Team 2	Song & Dance 2nd Place (86) Team	Dance Arrangement 2nd Place (90.5) Team

Note: Intermediate and Seniors are Rhythmical Aesthetics

Link to these [Karilee Preliminary Teams results](#)

Go to the Calisthenics ACT website for the full results:

<https://www.calisthenicsact.com.au/sites/default/files/2018%20Prelim%20Team%20Results.pdf>

Specialist Coaches Training Sessions



This year Karilee was privileged to have both Kara and Sasha from Western Australia as our Specialist Coaches. The training Sessions were held from Friday, 17th to Sunday, 19th August.

Thanks to our teams for all the work they put into their routines during these sessions.

It was great for our coaches to have all our routines critiqued by Kara and Sasha.

Many thanks to all the team managers and parents for their involvement.

Our Coaches

Karilee now have profiles of our coaches displayed on our website; go to <https://karilee.com.au/coaches/> to read their completed interview questions.

Coaches

Our Coaches are the cornerstones of our success

At Karilee our coaches are *the cornerstones of our success*. Not only do they choreograph and train our teams, and develop the skills of our team members, they also provide a caring environment for some very young people.

All Karilee coaches are accredited with Calisthenics ACT Incorporated and have undergone significant training and development over many years to achieve their coaching certification.

Our teams (except our seniors) generally have a principal coach and an assistant coach or two co-coaches. In Tinies and Sub Juniors each coach usually and a cadet and a class assistant. Cadets and a class assistants are usually dancers from our Intermediate team who are training for their own coaching accreditation.

Rachel Holdway

Rachel is the Karilee Head Coach and Principle coach of Tinies and Sub Juniors.



Jess Costigan

Jess is the Karilee Principle coach of our Inters and Seniors teams.



Merry Jackson

Merry has previously coached our Tinies and Sub Juniors teams and currently is a co-coach the Karilee Juniors Teams.



Simmy Barker

Simmy currently coaches the Karilee Tinies and Sub Juniors teams with Rachel Holdway.



To find out more about our current Karilee coaches read their responses to a series of interview questions.

Costume and Props

Those of you who have been involved with our props will have visited our props storage area at Hume, a mezzanine space provided by Stuart Craig in his Waste Away premises. With over 20 years of accumulated props, the mezzanine has become cluttered and disorganized, as well as being covered in paper dust from Stuart's adjacent confidential waste shredder.

Past President Malcolm Robertson has been negotiating with Stuart for some time about closing in the mezzanine and this work commenced earlier this year.

All the props were removed from the mezzanine to allow Chris the builder to close it in and the opportunity taken to "thin out" the collection as well as clean them up. Once the mezzanine was closed in, new shelving and dividers were built to improve our ability to organise the props more effectively and they were returned to the store.

The Karilee Committee would like to thank Stuart Craig for closing in the mezzanine and Malcolm Robertson for the organizing the dividers, building the new shelving and sorting the props.

Malcolm has also up-dated the props catalogue originally put together by Gaye Weller in 2014. The catalogue is available to all committee members on the Google Drive in the Costumes & Props folder.



Waste Away - Support this business that supports your club!
<http://www.wasteaway.com.au/>



Accumulated props dusty and disorganised



Steel dividers in place ready to take big and small flat props



Large backdrops and other flat props in place



The new Karilee Props Store



Our props are now clean, tidy and organised



Karilee benefactors – Stuart Craig and builder Chris

Photos provided by Malcolm Robertson