



Karilee Catch Up October 2018

Teams Competition Highlights

Karilee has now competed in both the Cali-ACT Teams Preliminary and Championship competitions for 2018 and was awarded the Championship Shield and the Clubs award.

Our Sub Juniors competed in Melbourne at the Waverley Championship Competition at the end of September. Inters were our first team to compete in the Royal South Street Society Calisthenics competition. Seniors are currently in Ballarat to watch Solos and Graceful Girl on Friday, 19 October and then compete on Saturday, 20 October. They are followed later in October by our Juniors team. Below are some details and results these events.

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.

The overall results were:

- Tinies: Aggregate Winners (24 points)
- Sub Juniors: Aggregate Winners (24 points)
- Juniors: Aggregate Runners Up (26 points)
- Inters: Aggregate Runners Up (24 points)
- Seniors: Aggregate Runners Up (24 points)

Cali ACT Championship Teams Competition:

The Cali ACT Preliminary Teams competition was held at the Erindale Theatre on 22-23 September 2018. The Adjudicators were Cheryl Ablett, Diane Lukey & Gayle Ciotti.

The overall results were:

- Tinies: Aggregate Winners (30 points)
- Sub Juniors: Aggregate Winners (32 points)
- Juniors: Aggregate Winners (34 points)
- Inters: Aggregate Runners Up (21 points)
- Seniors: Aggregate Runners Up (22 points)

Calisthenics ACT Teams Championship Shield

Karilee is again the Calisthenics ACT Teams 2018 Championship winners. We were also winners from 2017 to 2015 and from 2013 to 2011 and were Runners Up in 2014. The places in 2018 were:

- First: Karilee
- Second: Deanne
- Third: Evatt

Waverley Championship Competition

Sub-Juniors competed on Friday, 28 September. This was a fabulous experience for our Sub Junior teams.

CommBank Championship Teams Competition

Royal South Street Society (RSSS) Calisthenics Competition is being held 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.

Karilee Sub Juniors at the Waverley Championship Teams Competition, Melbourne in 2018.



Subbies at Victoria House.



Subbies having lunch with their Jeaden buddies.



Subbies getting ready to perform.

Karilee Inters competed in the Reserve Championship Teams Competition, Ballarat in 2018.



Karilee End of Year Concert

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

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!

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.

Calisthenics ACT Coaching Awards



Calisthenics ACT has two annual coaching awards— Langdon, and Coaching Excellence. This year at the Cali-ACT Championship Teams Competition two of our talented coaches were honoured with these prestigious awards.

Congratulations to Juniors coach Merry Jackson for Langdon Award and Inters coach Jess Costigan for Coaching Excellence Award. The time, effort, and dedication you put into this sport we all love was very deservedly recognised.

Cadet or Coaches Training

Are you thinking of being a cadet or going for your coaching qualifications next year?

The Cali-ACT coaches' calendar that is available from the Cali-ACT website has the first part of the cadet course planned for the 3rd weekend in December (15th or 16th December 2018). Then, the second part of course is planned for the 2nd weekend in February (9th or 10th February 2019).

The Level One coaches course is planned for the 4th weekend in March (30th or 31st March 2019). Registrations usually close late November.

More information can be obtained from the ACF website.

[Preview attachment 2018-09 - ACF coaching-cadet-course-overview-2014.pdf](#)

Opportunities for parent involvement

As parents or carers, you have a great opportunity to have significant role in the development of your child journey through calisthenics. At the same time, you get to make life-long friends and hone your own skills in various leadership roles. Karilee has been blessed with wonderful people who have steered the club to be ACT Club Champions over and over. At the same time as caring for, nurturing and developing the children to see them emerge as adults in our care. This is such a privilege.

Calisthenics is a sport that grows on you as a parent or a dancer. Calisthenics people are often hooked for life. Past dancers whose grandchildren are now enthusiastic performers are not uncommon. Children learn skills and habits that will benefit them for life. You can work closely with them to ensure they get the very best out of their participation in calisthenics with Karilee.

If you have leadership skills, organisational skills, artistic skills, economics skills, recruiting skills or any skills that could help maintain and improve our efforts to support our performers then please contact the management group.

An easy way to start is to talk to the team manager or coach of your child's team. You would have the opportunity to support your child by continuing the excellent work done by the past and present leadership teams. There are current opportunities as some of the longer serving parents look to take a break from the leadership team to make way for new people with fresh ideas.

Remember – everyone starts with almost no prior experience! Fresh ideas and fresh faces are welcome.



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

Karilee 40th Anniversary celebration for 2019

Karilee is looking forward to hosting our 40th year Anniversary celebration at the Weston Neighbourhood Hall, 6 Gritten St Weston on Saturday 16th February 2019 from 4pm - 9pm.

SAVE THIS DATE IN YOUR DIARY!

So far, the preliminary plans are to have a family friendly event. More information will be provided as we progress with the planning. The organisers of the Anniversary celebration would like to hear from Karilee members with suggestions, ideas and others activities for the event.

Do you have a specified skill or service that you would be willing to provide for the event? We already have a couple of members who are willing to assist with the organising of this event. A few more members to assist would help spread the workload.

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



**Celebrating 40 Years
1979 - 2019**

Karilee 40th Anniversary Hoodies or Jackets

Lots of Karilee members are now proudly wearing their Karilee 40th year anniversary hoodies. Some members have asked for either an anniversary jacket or hoodie with a zipper.

Did you miss out on ordering your anniversary jacket or hoodie and now want to order one?

Karilee needs a minimum of 20 orders to do a new order and it usually takes 6 weeks to get them made. Let the Merchandise Officer know if you are interested.

ACT Calisthenics Skills Programme

Karilee plans to conduct Test 1 and Test 2 Skills classes at the Weston Community Hub if there are enough participants. Contact the Sub Junior Team Manager for more information. If this does not suit you, there is still the option of completing skills classes with Calisthenics ACT.

Calisthenics ACT invites participants to register for the [2018 ACT Calisthenics Skills Programme](#). Use the link to open the information and registration form.

Registrations are due by 25 October 2018. Classes for Tests and Grades 1 & 2 will be held in November with the exams early in December. Classes for Grades 3 & 4 will be held in during December and January with the exams on 19 January 2019.

Calisthenics ACT strongly encourages all participants to undertake skills exams if they are competing as soloists. While you do not need to have completed skills to be able to compete in the ACT you do need the correct level to compete at many interstate competitions and to represent the ACT at Nationals.

The Australian Calisthenics Federation skills programme consists of three levels: Tests, Grades and Medals. Tests 1, 2 and 3 are recommended for Sub Juniors and Juniors and Grades 1 to 4 are recommended for Juniors to Intermediates. Medals are only for Senior participants.

Jacqueline Reber
Karilee and Calisthenics ACT
Skills Coordinator

