



Karilee Catch Up November 2018

2019 Karilee Coaches and Cadets

Karilee is **ABSOLUTELY DELIGHTED** to announce our coaching team for 2019!

<p>TINIERS</p> <p>Principal Coach: Simone Barker</p> <p>Assistant Coach: Natalie Sainsbury</p> <p>Cadets: Laura Stirton Sarah Goodwin</p> <p>Class Assistants: Sarah Adam Charlotte Mathew Taya O'Brien</p>	<p>SUB JUNIORS</p> <p>Principal Coach: Rachel Holdway</p> <p>Assistant Coaches: Taryn Leslie Jess Townsend</p> <p>Cadets: Hannah Muller Kasey Galloway Jacinta Bourne Jacqueline Dunn Alyssia Brammall</p>	<p>JUNIORS</p> <p>Principal Coach: Merry Jackson</p> <p>Assistant Coach: Louisa-Jane Barker</p> <p>Cadets: Samantha Bourne</p> <p>Class Assistants: Ashley Vowles Shae Sutherland</p>
<p>INTERMEDIATES</p> <p>Principal Coach: Taylor Bye</p> <p>Assistant Coach: Jessye Muller (mentored by Jess Costigan)</p> <p>Cadet: Emily Bourne</p>	<p>SENIORS</p> <p>Principal Coach: Jessica Costigan</p> <p>Coach: Deb Putt</p>	<p>MASTERS</p> <p>Principal Coach: Jodie Sims</p> <p>Karilee is delighted to announce that we will run a Masters team in 2019.</p> <p>Contact Jodie Sims if you think you would like to join the team.</p>

The Karilee coaches are busy preparing for our 2019 teams and we have a feeling it's going to be another great year! Can't wait to see you all there, remember to bring a friend!

Karilee 40th Anniversary celebration for 2019

Karilee is looking forward to hosting our 40th year Anniversary celebration early next year. The original date chosen for the event clashes with the ACT State Team camp in February and the Multicultural Festival, therefore **a new date has been set for Saturday, 23rd March 2019**. This change will also give us more time to invite our new members.

**SAVE THIS NEW DATE - 23RD MARCH 2019 -
IN YOUR DIARY!**

The plan is to have a family friendly event at the Weston Community Hub, 6 Gritten St Weston on Saturday, 23rd March 2019 from 4pm - 9pm.

The organisers of the Anniversary celebration would still like to hear from Karilee members with suggestions, ideas and other activities for the event. If you have a specified skill or service that you would like us to consider for the event, please let us know?

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 End of Year Concert

Karilee End of Year Concert was held on Friday, 2nd November 2018 at the Erindale Theatre to cap off a fantastic year with Karilee — we've seen friendships made, new tricks nailed, costumes sparkled, and had more moments of laughter than we could ever hope to count.



Thank you to all the volunteers who assisted with the concert to ensure it all ran well.

Special mentions to Rachel Dunn and Bronwyn Stirton for stage managing, Nicola Todd as MC on the microphone, all of the team and wardrobe managers, coaches and props crew for getting the routine on stage, Deb Putt for preparing the music and lighting, Debbie Hardingham and Jo Adam for organising the supper, Alicia Gaudie and Kylie Goodwin for manning the door for ticket sales, Andrew Bourne for taking photos, the Erindale crew, and Maureen Bourne for coordinating the event.

Once the items were completed, there were presentations of five-year participant awards, Karilee Service Awards to the committee and level one coaches with five years or more of service, Certificates Of Appreciation for upgrading the Props storage area and the awarding of a life membership.

To cap off the evening, we then presented the participant's trophies.

Congratulations to 2018 our winners for their very well-deserved awards!



Looking Ahead to 2019 - We hope you have enjoyed your year with Karilee.

If you have suggestions or comments on what could be doing better, the committee is ready to listen to your suggestions for improvement. Please consider volunteering to help the committee to effectively run the club and implement improvements.

A Karilee participant and parents survey for 2018 should have been sent to you by your team manager. The participant survey is for completion by the **dancers**, on their experience in 2018 with Karilee. A separate survey has been sent for completion by parents and guardians. These surveys are anonymous, unless the participants identify themselves within the free text boxes.

Please spend a few minutes to provide your feedback by completing these surveys.

Life Membership

Karilee was proud to award Jess Costigan with a life membership at the 2018 EOY Concert.

2018 is Jess's 20th year participating with Karilee. She joined Karilee in 1999 as an 8 year old in the Sub Junior team and has progressed through all of the age groups.

Jess has participated as a team member of the Calisthenics ACT Representative Team for nine years, starting in 2003 with the Juniors team. She then competed in the 2005 and 2006 Intermediate Teams and has also competed in six Senior Representative Teams since 2007.

Jess has now been coaching teams at Karilee for 15 years.

Jess started as a class assistant for sub juniors in 2004 as a 1st year Intermediate after being asked by Rachel Holdway in 2003.

Jess has done one year as a class assistant in 2004 with Sub Juniors; three years as a Cadet from 2005 to 2008 with Sub Juniors; and ten years as a Level One Coach. Coaching for two years with Sub Juniors from 2009 to 2010; then with Juniors for five years from 2011 to 2015; followed by Intermediates for three years from 2016 to 2018 and a Seniors Coach in 2018.

In 2018, Jess also received the Calisthenics ACT Coaching Excellence Award and has previous been awarded the Langdon Coaching Award in 2013.

Since 2009, Jess has successfully coached many soloist who have represented the ACT at Nationals with some of them achieving very high results.

Thank you for your commitment to Karilee and calisthenics in general. Congratulations Jess and we look forward to what the future holds for you.



The 2018 Karilee Committee is proud to acknowledge that

Jessica Costigan

has been awarded

Life Membership

to Karilee Calisthenics for her 20 years as a team participant and her coaching service to the Club.

*Kylie Goodwin
Karilee President*

November 2018

Certificates Of Appreciation

Karilee was pleased to be able to thank Sturt Craig, Malcolm Robertson and Gaye Weller for the work they have done to upgrade the Props Storage Area at Waste Away by presenting them with a certificate of appreciation and a small gift at the EOY concert.

A new storage room has been built and all the props have been reorganised and catalogued. Our Karilee trailer is also now stored at Waste Away .

Masters Class

Karilee has recently hosted two 'come and try' Cali Masters sessions – and what a success they have been! We have had 14 ladies come along to participate, either trying out brand new skills, brushing off old technique lying dormant, or showing off their recent competition experience. Interest has been strong for the club to form a team, and what a fantastic way to celebrate our 40th year, with an inaugural Masters competition team.

Cali ACT have announced that a Masters section will be introduced into the competition schedule for 2019, so we invite all those interested (and old enough!) to join us for lots of fun, fitness, and a new experience. Jodie Sims is excited about making a return to team coaching with Masters, so stay tuned for further updates, or get in touch if you'd like to take part. [#karileemastersyes](https://twitter.com/karileemastersyes)



Interstate Competition Results

Karilee had very successful year competing at two interstate competitions. Karilee's Ballarat CommBank Calisthenics Competition results are available from the Competitions Results page on the Karilee website. The complete results are on the Royal South Street Society (RSSS) website.

Sub Juniors Team performed very well at the Waverley Championship Competition in Division 1. They were mostly only a point of placing. The Sub Juniors Team 2 were awarded a third place for Club Swinging in Division 2 and performed well in all their items.

The Juniors Team competed in Division 2 of the CommBank Calisthenics Competition, they won the overall Aggregate. The Juniors Team were awarded a third in Figure March. Juniors Team 1 were awarded a first place in Rod Exercises and Aesthetics, with a second in Song & Dance and a fifth in Free Exercises. Juniors Team 2 in Division 2 were awarded a first place in Free Exercises and Rod Exercises, with a third in Club Swinging and Rod Exercises.



The Intermediates Team competed in the Reserve Champion Division of the CommBank Calisthenics Competition. They were awarded a second for Figure March with a fifth in Rhythmical Aesthetic, Rhythmic Interpretation and Calisthenic Revue.



The Seniors Team also competed in the Reserve Champion Division in Ballarat. They were awarded a Second place in Free Exercises and Rhythmical Aesthetic with a fourth in Figure March and Rod Exercises and a fifth in Rhythmic Interpretation and Dance Arrangements.



2018 Karilee Committee

I would like to thank the Karilee committee for their support this year. I would like to acknowledge the voluntary hours everyone puts in to make our Club run so smoothly.

To our dedicated coaches, cadets and class assistants plus team and wardrobe managers and every other person that has helped sequin costumes, transported props, helped out at competitions either by providing food or carrying out other duties.

Thanks to our hard working and amazing dancers all 101 of them. I look forward to seeing what 2019 brings. I wish you all a very safe and Merry Christmas.

Regards Kylie Goodwin, Karilee President

EXECUTIVE POSITIONS:	NON EXECUTIVE:	DELEGATES:
PRESIDENT:	ASSISTANT SECRETARY:	Cali-ACT DELEGATES:
Kylie Goodwin karileepresident@gmail.com	Maureen Bourne karileeassistantsecretary@gmail.com	Kylie Goodwin & Nikki Darby Cali-ACT COMPETITION DELEGATES:
VICE PRESIDENT:	REGISTRAR:	Deb Putt & Andrew Bourne karileecompedelegate@gmail.com
Nikki Darby karileevicepresident@gmail.com	Bronwyn Stirton karileeregistrar@gmail.com	Bronwyn Stirton
HEAD COACH:	MERCHANDISE OFFICER:	Sandy Wheildon Cali-ACT COACHES DELEGATES:
Rachel Holdway karileehheadcoach@gmail.com	Jo Adams karileemerchandise@gmail.com	Rachel Holdway karileehheadcoach@gmail.com
SECRETARY:	COORDINATORS:	APPOINTMENTS:
Nicola Todd karileesecretary@gmail.com	COMPETITION COORDINATOR: Jacqui Reber karileecomp@gmail.com	KARILEE COMP COORDINATOR Jacqui Reber
TREASURER:	SKILLS COORDINATOR:	KARILEE COMP ASSISTANT
Alicia Gaudie karileetreasurer@gmail.com	Jacqui Reber karileeskills@gmail.com	Catriona Galloway WEB MASTER
	PROPS COORDINATOR:	Maureen Bourne WEB ADMINISTRATOR
	Malcolm Robertson karileeprops@gmail.com	Andrew Bourne
TEAM REPRESENTATIVES	TEAM MANAGERS	WARDROBE MANAGERS
- <i>Tinies</i> tinies@gmail.com	<i>Lucy Stephenson</i>	<i>Kate Cerne</i>
- <i>Sub Juniors</i> subbies@gmail.com	<i>Amy Eveston</i>	<i>Stephanie Baker</i>
- <i>Juniors</i> juniors@gmail.com	<i>Debbie Hardingham</i>	<i>Jacqui Reber</i>
- <i>Inters</i> inters@gmail.com	<i>Brioni Bale</i>	<i>Catriona Galloway</i>
- <i>Seniors</i> seniors@gmail.com	<i>Jacqui Reber</i>	<i>Jacqui Reber</i>

Early next year there will be opportunities to join the committee as some of the parents currently serving on the committee look to take a break from the leadership team to make way for new people with fresh ideas. There are some key positions that will need to be filled, more information to follow.

Remember – everyone starts with almost no prior experience!

Karilee relies on our members to volunteer so we can continue to grow and improve.

If you have leadership skills, organisational skills, artistic skills, economics skills, recruiting skills or any skills that could help maintain or improve our efforts to support our performers then please contact the management group and consider joining the Karilee Committee in 2019.

Meetings are generally held on the third Tuesday of the month at the Raiders Club in Weston from 7:30pm. Some committee members meet earlier usually around 6.30pm to have a social drink or dinner before heading into to the meeting.

Bunnings Tuggeranong Christmas Fun Night

Bunnings Tuggeranong Christmas fun night is on Thursday, 6th December 2018 from 6pm to 8pm. Karilee Juniors will be performing for around half an hour, 6.30pm-7pm, we will also have a display table to advertise Karilee. In return, Karilee will be given a BBQ date early next year as a thank you. Come along for a fun night and support Karilee at the same time.

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.

Calisthenics ACT

Calling for Cali ACT Life Member Nominations for 2019

Cali ACT is seeking nominations for Cali ACT Life Membership. The Karilee Committee are proud to be nominating Jacqui Reber for Cali ACT Life Membership.

If you believe you know a person/s who have given outstanding service to calisthenics and should be considered for appointment as a Life Member, then please work with your Club to submit a nomination. Be quick as nominations close on 15th December 2018. Information can be found <https://www.calisthenicsact.com.au/sites/default/files/Cali%20ACT%20Life%20Member%20Nomination%20Form%202019.docx>.

Calling for Cali ACT Board Nominations for 2019

Cali ACT is seeking nominations for positions of President, Secretary, State Team Manager and Director of Marketing. If you have any experience in any of these areas or are keen to learn and help develop our sport in the ACT, then please consider applying. You do not have to have years of experience in Calisthenics to apply. Job descriptions can be found at <https://www.calisthenicsact.com.au/sites/default/files/CALI%20ACT%20JOB%20DESCRIPTONS%202019.doc>. Nominations close on 15th December 2018. The Nomination forms can be found at <https://www.calisthenicsact.com.au/sites/default/files/Cali%20ACT%20AGM%20Board%20Nomination%20Form%202019.docx>



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