



# Karilee Catch Up January 2019

## 2019 Registration for Karilee Teams

Ready, Set, Go! Hope to see you all again for the 2019 season. Karilee Rego forms are now available for 2019! Go to our website at <https://karilee.com.au/registrations/> to get your registrations done!

All the forms can be downloaded and completed on your computer, tablet or mobile.  
If you need more information contact Maureen via [karileeassistantsecretary@gmail.com](mailto:karileeassistantsecretary@gmail.com).



## 2019 Karilee Coaching Teams

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

The Karilee coaches are all busy preparing for our 2019 teams. Can't wait to see you all there.

## Karilee 40<sup>th</sup> Anniversary celebration for 2019

**Karilee will host our 40th Anniversary celebration on Saturday, 23rd March 2019.**

The organisers of the Anniversary celebration would still like to hear from Karilee members with suggestions or 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 at [karileeassistantsecretary@gmail.com](mailto:karileeassistantsecretary@gmail.com) to provide your suggestions or comment on our FaceBook page.

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.

There will be a Kids Disco from 4pm – 5pm with Nathan Vink as our DJ.

This will be followed by dinner at about 6pm with a [Divine Feast from Capital Roast Canberra Catering](#) and dessert. We will continue with

Karaoke sessions, dancing and party games. A more formal part of the evening will include a couple of guest speakers, a slide show of historical Karilee photos and a cake cutting ceremony.

The cost is \$30 for Juniors, Inters and adults with a reduced price of \$15 for all Tinies and Subbies. Additional family members 10 years and over are to pay full price (\$30) and 9 to 4 years pay half price (\$15). All Children three years and under will be given free entry.

Tickets for the event will be available to purchase from the Karilee website during February 2019 (<https://karilee.com.au/key-dates/anniversary-celebration/>). Ticket sales will close on 01 March 2019.

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

## Karilee 40<sup>th</sup> Anniversary Hoodies or Jackets

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

**Did you miss out on ordering your anniversary hoodie and now want to order one?  
If so, would like the anniversary hoodie with or without a zipper?**

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 want to place an order.

## 2019 Cali ACT Solo / Duo Season

**Cali ACT are offering two solo / duo competitions in 2019:**

**4 - 7 April - Cali ACT Preliminary Solo / Duo Competitions**

**16-19 May - Cali ACT Championship Solo/Duo Competitions**

Entry for the 2019 Cali ACT Solo / Duo Season are now open via [myStage](#).

ENTRIES WILL CLOSE 28 FEBRUARY 2019. **LATE ENTRIES CANNOT BE ACCEPTED.**

GO TO THE Calisthenics ACT website for more information:

<https://www.calisthenicsact.com.au/competitions/entry-2019-cali-act-solo-duo-season>

## ACT Intermediate Team 2019

Congratulations to the seven Karilee Inters who have been selected to represent the ACT at the Australian Calisthenics Nationals in Perth.

### ACT INTERMEDIATE TEAM 2019

Ashley Vowles

McKinley Darby

Chelsea Woodward

Olivia Pratt

Josie Gaudie-Craze

Taya O'Brien

Katie Goodwin

Hope you all have great time preparing for and performing at the Nationals with Hannah Webb and Caitlin Waser, the Calisthenics ACT appointed Intermediate State Team Coaches.



**Celebrating 40 Years  
1979 - 2019**

## Karilee Committee

The Karilee Committee provides club governance to ensure that the club meets the present and future needs of our members. The Karilee Committee work in partnership with the Calisthenics ACT board and council. It manages and reviews the activities of the club, develops and maintains our guidelines and policies, and is responsible for the effective use of club resources and financial management. The Karilee Committee is vital to the running of our club.

Volunteers fill all committee roles at Karilee, and we require your participation. Please consider joining the Karilee Committee. Early next year we expect to have a number of vacant positions for the 2019 Karilee Committee. To be able to run the club's activities we need to fill these positions. Some of our current volunteers don't plan to continue in their current position on the committee, they will happily provide new members with guidance and advice to help you settle into a committee position.

**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. Karilee members are welcome to attend the meetings.

List of the current Karilee Committee Members

| EXECUTIVE POSITIONS:  | NON EXECUTIVE:  | DELEGATES:   |
|---|---|--|
| <b>PRESIDENT:</b>   | <b>ASSISTANT SECRETARY:</b>   | <b>Cali-ACT DELEGATES:</b>   |
| Kylie Goodwin<br><a href="mailto:karileepresident@gmail.com">karileepresident@gmail.com</a>       | Maureen Bourne<br><a href="mailto:karileeassistantsecretary@gmail.com">karileeassistantsecretary@gmail.com</a>      | Kylie Goodwin & Nikki Darby  |
| <b>VICE PRESIDENT:</b>  | <b>REGISTRAR:</b>   | <b>Cali-ACT COMPETITION DELEGATES:</b>   |
| Nikki Darby<br><a href="mailto:karileevicepresident@gmail.com">karileevicepresident@gmail.com</a> | Bronwyn Stirton<br><a href="mailto:karileeregistrar@gmail.com">karileeregistrar@gmail.com</a>                       | Deb Putt & Andrew Bourne<br><a href="mailto:karileecompedelegate@gmail.com">karileecompedelegate@gmail.com</a> |
| <b>HEAD COACH:</b>  | <b>MERCHANDISE OFFICER:</b>   |  |
| Rachel Holdway<br><a href="mailto:karileeheadcoach@gmail.com">karileeheadcoach@gmail.com</a>      | Jo Adams<br><a href="mailto:karileemerchandise@gmail.com">karileemerchandise@gmail.com</a>                          | Sandy Wheildon   |
| <b>SECRETARY:</b>   | <b>COORDINATORS:</b>  | <b>Cali-ACT COACHES DELEGATES:</b>   |
| Nicola Todd<br><a href="mailto:karileesecretary@gmail.com">karileesecretary@gmail.com</a>         | <b>COMPETITION COORDINATOR:</b><br>Jacqui Reber<br><a href="mailto:karileecomp@gmail.com">karileecomp@gmail.com</a> | Rachel Holdway<br><a href="mailto:karileeheadcoach@gmail.com">karileeheadcoach@gmail.com</a>                   |
| <b>TREASURER:</b>   | <b>SKILLS COORDINATOR:</b>  | <b>COSTUME COORDINATOR</b>   |
| Alicia Gaudie<br><a href="mailto:karileetreasurer@gmail.com">karileetreasurer@gmail.com</a>       | Jacqui Reber<br><a href="mailto:karileeskills@gmail.com">karileeskills@gmail.com</a>                                | Jacqui Reber   |
|   | <b>PROPS COORDINATOR:</b>   | <b>APPOINTMENTS:</b>   |
|   | Malcolm Robertson<br><a href="mailto:karileeprops@gmail.com">karileeprops@gmail.com</a>                             | <b>WEB MASTER</b>  |
|   |   | Maureen Bourne<br><a href="mailto:karileewebmaster@gmail.com">karileewebmaster@gmail.com</a>                   |
|   |   | <b>WEB ADMINISTRATOR</b>   |
|   |   | Andrew Bourne<br><a href="mailto:andrew@manda.com.au">andrew@manda.com.au</a>                                  |
| 2019 TEAM REPRESENTATIVES   |   |  |
| TEAM  | TEAM MANAGERS   | WARDROBE MANAGERS  |
| - <i>Tinies</i> <a href="mailto:karileetinies@gmail.com">karileetinies@gmail.com</a>              | <i>Lucy Stephenson</i>  | <i>Kate Cerne</i>  |
| - <i>Sub Juniors</i> <a href="mailto:karileesubbies@gmail.com">karileesubbies@gmail.com</a>       | <i>Amy Eveston</i>  | <i>Vanessa Friedman</i>  |
| - <i>Juniors</i> <a href="mailto:karileejuniors@gmail.com">karileejuniors@gmail.com</a>           | <i>Emily Wright</i>   | <i>Jen Woodward, Steph Baker &amp; Belinda Turley</i>  |
| - <i>Inters</i> <a href="mailto:karileeinters@gmail.com">karileeinters@gmail.com</a>              | <i>Brioni Bale</i>  |  |
| - <i>Seniors</i> <a href="mailto:karileeseniors@gmail.com">karileeseniors@gmail.com</a>           | <i>Alicia Gaudie</i>  | <i>Catriona Galloway</i>   |
| - <i>Masters</i> <a href="mailto:karileemasters@gmail.com">karileemasters@gmail.com</a>           | <i>Karen Craig</i>  |  |

## Karilee Solo Competition

The Karilee Solo Competition will be held from Saturday, 9th March to Monday, 11th March 2019.

You are invited to enter our annual Solo Competition. Entries will be again submitted via an on-line entry form. Competitors, parents/guardians or coaches are asked to access the Karilee website and fill in all the required details before submitting entries electronically.

**Entries will to be open for about two weeks, from 1st February 2019.**

**Go to the Karilee Solo page <https://karilee.com.au/competitions/karilee-solo/> from the Competitions menu.**

**Entries will close on Saturday, 16th February 2019.**

Instructions and a contact phone number for assistance is provided with the on-line entry form.

| 2018 Sub Juniors Solo   | 2018 Juniors Solo  | 2018 Inters Solo  |
|---|--|---|
|   |   |   |
| 2018 Sub Juniors Graceful   | 2018 Juniors Graceful  | 2018 Inters Graceful  |
|  |  |  |

**2018 Karilee Solo Competition**  
On-Stage photos by Andrew Bourne

## Key Dates for 2019

Major events for the coming year for you to add to your calendar.

[Karilee Registration](#) by 28 January 2019

[Karilee training](#) – Start first week in February 2019

[Karilee Solo Competition](#): 09-11 March 2019

[Karilee 40th Anniversary Party](#) – 23 March 2019

Cali-ACT Preliminary solos: 4-7 April 2019

Cali-ACT Championship solos: 16-19 May 2019

[Karilee Free-Ex Frenzy](#): 2/9 June 2019

Deanne Teams Comp: 14-16 June 2019

Calisthenics Nationals: Perth- 10-13 July 2019

Stage Practice: 4-9.30pm – 1 August 2019

Cali ACT Prelim Teams – 3-4 August 2019

Karilee Specialist Coaching: Aug/Sept 2019

Stage Practice: 4-9.30pm – 19 September 2019

Cali ACT Champ Teams: 21-22 Sept 2019

Royal South Street Society (RSSS)

[RSSS Ballarat competitions](#)

**October – November 2019**

2019 RSSS competition timetable – published late April

*Karilee Competition Dates*

Karilee End of Year Concert – 8 November 2019



*Waste Away - Support this business that supports your club!*

<http://www.wasteaway.com.au/>