



Karilee Catch Up July 2019

ACF Nationals

Karilee is so excited to announce our nine Solo, Graceful & Duo representatives heading west this July to compete at the ACF Nationals - 2019 Perth. We are proud to have you all represent the ACT and Karilee! Congratulations to each girl and the amazing support network that surrounds them.

Junior Solo

👉 Chelsea Woodward
Coached by Rachel Holdway

Intermediate Duo

👉 Olivia Pratt & Taya O'Brien
Coached by Taylor Bye

Intermediate Graceful

👉 Jacqueline Dunn
Coached by Rachel Holdway

👉 Josie Gaudie-Craze
Coached by Jessica Costigan

Senior Graceful

👉 Taylor Bye
Coached by Jessica Costigan

👉 Simone Barker
Coached by Caitlin Job

👉 Jana Prencel
Coached by Liz Arnold

Senior Solo

👉 Taryn Leslie
Coached by Rachel Holdway



Posted on the Karilee FaceBook page on 27 May 2019
#karileekarileeyes #karileefamily #acfnationals2019

2019 ACT Showcase

The 2019 Calisthenics ACT State Team Showcase was held on Monday 10 June, 1pm at the Q in Queanbeyan.

Featuring the ACT Inters State Team and the ACT soloist who will represent the ACT at the Australian National Calisthenics competition in Perth in July.

Enjoy your trip to Perth and shine on stage.

Photo from the Karilee FaceBook page; posted on 10th June 2019.



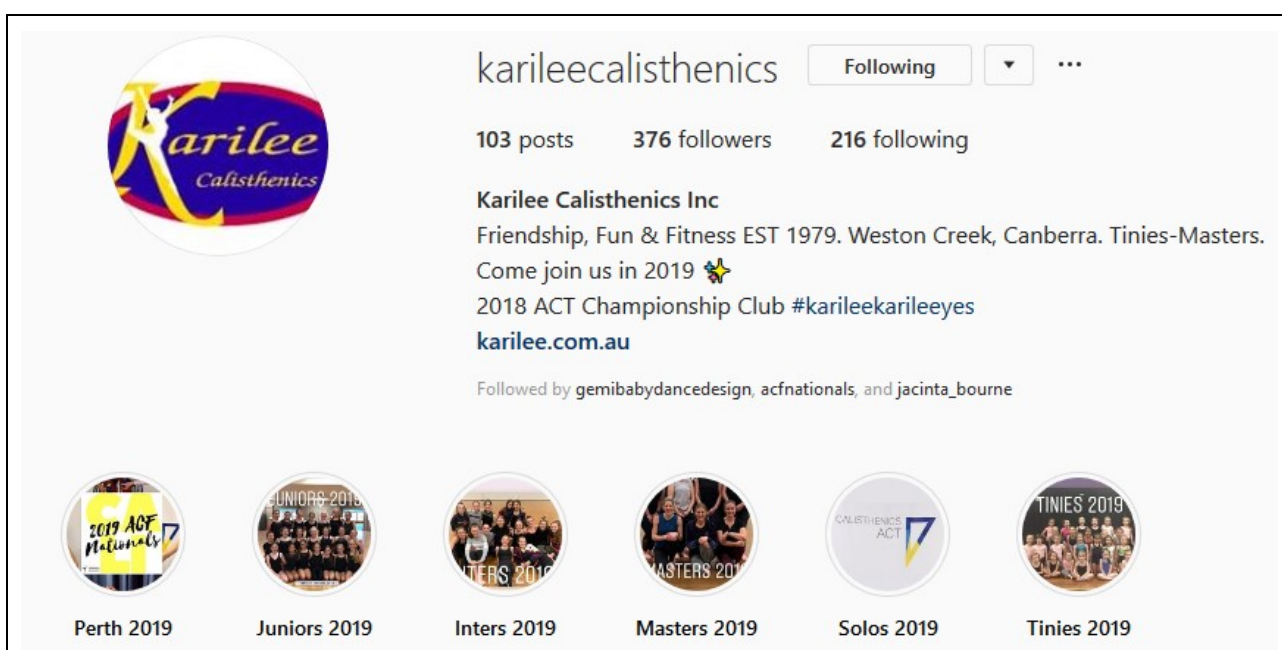
Karilee Calisthenics Instagram & FaceBook

At the Karilee AGM in March 2019, Jana Prencel joined the committee as an ordinary member and was appointed to coordinate our social media presence.

Jana has reactivated our Instagram page that was started earlier and works with our other FaceBook administrators, Merry Jackson, Jess Townsend, and Simmy Barker to increase our social media presence.

Since May 2019, there has been 56 new posts on Instagram with any increase of 38 followers and eight new people following our Instagram page. All the posts on Instagram are also posted on our FaceBook page, where we have 452 people who have liked our page and 468 following us.

If you are checking out our posts on social media, **don't forget to LIKE and follow us on Instagram and/or Facebook.** If anyone has any pictures or media they want to share, on stage, candid or anything else, please forward to the Karilee via email karileemedia@gmail.com or message us on our Facebook page or post using our hashtags [#karileekarileeyes](https://www.instagram.com/explore/tags/karileekarileeyes) and [#karileefamily](https://www.instagram.com/explore/tags/karileefamily).



Southern Cross Club Community Rewards Program

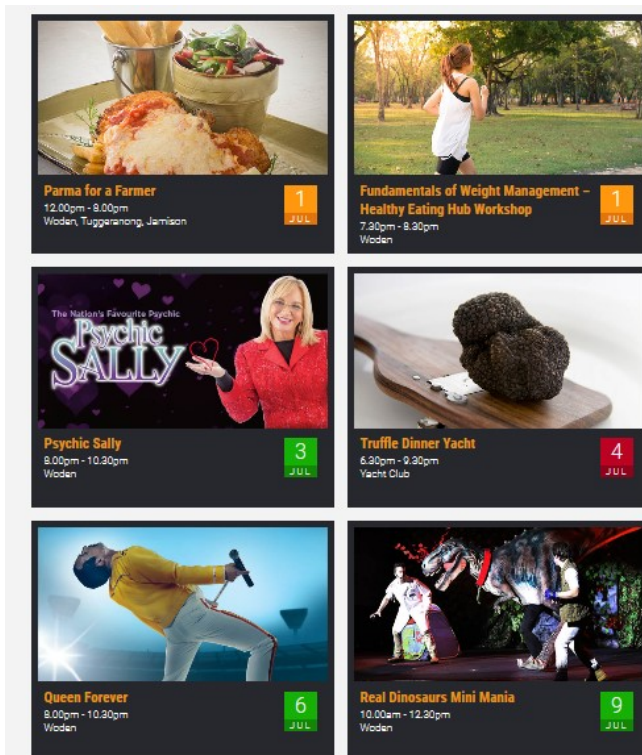
Karilee has been accepted into the [Southern Cross Club Community Rewards Program](#); this is a wonderful opportunity for our club.

This could be a fantastic fundraiser for our club if our members support us. If you are already a member of the Southern Cross Club, please [nominate our club](#) as your community partner or simply [sign up to any of the Canberra Southern Cross Clubs](#) with us as your community partner.

Why not plan a lunch, dinner or Show at the Southern Cross Club with friends and family during the July holidays.

Make sure your membership is linked to Karilee to help us fundraise for 2019.

Here a link to What's On at the Southern Cross Club: <https://www.cssc.com.au/whats-on/category/whats-on>.



2019 Karilee Senior National Representatives

Our stunning seniors are off to Perth to represent the ACT at the ACF Nationals in two weeks; here they are with their congratulation letters and gift that were presented by Karin Craig, our Karilee President.

Thank you for being such amazing role models for our younger girls.

Photo from the Karilee FaceBook page; posted on 27th June 2019.



2019 Karilee Intermediate National Representatives

Our amazing Intermediates with letters of support from the Karilee Committee for their upcoming trip to Perth to represent the ACT at the ACF Nationals.

Their congratulation letter and gift were present at training by Karin Craig, our Karilee President.

Enjoy your trip to Perth girls and shine on stage.

Photo from the Karilee FaceBook page; posted on 26th June 2019.



2019 Karilee Junior National Representative

Best of luck to one of our Juniors Chelsea, as she heads west in two weeks to represent the ACT in both her Junior Solo AND in the Intermediate Team!

Enjoy your trip to Perth and shine on stage.

Photo from the Karilee FaceBook page; posted on 10th June 2019.



Left: [The Kingsway Christian College stage in Perth](#)

2019 Cali ACT Championship Solo/Duo Competitions

The Cali ACT Championship Solo/Duo Competitions was held from 16-19 May 2019 at the Erindale Theatre. What a fabulous number of entries from Karilee; hope all our soloists enjoyed the 2019 solo season. Results and more photos are on the Karilee website via the Competition Results menu.



Many thanks to our coaches for organising and taking these pictures for our social media platforms.

Team Competitions

During the next four months, Karilee will compete in the two Cali-ACT Team competitions, as well as at two interstate competitions. Below are some details about these coming events.

Cali ACT Preliminary Teams Competition

at Erindale Theatre on 3-4 August 2019.

Ticket-Less Entry so come & support our Teams.

Thursday, 1st August 2019

Stage practice for each age group

Saturday, 3rd August 2019

Tinies 9:00am

Sub Juniors 1.00pm

Seniors 6.30pm

Sunday, 4th August 2019

Juniors 9:00am

Inters & Masters 4:00pm

Karilee Specialist Coaching:

31st August & 1st September 2019

Tuesday, 17th September 2019

Stage practice for each age group

Cali ACT Championship Teams Competition

at Erindale Theatre on 21-22 September 2019.

NSW Team Competition in Engadine

on 7th September 2019 for our Tinies Team.

Ballarat Calisthenics Competition

Royal South Street Society (RSSS) Calisthenics competition will be held from 7 Oct to 2 Nov 2019 at Her Majesty's Theatre in Ballarat.

Karilee's Ballarat Competition Dates are:

(all our age groups compete in Champ Reserve)

Inters 12 Oct 2019

Graceful Girl 18 Oct 2019

Seniors 19 Oct 2019

Cal Solo 20 Oct 2019

Sub Juniors 1 Nov 2019

Juniors 2 Nov 2019

Note: Teams usually travel to Ballarat, one day before their competition day and return on the following day.

Karilee End of Year Concert will be held on Friday, 8th November 2019 at the Erindale Theatre.

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

Free Ex Frenzy

The third annual Karilee Free Ex Frenzy was held at the Weston Community Hub on 2nd June 2019 with all our teams from Tinies to Masters performing their Free Exercise routines prior to the Deanne Competition. It was great to see the whole club getting together to perform in front of a large audience.



Photo provided by Maureen Bourne

Interstate Competitions

Many families would be aware that coaches and managers are in the midst of planning and booking for each team's interstate competition trip.

For our Tinies, this will be to attend the NSW State Team Competition in September to be held at the Engadine Community Centre.

For Sub Juniors, Juniors, Intermediates and Seniors, this will see the teams attending the Royal South Street Eisteddford which runs during October and early November. This year, the Eisteddford returns to Her Majesty's Theatre in Ballarat before the theatre closes down again for further restoration work.

Travelling with any team is an immensely rewarding experience. Teams travel and stay together, and in doing so learn lots about each other. Most importantly, they bond together as a team, compete against different clubs and have the experience of performing in an unfamiliar environment. These competitions also provide a great opportunity for our coaches and girls to see calisthenics at a higher level. Overall, our interstate trips are a great experience for our teams and the highlight of the year.

The Committee is keen to emphasise transparency in relation to how costs for these trips are calculated. Each team makes arrangements according to the specific needs of the age group and coach requirements so may differ between our teams from year to year. Our managers are always looking at the most cost effective way of providing for these requirements and present their plans to the Committee for review and approval. The costs, associated with our interstate travel, are constantly rising mostly due to increases in accommodation and travel costs. Each family pays two instalments through the year towards the cost of the trip. This goes some way to spreading out the total costs and once expenses have been received families are invoiced for the balance owing to ensure cost recovery.

Your fees cover:

Flights	Competition entry fees
Accommodation	Lighting, DLP and video charges
Bus transfers	Share of coaches and managers costs
Training venue interstate	Share of transport of costumes and props costs
Food if provided	

The totals of these shared costs are split between team members. The committee has set guidelines for the number of coaching staff per team that relates to the number of participants in the team. Please note that chaperones pay for their own expenses.

Karilee is always interested in looking at ways to reduce costs or for fundraising opportunities that assist families to meet these expenses. Please contact your team manager or the Secretary (karileesecretary@gmail.com) if you have any ideas to put forward and are able to assist with their implementation.

The Treasurer provides an itemised account at the end of the year when all expenses have been received and paid for by the Club. If you have any difficulty understanding this invoice, please speak to your team manager or contact the Treasurer directly for clarification (karileetreasurer@gmail.com).

For more information please contact the Secretary (karileesecretary@gmail.com).

Regards
Karilee Committee



Engadine Community Centre



Her Majesty's Theatre

Karilee Committee

The work of the [Karilee Committee](#) is vital to the running of our club.

The following positions are currently vacant Assistant Secretary, Assistant Treasurer, Merchandise Officer and Props Coordinator. Covering for these vacancies puts additional pressure on our committee members and reduces the amount that can be achieved.

Please consider nominating for one of these positions.

There is a lot you can learn by being part of the committee. Talk to one of the current committee or come to a meeting to see how Karilee is run. We would like everyone to consider nominating for the committee next year. Ideally, we would like new committee members to be trained from September to allow for a smooth handover of the positions in March 2020.

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.

The 2019 Karilee Committee was elected at the Annual General Meeting on 19th March 2019. See the current list of committee members in the list below.

EXECUTIVE POSITIONS:	NON EXECUTIVE:	DELEGATES:
PRESIDENT:	ASSISTANT SECRETARY:	CALI-ACT DELEGATES:
Karin Craig	Vacant	Karin Craig & Jacqui Reber
karileepresident@gmail.com	karileeassistantsecretary@gmail.com	
VICE PRESIDENT:	ASSISTANT TREASURER:	Cali-ACT COMPETITION DELEGATES:
Jacqui Reber	Vacant	Deb Putt, Andrew Bourne & Nicola Todd
karileevicepresident@gmail.com	karileeassistanttreasurer@gmail.com	Bronwyn Stirton & Sandy Wheildon
HEAD COACH:	MERCHANDISE OFFICER:	karileecompdelegate@gmail.com
Rachel Holdway	Vacant (A/g Maureen Bourne)	
karileehheadcoach@gmail.com	karileemerchandise@gmail.com	
SECRETARY:	COMPETITION COORDINATOR:	CALI-ACT COACHES DELEGATES:
Maureen Bourne	Jacqui Reber	Rachel Holdway
karileesecretary@gmail.com	karileecomp@gmail.com	karileehheadcoach@gmail.com
TREASURER:	SKILLS COORDINATOR:	
Alicia Gaudie	Jacqui Reber	
karileetreasurer@gmail.com	karileeskills@gmail.com	APPOINTMENTS:
REGISTRAR:	SOCIAL MEDIA:	WEB MASTER:
Bronwyn Stirton	Jana Prencel	Maureen Bourne
karileeregistrar@gmail.com	karileemedia@gmail.com	karileewebmaster@gmail.com
	PROPS COORDINATOR:	WEB ADMINISTRATOR:
	Vacant	Andrew Bourne
	karileeprops@gmail.com	andrew@manda.com.au
2019 TEAM REPRESENTATIVES		
TEAMS	TEAM MANAGERS	WARDROBE MANAGERS
- <i>Tinies</i> karileetinies@gmail.com	<i>Lucy Stephenson</i>	<i>Kate Cerne</i>
- <i>Sub Juniors</i> karileesubbies@gmail.com	<i>Amy Eveston</i>	<i>Vanessa Friedman</i>
- <i>Juniors</i> karileejuniors@gmail.com	<i>Emily Wright</i>	<i>Jen Woodward & Belinda Turley</i>
- <i>Inters</i> karileeinters@gmail.com	<i>Brioni Bale</i>	<i>Vanessa Bye</i>
- <i>Seniors</i> karileeseniors@gmail.com	<i>Alicia Gaudie</i>	<i>Catriona Galloway</i>
- <i>Masters</i> karileemasters@gmail.com	<i>Karin Craig</i>	<i>Karin Craig</i>

Key Dates for 2019

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

Go to the Karilee website to get updates: <https://karilee.com.au/key-dates/>

Calisthenics Nationals: Perth: 10-13 July 2019

Stage Practice: 4-9.30pm – 1 August 2019

Cali ACT Prelim Teams: 3-4 August 2019

Ticket-Less Entry – come and support your Team.

PROGRAM

(will be available on the Cali-ACT website & FaceBook before the comp)

Saturday, 3 August 2019 – Theatre access 8.00 am

Tinies from 9.00am to 12.30pm

Sub Juniors from 1.00pm to 6.00pm

Seniors from 6.30pm to 9.45pm

Sunday, 4 August 2019 – Theatre access 8.00am

Juniors from 9.00am to 3.30pm

Intermediates & Masters from 4.00pm to 9.10pm

Karilee Specialist Coaching: 31 Aug/1 Sept 2019

NSW Team State Championships: Tinies - 7 Sept 2019

at the Engadine Community Centre

Stage Practice: 4-9.30pm – 19 Sept 2019

Cali ACT Champ Teams: 21-22 Sept 2019

Royal South Street Society (RSSS)

[RSSS Ballarat competitions](#)

7 October – 2 November 2019

Karilee End of Year Concert – 8 November 2019



Waste Away - Support this business that supports your club!

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