

Calisthenics ACT

CHAMPIONSHIP TEAM COMPETITIONS



21/22 September
Erindale Theatre

TINIES

Saturday 21 September—9.00am

Adjudicator—Juliette Barry

Tinies Rod Exercises

- | | | | |
|---|------------------|----|---------------|
| 1 | Karilee 3 | 7 | Karilee 1 |
| 2 | Evatt 3 | 8 | Joyelle |
| 3 | Karilee 2 | 9 | Evatt 1 |
| 4 | Evatt 2 | 10 | Action Kippax |
| 5 | Action Gunghalin | 11 | Brindabella |
| 6 | Deanne | | |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Tinies Free Exercises

- | | | | |
|---|-----------|----|------------------|
| 1 | Evatt 3 | 7 | Karilee 1 |
| 2 | Karilee 3 | 8 | Evatt 1 |
| 3 | Evatt 2 | 9 | Action Gunghalin |
| 4 | Karilee 2 | 10 | Brindabella |
| 5 | Joyelle | 11 | Action Kippax |
| 6 | Deanne | | |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Tinies Aesthetic

- | | | | |
|---|-----------|----|------------------|
| 1 | Karilee 3 | 7 | Joyelle |
| 2 | Evatt 3 | 8 | Brindabella |
| 3 | Karilee 2 | 9 | Action Kippax |
| 4 | Evatt 2 | 10 | Action Gunghalin |
| 5 | Deanne | 11 | Evatt 1 |
| 6 | Karilee 1 | | |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Tinies Character / Folk Dance

- | | | |
|----|------------------|--|
| 1 | Evatt 3 | <i>Rockin' out on the Polar Express!</i> |
| 2 | Karilee 2 | <i>I don't want to clean up my room</i> |
| 3 | Evatt 2 | <i>The Busy Buzzy Bee Bop</i> |
| 4 | Brindabella | <i>Santa's Workshop</i> |
| 5 | Deanne | <i>Pearly Whites</i> |
| 6 | Action Kippax | <i>Candy Land</i> |
| 7 | Karilee 1 | <i>It's a hard knock life!</i> |
| 8 | Evatt 1 | <i>Dance of the Sugar Plum Fairy</i> |
| 9 | Action Gunghalin | <i>It's Halloween Time!</i> |
| 10 | Joyelle | <i>Dog Trouble</i> |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Tinies Calisthenic Revue

- | | | |
|---|------------------|---|
| 1 | Brindabella | <i>Underwater Discovery</i> |
| 2 | Action Kippax | <i>Toy Story</i> |
| 3 | Karilee | <i>Friends in the Fridge</i> |
| 4 | Action Gunghalin | <i>I wish I could go on an Adventure!</i> |
| 5 | Joyelle | <i>Woody's Round-up</i> |
| 6 | Deanne | <i>All Aboard</i> |
| 7 | Evatt | <i>How does your garden grow?</i> |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Cali ACT Championship Tinies' Aggregate

	Rod Exercises	Free Exercises	Aesthetic	Character Dance	Calisthenic Revue
Action Gunghalin					
Action Kippax					
Brindabella					
Deanne					
Evatt					
Joyelle					
Karilee					

Tinies' Coaching Staff

Action Gung. **Coach:** Frances Madaffari **Cadets:** Tayla Schafrin

Action Kippax **Coach:** Amie Allen **Cadets:** Tayla Schafrin, Sienna Taber, Nicola Schafrin

Brindabella **Coach:** Amy Percival, Ashleigh Costello **Cadets:** Lara Haines, Layla Rickman

Deanne **Coach:** Brook McCarroll **A/Coaches:** Chelsea Edmonds **Class Ass:** Tarra Salter, Grace Taylor, Marissa Edmonds

Evatt **Coach:** Erin Sorenson, Kirsty Price, Isobel Signorini **Cadets:** Katie Mackay, Maddie Betts, Kate Martius, Jasmine Cooper, Estella Sutherland

Joyelle **Coach:** Denise Spencer **Cadets:** Sinead Benson, Bella Coates, Sami Urbaniak
Class Ass: Monica Clavijo

Karilee **Coach:** Simone Barker **A/Coaches:** Natalie Sainsbury, Samantha Bourne
Cadets: Laura Stirton, Sarah Goodwin

SUB-JUNIORS

Saturday 21 September—1:30pm

Adjudicators—Kerryn Waddell, Glenda Sellick, Juliette Barry

Sub-Junior March

- | | | | |
|---|-----------|----|-------------|
| 1 | Evatt 3 | 6 | Action |
| 2 | Karilee 2 | 7 | Brindabella |
| 3 | Evatt 2 | 8 | Karilee 1 |
| 4 | Joyelle | 9 | Evatt 1 |
| 5 | Dowling | 10 | Deanne |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Sub-Junior Club Swinging

- | | | | |
|---|---------------|----|---------------|
| 1 | Evatt 3 | 8 | Brindabella 1 |
| 2 | Karilee 2 | 9 | Evatt 1 |
| 3 | Evatt 2 | 10 | Dowling |
| 4 | Joyelle 2 | 11 | Joyelle 1 |
| 5 | Brindabella 2 | 12 | Action 1 |
| 6 | Action 2 | 13 | Karilee 1 |
| 7 | Deanne | | |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Sub-Junior Rod Exercises

- | | | | |
|---|---------------|----|---------------|
| 1 | Evatt 3 | 8 | Karilee 1 |
| 2 | Brindabella 2 | 9 | Joyelle 1 |
| 3 | Joyelle 2 | 10 | Evatt 1 |
| 4 | Karilee 2 | 11 | Dowling |
| 5 | Action 2 | 12 | Brindabella 1 |
| 6 | Evatt 2 | 13 | Action 1 |
| 7 | Deanne | | |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Sub-Junior Free Exercises

- | | | | |
|---|---------------|----|---------------|
| 1 | Evatt 3 | 8 | Joyelle 1 |
| 2 | Joyelle 2 | 9 | Evatt 1 |
| 3 | Brindabella 2 | 10 | Action 1 |
| 4 | Action 2 | 11 | Karilee 1 |
| 5 | Evatt 2 | 12 | Deanne |
| 6 | Karilee 2 | 13 | Brindabella 1 |
| 7 | Dowling | | |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Sub-Junior Aesthetic

- | | | | |
|---|---------------|----|---------------|
| 1 | Evatt 3 | 7 | Deanne |
| 2 | Joyelle 2 | 8 | Brindabella 1 |
| 3 | Evatt 2 | 9 | Evatt 1 |
| 4 | Karilee 2 | 10 | Karilee 1 |
| 5 | Brindabella 2 | 11 | Dowling |
| 6 | Action | 12 | Joyelle 1 |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Sub-Junior Character / Folk Dance

- | | | |
|---|-------------|-------------------------------------|
| 1 | Evatt 2 | <i>Catch that fly!</i> |
| 2 | Brindabella | <i>Tarzan's jungle romance</i> |
| 3 | Deanne | <i>Follow the Yellow Brick Road</i> |
| 4 | Evatt 1 | <i>School Holidays...How boring</i> |
| 5 | Dowling | <i>Dora the Explorer</i> |
| 6 | Karilee | <i>Over the roof tops</i> |
| 7 | Joyelle | <i>The Wizard of Oz</i> |
| 8 | Action | <i>Dance class week</i> |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Cali ACT Championship Sub-Junior's Aggregate

	March	Club Swinging	Rod Exercises	Free Exercises	Aesthetic	Character Dance
Action						
Brindabella						
Deanne						
Dowling						
Evatt						
Joyelle						
Karilee						

Sub-Juniors' Coaching Staff

Action **Coach:** Emma Jeffrey, Caitlin Bradley **Cadets:** Emma Sheil, Georgia Davis
Class Ass: Elizabeth Mincher

Brindabella **Coach:** Alexandra Andriolo, Natasha Blackmore **Cadets:** Jessica Baker, Annie Nogaliza

Deanne **Coach:** Ashleigh Fisher **A/Coaches:** Taylah Bowler **Cadets:** Talia Di Placido, Hannah Rose

Dowling **Coach:** Belinda Lister **A/Coaches:** Josephine Chabi, Brittany Barr

Evatt **Coach:** Samantha Beake **A/Coaches:** Rachael Phelan, Tonya Whitney **Cadets:** Claire Hall, Lillian Junakovic, Alice Humphries, Maddison Sleeman, Emma Copland

Joyelle **Coach:** Sarah Bates, Tiffany Davies, Keisha McDougall **Cadets:** Breanna Van Hala
Class Ass: Shayla McDougall

Karilee **Coach:** Rachel Holdway **A/Coaches:** Taryn Leslie, Jessica Townsend **Cadets:** Hannah-Grace Muller, Jacqueline Dunn, Kasey Galloway, Jacinta Bourne, Alyssia Brammall

Annual Awards

Langdon Award

Instigated by Brenda Langdon to acknowledge the contribution of young coaches to our sport. Recipients of this award have demonstrated hard work, planning and interpersonal skills, sportsmanship and Improvement in their participants' calisthenics skills

2018	Merry Jackson	2017	Hannah Webb
2016	Caitlin Job	2015	Danielle Moufarrige
2014	Grace Cox / Belinda Seaman	2013	Jessica Costigan
2012	Alexandra Muir	2011	Katrina Morrison
2010	Kristin Marshall	2009	Claire James
2008	Shannon Anderson	2007	Joanna Farrow
2006	Katie Thorpe	2005	Bernadette Whitfield
2004	Erin Power	2003	Louise Tominich
2002	Liz Arnold / Joanna Lawler	2001	Sally Donavan / Carmen Doig
2000	Jodie Sims	1999	Kim Lloyd
1998	Kate Arnold	1997	Donna Sullivan
1996	Rachel Alexander	1995	Renee Schovers
1994	Kerry Sargent-Cox	1993	Karen Bamford
1992	Sharon Alley	1991	Nicola Liebke
1990	Sarah Jane Hofmeier / Kylie Smith		

SENIORS

Saturday 21 September—7:45pm

Adjudicators—Glenda Sellick, Kerryn Waddell, Juliette Barry

Senior March

- | | | | |
|---|---------|---|--------|
| 1 | Karilee | 3 | Deanne |
| 2 | Joyelle | 4 | Evatt |

1st _____ 2nd _____ 3rd _____ 4th _____

Senior Club Swinging

- | | | | |
|---|---------|---|---------|
| 1 | Karilee | 3 | Evatt |
| 2 | Deanne | 4 | Joyelle |

1st _____ 2nd _____ 3rd _____ 4th _____

Senior Rod Exercises

- | | | | |
|---|---------|---|---------|
| 1 | Deanne | 3 | Joyelle |
| 2 | Karilee | 4 | Evatt |

1st _____ 2nd _____ 3rd _____ 4th _____

Senior Free Exercises

- | | | | |
|---|--------|---|---------|
| 1 | Evatt | 3 | Joyelle |
| 2 | Deanne | 4 | Karilee |

1st _____ 2nd _____ 3rd _____ 4th _____

Senior Rhythmical Aesthetic

- 1 Deanne *Fly on*
- 2 Evatt *Empty chairs*
- 3 Karilee *Memory*
- 4 Joyelle *We found love*

1st _____ 2nd _____ 3rd _____ 4th _____

Senior Rhythmic Interpretation

- 1 Deanne *The Sirens' Lure*
- 2 Evatt *Looking for love*
- 3 Karilee *Bird set free*
- 4 Joyelle *Papillon*

1st _____ 2nd _____ 3rd _____ 4th _____

Cali ACT Championship Senior's Aggregate

	March	Club Swinging	Rod Exercises	Free Exercises	Rhythm. Aesthetic	Rhythm. Inter.
Deanne						
Evatt						
Joyelle						
Karilee						

Seniors' Coaching Staff

Deanne **Coach:** Kaari Toivonen

Evatt **Coach:** Shannon Thomas

Joyelle **Coach:** Samantha Thomas, Katherine Thomas, Valeria Volkova

Karilee **Coach:** Jessica Costigan **A/Coaches:** Deborah Putt

JUNIORS

Sunday 22 September—9:00am

Adjudicators—Juliette Barry, Glenda Sellick, Kerry Waddell

Junior March

- | | | | |
|---|-----------|---|-------------|
| 1 | Evatt 2 | 6 | Karilee 1 |
| 2 | Action 2 | 7 | Brindabella |
| 3 | Karilee 2 | 8 | Action 1 |
| 4 | Joyelle | 9 | Evatt 1 |
| 5 | Deanne | | |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Junior Club Swinging

- | | | | |
|---|-----------|----|-------------|
| 1 | Evatt 3 | 7 | Karilee 1 |
| 2 | Joyelle 2 | 8 | Brindabella |
| 3 | Karilee 2 | 9 | Action 1 |
| 4 | Action 2 | 10 | Evatt 1 |
| 5 | Evatt 2 | 11 | Joyelle 1 |
| 6 | Deanne | | |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Junior Rod Exercises

- | | | | |
|---|-------------|----|-----------|
| 1 | Evatt 3 | 7 | Joyelle 1 |
| 2 | Karilee 2 | 8 | Deanne |
| 3 | Joyelle 2 | 9 | Action 1 |
| 4 | Action 2 | 10 | Evatt 1 |
| 5 | Evatt 2 | 11 | Karilee 1 |
| 6 | Brindabella | | |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Junior Free Exercises

- | | | | |
|---|-----------|----|-------------|
| 1 | Evatt 3 | 7 | Joyelle 1 |
| 2 | Joyelle 2 | 8 | Brindabella |
| 3 | Evatt 2 | 9 | Action 1 |
| 4 | Karilee | 10 | Karilee |
| 5 | Action 2 | 11 | Deanne |
| 6 | Evatt 1 | | |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Junior Aesthetic Exercises

- | | | | |
|---|-----------|----|-------------|
| 1 | Karilee 2 | 6 | Brindabella |
| 2 | Joyelle 2 | 7 | Joyelle 1 |
| 3 | Action 2 | 8 | Deanne |
| 4 | Evatt 2 | 9 | Evatt 1 |
| 5 | Karilee 1 | 10 | Action 1 |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Junior Calisthenic Revue

- | | | |
|---|-------------|------------------------------------|
| 1 | Karilee | <i>Not bad, Dad</i> |
| 2 | Brindabella | <i>Everybody wants to be a Cat</i> |
| 3 | Joyelle | <i>Expecto Patronum</i> |
| 4 | Action | <i>Harry's Wondrous World</i> |
| 5 | Deanne | <i>Day of the Dead</i> |
| 6 | Evatt | <i>A Witchy Nightmare</i> |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Cali ACT Championship Junior's Aggregate

	March	Club Swinging	Rod Exercises	Free Exercises	Aesthetic Exercises	Calisthenic Revue
Action						
Brindabella						
Deanne						
Evatt						
Joyelle						
Karilee						

Juniors' Coaching Staff

Action **Coach:** Emma Otto **A/Coaches:** Cherie Bradley, Amy Jones

Cadets: Maddison Horn, Charlotte Jackson **Class Ass:** Latoya Wong

Brindabella **Coach:** Donna Sullivan **A/Coaches:** Carrie Newman **Cadet:** Zoe Stott

Deanne **Coach:** Lizzie Nethery **Cadets:** Jasmin Lachlan, Aithne Dann-Hotchin

Evatt **Coach:** Danielle Moufarrige **A/Coaches:** Olivia Hall, Phoebe Logan

Cadets: Lauren Humphries, Caitlyn Reardon, Taylor Burns

Joyelle **Coach:** Emma Gillan, Taylah Parr **A/Coaches:** Emily Lim **Class Ass:** Olivia Kennedy

Karilee **Coach:** Meredith Jackson **A/Coaches:** Louisa-Jane Barker

Cadets: Samantha Bourne, Shaelagh Sutherland, Ashley Vowles

Special Awards

Calisthenics ACT Life Membership

Calisthenics ACT congratulate the 2019 Life Membership recipients—for their outstanding service to Calisthenics in the ACT.

Tony Hall
Jacqui Reber

Annual Awards

Coach Excellence

Calisthenics ACT honours those coaches who show outstanding sportsmanship, participant development, citizenship, and commitment to personal coach development through the Cali ACT Coach Excellence Award.

2018	Jessica Costigan	2017	Kari Sharp / Frances Madaffari
2016	Emma Thomas	2015	Joanna Farrow
2014	Donna Sullivan	2013	Not Awarded
2012	Kristin Marshall	2011	Shannon Anderson
2010	Kerry Sargent-Cox	2009	Liz Arnold
2008	Erin Sorensen	2007	Leanne Altinger
2006	Denise Spencer	2005	Kate Watson
2004	Jodie Sims	2003	Jaci Craig
2002	Naomi Smith	2001	Rachel Holdway
2000	Kylie Horton	1999	Ann Craig
1998	Kerry Sargent-Cox	1997	Debbie Childs
1996	Sharon Alley	1995	Kylie Baret

Volunteer Excellence

Cali ACT acknowledge the dedication and commitment of our volunteers, their achievements and the impact they have on Cali ACT through the Volunteer Excellence Award.

2017 Jossie Edmonds

Live, Love Calisthenics

Contemporary
Calisthenics
Gear On-line




steph devlin
photography



caligirl.com.au

INTERMEDIATES & MASTERS

Sunday 22 September—3:30pm

Adjudicators—Kerryn Waddell, Juliette Barry, Glenda Sellick,

Intermediate March

- | | | | |
|---|-------------|---|---------|
| 1 | Action | 4 | Joyelle |
| 2 | Brindabella | 5 | Evatt |
| 3 | Deanne | 6 | Karilee |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Masters March

- | | | | |
|---|-------------|---|---------|
| 1 | Helensvale | 3 | Karilee |
| 2 | Brindabella | | |

1st _____ 2nd _____ 3rd _____

Intermediate Club Swinging

- | | | | |
|---|-------------|---|---------|
| 1 | Brindabella | 4 | Evatt |
| 2 | Action | 5 | Karilee |
| 3 | Deanne | 6 | Joyelle |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Masters Club Swinging

- | | | | |
|---|------------|---|-------------|
| 1 | Karilee | 3 | Brindabella |
| 2 | Helensvale | | |

1st _____ 2nd _____ 3rd _____

Intermediate Rod Exercises

- | | | | |
|---|--------|---|-------------|
| 1 | Evatt | 4 | Joyelle |
| 2 | Deanne | 5 | Karilee |
| 3 | Action | 6 | Brindabella |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Masters Rod Exercises

- | | | | |
|---|------------|---|-------------|
| 1 | Helensvale | 3 | Brindabella |
| 2 | Karilee | | |

1st _____ 2nd _____ 3rd _____

Intermediate Free Exercises

- | | | | |
|---|---------|---|-------------|
| 1 | Karilee | 4 | Brindabella |
| 2 | Deanne | 5 | Joyelle |
| 3 | Evatt | 6 | Action |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Masters Free Exercises

- | | | | |
|---|-------------|---|---------|
| 1 | Brindabella | 3 | Karilee |
| 2 | Helensvale | | |

1st _____ 2nd _____ 3rd _____

Intermediate Rhythmical Aesthetic

- | | | |
|---|-------------|-----------------------------------|
| 1 | Brindabella | <i>Waves</i> |
| 2 | Joyelle | <i>It comes and goes in waves</i> |
| 3 | Evatt | <i>Wild Hearts</i> |
| 4 | Action | <i>The ship of dreams</i> |
| 5 | Karilee | <i>You will be found</i> |
| 6 | Deanne | <i>The power of one voice</i> |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Masters Aesthetic

- | | | | |
|---|------------|---|-------------|
| 1 | Karilee | 3 | Brindabella |
| 2 | Helensvale | | |

1st _____ 2nd _____ 3rd _____

Intermediate Dance Arrangement

- | | | |
|---|-------------|-----------------------------|
| 1 | Joyelle | <i>Don't break my heart</i> |
| 2 | Brindabella | <i>Grown Princesses</i> |
| 3 | Deanne | <i>Motown Throwdown</i> |
| 4 | Karilee | <i>More of him to Love</i> |
| 5 | Action | <i>Arabian nights</i> |
| 6 | Evatt | <i>Dance Academy</i> |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Masters Calisthenic Revue

- | | | |
|---|-------------|-------------------------------|
| 1 | Brindabella | <i>A Sister Act</i> |
| 2 | Karilee | <i>Whipped into Shape</i> |
| 3 | Helensvale | <i>Australia's got Talent</i> |

1st _____ 2nd _____ 3rd _____

Cali ACT Championship Intermediate's Aggregate

	March	Club Swinging	Rod Exercises	Free Exercises	Rhythm. Aesthetic	Dance Arr.
Action						
Brindabella						
Deanne						
Evatt						
Joyelle						
Karilee						

Cali ACT Championship Master's Aggregate

	March	Club Swinging	Rod Exercises	Free Exercises	Aesthetic	Cal Revue
Brindabella						
Helensvale						
Karilee						

Intermediates Coaching Staff

Action **Coach:** Christie Capner

Brindabella **Coach:** Carrie Newman, Tayler Altinger **Cadets:** Taylah Hull

Deanne **Coach:** Sophie Pieper **Cadets:** Beth Taylor

Evatt **Coach:** Elise Webb **A/Coaches:** Kaitlin Phelan

Joyelle **Coach:** Ali Riley, Keisha McDougall

Karilee **Coach:** Taylor Bye **A/Coaches:** Jessye Muller **Cadets:** Emily Bourne

Masters Coaching Staff

Brindabella **Coach:** Amy Percival **A/Coach:** Grace Cox **Cadet:** Natasha Blackmore

Helensvale **Coach:** Hayley Dowse **A/Coach:** Jess Reilly, Sarah Chalmers

Karilee **Coach:** Jodie Sims



COMPETITION COMMITTEE & VOLUNTEERS

ACTION:

Ros Woolley
Kath McRae
Anna Gibson
Dipendra Shrestha

BRINDABELLA:

Leanne Altinger
Jason Payne

DEANNE:

Joss Edmonds
Sandra Fisher
Megan Kratzel
Marjory Smith

EVATT:

Jill Hopins
Angela Thomas

JOYELLE

Sarah Bates
Georgie McGrath
Cassandra Koch

KARILEE:

Deb Putt
Andrew Bourne
Bronwyn Stirton
Nicola Todd
Sandy Wheildon

INDEPENDENTS:

Tony Hall
Sue Whitney
Kerry Sargent
Grace Cox

WRITERS:

Jo Farrow
Carrie Newman
Tayler Altinger
Jane Faulder
Erin Sorenson
Emma Thomas
Nat Sainsbury
Sandy Wheildon
Hannah Webb
Megan Kratzel
Tanyel Yay
Kim Waterford
Claire James (Trainee)

Thanks also to all Club Volunteers