



Karilee Catch Up September 2019

ACF Nationals

The ACT Intermediate team and National soloists performed at the Australian Calisthenics National Competition in Perth, Western Australia in July 2019.



Karilee had seven representatives in the ACT Intermediate team. Congratulations to the Cali ACT Intermediate team, their coaches and all support staff. You were superb to watch, and we are very proud of all your performances.

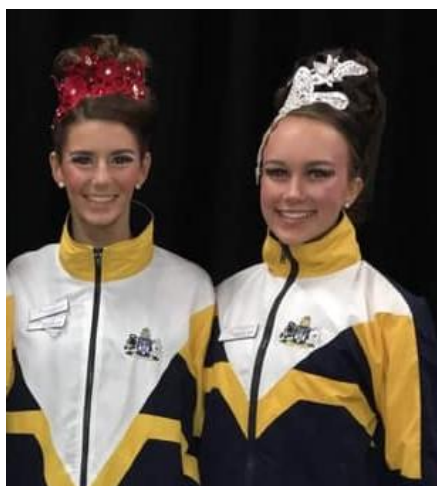
March - 3rd	Clubs - 4th	Freearm - 4th
Rods - 4th	Aesthetic- 4th	Cal Revue - 4th

Here is a link to the full [2019 Australian Calisthenics Federation \(ACF\) National Championships Intermediate Team and Solo and Duo Results](#). Girls you were all amazing and an absolute credit to your club and State.

On Nationals Day 1, our stunning Junior Solo soloist, Intermediate Duo and Senior Soloist graced the stage♥. Congratulations on your incredible performances, the ACT and Karilee are so proud of all of your performances. First up in Perth was Chelsea in the Junior Solo Section, followed by Taya and Olivia in their Intermediate Duo and then Taryn in the Senior Solo Section.



On Day 2 of the Nationals, our Intermediate Graceful Soloists and Senior Soloists did incredible performances we are so proud of you all!



Special Congratulations to Jana for her 10th year at the 2019 ACF Nationals in Perth.

An extra special mention to Jacqueline and her coach Rachel for winning both ACT and NSW Intermediate Graceful Championships, and for her 5th place at the ACF National Championships, 2019 has been the most incredible year for you! 🏆💖🏆💖🏆



NSW Intermediate Graceful Championships
First Place: Jacqueline Dunn



ACT Intermediate Graceful Championships
First Place: Jacqueline Dunn



National Intermediate Graceful Championships
Fifth Place: Jacqueline Dunn

Coaches News



Congratulations to Samantha Bourne, our newest emerging Level One Coach! Samantha completed her Level One Course and was assessed in June 2019. She will be confirmed as a fully-fledged coach when she turns 18 in December. Great work, Samantha.

This year, Samantha is coaching our youngest Tinies (Right: picture from the video taken during the assessment) and assisting with the Juniors team!



Many thanks to all who have assisted.

Southern Cross Club Community Rewards Program

Karilee has been accepted into the [Southern Cross Club Community Rewards Program](#); this program donates a percentage of the club sales to the nominated community partner of its members.

Our members can help us fundraiser for our club, we just need your support. If you are already a member of the Southern Cross Club and haven't yet registered Karilee as your community partner, please [nominate our club](#). If not a member and are willing to join the club, simply [sign up to any of the Canberra Southern Cross Clubs](#) and nominate us as your community partner when you sign up.

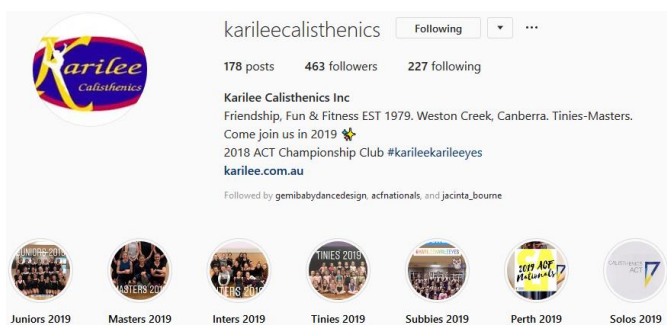
Why not plan a lunch, dinner or Show at the Southern Cross Club with friends and family in September or during the October school holidays?

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

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



Karilee Calisthenics Instagram & FaceBook



What been happening on our Instagram & FaceBook pages since our last newsletter?

- July Holiday Photo Competition
- Our stage practice photos
- Cali-ACT Teams Preliminary Competition coverage
- ACF National Competition coverage
- The Flash Back Friday

Many thanks to our Instagram and FaceBook administrators, Jana Prencel, Merry Jackson,

Jess Townsend, and Simmy Barker for the great work they are doing on our social media sites.

Since July 2019, there has been 75 new posts on Instagram with any increase of 82 followers on our Instagram page. All the posts on Instagram are also posted on our FaceBook page, where we currently have 463 people (increased from 452) who have liked our page and 478 (increased from 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).

Hoilday Photo Competition Winners



The theme for the photo competition was to provide holiday photos that showed the 'KARILEE SPIRIT'.

We are pleased to announce that the following girls have won a prize from our Karilee merchandise:

- ☆ Tinies - Grace
- ☆ Juniors - Millie
- ☆ Inters - Jacqueline
- ☆ Seniors - Emily

Our winners have shown us that the Karilee Spirit means 'Fun, Creativity, Helping Others, Persistence and Family'.

We want to thank everyone for their participation, and we have loved seeing what Karilee Spirit means to you. ✨

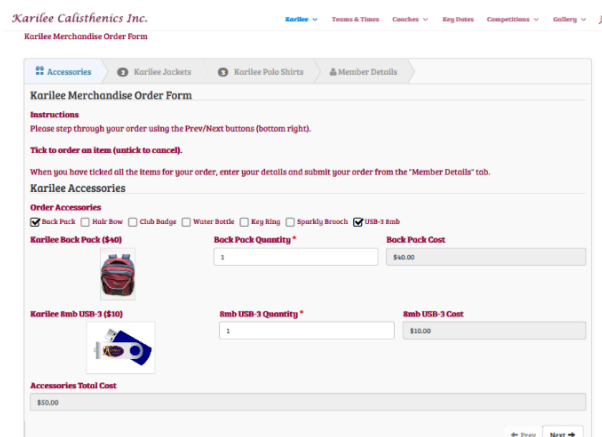
Online Merchandise Orders

At the August Meeting, the Committee approved our new [Online Merchandise Orders form](#).

Karilee has a range of accessories that can now be purchased online. These are back packs, bows, club badges, water bottles, key rings, sparkly broches and 8mb USB-3 portable drives.

A small number of Karilee Back Packs have just been ordered and should be available just before the Cali-ACT Team Championship Competitions. So if you are interested, you can put in an order to reserve one of the back packs.

Most members already have all their uniform requirements for this year. Keep in mind that if you do still need either a polo shirt or a jacket that Karilee does still have a small amount of uniform in stock.



Team Competitions

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

NSW Team Competition in Engadine

on 7th September 2019 for our Tinies Team.

Stage practice for each age group

Tuesday, 17th September 2019

Cali ACT Championship Teams Competition

at Erindale Theatre on 21-22 September 2019.
Ticket-Less Entry so come & support our Teams.

Saturday, 21st September 2019

Tinies	9:00am to 1.00pm
Sub Juniors	1.30pm to 7.15pm
Seniors	7.45pm to 10.45pm

(finish times are approx.)

Sunday, 22nd September 2019

Juniors	9:00am to 3.00pm
Inters & Masters	3:30pm to 8.45pm

(finish times are approx.)

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



Inters	Division 1	11 Oct 2019
Graceful Girl		18 Oct 2019
Seniors	Champ Reserve	19 Oct 2019
Cal Solo		20 Oct 2019
Sub Juniors	Champ Reserve	1 Nov 2019
Juniors	Champ Reserve	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 (TBC).

2019 Cali-ACT Preliminary Team Competition Results

Tinies

Congratulations to our tremendous and talented Tinies for your Equal Aggregate Win with our friends from Evatt Calisthenics Club  . Karilee is so proud of you all. **Results:** 2nd in Rods; 1st & 5th in Free Exercise; 2nd in Aesthetics; and 1st in Character Dance.




Subbies

Congratulations to our fabulous Karilee Subbie Owls for your Equal Aggregate Win with our friends from Evatt Calisthenics Club  . This was the second equal aggregate win this morning, what a close competition. Great work girls and coaches! **Results:** 1st & 3rd in March; 2nd in Clubs; 2nd & 4th in Rods; 2nd & 5th in Free Exercise; and 1st in Aesthetics.

Seniors

Congratulations to our incredible Karilee Seniors for your Aggregate Win. Congratulations to the team and coaches. **Results:** 1st in March; 3rd in Clubs; 1st in Rods; 1st in Free Exercise; 2nd in Rhythmical Aesthetics and 1st in Rhythmic Interpretation.

Juniors

Congratulations to our excellent Karilee Junior Kermit's!  Another Aggregate in the bag with a super close competition this morning   Congratulations girls and coaches! **Results:** 2nd in March; 1st in Clubs; 1st in Rods; 1st in Free Exercise; 2nd & 5th in Aesthetics; and 2nd in Cal Revue.

Intermediates

Finishing off the weekend was our insanely talented Intermediates! Karilee is so proud of you, congratulations ladies! **Results:** 3rd in March; 2nd in Clubs; 1st in Rods; 2nd in Free Exercise; 3rd in Rhythmical Aesthetics and 3rd in Dance Arrangement.

Masters

Our Magnificent Masters performed in their first Cali-ACT Team Competition. As there were no other teams entered into the competition, no places were awarded.

Karilee Solo Competition Announcement

The Karilee Solo Competition will be held on 6th – 9th March 2020 at the Canberra College Theatre.

2019 Cali-ACT Preliminary Team Competition



The Cali ACT Preliminary Team Competition was held on the 3rd - 4th August 2019 at the Erindale Theatre. What a fabulous start to the Team Competitions.

Can't wait for the Cali ACT Championship Team Competition in September 2019.

Results and more photos are on the Karilee website via the Competition Results menu.

These photos and many more can be found on the Karilee FaceBook & Instagram pages.

Many thanks to our coaches, team and wardrobe managers for organising and taking these pictures for our social media platforms.



Interstate Competitions

Our Tinies teams will be attending the NSW State Team Calisthenics Competition this weekend on the 7th September at the Engadine Community Centre.

Our Sub Juniors, Juniors, Intermediates and Seniors teams will be competing in the Royal South Street (RSS) which runs during October and early November at Her Majesty's Theatre in Ballarat.

In 1993, the Karilee Intermediates Team (photo below) competed for the first time at Her Majesty's Theatre, Ballarat in the calisthenics competition.



Engadine Community Centre



Her Majesty's Theatre

We travel to compete in Engadine and Ballarat to offer different experiences, for the personal growth it gives and for the team bonding that Australian Calisthenics gives as a dance sport to our performers.

Travelling with any team is an immensely rewarding experience. Our teams travel and stay together and in doing so learn lots about each other. Most importantly, performers bond together and in many cases parents form friendships as well. These competitions provide a great opportunity for our coaches and girls to compete at a higher level. Overall, our interstate trips are a great experience for our teams and the highlight of the year.

The Karilee Solo Competition is our main fund raiser each year, most of the money raised is used to subsidise the cost of our interstate trips for our families. For 2019 the subsidy has been set at \$100 for each competitor traveling to Ballarat Victoria and \$25 for traveling to Engadine, NSW.

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 Committee is keen to emphasise transparency in relation to how costs for these trips are calculated. Each team manager arranges the trip according to the specific needs of the age group and coach requirements so these 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.

Fees cover flights, bus transfers, accommodation, food where provided, training venue hire interstate, competition entry fees; lighting, DLP and video charges as well as including a share of costs for coaches, managers and transport of costumes and props. Chaperones pay for their own expenses. 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.

For more information please contact your team manager, the Secretary (karileesecretary@gmail.com) or the Treasurer (karileesecretary@gmail.com).

Regards
Karilee Committee

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 think about nominating for the committee next year. Ideally, we would like new committee members to be trained this year 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, any Karilee members are welcome to join us.

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>

Please think about joining the committee for 2020!

Karilee End of Year Concert



Save the date for the **Karilee End of Year Concert** that is planned to be held on Friday, the **8th November 2019** at the Erindale Theatre (TBC).

Your Team Manager will provide you with more information closer to the date. The Teams usually arrive between 4.30pm and 5pm in Karilee Uniform with their hair in a bun for a group photo about 5.30pm.

The main concert will start around 6pm and finish about 9.30pm with a supper break about 7.30pm.

Hope to see lots of families at the concert to celebrate our achievements for 2019.

Key Dates for 2019

The remainder of the major events for the coming year for you to add to your calendar.

NSW Team State Championships: Tinies - 7 Sept 2019

at the Engadine Community Centre

Stage Practice: 4-9.30pm – Tuesday, 17 Sept 2019

(there will be no additional team training for Tinies or Subbies on this Tuesday)

Cali ACT Champ Teams: 21-22 September 2019

Royal South Street Society (RSSS)

RSSS Ballarat competitions

7 October – 2 November 2019

Karilee End of Year Concert – 8 November 2019

Skills Program - November & December 2019

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



Waste Away - Support this business that supports your club!

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