



Karilee Catch Up October 2019

2019 ACT Champion Club

Karilee was absolutely delighted to have been awarded the ACT Champion Club Shield for the 5th year in a row. At the 2019 ACT Championship Team Competition, Karilee won four aggregates and two reserve aggregates. Point score for the ACT Team Championship Shield was:

Karilee:	713 points
Evatt:	623 points
Deanne:	468 points

Karilee was also honoured to be presented with the memorial Florence Curtis Club Swinging Excellence Award for the highest points in the club swinging sections across all age groups for the second consecutive year. Winning 24 points over five age groups with four 1st, a 2nd and a 4th place.

We couldn't have done it without the 106 beautiful ladies you see pictured below.

Thank you for all your talent, persistence and dedication to our sport!














2019 Cali-ACT Championship Team Competitions

Tinies ACT Champions

Tinies were first to hit the stage at the Championship Team Competition! WOW what an awesome year it has been for them. Finishing off 2019 with their third aggregate win is so amazing!

Shout out to their coach Simmy, assistant coaches Nat and Sammy, cadets Laura and Sarah G, and class assistants Sarah A, Charlotte and Taya. Big thank you also to their support team: Lucy (manager), Kate (wardrobe), Shawn (props) and to each and every parent, we couldn't do it without you!

Bring on 2020!



Results: Rods: 1st  & 4th 
 Free: 1st  & 3rd 
 Aesthetics: 1st  & 3rd 
 Character Dance: 1st  & 4th 
 Revue: 2nd 
 Aggregate Winners 

Subbies ACT Champions

Our super Sub-Juniors absolutely rocked each and every performance at the Championship Team Competition receiving three items with 42 points. Congratulations girls! Karilee is so proud of you.

Congratulations Rachel (principle coach), Jess and Taryn (assistant coaches), and cadets - Hannah, Kasey, Alyssia, Jacqueline and Jacinta. Special shout out to Amy (manager), Vanessa (wardrobe), Mark, Kari and Scott (props) and each and every parent and grandparent who has supported their girls this year! It takes a village to support the Subbies.












Bring on Ballarat!

Results: March: 1st  (42!) & 5th 
 Clubs: 1st 
 Rods: 1st  (42!) & 5th 
 Free: 1st  & 4th 
 Aesthetics: 2nd 
 Character Dance: 1st  (42!)
 Aggregate Winners 

Juniors Reserve Aggregate

Our beautiful Junior Kermits have worked so hard this year. Your performances at the Championship Team Competition were just amazing and you should be so incredibly proud of yourselves!

Shout out to their head coach Merry, assisted by Louie and support by cadets Sammy, Ashley and Shae. The show only goes on with the generous support of Emily (manager) and Jen and Belinda (wardrobe) along with Greg (props).

Results: March: 1st (42!)  & =4th 
 Clubs: 1st  & 4th 
 Rods: 2nd  & 5th 
 Free: 2nd 
 Aesthetics: 3rd 
 Revue: 2nd 
 Aggregate Runners Up 

Intermediates ♥ **Reserve Aggregate** ♥

Our delightful Intermediates had an awesome afternoon of entertaining and talented performances. Congratulations ladies.

Shout out to their coach Taylor, assistant coach Jessye and cadet Emily. Big thank you also to their support team, Brioni (manager) and Vanessa (wardrobe), we couldn't do it without you!

- Results:** March:.....=2nd 🏆
 Clubs:..... 2nd 🏆
 Free: 2nd 🏆
 Rods: 2nd 🏆
 Rhythmical Aesthetic:.... 1st 🏆
 Dance: 3rd 🏆
 🏆 Aggregate Runners Up 🏆

Seniors ♥ **ACT Champions** ♥

To finish the first day of the competition with our spectacular Seniors! What a year you've had! Thank you for being such incredible role models for our younger girls.

Thank you to their talented coach, Jess, assisted by Deb and supported by Alicia (manager), Catriona (wardrobe) and Pete (follow spots). Big thanks to Kara for all your guidance from the West and special shout out to Katie for stepping in last minute.

- Results:** March:..... 1st 🏆
 Clubs:..... 1st 🏆
 Free: 2nd 🏆
 Rods: 1st 🏆
 Rhythmical Aesthetics:.. 1st 🏆
 Rhythmic:..... 1st 🏆
 🏆 Aggregate Winners 🏆

Masters ♥ **ACT Champions** ♥

Lastly, our marvellous Masters! We are so proud of every routine you put on stage, and have loved watching you shine this year.

Thank you to coach Jodie and Kari (team & wardrobe manager). Thank you also to their support crew including Jacqui (costumes) and Kate and Liz for their help with a range of things (extra coaching, backstage, lighting, curtains).

Bring on Pan Pac in 2020.

- Results:** March:..... 2nd 🏆
 Clubs:..... 1st (42!) 🏆
 Free: 2nd 🏆
 Rods: 1st 🏆
 Aesthetics: 1st 🏆
 Revue: 1st 🏆
 🏆 Aggregate Winners 🏆

Online Merchandise Orders

As mentioned in the September Newsletter, Karilee now has an [Online Merchandise Orders form](#) to make it easier for members to order their uniforms and a range of accessories. These accessories include back packs, bows, club badges, water bottles, key rings, 8mb USB-3 portable drives and sparkly Karilee broches.

DESCRIPTION	
Pattern	664
Style	Straight Cut
Fabric	Recy. Polyester Knit 200gsm
Lining	Drift Dark Navy
Waistband & Collar	Ribbed
Pockets	Kangaroo Pocket
Piping	White
Zip	Navy Full Zip at Front

EMBROIDERY	
	Left Chest As Shown
	Both Shoulder As Shown 21 x 25cm

COLOURS	
Main Body	Navy Blue
2nd Colour	Maroon
3rd Colour	White Piping

Address: One Sportswear & Uniforms, Unit 18/147 Gladstone St Fishwick ACT 2609
 Email: allan@onesportswear.com.au, Website: www.onesportswear.com.au

You can **pre-order a Karilee Anniversary Hoodie** by contacting the Merchandise Officer via email on karileemerchandise@gmail.com.

There is now an extra option to have a hoodie with a zipper. Please, remember that we require 10 hoodie orders before we can place an order with our supplier.

Payment is required when Karilee is ready to place the order. It takes 4 to 6 weeks once the order is placed before the hoodies are delivered.

It is very important to check and order the correct size as no additional stock is ordered. A size chart is available or ask at class to try on a hoodie.

Pre-Owned Polo Shirts

Do you have a Karilee Polo Shirt in good condition that you would like to return to reduce the cost when buying your new polo shirt?

We usually sell pre owned Karilee Polo Shirts that are in good condition for \$15.

Contact the Merchandise Officer via email on karileemerchandise@gmail.com:

- if you have a Karilee Polo Shirt in good condition that you **want to on sell to the club** or
- if you would **like the option to buy** a pre-owned Karilee polo shirt.



Karilee Concert

Come and join our club celebrate their achievements for 2019 with the annual **Karilee Concert** that will be held on **Friday, the 8th November 2019** at the Calwell Performing Art Theatre. A special part of the concert is the bestowing of new life memberships and the Ann Craig award for our 2019 nominees. As well as the presentation of Karilee's Perpetual Awards.



2019 Concert
Calwell Performing
Arts Theatre

Friday,
8th November 2019
Group Photo at 5.30pm
Concert starts 6.00pm

Tickets available at the door
or from Team Managers

\$10 for adults, \$5 for concessions and children 5 – 17 years
Free for coaches, performers, new recruits and children under 5 years
Commemorative Program for sale at Concert - \$5

Join Karilee to celebrate the achievements of 2019!

Karilee Calisthenics
Friendship Fun & Fitness

www.karilee.com.au

Photograph taken by Andrew Bourne at the 2018 Karilee Concert

We hope to see lots of families at the concert.

Interstate Team Competitions

Our Intermediates and Seniors teams competed in the Royal South Street Eisteddford during October at Her Majesty's Theatre in Ballarat.



Intermediate Team Results

March: 3rd – 85.5 points
 Clubs: 4th – 87.5 points
 Rods: 3rd – 87.5 points
 R Aesth: 1st – 91 points

Seniors Team Results

March: 3rd – 16 points
 Clubs: 2nd – 24 points
 Free Ex: 4th – 16 points
 Rods: 3rd – 16 points
 R Aesth 3rd – 13 points
 Revue: 4th – 13 points

Full results from the Royal South Street Website: [2019 RSSS Calisthenics Comp: Inters Div1 results](#) and [2019 RSSS Calisthenics Comp: Seniors Res Champ results](#).

Sub Juniors and Juniors are about to set off on their interstate competition in Ballarat. These teams both have their last training early next week before heading off to Melbourne later in the week.

We will then finish of the year with Come & Try Classes for tinies and subbies, the Cali-ACT skills program and our Concert. The Karilee End of Year Concert will be held on Friday evening, 8th November 2019 at the Calwell Performing Arts Theatre.

Come & Try Classes

Bring a friend to class for our Come and Try Classes.



TUE, 29 OCT AT 4 PM - 5:30 PM

Karilee Tinies Bring A Friend Day

Stromlo High School · Canberra

Sharing with a Friend is great.

Come & Try at Karilee Bring-a-Friend

Time: 5pm - 6pm
 Arrive by: 4.45pm
 When: 5th November 2019
 At the Weston Community Hub, off Hilder St (use driveway near playground)
 Cost: Free

Join the Karilee Family in February 2020
 More Information from karilee.com.au

2020 Solo Season

Are you planning to do or coach a solo, graceful or duo next year for the first time?

There is an opportunity to perform or coach a solo routine for those wishing to do something over and above team participation. Please note that to be eligible to compete in solo competitions participants must compete in all Cali-ACT team competitions. The minimum age requirement is seven years old by 31st December in the year of the competition.

The Karilee coaching team and committee feels that it is important that we are able to provide proper support to our cadets and young participants and their families in regard to solo coaching, as solos can be an incredibly useful and rewarding venture for both participant and coach.

For participants, involvement in solos helps to develop both their confidence and technical skills through one-on-one interaction with her coach, as well as improving command of the stage and providing extra incentive to continue in the sport.

For coaches, it enhances their ability to break down movements effectively and teach them correctly, ultimately creating more competent coaches.

Parents interested in finding out about solos or who are looking for a solo coach should approach the Principal coach of their daughter's age group in the first instance.

Karilee has a number of qualified Level One coaches that currently coach girls in solos. The availability and capacity of each coach is a personal matter and many coaches may not have capacity to take on additional soloist. Availability changes from year to year, so there may be opportunities that arise.

The Karilee Committee has endorsed the guidelines as a way to support the coaches, cadets and class assistants. These guidelines will help to keep participants safe and promote the development of cadets and class assistants into coaches.

If you are considering being coached by a developing coach (i.e. a cadet or class assistant), the specific requirements have been set by the Karilee coaching body and endorsed by the Committee to ensure a safe and supportive environment for what is essentially not a club-managed arrangement. **Karilee encourages you to read our club solo guidelines:** [2015-10 Karilee Solo Guidelines for Parents](#) and/or [2015-10 Karilee Solo Guidelines for Cadets Coaches](#).

2020 Karilee Solo Competition



The annual Karilee Solo Competition will be held on **Friday, 6th March – Monday, 9th March 2020** at the Canberra College Performing Art Centre.

Interstate entries welcome! Online Entry Forms will be available online late in November via the Karilee website.

In the meantime if competitors or coaches have any inquiries please contact Jacqui Reber at karileecomp@gmail.com.

Mark your diaries and tell all your family and friends!

2020 Cali-ACT Solo & Duo Competition

The 2020 Cali-ACT Solo & Duo Competitions will be held at the Erindale Theatre over two weekends.

Cali-ACT Solo & Duo Preliminary Competition: 28-29 March 2020 and 4-5 April 2020

Cali-ACT Solo & Duo Championship Competition: 16-17 May 2020 and 23-24 May 2020

Next week the Cali-ACT Competition Committee will vote on **Ticket-less entry** for the Solo & Duo competitions. If the majority of the ACT Calisthenics Clubs vote in favour of Ticket-less entry, then the costs of the entries for 2020 will increase but you and family members or friends can watch the competition without requiring a ticket. Other advantages will be that we will no longer be required to provide a volunteer to man the ticket box and there are expected to be larger audiences.

Southern Cross Club Community Rewards Program

Karilee was accepted as a community partner in the [Southern Cross Club Community Rewards Program](#) earlier this year this is a wonderful fundraising opportunity for our club.

You can earn double points for Karilee in November.

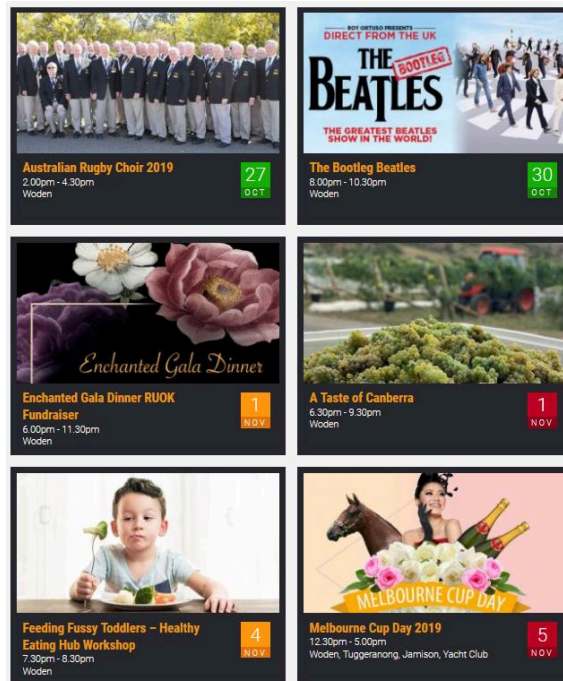
We need our members to support us. If you are already a member of the Southern Cross Club and haven't yet registered Karilee as your community partner, please [nominate our club](#). If not a member simply [sign up to any of the Canberra Southern Cross Clubs](#) and nominate us as your community partner.

Why not plan a lunch, dinner or Show at the Southern Cross Club with friends and family during November or the Summer Holidays?

Make sure your membership is linked to Karilee to help us fundraise for the rest of 2019 and 2020.

Here a link to What's On at the Southern Cross Club to up to date with the latest events and shows:

<https://www.csccl.com.au/whats-on/category/whats-on>.



Recycling



this fake mobile number **0012345678**. This number has been selected to make it easy to remember. Zero (0) will already be on the screen, **so just type in 012345678**

- Choose your refund type; **credit online account**. Karilee Calisthenics will show as the account.
- Enter the number of bags being dropped, and receive a bar-coded label for each of your bags.
- Place a label on each bag; if you have more than four bags, just repeat the process to get more labels.
- Then place your labelled bags at the collection point; staff will often assist.
- All Done. Karilee thanks you for your support; very little bit helps.

The staff at the Express location will do the rest. Your containers will be counted and properly recycled, and Karilee's account will be credited.

The Express drop off is designed for a small number of bags to drop off at convenient in-store locations.

It's as simple as "Bag, Drop & Go".

- Firstly place your eligible containers in durable slightly see-through bags, like the regular kitchen tidy bags you can buy from the shops.
- Drop your bags at any [Express location](#); these include most Salvo or Vinnies op shops.
- Use the instore touch screen console to enter



Visit actcnds.com.au for more information

Operated by **RETURN-IT**



ACT **CDS** container deposit scheme

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 these vacancies puts additional pressure on our committee members and reduces the amount that can be achieved.

Please consider nominating for a position on the committee for 2020.

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 potential new committee members to become familiar with the roles 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.

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 karileepresident@gmail.com	Vacant karileeassistantsecretary@gmail.com	Karin Craig & Jacqui Reber
VICE PRESIDENT:	ASSISTANT TREASURER:	Cali-ACT COMPETITION DELEGATES:
Jacqui Reber karileevicepresident@gmail.com	Vacant karileeassistanttreasurer@gmail.com	Deb Putt, Andrew Bourne & Nicola Todd Bronwyn Stirton & Sandy Wheildon
HEAD COACH:	MERCHANDISE OFFICER:	karileecompdelegate@gmail.com
Rachel Holdway karileeheadcoach@gmail.com	Vacant (A/g Maureen Bourne) karileemerchandise@gmail.com	
SECRETARY:	COMPETITION COORDINATOR:	CALI-ACT COACHES DELEGATES:
Maureen Bourne karileesecretary@gmail.com	Jacqui Reber karileecomp@gmail.com	Rachel Holdway karileeheadcoach@gmail.com
TREASURER:	SKILLS COORDINATOR:	
Alicia Gaudie karileetreasurer@gmail.com	Jacqui Reber karileeskills@gmail.com	
REGISTRAR:	SOCIAL MEDIA:	APPOINTMENTS:
Bronwyn Stirton karileeregistrar@gmail.com	Jana Prencel karileemedia@gmail.com	WEB MASTER: Maureen Bourne karileewebmaster@gmail.com
	PROPS COORDINATOR:	WEB ADMINISTRATOR:
	Vacant karileeprops@gmail.com	Andrew Bourne 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>Jen Woodward</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

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

Royal South Street Society (RSSS)

[RSSS Ballarat competitions](#)

7 October – 2 November 2019

Karilee Sub Junior – Reserve Champion Division

1 November

Karilee Junior – Reserve Champion Division

2 November

Karilee Annual Concert – 8 November 2019

Note change of theatre: Calwell Performing Arts Centre

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/>