



Karilee Catch Up March 2020

2020 Karilee Tinies Coaching Team

Introducing our coaching teams for 2020.

Let's start with Tinies.

We are so excited to announce our incredible Tinies coaching team!

A quick message from Simone "I am so excited to be taking on the role of head coach for Tinies in 2020.

I can't wait to see what the year will bring, and to work with the Tinies to watch them grow and develop".



2020 Karilee Sub Junior Coaching Team

Introducing our incredible Subbies coaching team for 2020!

A message from Rachel, "We are really looking forward to seeing lots of our girls from last year as well as many new faces joining the team! We've been working hard to create some routines that we hope you'll love and can't wait to start teaching them to you all. Karilee Subbies 2020 are going to rock. We can already feel it."



2020 Karilee Junior Coaching Team

Introducing the Karilee Juniors Team for 2020.

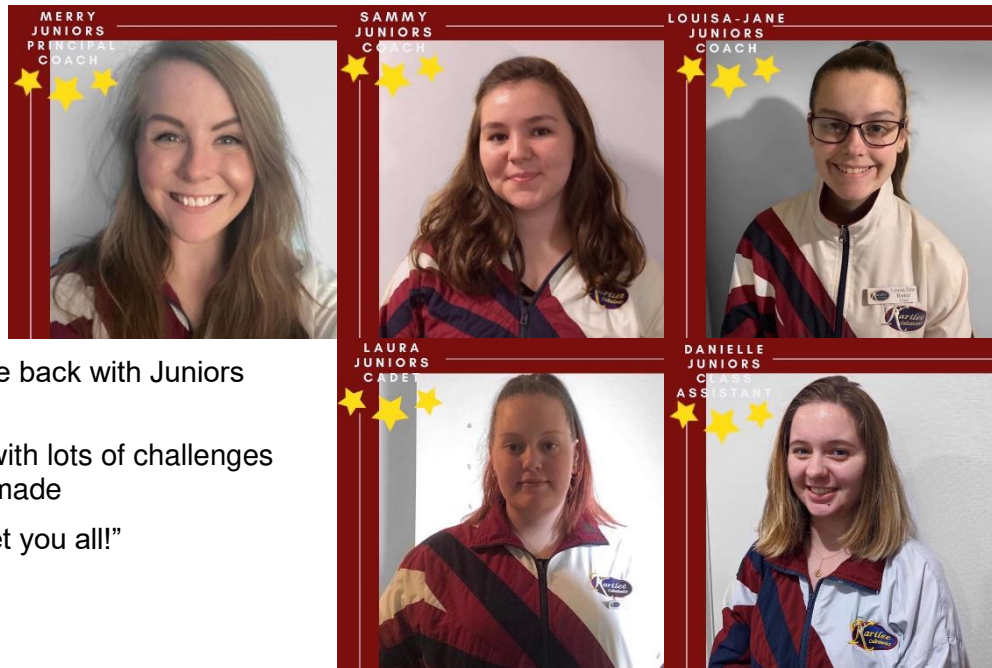
We are so lucky to have such an awesome Juniors coaching team!

A message from Merry:

“We are very excited to be back with Juniors again in 2020!

Get ready for a fun year with lots of challenges achieved and memories made

- can't wait to meet you all!”



2020 Karilee Intermediates, Senior and Masters Coaching Teams

Introducing our incredible Inters coaching team! Taylor, Stacie and Josie

“We are so excited for the year ahead with our wonderful inters.

We cannot wait to see what amazing things we will achieve together



Introducing our sensational Seniors coaching team! Jess Costigan as Principal Coach and Deborah Putt as Assistant Coach.

“We are so incredibly excited for what lies ahead of us! Hard work, determination and many trips to San Churro!



Introducing our marvellous Masters coach Jodie!

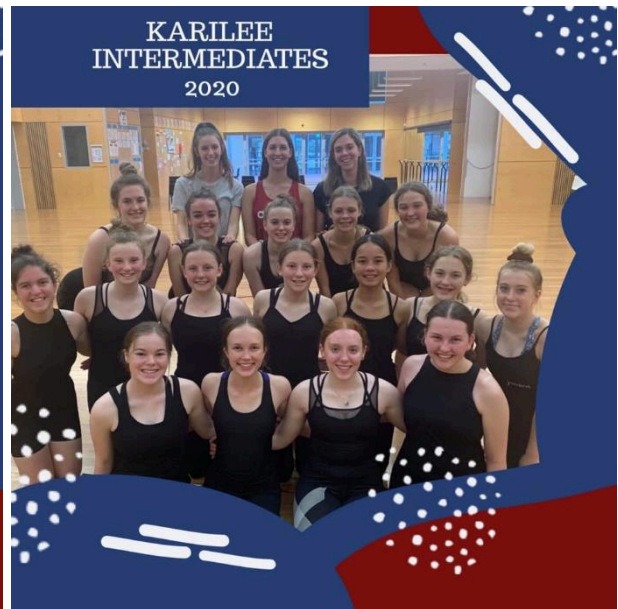
We are so incredibly lucky to have Jodie back on board for 2020

“Following on from an amazing inaugural year, Karilee Masters are excited to build on our experience in 2020. Are you 26 years of age or older? Get in touch about being part of our team”



2020 Karilee Teams

All our Karilee Teams for 2020 set for a full year of training.



Many thanks to our social media administrators for these images.

2020 Karilee Solo Competition

The Karilee Solo Competition will be held from Friday, 6 March to Monday, 9 March 2020 at the Canberra College Performing Arts Centre.

Karilee is pleased to announce that we have over 300 items entered into the competition. We also want to welcome our Interstate competitors from Darwin, Melbourne and Sydney.

Karilee is looking forward to the competition; members are encouraged to volunteer for duties. Contact your team manager for more information on adding your name to the roster.



The original Karilee Competition



Various old photos from the Karilee Solo Competitions

2020 Cali-ACT Solo & Duo Competition

Cali-ACT are offering two solo / duo competitions in 2020 at the Erindale Theatre:

Both competitions will be held over two weekends due to the high number of expected entries.
Entries closed on 26th February 2020.

28 – 29 March and 4 – 5 April 2020

Cali-ACT Preliminary Solo / Duo Competitions

16 – 17 May and 23 – 24 May 2020

Cali-ACT Championship Solo/Duo Competitions.

Go to Calisthenics ACT website for more info:

<https://www.calisthenicsact.com.au/competitions/>



NSW Solo Competition

NSW Calisthenic will hold their annual State Solo Competition at Bankstown Sports Club Theatre (8 Greenfield Parade, Bankstown NSW) on Saturday 2nd May 2020.

The Grand theatre – located upper level (follow signs on arrival). Tickets will be on sale at the door on the competition day (cash only). An all day passes to the competition is \$10. Please make sure you wear your supporter's wristbands all day.

Here is a link with parking and location information for the [Bankstown Sports Club](#) for those planning to go to the competition.



For more information read the NSWCAI SOLO/DUO COMPETITION 2020 [FACT SHEET](#).

Karilee Committee

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

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

A [nomination form](#) is available from the Karilee website and social media platforms.

There is a lot you can learn by being part of the committee. Talk to one of the current committee to get more information or contact the secretary or president. We would like everyone to consider nominating for the 2020 committee. **There are still a number of positions where we still need nominations.**

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 the meeting.

The next AGM is set for 17th March 2020. See the current list of nominee for 2020 committee below:

EXECUTIVE POSITIONS:	NON EXECUTIVE & ORDINARY COMMITTEE MEMBERS:	DELEGATES:
PRESIDENT:	ASSISTANT SECRETARY:	CALI-ACT DELEGATES:
Karin Craig karileepresident@gmail.com	karileeassistantsecretary@gmail.com	Karin Craig & Jacqui Reber
VICE PRESIDENT:	ASSISTANT TREASURER:	Cali-ACT COMPETITION DELEGATES:
Jacqui Reber karileevicepresident@gmail.com	Courtney Barker karileeassistanttreasurer@gmail.com	Andrew Bourne & Nicola Todd (meeting representatives)
HEAD COACH:	MERCHANDISE OFFICER:	Deb Putt, Bronwyn Stirton & Sandy Wheildon
Rachel Holdway karileeheadcoach@gmail.com	karileemerchandise@gmail.com	karileecompdelegate@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:	
Nicola Todd karileetreasurer@gmail.com	karileeskills@gmail.com	APPOINTMENTS: <i>To be ratified by the committee at AGM</i>
REGISTRAR:	SOCIAL MEDIA:	WEB MASTER:
karileeregistrar@gmail.com	Jana Prencel karileemedia@gmail.com	Maureen Bourne karileewebmaster@gmail.com
	PROPS COORDINATOR:	WEB ADMINISTRATOR:
	karileeprops@gmail.com	Andrew Bourne andrew@manda.com.au
2020 TEAM REPRESENTATIVES		
TEAMS	TEAM MANAGERS	WARDROBE MANAGERS
- <i>Tinies</i> karileetinies@gmail.com	<i>Marissa Goeldner and Courtney Barker (shared roles)</i>	
- <i>Sub Juniors</i> karileesubbies@gmail.com	<i>Karin Craig & Amy Eveston</i>	<i>Kate Cerne</i>
- <i>Juniors</i> karileejuniors@gmail.com	<i>Kirsty Hardy</i>	<i>Fiona Vink</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>Lucy Stephenson</i>	<i>Jacqui Reber</i>
Note: Team, wardrobe and props managers are appointed by the team's principle coach and ratified by the committee at AGM.		

Online Merchandise Orders

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

You can also place a pre-order for the [Karilee Anniversary Hoodies \(with or without a front zipper\)](#) and/or one of two styles of Karilee Supporters Jackets.

Please, remember that we require 10 orders for hoodies and supporters Jackets before Karilee can place an order. Payment is required prior to Karilee placing the order. It takes 4 to 6 weeks once the order is placed before the garments are delivered. **It is very important to check and order the correct size as no additional stock is ordered.** If an exchange is required, Karilee will assist you to on-sell your hoodie or supporters jacket. **Contact the Merchandise Officer via email karileemerchandise@gmail.com with enquires or orders.** You can also add a request for a hoddie or supporters jacket on the last page of the order form in the Comments or additional instructions section.

ACF Coaches Conference

The ACF Coaches Conference was held at the Adelaide Convention Centre from 17- 19 January 2020.

Karilee had three coaches attending the conference. Rachel Holdway as an organiser, presenter and participant. Natalie Sainsbury and Samantha Bourne attended as participants.



Rachel, Samantha & Natalie (Pictured above)

There was an impressive number of ACT Coaches who attended the ACF Coaches Conference (pictured below).

Special thanks to Calisthenics ACT for the funds to assist with registration for these ACT coaches to be present at this conference.



Strength & Flex Class

Fifth teen of our younger club members have just finished a 5 week strength and conditioning course run by our very own Nat Sainsbury. An extension to Calisthenics training, these classes focused on gymnastic and dance based strength exercises to provide our young dancers with the foundation blocks for the strength, fitness and flexibility they need to complete their routines safely and become better cali dancers!

Due to the positive feedback we've received from participants and parents, we will look to run a similar course at the end of the year.

Southern Cross Club Community Rewards Program

Last year, Karilee was accepted into the [Southern Cross Club Community Rewards Program](#), this is a wonderful fundraising opportunity for our club. 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.

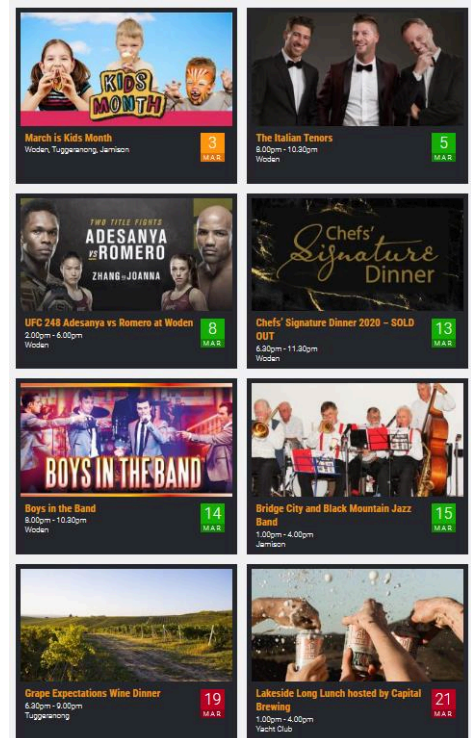
You can also get all your friends, family and work colleagues who might already have memberships to the club to nominate Karilee as their community partner too. There is no requirement for CSCC members to be directly linked to the community group they choose to support.

Why not plan a lunch, dinner or Show at the Southern Cross Club with friends and family over the next few months?

Make sure your membership is linked to Karilee to help us fundraise for 2020. With your support we hope to increase the amount we get in 2020.

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

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



Other Fund Raising

Our Magnificent masters have started raising funds for their trip north to compete in this years Pan Pacific Masters Games to be held on the Gold Coast in November,

The team has 2 x 12 month multi-club memberships to Club Lime available to sell. The memberships retail at \$2500.00 and the masters are open to all offers for purchase (as 100% of the sale price will go direct to their fundraising.)

They only need to be activated prior to October this year so if you have a current membership that you know will expire in the next 6 months or so, why not grab one of these to look after your gym needs at a discounted rate for the next 12 months!

Email karileemasters@gmail.com for more info or to make your offer.



Key Dates for 2020

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

Karilee Solo Competition: 06-09 March 2020

Cali-ACT Preliminary Solos: 28-29 March & 4-5 April 2020

Cali-ACT Championship Solos: 16-17 May & 23-24 May 2020

Karilee Free-Ex Frenzy: June 2020 (TBC)

Deanne Teams Comp: 13-14 June 2020

Calisthenics Nationals: Darwin 8-11 July 2020
for ACT selected performers and supporters.

Stage Practice: Thursday, 4-10pm – 30 July 2020

Cali ACT Prelim Teams – 1-2 August 2020

Karilee Specialist Coaching: ?28-30 August 2020 (TBC)

Stage Practice: Tuesday, 4-10pm – Tuesday, 17 September 2020

Cali ACT Champ Teams: 19-20 September 2020

Royal South Street Society (RSSS)

RSSS Ballarat competitions:_October 2020

2020 RSSS competition timetable – published late April

Karilee Competition Dates will be published when available

Karilee End of Year Concert – (TBC) November 2020

Karilee Dinner – 8 December 2020 (TBC)



Waste Away - Support this business that supports your club!

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