



## *Karilee Catch Up September 2020*

### **The Cali-ACT Restricted Item Competition**

The 2020 Cali-ACT Restricted Item Competition will be run differently to our normal team competitions due to the Covid-19 restrictions on large gathering. An amazing amount of thought and energy has gone into the organising of this competition by the Cali-ACT Competition Committee.

You should have received information about the arrangements for the competition from your Team Managers. There will be more information provided by your Team Manager closer to the competition about what audience is going to be allowed and how tickets are distributed.

**Karilee's allocated arrival times at the Erindale Theatre on Saturday, 19th September 2020 are:**

- **Tinies** - 8:35am (competition starts at 9:00am)
- **Sub-Juniors** - 11:15am arrival time (competition starts at 11:45am)
- **Juniors** - 2:25pm arrival time (competition starts at 2:45pm)
- **Intermediates** - 6:00pm arrival time (competition starts at 6:30pm)
- **Seniors** - 8:00pm arrival time (competition starts at 8:30pm).

There will also be more information about the live streaming of the competition once the final details are known. You can watch online if you are not able to attend the competition in person.

Teams are also organising parents concerts with various teams combining to show off their items.

### **The Cali Bonanza**

The Cali-ACT Restricted-Item Competition has minimum rules to allow our teams to perform on stage.

Seniors and Masters from ACT Calisthenics Clubs are currently training together to put on a special calisthenics performance to celebrate calisthenics in a COVID-19 world.

While there needs to be changes to our "normal" competition to meet the current Covid restrictions it will be great for us to have our routines presented on stage.

The coaches are Jessica Costigan, Caitlin Job, and Shannon Thomas.



## Virtual Training and Team Sessions

From mid-March to late June 2020, in response to the Covid-19 Pandemic, Karilee had to change to online training and team sessions.

We elected to use [Zoom a software-based video conference solution](#).

Some teams continued to use [See-Saw Learning](#) to keep their participants engaged.

Each age group varied their approach to suit their participants and coaching team. The subbies team managed to continue practicing their routine and even learned new choreography. Most other age groups used the Zoom sessions to keep in touch with their team.

Karilee values the efforts of their members and coaches who helped us all stay connected during this important stage of our response to the Covid pandemic.

Below are some of the pictures posted on FaceBook showing the Zoom Training and team sessions.



## Karilee's Fundraising Campaign

In July, Karilee Calisthenics launched a fundraising campaign through our partnership with the Australian Sports Foundation, where donations of \$2 or more to this campaign are tax deductible.

Details for Karilee's Fundraising Campaign: **Making Calisthenics more affordable** are set out below:



### KARILEE CALISTHENICS

**Making Calisthenics more affordable:** Karilee is hoping to raise money to help our members by reducing our training fees or adding additional activities for the end of the year. Your donation is tax deductible and will be greatly appreciated.

*2020 has been a challenging year for our members with bush fires and then the Covid-19 pandemic.*

*Karilee plans to use your donations to offset our coaching and hall hire fees; this will help us to reduce our training fee or provide additional end of year activities for our members.*

*Through our fundraising partnership with the Australian Sports Foundation, donations of \$2 or more to this campaign are tax deductible. So please show your support by donating today!*

You can use the direct links listed below to access our project:

<https://asf.org.au/projects/karilee-calisthenics/>.

Donations can be made using the direct link listed below:

<https://asf.org.au/donate/making-calisthenics-more-affordable/>.

*In simple terms, for every donation of \$2 or more, the Australian Sports Foundation provides a receipt to the donor that they can then use to claim their tax deduction for the donation. Depending on an individual's income bracket, this can be up to half of the total amount of the donation.*

Karilee wishes to express our appreciation to the staff at the Australian Sports Foundation (<https://asf.org.au/>) for their assistance in setting up this campaign.

## Southern Cross Club Community Rewards Program

Karilee has again been accepted into the [Southern Cross Club Community Rewards Program](#) for the 2020-2021 financial year; this is a great fundraising opportunity for our club.

**Why not plan a lunch, dinner or show at the Southern Cross Club with friends and family or your Cali-team over the next few months?**







Many of our members will have nominated Karilee as their community partner last year.

If you haven't yet registered Karilee as your community partner and you are already a member of the Southern Cross Club, please use this link to [nominate our club](#).

If not a member and you would like to support us with this fundraising, simply [sign up to any of the Canberra Southern Cross Clubs](#) (CSCC) and nominate us as your community partner.

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

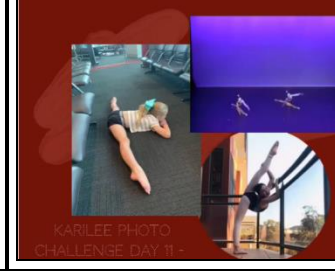
Make sure your membership is linked to Karilee to help us fundraise for 2020. With your support we hope to increase the amount we got in 2019-2020. **Here is a link to What's On at the Southern Cross Club with the latest events and shows:** <https://www.csc.com.au/whats-on/category/whats-on>.

 <p><b>Introducing Solids – Healthy Eating Clinic Online Workshop</b> 7.30pm - 8.30pm Online Workshop</p> <p>7 SEP</p>	 <p><b>Eden Road Wine Dinner – SOLD OUT</b> 7.00pm - 9.30pm Yacht Club</p> <p>24 SEP</p>
 <p><b>Good Gut Health – Healthy Eating Clinic Online Workshop</b> 7.30pm - 8.30pm Online Workshop</p> <p>5 OCT</p>	 <p><b>Grape Expectations Wine Dinner – SOLD OUT</b> 6.30pm - 9.30pm Tuggerahong</p> <p>15 OCT</p>
 <p><b>In Tails – David Hobson and Colin Lane</b> – Cancelled 8.00pm - 10.30pm Woden</p> <p>23 OCT</p>	 <p><b>A Taste of France Dinner</b> 6.30pm - 9.30pm Woden</p> <p>30 OCT</p>

Karilee May Photo Challenge

Many thanks to all the members who participated in the May Karilee Photo Challenge by providing their photos and to our Social Media administrators for organising and posting a selection of these photos.

- KARILEE PHOTO CHALLENGE**
- 1) First competition
  - 2) Onstage pic
  - 3) Teamies
  - 4) Karilee spirit
  - 5) My coach
  - 6) Favourite flex move
  - 7) Balance
  - 8) Candid shot
  - 9) Favourite costume
  - 10) Biggest supporters
  - 11) Splits
  - 12) Expression
  - 13) Best jump
  - 14) Inspirational quote
  - 15) Training shot
  - 16) Favourite memory
  - 17) Back flex
  - 18) Before/after
  - 19) 10 second clip
  - 20) Best trick
  - 21) Proudest moment
  - 22) Favourite routine
  - 23) Shout out
  - 24) Calisthenics idol
  - 25) Teach an adult a trick
  - 26) Pose with your pet
  - 27) Spell 'KARILEE' with just your body
  - 28) Food in the shape of a 'K'
  - 29) Design a costume
  - 30) When in doubt, leg mount
  - 31) Club colours
- #keepingit

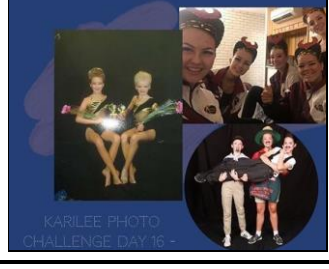


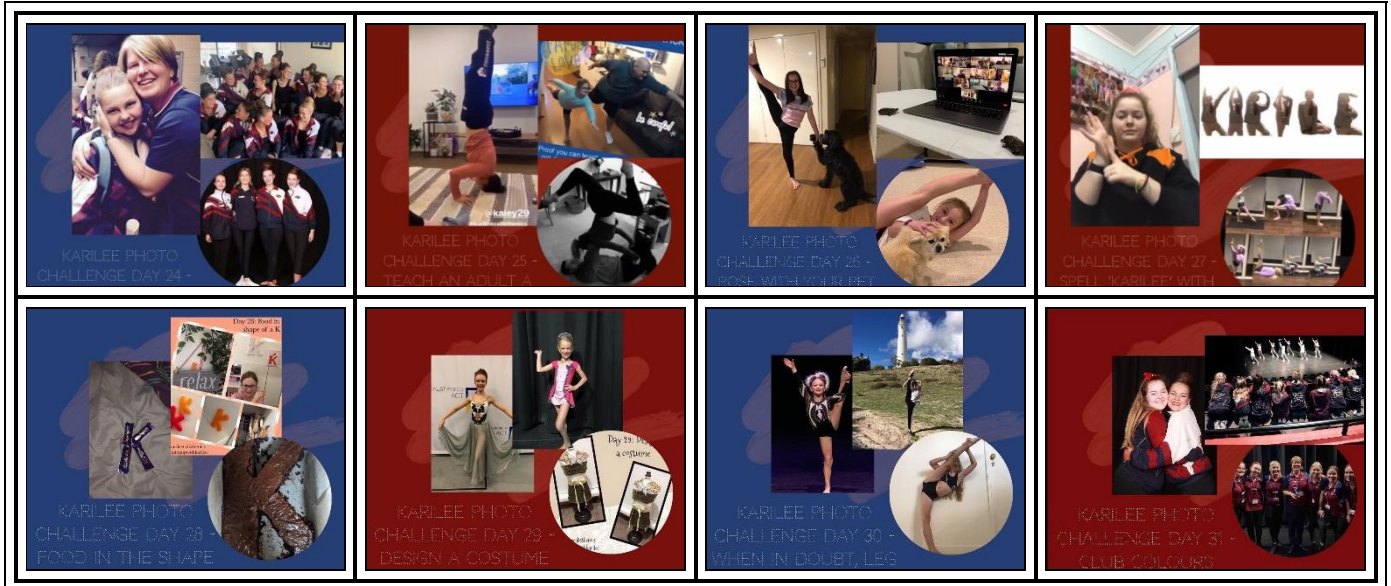
**TEAMWORK**  
coming together is a beginning  
keeping together is progress  
working together is success  
- Henry Ford

**"You are never too old to set another goal or to dream a NEW DREAM."**  
C.S. LEWIS

I am in charge of how I feel  
and today I feel fine.

KARILEE PHOTO CHALLENGE DAY 14 -





*Photo from Karilee's facebook May Photo Challenge*

### Term 4 Activities

The committee are currently working on the Term 4 activities with a variety of specialised classes and a Camp at Birrigai on 21st and 22nd November 2020 to finish off the year.

More information will be provided by your Team Manager when the final arrangements are available.



## Online Merchandise Orders

Karilee is currently looking for a volunteer to take a position as the Merchandise Officer. Now is a good time to take on and learn this role as there are very few orders at this time of year.

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.

The merchandise form has recently been updated to allow for multiple orders in different sizes. Another change is that you will receive an invoice for your order from the treasurer, following your order.

Remember your order is not finalised until your payment is received.

You can also arrange return of previously owned uniforms via the order form.

**Karilee Merchandise Order Form**

**Instructions**  
Please step through your order using the Prev/Next buttons (bottom right).

**Tick to order an item (untick to cancel).**

When you have ticked all the items for your order, enter your details and submit your order from the "Member Details" tab.

**Karilee Accessories**

**Back Pack** **Hair Bow** **Club Badge** **Water Bottle**

**Key Ring** **Sparkly Brooch** **Bow Brooch** **USB-3**

Tick any of the Accessories that you wish to order to display the accessory, then enter the quality.

**Order Accessories**

Back Pack  Hair Bow  Club Badge  Water Bottle  Key Ring  Sparkly Brooch  Bow Brooch  USB-3 8mb

**Karilee Back Pack (\$40)** **Back Pack Quantity \*** **Back Pack Cost**

1 \$40.00

**Optional Orders**

Optional items are only ordered when there is sufficient demand. A minimum number of orders are required before Karilee can place an order for hoodies (min. order 10) or Rugby Jerseys (min. order 20) with the supplier as they are custom made. The usual time from placing the order until delivery is five to six weeks. We do accept pre-orders. Don't pay for these pre-ordered optional items. You will be notified when there are enough orders to proceed with the order. An invoice will then be sent to you from the Karilee Treasurer. Payment is required prior to the order being placed with the supplier.

**Karilee Anniversary Hoodie** **Karilee Rugby Jersey** **Ladies Jacket**

**Coming Soon**

Click on link to see [Anniversary Hoodie Size Chart](#) [Rugby Jersey Size Chart](#) [Ladies Jacket Size Chart](#)

**Choose any Optional Item**

Order Anniversary Hoodie  Order Rugby Jersey  Order Ladies Jacket

Contact the Merchandise Officer via email [karileemerchandise@gmail.com](mailto:karileemerchandise@gmail.com) with enquires or orders via the [Merchandise Order form](#).

**Karilee Calisthenics Inc.** [Karilee](#) [Teams & Times](#) [Coaches](#) [Reg Dates](#) [Competitions](#) [Gallery](#)

**Karilee Merchandise Order Form**

**Karilee Uniforms**

Karilee teams are expected to wear the Karilee uniform at competitions and concerts. Karilee has kept the compulsory uniform items to a minimum. We also buy and sell second hand uniform items to reduce costs. **The uniform consists of a Karilee jacket and polo shirt. For 2021, we will also include Karilee navy leggings.** Navy track pants will then become optional. Karilee only has a small amount of new uniform items in stock. If the item isn't in stock and needs to be ordered, there will be five to six weeks from the time ordered to supply as these uniform items are custom made.

**Karilee Jacket** **Karilee Polo Shirt** **Karilee Leggings**

**Coming Soon**

Click on link to see [Jacket Size Chart](#) [Polo Shirt Sizes Chart](#) [Leggings Sizes - Coming Soon](#)

**Choose any Uniform Items**

Order Jacket  Order Polo Shirt  Order Leggings

**Karilee Jacket orders**

The Karilee Jacket is a compulsory uniform item. The sizes for children range from child's 4 to child's 16 and adult sizes from Small to XXXL. The cost of sizes from Child 4 to Medium is \$45 and sizes Large to XXXL is \$50. Karilee only holds a small amount of stock. New stock is usually purchased once a year.

Select the jacket size and quantity to order a jacket. To order jackets of different sizes click on the + button. Click the trash can to cancel.

Jacket Size #1 *	Jacket Qty #1 *	Jacket Cost
Childs 10	1	\$45.00

**Jacket Cost Total**

\$45.00

← Prev Next →

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

Please, remember that we require 10 orders for hoodies and 5 orders for supporters Jackets before Karilee can place an order. It takes 4 to 6 weeks once the order is placed before the garments are delivered.

It is particularly 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.

**Karilee Calisthenics Inc.** [Karilee](#) [Teams & Times](#) [Coaches](#) [Reg Dates](#) [Competitions](#) [Gallery](#)

**Karilee Merchandise Order Form**

**Member Details**

**Information**

To check your order **step back through the order and forward again to this page to send order** (bottom right).

Most items will be delivered to training so we need the age group which will be easiest for you to collect your items. We will contact you to advise the progress of the order.

**Name \*** **Email \*** **Phone \*** **Age Group \***

Test Order karileemerchandise@gmail.com 0404 000 000 Inters

**Comments or Additional Information**

Accessories Total	Uniforms Total	Optional Items Total	Order Total
\$45.00	\$120.00	\$60.00	\$225.00

To Order press the **Send Order Button** (bottom right)

There will be a delay while the order is processed so please wait until you get a success message. The screen will then reset to new form.

Check your email inbox for your order confirmation which will include payment advice.

← Prev Send Order →

## Karilee Committee

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

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 still like members to volunteer for any of the vacant positions on the 2020 committee. **There are still positions that we would like a to fill. Be assured you will be given assistance to settle into the position.**

Meetings are generally held on the third Tuesday of the month from 7:30pm. During the current pandemic we have conducted our committee meetings online via Zoom, but we usually meet at the Raiders Club in Weston. When we resume face-to-face meetings, some committee members meet earlier usually around 6.30pm to have a social drink or dinner before heading into the meeting.

**The next AGM will be held on 16th March 2021.**

Below is a list of committee members for 2020 that were elected or ratified at the 2020 AGM.

EXECUTIVE POSITIONS:	NON EXECUTIVE & ORDINARY COMMITTEE MEMBERS:	DELEGATES:
<b>PRESIDENT:</b>	<b>ASSISTANT SECRETARY:</b>	<b>CALI-ACT DELEGATES:</b>
Karin Craig <a href="mailto:karileepresident@gmail.com">karileepresident@gmail.com</a>	Vacant <a href="mailto:karileeassistantsecretary@gmail.com">karileeassistantsecretary@gmail.com</a>	Karin Craig & Jacqui Reber
<b>VICE PRESIDENT:</b>	<b>ASSISTANT TREASURER:</b>	<b>Cali-ACT COMPETITION DELEGATES:</b>
Jacqui Reber <a href="mailto:karileevicepresident@gmail.com">karileevicepresident@gmail.com</a>	Courtney Barker <a href="mailto:karileeassistanttreasurer@gmail.com">karileeassistanttreasurer@gmail.com</a>	Andrew Bourne & Nicola Todd (meeting representatives)
<b>HEAD COACH:</b>	<b>MERCHANDISE OFFICER:</b>	Deb Putt, Bronwyn Stirton & Sandy Wheildon
Rachel Holdway <a href="mailto:karileehheadcoach@gmail.com">karileehheadcoach@gmail.com</a>	A/g Maureen Bourne <a href="mailto:karileemerchandise@gmail.com">karileemerchandise@gmail.com</a>	<a href="mailto:karileecompdelegate@gmail.com">karileecompdelegate@gmail.com</a>
<b>SECRETARY:</b>	<b>COMPETITION COORDINATOR:</b>	<b>CALI-ACT COACHES DELEGATES:</b>
Maureen Bourne <a href="mailto:karileesecretary@gmail.com">karileesecretary@gmail.com</a>	Jacqui Reber <a href="mailto:karileecomp@gmail.com">karileecomp@gmail.com</a>	Rachel Holdway <a href="mailto:karileehheadcoach@gmail.com">karileehheadcoach@gmail.com</a>
<b>TREASURER:</b>	<b>SKILLS COORDINATOR:</b>	<b>APPOINTMENTS:</b>
Nicola Todd <a href="mailto:karileetreasurer@gmail.com">karileetreasurer@gmail.com</a>	Vacant <a href="mailto:karileeskills@gmail.com">karileeskills@gmail.com</a>	<i>Ratified by the committee at AGM</i>
<b>REGISTRAR:</b>	<b>SOCIAL MEDIA:</b>	<b>WEB MASTER:</b>
Vacant A/g Maureen Bourne <a href="mailto:karileeregistrar@gmail.com">karileeregistrar@gmail.com</a>	Jana Ethell <a href="mailto:karileemedia@gmail.com">karileemedia@gmail.com</a>	Maureen Bourne <a href="mailto:karileewebmaster@gmail.com">karileewebmaster@gmail.com</a>
	<b>PROPS COORDINATOR:</b>	<b>WEB ADMINISTRATOR:</b>
	Vacant <a href="mailto:karileeprops@gmail.com">karileeprops@gmail.com</a>	Andrew Bourne <a href="mailto:andrew@manda.com.au">andrew@manda.com.au</a>
2020 TEAM REPRESENTATIVES		
TEAMS	TEAM MANAGERS	WARDROBE MANAGERS
<i>Tinies</i> <a href="mailto:karileetinies@gmail.com">karileetinies@gmail.com</a>	<i>Marissa Goeldner and Courtney Barker (shared roles)</i>	
<i>Sub Juniors</i> <a href="mailto:karileesubbies@gmail.com">karileesubbies@gmail.com</a>	<i>Amy Eveston</i>	<i>Kate Cerne</i>
<i>Juniors</i> <a href="mailto:karileejuniors@gmail.com">karileejuniors@gmail.com</a>	<i>Kirsty Hardy</i>	<i>Fiona Vink</i>
<i>Inters</i> <a href="mailto:karileeinters@gmail.com">karileeinters@gmail.com</a>	<i>Brioni Bale</i>	<i>Vanessa Bye</i>
<i>Seniors</i> <a href="mailto:karileeseniors@gmail.com">karileeseniors@gmail.com</a>	<i>Alicia Gaudie</i>	<i>Catriona Galloway</i>
<i>Masters</i> <a href="mailto:karileemasters@gmail.com">karileemasters@gmail.com</a>	<i>Lucy Stephenson</i>	<i>Jacqui Reber</i>
<i>Note: Team, wardrobe and props managers are appointed by the team's principle coach and ratified by the committee at AGM.</i>		

## Paul & Beanies for Brain Cancer Fundraiser

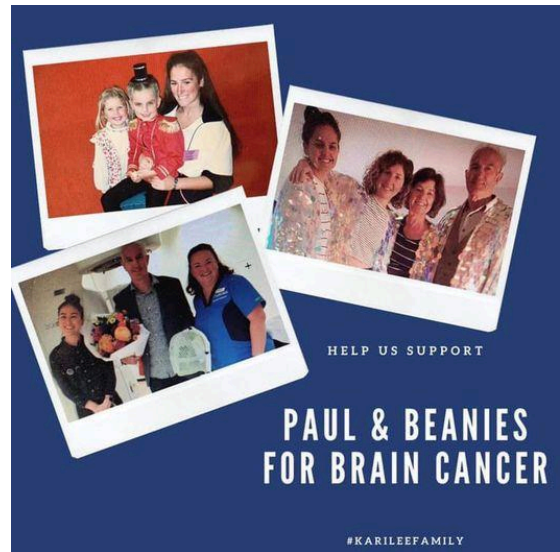
Earlier this year one of our former club presidents and life member, Paul Brush, was unexpectedly diagnosed with a malignant brain tumour. The Brush's were heavily involved with Karilee for over 10 years with both girls joining as Tinies and gracing the stage up until Inters.

Paul's wife Marg also joined in the fun spending a couple of years performing with our Seniors team! Marg & Paul have remained involved, regularly attending our annual Karilee Concert and Life Member events. ✨

Paul's daughter Ellie has set up a fundraising page to help raise much needed funds for research into this deadly disease and we would love for all our current Karilee family to get behind the campaign.

If all our families can make a small donation, it will make a huge difference to the campaign and show Brushy we are behind him in this fight.

Please click on the link below and be sure to put [#Karileefamily](#) in the comments section. ❤️👊



<https://2020mhfbeanieforbraincancer.everydayhero.com/au/brushy-s-brain-cancer-fundraiser>

Waste Away - Support this business that supports your club!

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