



Karilee Catch Up November 2020

Term 4 activities

With 2020 being a very different year to normal, we took the opportunity to maximise class contact time and offer training with a difference to wind up the year. Term 4 has seen in-class skills tuition provided for tests 1,2 & 3 and Grades 1 & 2 to many of our Tinies, Subbies and Juniors.

Our inters and seniors have undertaken a range of different specialist classes. Our subbies and juniors have continued to build on their strength, flex, dance & tricks training. Our gorgeous tinies have been developing their apparatus training working on their clubs and rods.



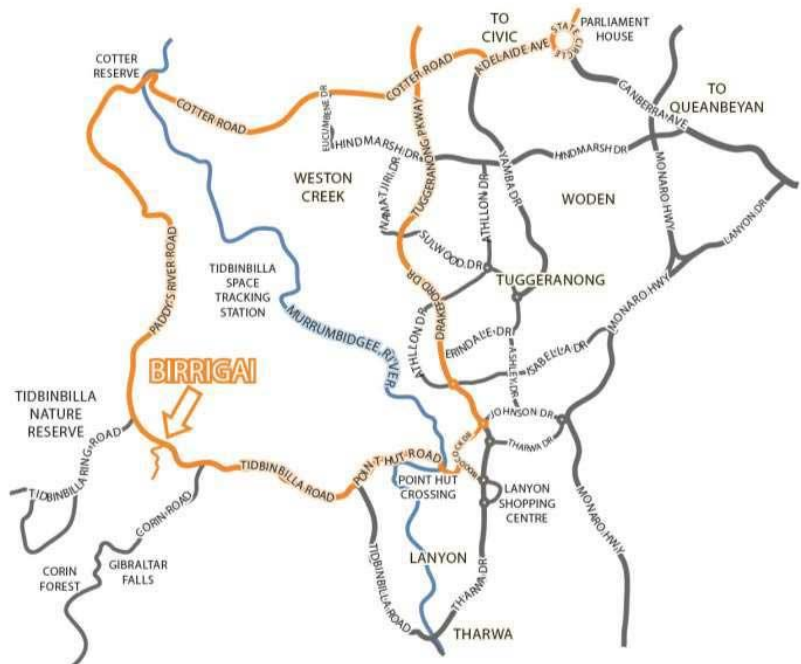
We are also super excited to finish off the cali year with a camp at Birrigai on 21st and 22nd November 2020. A specialist coach is coming from Adelaide and we have a jam-packed program. Camp will finish with a whole club BBQ lunch on Sunday and a mini concert.

If you have not already registered your daughter to attend, please get in contact with your team manager asap.

More information will be provided by your Team Manager.



For more information visit <https://www.cityservices.act.gov.au/birrigai/about-us>



Congratulations to Kasey Galloway

Karilee is pleased to announce our newest Level 1 Coach – Congratulations, Kasey Galloway!

2020 is Kasey's 10th year with Karilee, starting calisthenics at the age of nine in our Sub Junior Team and progressing through to the Seniors Team.

Kasey began her coach training as a class assistant in



2016, then cadetted from 2017-2020 for our sub junior.

Kasey says "I'm super excited to enter this new stage of my calisthenics journey and I'm looking forward to being able to contribute even more to the club who has given me so much over the years. Bring on 2021!"

We cannot wait to see what your future holds Kasey!

2021 Cali-ACT Board Members

Congratulations and welcome to the Cali ACT 2021 Board.



President: Jacqui Reber

Secretary: Sue Whitney

Treasurer: Jossie Edmonds

Director of Coaching: Grace Cox

State Team Manager: Jen Woodward

Director of Competitions: Kerry Sargent

General Member - Marketing: Megan Kratzel

The Board welcomes your feedback and suggestions for the direction and development of calisthenics in the ACT. **We are always happy to hear from our members.** email: president@calisthenicsact.com.au

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. It is a great way to share your child's hobby.

Talk to a current [committee](#) member if you want more information or contact the secretary or president.

We would like members to volunteer for any of the vacant positions on the 2020 committee. Currently we need a new registrar and merchandise officer for 2021, you could learn the role now and take on the role at the AGM next year. 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.

Karilee Recruitment Classes

Wow what a great opportunity to try out calisthenics!

Karilee members can you help us to advertise these free classes by letting your friends know.



Cali-Dance is a fabulous
competitive team
dance sport.



It includes dancing, singing, revues, marching, elements of gymnastics and ballet, as well as apparatus routines like clubs and rods.



Your girls will love it!

Make life long friends, improve fine and gross motor skills, develop strength, coordination and spatial awareness. Join us at Karilee Calisthenics Club!

Find us on Facebook & Instagram & for more information go to our website www.karilee.com.au

FREE 4 Week Come & Try Program

For 4 to 8 year olds

Held at Stromlo High School Hall
Tuesday 17th & 24th of November
& 1st & 8th of December
from 4.30 to 5.30pm

To book your free spot please email
karileepresident@gmail.com



Our New Costume Storeroom

The committee, coaches, team managers and wardrobe managers were invited to the official opening of our Costume Storeroom on Sunday afternoon, 23rd August 2020.

Jacqui and Katie Reber were thanked for the amazing re-organisation of the costume storeroom.



The costumes are now all catalogued and are either boxed with a photograph and a description or in garment bags.



Many thanks to Malcolm Robertson for making the hanging racks to store our fancy costumes. Also thanks to Waste Away for upgrading the storage area to allow for this transformation.

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 the return of previously owned uniforms via the new order form.

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

Please, remember that we require 10 orders for the hoodies, 20 orders for the Rugby Jersey and 5 orders for supporters Jackets before Karilee can place an order. It usually 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, rugby jersey or supporters jacket.

Contact the Merchandise Officer via email karileemerchandise@gmail.com with enquires or orders via the Merchandise Order form.

The Cali-ACT Restricted Item Competition

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

The competition was streamed live for the first time in the ACT to allow for online adjudication and to make the competition available to watch online to those not able to attend in person.

A link has been made available by Cali-ACT for you to watch the competition. So if you want to replay sections of the livestream again, visit sidestage.live/cali. The passwords are the same as originally sent out by your team manager. The competition videos will remain available until the end of the year.



WOW! **Our super Subbies** were just incredible at the Cali-ACT Restricted Items Competition!

You are all so strong and we can't wait to see what the future holds for you all.
Congratulations girls and coaches! 🌸

Results:

Rods - 1st 🏆 Team 1 & 2nd 🏆 Team 2
★ Guest coach judge award Team 1

Free Exercises - 1st 🏆 Team 1
& 2nd 🏆 Team 2

★ Guest coach judge award Team 1

Aesthetics - 1st 🏆 & 2nd 🏆
★ Guest coach judge award Team 1



Our beautiful Tinies had the BEST time on stage at the Cali-ACT Restricted Items Competition!! We are so proud of all your hard work! Congratulations girls and coaches! 🌸🐾🐾

Results:

Free Exercises - 1st 🏆 Team 2
& 2nd 🏆 Team 1

★ Guest Coach Judge Award Team 1

Aesthetics - 1st 🏆 Team 1 & 2nd 🏆 Team 2
★ Guest Coach Judge Award Team 1

Character/Folk Dance - 1st 🏆 Team 1
& =4th 🏆 Team 2

★ Guest Coach Judge Award Team 1



❤️ Check out **our amazing Juniors!** ❤️

What awesome performances you had at the Cali-ACT Restricted Items Competition.
Congratulations girls and coaches! 🌸

Results:

Clubs - 2nd 🏆 Team 1 & 3rd 🏆 Team 2

★ Guest coach club award Team 1

Free Exercises - 4th 🏆 Team 1

Aesthetics - 2nd 🏆 Team 1 & 4th 🏆 Team 2

Our spectacular Intermediates!

You ladies were absolutely incredible at the Cali-ACT Restricted Items Competition, we loved every routine! Congratulations girls and coaches!

Results:

Clubs - 1st 🏆

Free Exercises - 1st 🏆

Aesthetics - 2nd 🥈

★ Guest coaches judge award



Our Super Seniors

It was an absolute delight to return to the stage for the Cali-ACT Restricted Items Competition after all that 2020 has thrown at us.

Thank you Jessica Costigan, Caitlin Job & Shan Thomas along with Calisthenics ACT for making it happen.

The Cali-ACT Bonanza

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

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

While there needed to be changes to our “normal” competition to meet the current Covid restrictions it was great for us to see our Seniors and Masters routines presented on stage.

The coaches for the Cali Bonanza were Jessica Costigan, Caitlin Job, and Shannon Thomas.



Karilee Funding Raising

In 2020 Karilee increased its fund raising effort to assist our members by keeping our fees as low as possible and increasing our term 4 activities. We would like to thank those companies for their support and sponsorship.

Callida Consulting

A huge thanks to the team at [Callida Consulting](http://www.callidaconsulting.com.au) who gifted the club \$1,000 after we were nominated by Jodie Sims for their community organisation staff lottery - these funds will be put to good use in 2021!

Waste Away

Many thanks to Waste Away and the Craig family for their continued support over the 40 years since the club was initially founded in 1979.

Waste Away - Support this business that supports your club!

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

Or follow them on FaceBook

<https://www.facebook.com/wasteaway.act>

Address: 25 Sheppard St, Hume ACT



Club Lime

Earlier in 2020, Club Lime donated two membership that can be sold to raise money for the Masters Team. Due to the Covid restriction we were not able to progress with this fund raiser. Stay tuned for more information next year.

Tax Deductible Fundraising Campaign



In July, Karilee Calisthenics launched a fundraising campaign with the Australian Sports Foundation, where donations to this campaign are tax deductible.

Karilee would like to thank those members who donated this campaign.

If you would like to more information on our project go to the Australian Sports Foundation website <https://asf.org.au/projects/karilee-calisthenics/>.



Southern Cross Club Community Rewards Program

Karilee has again been accepted into the [Southern Cross Club Community Rewards Program](https://www.southerncrossclub.com.au/community-rewards-program) for the 2020-2021 financial year; this is a great fundraising opportunity for our club. This will generate rewards for Karilee, but it also will help the Canberra Southern Cross Club recover from the impacts of the Pandemic.

Remember for all of November, the Southern Cross Club is saying a big YES to our Community, by doubling the Community Rewards. This means that throughout November, our club will earn 15c from every dollar spent on food or beverages at any Canberra Southern Cross Clubs!

Why not plan a lunch, dinner or show at the Southern Cross Club with friends and family or your Cali-team during November?

Many of our members have nominated Karilee as their community partner last year. We hope you will continue your support in 2021. Our families to encouraged to ask their friends to nominate us as their community partner.



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>.