



# Karilee Catch Up April 2021

## 2021 Karilee Solo Competition

Karilee held its annual Solo Competition at the Canberra College Performing Arts Centre from the 5th-8th March 2021. As most of you will be aware this weekend is our major fundraising event for the year; Karilee uses a large portion of the profits to subsidise our interstate travel for competitions. We had over 300 items presented on stage! We would like to thank all those who volunteered their assistance at the competition.

### 2021 Karilee Solo – Karilee’s Duos and Solo competitors



2021 Karilee Solo Graceful Girls



Many thanks to our social media administrators for these images.

Canberra College Performing Arts Centre.

[#karileekarileeyes](#) [#karileefamily](#): use our hash tags to send photos for our Social Media platforms.

Southern Cross Club Rewards



DOUBLE REWARDS - UNTIL THE END OF JUNE!

The Southern Cross Club is doubling its commitment to the Community Rewards Program with Double Rewards until the end of June. That's 15c for every dollar spent by supporting Members, up to the program caps, donated to our Community Rewards Partners.



## 2021 Karilee Teams



*Tinies train on Tuesdays from 4:30-5:45pm, at Mt Stromlo High School.*



*Subbies train on Tuesdays & Thursdays from 5-6:30pm, at Weston Community Hub.*



*Juniors train on a Monday from 5:30-8:30pm, at Mt Stromlo High School.*



*Inters train on a Monday from 6-9pm, at Namadgi School*



*Seniors train on a Wednesday from 6-9pm, at Weston Community Hub*

*Many thanks to our social media administrators for these images.*



*Masters train on Tuesdays from 6:30-8.30pm at Holy Trinity Primary School in Curtin*

## Online Merchandise Orders

Karilee is trialling ordering [Karilee accessories, supporter jackets and anniversary hoodies from the Store on our revolutioniseSport membership platform](#). A sizing chart is available for both the supporter jacket and hoodie. The Karilee accessories include back packs, bows, club badges, water bottles, key rings, 8mb USB-3 portable drives and Karilee broches. Contact Amy Blyton: [karileemerghandise@gmail.com](mailto:karileemerghandise@gmail.com).

Uniform items are planned to be added to the store if this trial is successful.

Karilee uniforms can still be ordered via the [Online Merchandise Order form](#) on the Karilee Website.

Stock of **Karilee Jackets** are running low, so an order will be made soon, to ensure we order the size you required **please place your order now, last change to get your jacket before the team competitions.**

### Karilee Supporter Jackets – Cost \$55



*Karilee Supporter Jacket  
Slim line – Sizes XS to XL*



*Karilee Supporter Jacket  
Slim line Back View*



*Karilee Supporter Jacket  
Straight Cut – Sizes XS to 4XL*

### Karilee Anniversary Hoodie – Cost \$60



*Karilee Anniversary Hoodie  
with a Zipper*



*Karilee Anniversary Hoodie  
without a Zipper*



*Karilee Anniversary Hoodie  
Back View*

Please, remember that we require 10 orders for the hoodies, and 5 orders for supporters Jackets before Karilee can place an order. Please check that you order the correct size as no additional stock is ordered. Hoodies usually takes 4 to 6 weeks once the order is placed before the garments are delivered. Supporter Jackets are expected to be available within 4 weeks after the order is placed.

**Some smaller sizes of Rugby Jersey are in stock; these are likely to fit Subbies or small Juniors. They have been reduced from their original cost price of \$75 to \$35.** If you are interested in these jerseys, ask Amy Blyton or email: [karileemerghandise@gmail.com](mailto:karileemerghandise@gmail.com). We need 20 Rugby Jersey orders to place an order, in the last two years we have only received a few orders.



2020 a year full of challenges and remarkable achievements, a year no one will forget. It was the year the world was introduced to Covid-19, the buzz words zoom, social distance and sanitise. Then on March 16<sup>th</sup> Cali ACT made the unprecedented decision to cease all face-to-face training in line with state and nationwide restrictions. Despite the odds, we found a way to continue to engage our members and by mid-year we resumed face to face training under social distance guidelines and with complete uncertainty as to whether a competition or performance opportunity would eventuate.

## Membership

Despite the changes to our normal program, membership numbers remained strong with only a couple of families choosing to withdraw due to the difficulties associated with online learning. The beginning of the year saw us field teams in all age groups including Masters, however the extra work load and stress placed on parents during this difficult time brought about the decision to not proceed with Masters for 2020.

Our final participant numbers for the year are noted below.

Number of Participants		
Age Group	2020	2019
Tinies	12	25
Sub-Juniors	22	19
Juniors	18	20
Inters	15	14
Seniors	15	17
Masters	15 – Closed down in mid-March at onset of Covid.	12

On a state level, total registered participants dropped from 449 in 2019 to 435 in 2020 so it is pleasing to see we have registered member numbers remain strong.

Our coaching team continued to grow with a further two ladies acquiring their Level 1 coach accreditation – Congratulations to Kasey Galloway and Sarah Goodwin. The coaching team for 2020 included 14 coaches, six cadets and four class assistants.

## Finances

Participation fees were reviewed at the end of 2019 and increases were implemented across all age groups. Rising costs in hall hire, costumes and increases handed down for Cali ACT fees, including the State Affiliation Fee and the cost of Coaches registrations, justifying the increase.

The fees for 2020 were:

Age Group	Cali ACT Affiliation Fee	2020 Season Fee*	Interstate Trip Fee **
Tinies (2 to 7 yrs)	\$72	\$675 (or 3 x \$225)	N/a
Sub Juniors (8 to 10 yrs)	\$72	\$900 (or 3 x \$300)	\$600 (or 3 x \$200)
Juniors (11 to 13 yrs)	\$72	\$930 (or 3 x \$310)	\$600 (or 3 x \$200)
Inters (14 to 17 yrs)	\$72	\$945 (or 3 x \$315)	\$600 (or 3 x \$200)
Seniors (17yrs +)	\$72	\$945 (or 3 x \$315)	\$600 (or 3 x \$200)
Masters (26yrs +)	\$72	\$870 (or 3 x \$290)	\$600 (or 3 x \$200)

Following the restrictions to face to face training, the club made the unprecedented move to assist families throughout the difficult period by completely removing the second instalment of the season fee. The third instalment for Inters and Seniors was also reduced as their class training was significantly reduced and there were no expenses incurred for costumes. Masters fees were also reduced due to reduced training.

We were incredibly fortunate to have Maureen Bourne and Nicola Todd spend considerable time and effort addressing the club's issue of outstanding debts. We reviewed our debt policy and effectively implemented a debt recovery program, recovering nearly \$29,000 in outstanding fees owed to club from both past and present members.

There are now only two families with an outstanding debt. One family has committed to a repayment plan, the other debt is unlikely to be recovered.

## Fundraising

We were incredibly fortunate to host the Karilee Solo Comp, our club's major annual fundraiser, prior to the onset of COVID-19. Once again, the event was a huge success, seeing in excess of 300 items take to the stage at the Canberra College Performing Arts Centre in March and raising more than \$15,000.

The club continued with its ongoing fundraising activities with the Canberra Southern Cross Club Community Rewards Program. A huge thanks to the team at [Callida Consulting](#) 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!

In July, Karilee registered with the Australian Sports Foundation and launched an online fundraising campaign fundraising program that allowed the public to make tax deductible donations.

Some teams continued with smaller fundraisers such as Bunnings BBQ's and chocolate sales.

## Community / Events

In mid-January, the ACF Coaches Conference was held at the Adelaide Convention Centre, Karilee had three coaches attend the conference. Rachel Holdway as an organiser, presenter and participant, and Natalie Sainsbury and Samantha Bourne as participants.

The start of the calisthenics year kicked off with a new event run by Natalie Sainsbury – a 5-week strength and conditioning course aimed at our subbies and juniors. The event was well attended with 20 participants; this has now become a regular part of our class activities.

The Karilee Solo Competition was held in early in March, just before the announcement of the pandemic. It was a great success. Entries were up on previous years and the organising committee, led by Jacqui Reber, continued to improve on the delivery of the event.

From mid-March to late June 2020, Karilee had to change to online training using Zoom, in response to the Covid-19 Pandemic. The COVID-19 restrictions put a stop to many of our regular events such as the Free-Ex Frenzy, Specialist Coaching Weekend, coach development opportunities and annual concert.

In late August, we opened the newly refurbished Karilee Costume Storeroom at Waste Away in Hume. A huge thank to Jacqui and Katie Reber for all their work in reorganising and cataloguing all of our costumes. Thanks also to Waste Away for funding and facilitating the extension of the room.

As we were able to resume face-to-face training, classes continued into Term 4 with Skill Classes provided for our subbies and juniors for all the Tests and Grades 1 and 2. The classes were well attended and taught by Rachel Holdway and Merry Jackson with assistance from our other coaches, cadets and class assistants. The Term 4 program also included social get togethers for the upcoming 2021 Teams and our Seniors ended their year with a weekend at the coast.

Despite the difficulties of the year, there was a shining light at the end of the tunnel with the staging of our first whole club camp in more than a decade. The camp was held at Birrigai and focused on team building and strength training. This was fully funded by Karilee from the proceeds of the 2020 Karilee Solo Comp.

Kate Loveridge (from Innovation in South Australia) attended via zoom and taught dance-based routines to our girls. As the club decided not to proceed with an annual concert, the participation awards were handed out at the final day of camp following a mini performance of the routines learnt. A special note of thanks and farewell to the Putt family (who moved interstate at the end of the year) also took place.

In late November many of our life members, committee members, team managers, and coaches gathered together to celebrate the end of 2020 at the Annual Karilee Dinner held at the Woden Southern Cross Club.

The year wrapped up with a 4-week Come & Try Program funded by Cali ACT and run by Simone Barker, with assistance from our coaches, cadets and class assistants. The program saw 22 children aged between 4 and 9 participate following a social media campaign and direct marketing to local childcare centres and schools. The campaign was deemed a success and we will look to continue this in future years.

## Achievements & Awards

With no Interstate, Preliminary or Championship Competition on offer in 2020 performance opportunities were kept to a minimum. Cali ACT worked tirelessly to provide the Cali community with an opportunity to get on stage and perform under revised conditions. All but two clubs chose to participate with the Tinies through to Inters competing in a reduced item comp comprising three items. An interstate adjudicator awarded traditional places whilst a panel of coaches (1 per competing club) awarded the 'coaches choice'.

The seniors, led by our own Jess Costigan, worked collaboratively to perform a Calisthenics Bonanza that brought together members from all Canberra clubs (and even some participants not registered with clubs) the result, an amazingly entertaining performance. Our Karilee Seniors also chose to perform a medley rather than individual items. Again, an absolute treat to watch!

The results for the 2020 Revised competitions were:

Age Group	Various Items	Free Exercises	Aesthetics
Tinies	<b>Fancy:</b> 1st - Team 1 & 4th - Team 2	1st - Team 2 & 2nd - Team 1	1st - Team 1 & 2nd - Team 2
Sub Juniors	<b>Rods:</b> 1st - Team 1 & 2nd - Team 2	1st - Team 1 & 2nd - Team 2	1st & 2nd
Juniors	<b>Clubs:</b> 2nd - Team 1 & 3rd - Team 2	4th - Team 1	2nd - Team 1 & 4th Team 2
Inters	<b>Clubs:</b> 1st	1st	2nd

The National Championships, Pan Pacs and Ballarat were all cancelled for 2020. Due to the decision not to proceed with a Club concert, no annual awards were handed out in 2020.

## Club Management & Administration

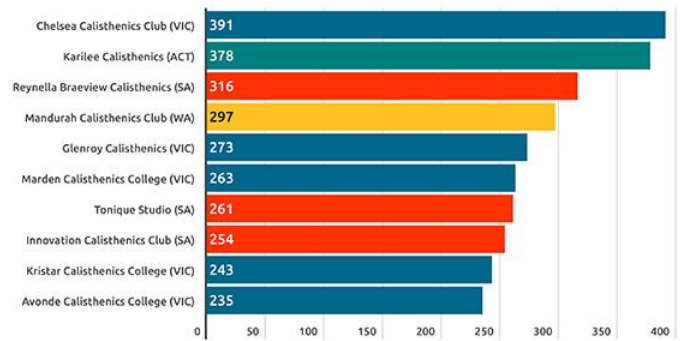
In addition to the cataloguing of the costumes, the club was able to update a number of existing policies and implement some new administrative processes to help further strengthen our operational capacity.

Some of the most notable policy updates included the Coaches Classification and Remuneration, Team Manager Guidelines, the introduction of Pay Now on invoices, and the universal decision to move our registration process to a fully automated online program – Revolutionise Sport.

A special mention to our fabulous media officers Jana Ethell and Taryn Leslie for their ongoing commitment to our social media platforms throughout the year. Karilee received some fabulous rankings and was heavily featured in a report produced by [www.shunt.com.au](http://www.shunt.com.au) on social media profiles of clubs in the sport. The report can be viewed at <https://www.shunt.com.au/club/covid-19-a-temporary-setback-in-calisthenics-rise-and-rise/>.

*“Two clubs had the distinction of publishing posts at least once a day on Facebook in 2019. At 1.07 a day it was Chelsea Calisthenics with another non-Victorian club shaking things-up in second was Karilee Calisthenics (1.03 per day)*

*Looking to 2020, as at the end of October it is Karilee Calisthenics leading the way having already nearly matched last year’s total at 345 posts.”*



Immense praise also goes to our amazing coaches and team managers who were outstanding in the face of adversity as we grappled with the concept of online learning. Their ability to adjust on the fly and continue to offer some form of involvement and purpose for our young members was remarkable.

We are truly fortunate to have such a highly engaged group of volunteers and would not have been able to achieve what we did without the tireless dedication of our committee and management teams.

**The committee for 2020 were:**

Executive Committee			
President	Kari Craig	Treasurer	Nicola Todd
Vice President	Jacqui Reber	Secretary	Maureen Bourne
Head Coach	Rachel Holdway		
Committee Members			
Registrar	Kylie Pratt (March - September) A/g Maureen Bourne	Merchandise Officer	Maureen Bourne & Amy Blyton (Dec - March)
Comp Committee	Nicola Todd & Andrew Bourne	Media Officers	Jana Ethell & Taryn Leslie
Comp Delegates	Bronwyn Stirton, Deb Putt & Sandy Wheildon		
Comp Coordinator	Jacqui Reber	Skills Coordinator	Jacqui Reber
Team Managers			
Tinies	Courtney Barker & Marissa Goeldner	Sub-juniors	Amy Eveston
Juniors	Kirsty Harding	Inters	Brioni Bale
Seniors	Alicia Gaudie	Masters	Lucy Stephenson
Wardrobe Managers			
Tinies	Courtney Barker & Marissa Goeldner	Sub-juniors	Kate Cerne
Juniors	Vanessa Friedman	Inters	Vanessa Bye
Seniors	Catriona Galloway	Masters	Jacqui Reber

On behalf of the 2020 Executive Committee, I’d like to sincerely thank our members for their willingness to participate in a heavily restructured program and congratulate our coaching and management teams on the manner in which they handled themselves in such unprecedented times.

Yours in Cali,

**Kari**

**Kari Craig  
President  
Karilee Calisthenics**

