



Karilee Catch Up January 2023

2023 Registration for Karilee Teams

Registrations for 2023 Karilee Teams are now open and are due by 23rd January 2023.

“Bring a Friend” to Karilee and get 50% off Term 3 fees if they stays the whole year.

Ready, Set, Go! Hope to see you all again for the 2023 season. To register or renew with Karilee for 2023 go directly to our [revolutioniseSport Record Management System](https://karilee.com.au/registrations/) (revSport RMS) or follow the links on our website at <https://karilee.com.au/registrations/> to get your registrations done!

Registrations can be completed on your computer, tablet or mobile.

If you need more information or have any issues registering contact Maureen via karileesecretary@gmail.com.



Tinies Team



Sub Juniors Team



Juniors Team



Inters Team



Seniors Team



Masters Team

2023 Teams, Times and Venues

Karilee is looking forward to the 2023 training and competition year. Below is a list of our training times and venues. **Please note the change of Juniors venue.**

Team	Day	Time	Venue
Tinies	Tuesday	4.30pm to 5.45pm	Stromlo High School, Weston Creek
Sub Juniors	Tuesday & Thursday	5.00pm to 6.30pm	Weston Community Hub, Weston Creek
Juniors	Monday	5.00pm to 8.00pm	Weston Community Hub, Weston Creek
Intermediates	Monday	6.00pm to 9.00pm	Namadgi School, Kambah
Seniors	Wednesday	6.00pm to 9.00pm	Weston Community Hub, Weston Creek
Masters	Tuesday	6.30pm to 8.30pm	Holy Trinity Primary School, Curtin

2023 Karilee Coaching Teams

Karilee announced the Coaches, Cadets, and Class Assistants for 2023 at our Presentation Night and via our social media platforms for the 2023 season. Our mentor coach for 2023 is Jess Phokos.

Team	Principle Coaches	Assistant Coaches	Cadets	Class Assistant
Tinies	Simmy Barker	Sarah Goodwin	Emily Bourne Sarah Adam Mia Wright Olivia Pratt Emma Nicholson	Aislinn Baker
Sub-Juniors	Rachel Holdway	Taryn Leslie Kasey Galloway	Abbie Matthew Chelsea Woodward Bonnie Wilder	Kahlan Baker
Juniors	Merry Jackson	Louisa-Jane Barker Samantha Bourne	Jessey Muller Laura Stirton	Sophie Knight
Intermediates	Taylor Bye	Stacie Howell Jacqueline Dunn	McKinley Darby	
Seniors	Taylor Bye	Stefanie Frick		
Masters	Jodie Sims	Liz Arnold		

TINIES COACHING TEAM 2023

PRINCIPAL COACH: Simmy

ASSISTANT COACH: Sarah G

CADETS: Mia, Emma, Olivia, Emily, Aislinn

SUB-JUNIORS COACHING TEAM 2023

PRINCIPAL COACH: Rachel

ASSISTANT COACH: Taryn, Kasey

CADETS: Abbie, Bonnie, Chelsea, Kahlan

JUNIORS COACHING TEAM 2023

PRINCIPAL COACH: Merry

ASSISTANT COACH: Louie, Jessye

CADETS: Laura, Jessye

CLASS ASSISTANT: Sammy, Sophie

INTERMEDIATES COACHING TEAM 2023

PRINCIPAL COACH: Taylor

ASSISTANT COACH: Stacie, Jacqueline

CADET: Mckinley

SENIORS COACHING TEAM 2023

PRINCIPAL COACH: Taylor

ASSISTANT COACH: Stef

MASTERS COACHING TEAM 2023

PRINCIPAL COACH: Jodie

ASSISTANT COACH: Liz

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 2023.

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 or come to a meeting to see for yourself.

We would like you to consider nominating for the committee next year as we have a number of expected vacant positions and members holding multiple positions.

A [nomination form](#) is available from the Karilee website.

Committee Meetings are held bi-monthly on the second Monday between February and October either online via Microsoft Teams or Face to Face at Waste Away, Hume starting at 7:30pm.

Executive meetings are now held bi-monthly on the second Monday between January and December. The venues for meetings can vary depending on the number able to attend in person.

The 2022 Karilee Committee was elected at the Annual General Meeting (AGM) on 25th March 2022. **The date for the next AGM has not been set for 2023; it is likely to be late March or early April.** See the current list of committee members in the list below.

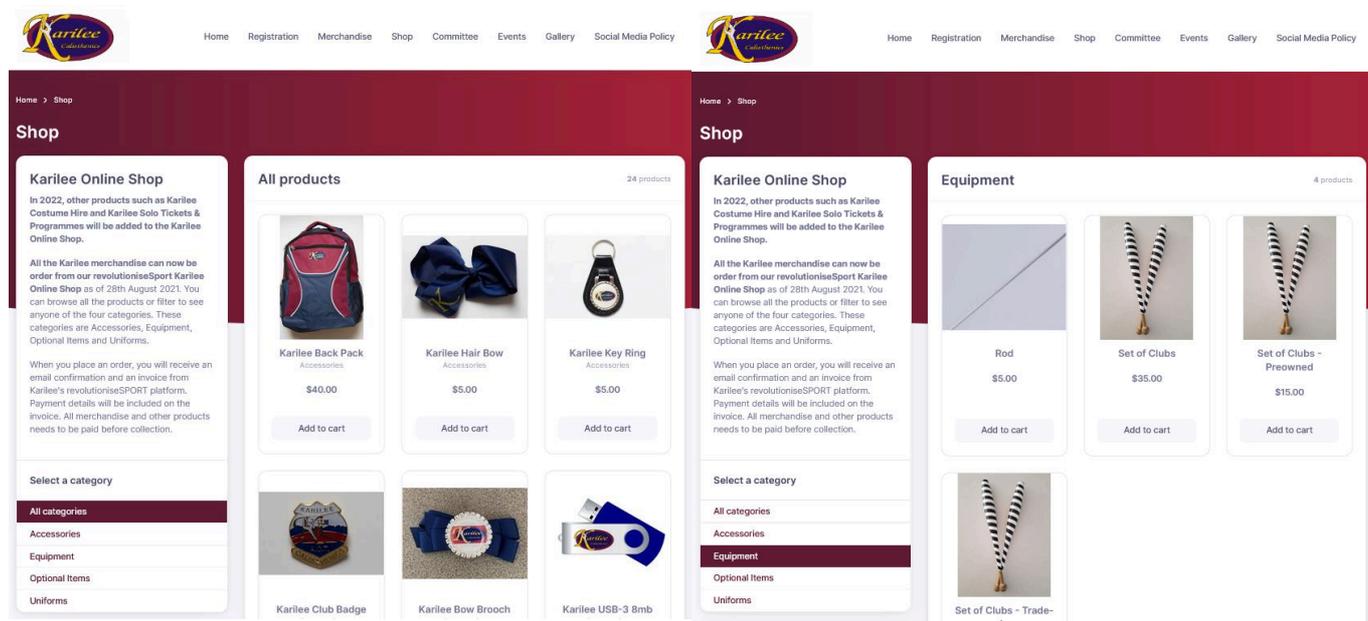
EXECUTIVE POSITIONS:	NON EXECUTIVE:	DELEGATES:
PRESIDENT:	ASSISTANT SECRETARY:	CALI-ACT DELEGATES:
Karin Craig	Vacant	Karin Craig
karileepresident@gmail.com	karileeassistantsecretary@gmail.com	
VICE PRESIDENT:	ASSISTANT TREASURER:	CALI-ACT COMPETITION DELEGATES:
Vacant	Vacant	Emma Peterson, Nicola Todd, Andrew Bourne & Bronwyn Stirton
karileevicepresident@gmail.com	karileeassistanttreasurer@gmail.com	
HEAD COACH:	MERCHANDISE OFFICER:	karileecompdelegate@gmail.com
Rachel Holdway	Meredith Jackson	CALI-ACT COACHES DELEGATES:
karileehheadcoach@gmail.com	karileemerchandise@gmail.com	Rachel Holdway
SECRETARY:	COMPETITION COORDINATOR:	karileehheadcoach@gmail.com
Maureen Bourne	Jacqui Reber	APPOINTMENTS:
karileesecretary@gmail.com	karileecomp@gmail.com	WEB MASTER:
TREASURER:	SKILLS COORDINATOR:	Maureen Bourne
Jacqui Reber	Jacqui Reber	karileewebmaster@gmail.com
karileetreasurer@gmail.com	karileeskills@gmail.com	WEB ADMINISTRATOR:
REGISTRAR:	SOCIAL MEDIA:	Andrew Bourne
Courtney Barker	Jacqueline Dunn, Taryn Leslie and Jana Ethell	andrew@manda.com.au
karileeregistrar@gmail.com	karileemedia@gmail.com	PROPS COORDINATOR:
		Vacant
2023 TEAM REPRESENTATIVES		
TEAMS	TEAM MANAGERS	WARDROBE MANAGERS
<i>Tinies</i> karileetinies@gmail.com	<i>To be confirmed</i>	<i>To be confirmed</i>
<i>Sub Juniors</i> karileesubbies@gmail.com	<i>Justine Hrstic</i>	<i>Belinda Nowland</i>
<i>Juniors</i> karileejuniors@gmail.com	<i>Amy Eveston</i>	<i>Kate Cerne</i>
<i>Inters</i> karileeinters@gmail.com	<i>Melinda Nicol (Rogers)</i>	<i>Jen Woodward</i>
<i>Seniors</i> karileeseniors@gmail.com	<i>Kylie Pratt</i>	<i>Vanessa Bye</i>
<i>Masters</i> karileemasters@gmail.com	<i>Karin Craig</i>	<i>Jacqui Reber</i>

New Merchandise for Karilee

At the Karilee Presentation Night in November 2022, a new range of Karilee merchandise was announced. Final details about the ordering and supply of the new merchandise will be released early in the 2023 season.



Existing merchandise can be ordered from our [Karilee Online Shop](#) via our revolutioniseSport Record Management System (revSport RMS) to make it easier for our Merchandise Officer to process your orders and keep control of our stock merchandise items. It also makes it easier for members to order a range of accessories. These accessories include back packs, bows, club badges, water bottles, key rings, 8mb USB-3 portable drives and sparkly Karilee brochures.



Remember that when you go to order items from the [Karilee Online Shop](#) to use yours or your daughters login. You can also register if you are a life member, committee member, team or wardrobe manager, coach or a volunteer. If you already have a log in but have forgotten your login details you can [reset your login from the login page](#).

Equipment such as rods and clubs will be measured and ordered by the team or wardrobe managers early in the season; then you will receive an invoice from revSport RMS to pay for your equipment.

Contact karileemerchandise@gmail.com with enquires or orders.

Karilee End of Year Presentation Night

The 2022 Karilee EOY Presentation Night was held on Friday, the 11th November 2022.

It was great to see so many families at the Presentation Night at the Top of the Cross, Woden Southern Cross Club to celebrate our achievements for 2022. What a fabulous way to bring the club together to present our annual awards.

The following 2022 awards were presented:



Junior Future Star Award

Sub-Junior Outstanding Newcomer Award

Sub-Junior Love of Performing Award



Junior Team Mate Award

Junior Champion Award

Intermediate Apparatus Award



Senior Role Model Award

Senior Champion Award

President's Award

Congratulations to all those who have been presented with these awards.

Many thanks to our social media team for preparing and posting these awards on Facebook & Instagram.

Karilee is honoured to acknowledge the years of participation and service as a volunteer and a coach.



Cali-ACT Skills Program

The Cali-ACT Skills Program was run during November 2022 and finished with exams early in December 2022. Karilee is pleased to announce that some of our members enrolled in Skills this year and all passed their Skills level exam. Many thanks to Jacqui Reber and Jossie Edmonds for running this skills program for the ACT.

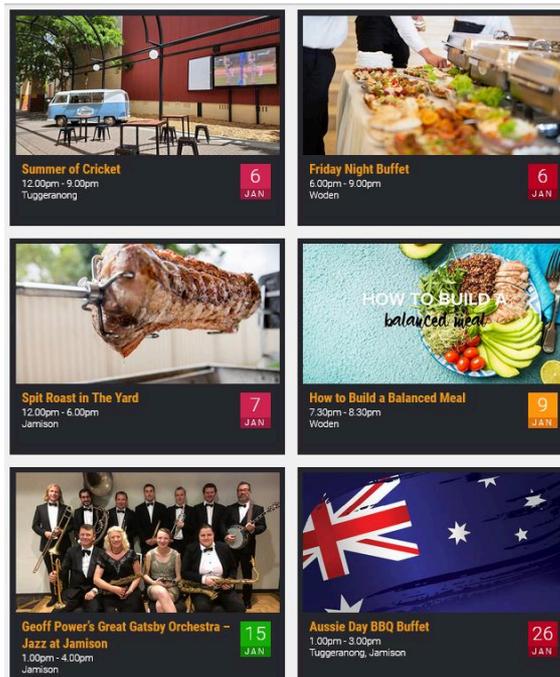
Southern Cross Club Community Rewards Program

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

We need our members, their family and friends to support us. If already a member of the Southern Cross Club but 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 over the next couple of months?

Make sure your membership is linked to Karilee and that you use your membership card when purchasing food and drinks to help us increase our fundraise for 2023 from the Rewards Program. In 2022 we received \$1,105.



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>

2023 Karilee Solo Competition

Entries for the Karilee Solo Competition are expected to OPEN soon!

The Karilee Solo Competition will be held from Friday, 10th March to Monday, 13th March 2023 at the Canberra College Performing Arts Centre. Interstate competitors welcome!

For online entry form, conditions of entry and more information go to <https://karilee.com.au/competitions/karilee-solo/entry-form>.

Entries will close mid-February 2023, or earlier if maximum numbers are reached.

Use this hash tag to send **#karileesolos2023** for our Social Media platforms.

2022 Karilee Soloists



2023 Cali-ACT Solo & Duo Competition

Cali-ACT are offering two solo / duo competitions in 2023 at the Erindale Theatre:

Both competitions will be held over two weekends due to the high number of expected entries.

25-26 March and 1-2 April 2023 - Cali-ACT Preliminary Solo / Duo Competitions

13 – 14 May and 20 – 21 May 2023 - Cali-ACT Championship Solo/Duo Competitions

Entry for the 2023 Cali-ACT Solo / Duo Season will again be done via [myStage](https://www.mystage.com.au).
ENTRIES WILL BE OPENING SOON and USUALLY CLOSE LATE FEBRUARY 2023.

Go to the Calisthenics ACT website for more information:

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

ASF Active Kids Grant

Karilee thrilled to advise our members that our 2022 Active Kids Grant application was successful. Karilee was awarded an [Australian Sports Federation](https://www.australian-sports-federation.com.au) equipment grant valued at \$1606.50 from [HART Sport](https://www.hart-sport.com.au). This equipment will be used during our 2023 training sessions.



Key Dates for 2023

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

Note some events are marked as TBC (to be confirmed)

Karilee Registration during January 2023

<https://www.revolutionise.com.au/karileecalisthenics/registration/>

Karilee training

Start first week of school term 2023 for Tinies through to Inters

Start second week of school term 2023 for Seniors & Masters

Check team training venues for 2023 – [Teams and Times](#)

ACT Solo Competitions

Karilee Solo Competition: 10-12 March 2023

Entries opening soon, make sure your registration is completed and your Cali-ACT Fee is paid before you enter.

Entries will close mid-February 2023 (Date TBC)

Cali-ACT Solos Competitions

Entries open 9am Monday 16 January 2022 via [myStage](#).

Entries will close Monday 13 February 2023.

Cali-ACT Preliminary Solos:

Weekend 1 – 25-26 March 2023

Weekend 2 – 1-2 April 2023

Cali-ACT Championship Solos:

Weekend 1 – 13-14 May 2023

Weekend 2 – 20-21 May 2023

Australian Calisthenics Nationals - July 2023

ACT Team Competitions

Deanne Teams Comp: 2-4 June 2023

Tinies – Subbies – Juniors – Inters – Seniors/Masters

Cali-ACT Prelim Teams Comp: 4-6 August 2023

Karilee Specialist Coaching: - Date & Venue TBC

Stage Practice: Erindale Theatre

from 4.30pm – 10pm – Thursday, 7 September 2023

Usually hourly slots starting with Tinies

Cali-ACT Champ Teams Comp

15-17 September 2023

Interstate Teams Competitions

NSW Team Competition

Queensland Team Competition

Victorian Team Competitions

Cali-ACT Skills Program

Usually held from Oct/Nov till Dec

National State Team Workshops

Usually held in Oct/Nov

Karilee EOY Event & Presentation – Nov-Dec 2023 (TBC)

Karilee EOY Dinner – Nov-Dec 2023 (TBC)

