

CLUBLINK



Calisthenics Victoria Inc.

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Welcome to 2016

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2015 Junior Victorian State Team win Junior Team of the Year Award at Vicsport Awards

Congratulations to the 2015 Junior Victorian State Team for their incredible performance at the 2015 National Championships, not only did the team win every item, they also had a perfect score in their rods routine. This incredible effort earned the team the Junior Team of the Year award at the 2016 Vicsport Awards. CVI is incredibly proud of this team, their coaches, team managers, the State Team Committee and their families who dedicated their time to achieving this goal. Receiving this award, ahead of the Junior teams for football, netball and basketball, was a wonderful opportunity for our sport to be recognised by leading sporting industry partners.

Welcome to 2016



CVI President
Angela Wijeratne

On behalf of the CVI Board, we would like to welcome everyone back in 2016 to our wonderful sport of calisthenics.

We welcome all new families who have joined their local club and our existing calisthenics families for their loyalty and passion.

This year is going to be an exciting one; with the release of the 2016-18 Strategic Plan. CVI members and supporters will see some clear direction for Calisthenics in Victoria and understand the objectives that we will be working on over the next three years. To deliver a successful Strategic Plan, we are developing the services we provide to our members in order that our participants and families feel supported and proud to be affiliated with this great sport.

The CVI Board is a team of highly skilled individuals with a range of professional backgrounds. The Board dedicates their time because of their love of calisthenics and their wish to see its longevity and success. I can assure you, that the Board works to ensure that calisthenics is a family friendly sport that provides ongoing support for future generations.

Being involved with calisthenics enhances confidence, provides a sense of community and allows individuals to take ownership of their passion.

I have personally been involved in Calisthenics for over 21 years and have seen first-hand the benefits it provides individuals, including the opportunity for:

- Participation
- Becoming part of a team
- Leading a team
- Coaching a team
- Family participation
- Club participation
- Friendships and comradery
- Development of technical and artistic skills

During my two years as President, I have worked hard to improve and grow calisthenics in Victoria and will re-nominate in May in order to continue working on these goals. For me, I am incredibly excited to see the culmination of three years of intense work to develop CVI to where it is now and I hope to be here as we continue on this path of professionalism and integrity.

We wish all of our clubs, families and participants, coaches, adjudicators a successful year to come.

Kind Regards
Angela Wijeratne

New Marketing and Communications Assistant

Michelle Kiteley is our new Marketing and Communications Assistant. After completing a Bachelor of Arts at Monash University, Michelle has worked at Consumer Affairs Victoria and at The 100% Project. She is excited to be a part of CVI as we undertake exciting changes with the strategic plan to improve and grow calisthenics.

An ex-cali girl, Michelle competed in calisthenics for 15 years at Bentleigh and Emmanuel Calisthenics clubs in both team and solo items. She is now looking forward to being involved with the sport in a new way.

You can contact Michelle at michelle.kiteley@calisthenics.asn.au



Celebrating Calisthenics 2016

Calisthenics Victoria Inc. is hosting a high tea on the 22nd of May 2016, with one of our 2015-16 Calisthenics Ambassadors, Georgie Ward as our Master of Ceremonies.

We will be presenting the award for:

- 2016 Club Volunteer of the Year
- 2016 CVI Volunteer of the Year
- 2016 Service to Calisthenics Award
- 2016-17 Calisthenics Ambassador Award, sponsored by TryBooking
- CVI will also be welcoming the 2016 Elite Performance Team

This is a wonderful opportunity to acknowledge and recognise the incredible work of our calisthenic volunteers. We encourage everyone to organise a table with their club and be a part of this fun social event.

Event Details

Date: 22 May 2016

Doors open: 1:30 pm for 2.00pm start

Time: 2:00pm - 4:45 pm

Venue: RACV Club - Level 17, 501 Bourke Street, Melbourne 3000

Dress: Semi Formal - no denim

Tickets: \$30 each or \$270 (table of ten)

Includes drink on arrival, tea and coffee and high tea

Tickets available via

www.trybooking.com/118290



"Come and Try" with Cali Bear

Pictured below is Cali bear at Janelle Calisthenics College's Summer School, "So you think you can dance."



Paramount Calisthenics College with Cali Bear



During CVI's 'come and try' months we have had a number of Calisthenic Clubs utilise Cali Bear to help bring calisthenics into their community or as a reward for their members.

For all Cali Bear enquiries please email marketing@calisthenics.asn.au



Pictured above is Eltham Calisthenics College Tinies with Cali Bear



Pictured above is Cali Bear with Knox Waverly Calisthenics Club at Knox Westfield Shopping Centre

CVI Launches 2016-18 Strategic Plan

After 12 months of member consultation, Calisthenics Victoria Incorporated (CVI) launched the 2016-18 Strategic Plan in February 2016.

This plan is one of the most comprehensive and consultative projects undertaken and provides a clear roadmap for the development of calisthenics in Victoria over the next 3 years.

The five key goals of the plan include

- Excellent member support
- Better communication
- Cultural development
- Improved financial sustainability
- Organisational excellence.

Each priority is underpinned by a number of strategies that will make a difference for everyone in calisthenics.

CEO Matthew Brown says "The next 3 years represents a crucial period for our sport and the CVI 2016-2018 Strategic Plan is an ambitious and achievable plan for those managers, volunteers and leaders who will ensure its viability over the next 3 years."

"Our challenge is to position calisthenics for the next generation and in doing so we must build strong foundations for a contemporary sport that is family friendly and balanced."

Currently there are 105 clubs registered with CVI, over 8000 participants, 800 coaches, and 30 adjudicators in Victoria.

The CVI strategic plan is valuable for the entire community, as it will help participants, coaches, volunteers and club administrators to see how we hope to improve and grow our sport. It will also benefit individuals looking to join a local calisthenics clubs, as it provides benefits for future members. We encourage everyone to read this strategic plan, so that you can be a part of these exciting changes.

To help make this information more accessible, we have created a short video available on our YouTube channel <http://bit.ly/StrategicPlanYouTube>.

The complete Strategic Plan is available to download from our website at www.calisthenics.asn.au/node/719

LET'S CREATE A BRIGHTER FUTURE.

Download our Strategic Plan at www.calisthenics.asn.au.



If you would like to find out more, email
marketing@calisthenics.asn.au

2016 Solo and Duo Competition Season



Image WinkIPoP Media

#calisthenicsvictoria

The 2016 solo and duo competition season runs from March 4th to May 1st.

This solo competition season, we have been publishing news releases on our website, with key information provided to us from each of the individual competitions. Our news releases hope to provide insight and some interesting facts about the solo competitions so our participants and families can get to know more. These incredible solo competitions are operated and managed by hard working volunteers, clubs and committees who dedicate their time so that calisthenics competitors have the opportunity to perform.

This year, we are encouraging everyone to use #calisthenicsvictoria on their Facebook and Instagram pictures. Please make sure when you repost any Calisthenic Victoria Inc. Instagram pictures, you use a repost app or credit the photographs with 'reposted from @calisthenicsvictoria.'

You may have also seen our CVI banner, that has served as a backdrop for your amazing photographs. We will continue to take this banner to the remaining competitions and the team competitions later this year.

CVI would like to thank everyone who has been involved with our solo competition videos and who have shared them on social media. We endeavoured to produce videos to show how it feels like to be a part of these competitions and to give more credit to the hardworking volunteers who run these competitions. We have loved talking to the competitors, families, volunteers and adjudicators who have provided viewers with valuable insight.

For more information about the solo competition season please refer to the Calisthenics Victoria Inc website.
www.calisthenics.asn.au/solo-and-duos-2016



Venue for hire

If you need to hire a venue for solo or duo rehearsals, the Chelsea Calisthenics Club hall is available.

Address: Chelsea Sportswomens Centre,
Sturdee St, Chelsea, Vic 3196
Available times: mon-friday during the day,
Friday and Sunday nights (this is subject to availability)

Please email all enquiries directly to the Chelsea Calisthenics Club via enquiries@chelseacalisthenics.org.au

Skills Corner

Grade Four 'Honours' 2015

The 2015 Grade 4 Honours Board highlights nineteen candidates who achieved marks of 90-94 [Honours] and ten candidates who achieved marks 95-100 [Honours with Distinction] for this exam. These candidates are developing their skills, technique and knowledge which will ultimately benefit their ongoing involvement as participants and coaches. All girls will receive a CVI Award Certificate at the CVI Team Championships in September. Hopefully this recognition encourages others to participate to the Grade 4 level.

Honours with Distinction

Sophie	Appel
Caitlyn	Arhontissas
Renae	Augerianakis
Amelia	Brooks
Molly	Davies
Charlotte	Evans
Aisha	Ginnaj
Tess	Riley
Erin	Roycroft
Cheyenne	Thoeun

Honours

Chelsea	Bell
Natalie	Boyd
Victoria	Cataldo
Natasha	Chan
Grace	Collard
Lara	Finlayson
Natalie	Hammond
Hayley	Hickey
Sarah	James
Grace	Johnson
Brigitte	McVeigh
Shona	O'Brien
Samantha	O'Neill
Judith	Radas
Madison	Smith
Samantha	Stewart
Tayla	Stewart
Nicole	Stojcevski
Amy	Williams

Skills Exam Information is available on the CVI website
www.calisthenics.asn.au/ACF-calisthenic-skills
 Syllabus Resources are available from the
 Australian Calisthenics Federation website
<http://www.calisthenicsaustralia.org/skills/syllabus>

Gold, Silver & Bronze Medal Examinations

An unprecedented number of entries were received in 2015 with the trend continuing this year. This increased interest is attributed to Medal achievers now being presented annually on-stage at CVI State Teams Championships.

2015 Test 1 to Grade 4 Examination Entries

Last year we recorded the highest ever number of entries for Skills exams, a reduction in withdrawal numbers and an increase in the annual pass rate. We look forward to continuing these great trends in Victoria in the coming year.

Next Skills Exam period Test 1 to Grade 4 - May 28th to June 18th 2016

Register on Trybooking.com. Metropolitan Melbourne and regional exam centres to be advised. Please note that Skills exams will be conducted on Monday June 2016 long weekend.

2015-16 Victorian Skills Program - Coach of the Year is Kelly Finlayson, of Merinda Calisthenic College



Kelly already has a long history of calisthenics involvement and achievements including the ACF Gold Medal. In recognition of sustained excellence in the ACF National Skills Program, we present Kelly with this Award and extend best wishes for her future in our sport.

Need to know more?

Contact: Elizabeth Hickey,
CVI Skills Convenor

ACF Calisthenics Skills Program

Mob: 0419 222771 ;

Email: skills.vic@calisthenics.asn.au



If you have any questions please contact CVI Club and Community Development Manager, Erica O'Brien on 9562 6011 or email on erica.obrien@calisthenics.asn.au.

The Star Club Program is a quality assurance program endorsed by VicSport and Sport and Recreation Victoria designed to assist Clubs to identify, prioritise and implement effective management strategies to meet the changing demands on calisthenic clubs.

The program is designed to assist clubs in the following areas; Administration, Governance, Communication, Development, Marketing and Promotion.

The Star Club program is currently under redevelopment and will be relaunched in Autumn.

CVI are here to support your club in achieving Star Two and higher and are available to work closely with clubs and committees to increase their Star Level.

In May, CVI's Club and Community Development Manager will be hitting the road to travel across regional Victoria visiting 13 regional clubs.

Covering over 1,300kms of country roads, the trip will be the biggest trip undertaken by CVI to visit and engage with our hardworking and sometimes isolated regional clubs.

Erica will be visiting these clubs to discuss the new 2016-18 Strategic Plan, the soon to be released redeveloped Star Club program and to learn more about the unique issues facing our regional membership.

We look forward to further engaging with our Club Network in 2016!



Club Community Development Manager Erica O'Brien with Volaire Calisthenics College receiving their Star 2 Club Certificate



FIND OUT HOW CLUBS USE STAR CLUB...

Bentleigh Calisthenics Club Star Club 4

Bentleigh Calisthenic Club decided to engage the Star Club Program to help support their volunteers and committee members. Through the Star Club Program, Bentleigh has put in place a number of planning resources that will support their club over the next few years, including how to market themselves in the local community, create coaching contracts and succession planning for committee members. The Star Club Program has enabled their committee members and coaches to enhance their skills in different areas such as complaints handling and providing a safe environment for their pupils.

Melinda Jackson-Sossi, Bentleigh Calisthenics College Administrator says "we are now a Star Four Club and that is something we take great pride in. It's great to have CVI staff visit the club and present our certificates, as it allows our students and parents to see all the hard work that happens behind the scenes. We found the Star Club program extremely worthwhile for our club, we have found the process easy to follow and the support provided by CVI to be very helpful."



Kingston Calisthenics Club Star Club 3

Since being introduced to the Star Club program, Kingston Calisthenics Club has successfully improved a number of their policies and created a complaints policy, team selection policy and electronic and social media communication policy. These policies have provided consistency and clarity for their members. Kingston have greatly improved their injury management documentation and now have an injury procedure policy, which has been communicated to all of their coaches for consistency in dealing with injuries. Kingston's constitution has been amended to align with current legislation and they have introduced a volunteer checklist enabling their new volunteers to feel equipped and informed of their role and responsibilities prior to commencing their position.



East Gippsland Calisthenics Star Club 2

Since implementing the Star Club Program, East Gippsland Calisthenics' communication methods have greatly improved as they now use newsletter and club handbook templates to efficiently relay important information to their members. Using templates created by CVI has reduced the administrative time of these tasks, as they do not have to produce any material and now communicate with their coaches and members in a timely manner.



The Judges Journal

A note from the A.S.C.A.-February 2016
Australian Society of Calisthenics Adjudicators (VIC)

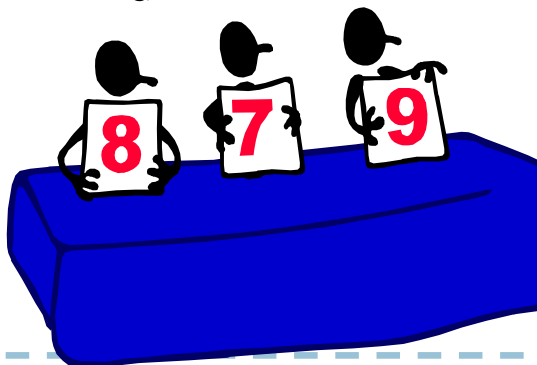
Welcome back everyone to another great year of Calisthenics!

A.S.C.A looks forward to the challenge of adjudicating in 2016 and the exciting choreography and technique our creative and dedicated coaches will present to us.

As we kick off 2016, we recommend that all coaches review the Rules and Banned Movements media carefully. The Australian Calisthenic Federation has made changes to these rules and penalties are extremely disappointing for all concerned parties. You can find the latest Rules and Banned Movements video on the ACF's YouTube channel
<http://bit.ly/ACFYouTube>.

We would like to take this opportunity to congratulate and recognise some outstanding achievements for individuals in A.S.C.A Victorian Branch.

Firstly, we wish to congratulate the incoming A.S.C.A. Victorian Branch President Alison Lewis. Alison is extremely dedicated and hardworking and deserves this recognition for her contributions to A.S.C.A and calisthenics. We wish her the all the best for her time in office and look forward to seeing her energetic and positive energy as President.



Recently, Kerry Sargent has passed her final exam and will now enter the wonderful world of adjudicating. Best wishes for your future adjudications and congratulations on this achievement. We are also pleased to announce Melinda Moutsos is commencing her first year in the Cadet programme.

This year, Glenda Sellick and Shirley Pettitt will be representing ASCA Victorian Branch at the ACF Nationals to be held in Adelaide in July. These two adjudicators are both highly experienced and knowledgeable and will represent the Victorian Branch of A.S.C.A with a professional and fair style. We hope you both have a wonderful time.

A.S.C.A would like to acknowledge and thank Shirley Pettitt upon the completion of her tenure as ASCA Victorian Branch President. Shirley has worked tirelessly for the past 5 years and her hard work and dedication has been deeply appreciated by everyone involved with the A.S.C.A Victorian Branch. Shirley was also awarded a Life Membership to A.S.C.A Victorian Branch in February at the A.S.C.A Victorian Branch Annual General Meeting. This is a truly honourable achievement and we were delighted to be able to present Shirley with this recognition.

Congratulations also to Bronwyn Lloyd on receiving a 40 Year Service Certificate to A.S.C.A Victorian Branch.

With the solo and duo competition season well underway, we wish everyone involved good luck for the remaining competitions and we look forward to watching you all grow and develop your skills as performers.

Recognising Shirley Pettitt

After 5 successful years, Shirley Pettitt has completed her tenure as President of the Australian Society of Calisthenic Adjudicators (A.S.C.A), in February 2016



Shirley joined A.S.C.A in 1998 and achieved adjudication accreditation level Pre-Elementary in 2001 and diligently maintained her accreditation. Shirley advanced through the accreditation levels to become Advanced 2 in 2010, when she completed her Research Paper "Political Correctness in Calisthenics" to be accredited with Advanced 2 Maintenance.

In 2002, Shirley became a general committee member on the Victorian Branch Committee, Vice President in 2007, Victorian Delegate on the Adjudicators Advisory Board (AAB) in 2008 and President of A.S.C.A in 2011.

Her high ethical standards has contributed to her reputation as a highly skilled and professional adjudicator, having received invitations to adjudicate at metropolitan, country Victorian, RSSS and interstate competitions, as well as assisting with State Team training sessions.

Shirley has shown ongoing dedication by her involvement at meetings, seminars, conferences and with the training of Cadets, both Victorian and through Distance Education. She has presented many seminars where her expertise has been shared with all the A.S.C.A membership.

We greatly appreciate her incredible dedication to improving the A.S.C.A and Calisthenics.

MOOMBA FESTIVAL PARADE 2016



Meet some of the EPP Team

Good luck to all of the participants for the exciting year ahead.

Maddison Smith International Team

Maddi has been participating in Calisthenics for 21 years and has been in three state teams, awarded best club girl at Emmanuel and received her Silver Medal with Honours in her 2016 Skills examination. Not only a participant, Maddi has helped with numerous age divisions as an assistant coach and is currently coaching soloists.

As a member on the International Elite Performance Team, Maddi is extremely excited at the opportunity to perform in America. "I thought it would be really exciting to be part of something new for Calisthenics."

"I have always loved state team but this is something entirely different. Also having the opportunity to travel overseas doing what I love was pretty hard to pass up! I'm a huge Dance Moms fan so I'm really excited that we get to do a workshop at the Abby Lee Dance Company in Los Angeles. We also get to perform in the Disneyland parades, which I think will be amazing."



Chantelle Pitruzzello Domestic Team

This is Chantelle's 6th year of Calisthenics and she is a sub-junior at Bentleigh Calisthenics College. Chantelle has competed in solos and team competitions and this year decided to expand her calisthenics experiences and join the inaugural Elite Performance Domestic Team.

Don't be fooled by her size, this little pocket rocket is full of energy and enthusiasm and loves to challenge her skills. Her mum Kylie Pitruzzello has been involved with the sport for many years as both a competitor and coach and loves seeing her daughter perform. Kylie says Chantelle is extremely motivated and loves meeting new girls from other clubs.



Chantelle says "I love calisthenics and getting flexible. I like to make new friends and I love dancing to music."

As a part of the EPP's domestic team, Chantelle's first performance was at the Moomba Festival. Chantelle was eagerly awaiting this event as she was extremely excited to meet the first female jockey to win the Melbourne cup. Chantelle has also performed at Federation Square in a flash mob to raise awareness for Kidzaid Australia in the lead up to the Royal Childrens Hospital's Good Friday Appeal.

As a part of the Elite Performance Domestic Team, Chantelle will continue to perform at exciting events in and around Melbourne.

Club Member Protection Information Officer Training Opportunities

Member Protection Information Officers play an important role in sporting organisations and clubs. They can provide advice and share knowledge and are a valuable tool for anyone looking to discuss concerns or problems about the organisation or club.

Sport and Recreation Victoria have released new training dates for 2016 so clubs can upskill committee members and volunteers to become Member Protection Information Officers. The training consists of an online component (modules) and face to face training.

The online component is a pre-requisite for attending the course, which can be completed at <https://learning.ausport.gov.au>.

If you would like to register your interest in attending the course, please contact CVI Club and Community Development Manager, Erica O'Brien at erica.obrien@calisthenics.asn.au

The date for the face to face training is:

Monday, 23 May 2016 from
11:00am to 2:30pm

This session will be at
3/204 Lygon St, Carlton
VIC 3053

Where would you like to go today?

2016 End of Year Celebration Cruise

Departs 09 December 2016 for 3 nights

P&O Cruises Pacific Jewel
Melbourne – Melbourne

Outside Twin from \$699*_{pp}
Outside Quad from \$559*_{pp}



*Contact Heather for complete details.



To find out more contact:
Heather your personal
travel manager

M: 0412 182 112
E: heather.taylor@travelmanagers.com.au
travelmanagers.com.au/HeatherTaylor

Part of the House of Travel Group ACN: 113 085 626 Member: IATA, AFTA, CLIA

Still on stage at 80, congratulations Joan Bos on this incredible achievement

Joan has had an incredible 66 year affiliation with Calisthenics as a participant, mum, grandmother, supporter and Committee Member.



Picture: Joan with her daughter Pauline and her granddaughter Ashlea

Since beginning calisthenics at the age of 3, Joan fell in love with calisthenics at Newport Calisthenics. Joan competed until the age of 21 when she started married life and a family.

Many years later, Joan returned to Calisthenics at the age of 50 to compete at Donvale Calisthenics Club to help bring up the numbers in the Seniors team. This led to another 5 years of competitive participation at Donvale Calisthenics Club as a Senior. In 2005, Joan returned to the sport she loved as a participant and joined Donvale's Recreational Masters team at the age of 71. In 2013 Donvale's Masters became competitive and Joan was back on the stage in a leotard at 77 years old doing what she loved. Joan is still competing and this year will perform on her 80th Birthday.

Joan's association with Donvale began back in 1972 when she enrolled her first daughter. Later all four of Joan's Daughters competed with Donvale for a number of years, and one of her daughters is still a current member along with herself in the Masters team. Adding to that two of her grandchildren have also competed with the club and this year Joan will see her youngest granddaughter Ashlea follow the Bos family tradition in joining Donvale in the Tinies section. Joan's daughters Anne and Wendy also participate in calisthenics in Queensland.

This year, Joan will be awarded for her 40 years as an active member of Donvale Calisthenics Club.

Well done Joan on this amazing achievement!



1967 - 2016

50TH ANNIVERSARY CELEBRATION
WE ARE LOOKING FOR YOU!

Have you attended Doncaster Calisthenics Club?
Doncaster are looking for everyone who has been involved with the club to join in this exciting and social event.

WHEN: Sunday 19th June 2016

TIME: 1pm to 4pm

Contact: Christine White on
9848 1093 or 0400 594 961 or email
crispywhite@gmail.com



Upcoming Solo Competitions

Competition Name	Items Offered	Competition Dates
South Eastern	Cali Solos and Duos	15-17 April
VCCA	Graceful Solos	15-17 April
CVI State Championships	All Solos and Duos	22 April-1 May



If you have news you would like to publish in Clublink please email
marketing@calisthenics.asn.au

6/104 Ferntree Gully Road, PO Box 8041, East Oakleigh VIC 3166 • 9562 6011 • www.calisthenics.asn.au • admin@calisthenics.asn.au • Registration # A10266

