

# CLUBLINK



Calisthenics Victoria Inc.

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June 2016

## Elite Performance Team



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The 2016 Elite Performance Team (EPP) with their 2016 team certificates at the Celebrating Calisthenics High Tea on Sunday 22 May.

Participants from many Victorian clubs have come together in the Elite Performance Program to develop their skills and to perform at exciting events in Melbourne. The International Team will depart for Los Angeles on July 1st for a ten day trip, where they will perform at iconic locations including Disneyland!

Congratulations to the Domestic Team and International Team on their participation this year, we can't wait to see what you do next.

# Presidential Welcome



CVI President  
Angela Wijeratne

Welcome to another Clublink.

I would like to welcome our newest CVI Members who are experiencing the excitement and anticipation before team competitions for the first time. I am sure you are as busy as I am, getting ready for the competition season.

On July 1st, the Elite Performance Team will head off to the United States of America. This is an amazing opportunity for our International Team to showcase our sport to international audiences.

Although this is not the first team to demonstrate our sport in the states, this is the first team that combines so many participants from different calisthenics clubs.

I would like to wish the team, coaches, committee, families and volunteers a safe journey and most of all have fun. I am confident that you will do calisthenics proud.

The 2016 Annual General Meeting (AGM) was held at Greenacres Golf Club on Sunday 29 May. On behalf of the CVI Board,

I thank everyone for their interest and commitment to our sport. I was very proud to be re-elected as President for a two year tenure and I thank the calisthenics community for their ongoing support.

I also congratulate fellow board members in being elected:

- Margaret Sprague - Secretary
- Shirley Pettitt - Director of Competitions
- Shane Bond - Director of Finance
- Les Margaris - General Member

The CVI Board is now back to work as we move to deliver on the 2016-2018 Strategic Plan and the business of CVI. I know that the entire Board are all committed to achieving the best outcomes for CVI and our members.

To all our clubs, administrators, coaches, adjudicators and participants, CVI are here to support you.

On behalf of the CVI Board I wish you all a fantastic Team Competition Season.

## Volunteer at the 2016 CVI Victorian State Championships!



The State Championships Committee are calling for volunteers to assist with the coordination of sessions at the 2016 CVI State Championships from mid-August to the start of October.

This year we are using three venues, the Besen Centre, Kel Watson Theatre and Ulumbarra Theatre in Bendigo. This means there are many roles that need to be filled, the committee would love to get some new volunteers to join their wonderful team.

Volunteering is a wonderful opportunity to be involved with calisthenics in a new way, make friends and contribute to the Victorian State Championships.

Expression of Interest forms are available on the CVI website at [www.calisthenics.asn.au/volunteering](http://www.calisthenics.asn.au/volunteering) or alternatively you can contact the Volunteer Coordinator via email: [volunteer@calisthenics.asn.au](mailto:volunteer@calisthenics.asn.au).

The 2016 Celebrating Calisthenics High Tea, attended by over 290 guests, celebrated the best of Victorian Calisthenics at the RACV Club, Melbourne. Celebrating Calisthenics will become an annual event, designed to award and acknowledge deserving volunteers, participants and ambassadors of Calisthenics across the state of Victoria. Next year we will involve the broader calisthenics community by uniting Victorian Adjudicators, Coaches and the Skills Programme at one showcase event to celebrate all facets of Calisthenics.

The 2016 Club Volunteer of the Year Award was received by Lyn McKenzie, from Glenroy Calisthenics Club.

The CVI Volunteer of the Year was awarded to Gail Draper from Avonde Calisthenics College.

The Service to Calisthenics Award was awarded to Ron Harrington, OAM, from the Royal South Street Society.

The Calisthenics Ambassador Award, sponsored by TryBooking, was received by Narelle Potter from Crown Calisthenics College.

We would like to thank Georgie Ward, who was our Master of Ceremonies, our wonderful award presenters, 2015 Service to Calisthenics recipient Liz Hickey, 2015 CVI Volunteer of the Year, Bev Reddie, Trybooking's Business Development Director, Delma Dunoon, Vicsport General Manager, Meghan Albert and EPP Team Manager, Portia Branton.

Congratulations to all of our wonderful nominees who do an outstanding job to support their clubs and our sport.

Club Volunteer of the Year nominees;

- Barbara Booth - Kingston Calisthenics College
- Andrew Naris - Beejays Calisthenics Club
- Lyn McKenzie - Glenroy Calisthenics Club (recipient)
- Kerry Williams - Berwick Calisthenics Club
- Fay Patterson - Bentleigh Calisthenics College

CVI Volunteer of the Year nominees;

- Bronwyn Poole
- Carol Swart
- Gail Draper (recipient)
- Joscelyn Brown
- Karen Rowett

Service to Calisthenics Award nominees;

- Ron Harrington OAM (recipient)
- Julie Waites
- Bronwyn Lloyd
- June Pearson

Calisthenics Ambassador nominees;

- Brooke Synnott
- Emily Keane
- Narelle Potter (recipient)



CVI Volunteer of the Year  
Gail Draper  
Avonde Calisthenics College.



Service to Calisthenics Award  
Ron Harrington, OAM  
Royal South Street Society



Calisthenics Ambassador Award,  
sponsored by TryBooking,  
Narelle Potter  
Crown Calisthenics College.



Club Volunteer of the Year  
Lyn McKenzie  
Glenroy Calisthenics Club.

# Regional Road Trip



Committee Members Amanda and Tammy, with the Horsham Calisthenics Club, Juniors and their coaches.



Warrnambool Calisthenic Club, Inters with Cali Bear.

In May 2016, CVI's Club and Community Development Manager Erica O'Brien visited;

- Rich River Calisthenics Club in Echuca,
- Murray River Calisthenic Club in Rutherglen,
- Greater Valley Calisthenics Club in Shepparton,
- Swan Hill Calisthenics Club,
- Horsham Calisthenics Club,
- Portland Calisthenics Club,
- Warrnambool Calisthenics Club,
- Mt Shadwell Calisthenics Club in Mortlake.

Erica said "our regional clubs are working incredibly hard to provide their pupils with the best resources to enjoy calisthenics. Meeting everyone was an absolute pleasure and I enjoyed getting to see their venues and classes".



Murray River Calisthenics Club, Preschool team.

Sharon Bell from Warrnambool Calisthenic Club said, "thank you Erica for taking the time to visit the country clubs. It was fantastic to put a face to the person on the end of the phone or email and to have a chance to discuss the direction of CVI and our club. The Inters also got to meet Cali Bear, which was a highlight".

Amanda Craig, Treasurer Horsham Calisthenic Club said, "thanks for making the journey to Horsham. It was great to be able to discuss calisthenics issues face to face. We appreciated receiving our Star Club 2 certificate and it's good to know we are on the right track to achieving Star Club 3. Our Juniors enjoyed Cali Bear (and we have one Senior who was excited to put her acting skills to good use). We would love to see more visits in the future!"



Aimee, Kate and Lyn from Greater Valley Calisthenics Club.

Kelli O'Meara Murray River Calisthenic Club said, "we were lucky enough to have Erica visit. As a new recreational club, this was extremely exciting! We are learning so much about the Calisthenic World. The girls particularly loved "Cali Bear." This gave our little preschool class the opportunity to show off the skills they have learnt so far in a fun filled environment. It's such a big step to open a brand new club, but having Erica attend, she could see how we do things and offer support in areas we may not have thought about, allowing us to gain better knowledge of the calisthenic world and working with CVI to make our sport grow in the area."



Rich River Calisthenics Club, Juniors.

## CVI State Title Winners Kathryn Andrews and Honoria Roffey



### RSSS finalists for Graceful Competition

- Morgan King - Merinda
- Amy Smith - Jeaden
- Erin-Louise Gibbs - Ceres
- Sarah Calleja - Regent
- Olivia Bouloukis - Jeaden
- Jessica Bouloukis - Jeaden
- Sarah Clark - Laurimar
- Callista Reed - Regent
- Sophie Appel - Jeaden
- Nikita Collins - Jeaden
- Karly Smith - Jeaden
- Rachel Dowling - Merinda
- Julia Doig - Ceres
- Angeline Labra - Jeaden
- Kathryn Andrews - Ceres
- Charlotte Lord - Jeaden
- Honoria Roffey - Merinda
- Maddison Tetlow - Crown
- Eliza Whitford - Jeaden
- Leah Street - Crown

### RSSS finalists for Calisthenic Competition

- Bree Lucas - Robynmore
- Callista Reed - Regent
- Chelsea Priamo - Ceres
- Honoria Roffey - Merinda
- Jaclyn Munro - Robynmore
- Julia Doig - Ceres
- Karly Smith - Jeaden
- Kathryn Andrews - Ceres
- Katie Johnstone - Emmanuel
- Lauren Farrelly - Merinda
- Liani Hedge - Ceres
- Maddison Smith - Emmanuel
- Maddison Tetlow - Crown
- Marlee-Shae Holden - Jeaden
- Nicole Sheridan - Robynmore
- Rachel Dowling - Merinda
- Renae Augerinakis - Robynmore
- Sally Uldrikis - Westcoast
- Samantha Stewart - Sovereign
- Sarah Calleja - Regent

## Join the 'Calisthenics Victoria Club Marketing Support' on Facebook

The CVI Marketing team have created a Facebook marketing group which is designed to help improve your club's marketing campaigns and social media pages. It is important that you are connected with your club's members and the community. We want to ensure you are up to date with new ideas, features and to answer any questions you have about marketing.

We are encouraging Coaches and Committees to join this group, just search for 'Calisthenics Victoria Club Marketing Support' on Facebook!

# Member Benefit Partners

To find out about the fantastic discounts these Member Benefit Partners provide exclusively to our 2016 CVI Members, please visit our website on [www.calisthenics.asn.au/memberbenefit](http://www.calisthenics.asn.au/memberbenefit)

2016 Membership Cards will be distributed shortly



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Tooradin Calisthenics Club held their annual Think Pink week from 9th-14th of May.

Tooradin Calisthenics Club supports the Think Pink Foundation and Think Pink's Living Centre in their aim to 'provide practical support for people diagnosed with breast cancer'. In an effort to raise funds Tooradin's coaches and pupils came dressed in pink to class and provided a gold coin donation. Cali Bear also joined in with all of Tooradin's classes during the week.

The week concluded with a High Tea celebration on the 14th of May, celebrating all the hard working women at Tooradin Calisthenics Club.

Over the course of the week, Tooradin Calisthenics raised an amazing \$500. This will go towards helping to provide financial, emotional and physical support to those who are having ongoing treatment for breast cancer.

## *Studio Concert for Recreational Tinies*

Sterling Calisthenics is running a Studio Concert for Recreational Tinies. This concert is on Sunday 11th September, 11 am, at 21 Melverton Drive in Hallam. Sterling is inviting all clubs with recreational tinies teams to participate!

There are no rules about how teams present - for example, all teams can have a coach perform on stage. However please ensure that all participants are registered with Calisthenics Victoria Inc for insurance purposes.

All participants are presented with a certificate at the end of the concert. There is no entry fee, although, Sterling does ask that each club donates a raffle prize.

If you are interested in joining this event please contact [info@sterlingcalisthenics.com](mailto:info@sterlingcalisthenics.com).





Here are some of our talented Victorian Calisthenic Students who completed their Gold, Silver and Bronze medal examinations, Kathryn Andrews, Maddison Smith, Jessica Bouloukis, Megan Gentner, Amy Smith, Olivia Bouloukis, Emily Smith and Charlotte Lord.



# Skills Corner

## 2016 Medal Exam Results - outstanding achievements!

This year's medal exams were conducted on two dates at two locations. Thank you to the candidates and coaches who accepted these changes, and presented beautifully. Entries were once again high in number; particularly at the Silver Medal Level.

Presiding Victorian Examiners:  
Mrs Julie Fox and Mrs Roberta Dwyer-Smith.

We applaud the following candidates for their achievements - congratulations!

Gold Medal	Club
Jessica Bouloukis	Jeaden
Megan Gentner	Hawthorn
Amy Smith	Jeaden

Silver Medal	Club
Kathryn Andrews	Ceres
Olivia Bouloukis	Jeaden
Julia Doig	Ceres
Rachel Dowling	Merinda
Honoria Roffey	Merinda
Emily Smith	Jeaden
Maddison Smith	Emmanuel
Chelsea Treseder	Canadian Bay

Bronze Medal	Club
Jessica Harding	Merinda
Charlotte Lord	Jeaden
Melissa Parkhurst	Chadstone
Nicole Stojcevski	Newport

All girls will receive their medals and certificates at the  
2016 CVI Victorian State Championships Team  
Competitions.

For more information please contact Elizabeth  
Hickey, CVI Skills Convenor  
Mob: 0419 222 771 Email: [skills.vic@calisthenics.asn.au](mailto:skills.vic@calisthenics.asn.au)

# Australian Society of Calisthenics Adjudicators Victorian Branch



We have viewed some wonderful performances during the 2016 Solo and Duo Competition season. We have been extremely pleased by the high standard of technical skill demonstrated by competitors and thrilled by the artistry of the items. Musical choices and choreography have been most appropriate to age groups and have suited the capabilities of each performer. We congratulate all concerned on the careful training, attention to detail and presentation of competitors.

In preparation for the team competition season, we would like to remind everyone to view the banned movements video and take note of changes since 2015. Please also re-read the ACF rules to ensure that your items comply. Making deductions for breached rules is not something that anyone enjoys, especially the adjudicator who has to enforce the penalty!

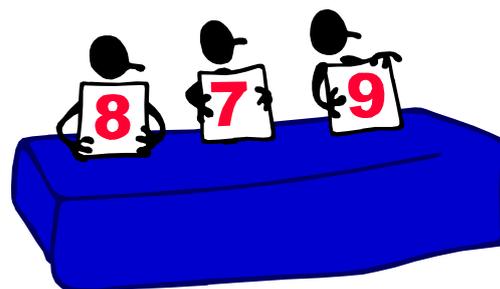
As the 2016 National Competition approaches we, as an association, wish our representatives, Shirley Pettitt and Glenda Sellick, all the best for a most rewarding and enjoyable experience. It will be a different National Competition without Victorian representation, but we are sure that Shirley and Glenda will represent ASCA Victorian Branch professionally and proudly.

We also congratulate Kerryn Waddell on her appointment to the PanPac Competition on the Gold Coast. We know that Kerryn will do an excellent job in representing the ASCA Branch.

Following on from 2015, we are again trialling a new style of critique. The Junior and Senior sections at all competitions will be involved in the trial. The critiques have been modified slightly from those trialled in 2015. We look forward to feedback from all coaches at the end of the competition season, so that we can make adjustments and better meet your needs with regard to content of critiques.

To all involved, we hope that the 2016 Team Competition season is both exciting and rewarding and we look forward to viewing each unique item.

Good luck!



## Bev Reddie

From 1962 to 1966 Bev Reddie was a member of the Regent Club and prior to this, a member of a local church club from Junior age.

Bev moved to Canberra in 1966 for 35 years. For many years Bev acted as the State Team Manager, chaperoning teams to the Nationals. Before returning to Melbourne in 2001 Bev was awarded a Life Membership of Calisthenics ACT. Back in Melbourne, Bev was invited to join the CVI State Championships Committee. From 2002 until 2007, Bev was the Administration Officer in the VCCA office. Bev has been volunteering at CVI since 2002, helping with both the solo and team competitions, working behind the stage and working in the office to ensure that the competitions run smoothly.

Bev is no doubt a valuable asset to the CVI State Championships Committee and goes above and beyond in helping calisthenics grow and develop. We appreciate her many years of dedication and congratulate her on all of her achievements.

## Bronwyn Lloyd

Bronwyn Lloyd joined calisthenics as one of 60 Juniors at Ashburton Baptist Girls Gymnasium. She was also a member of the South Oakleigh Methodist Calisthenics Club and moved to Clifton Calisthenics College as a senior.

Bronwyn has not only been a participant and coach but has acted as a mentor to the other coaches. She has been heavily involved with the VCCA (previously known as the VCTA) and was awarded VCCA Life Membership, after being President for 6 years. Bronwyn has been an adjudicator for 40 years and was one of the inaugural members of the ASCA Victorian branch. She has served on the ASCA Committee and represented ASCA on the CVI Board of Management. Bronwyn is also a Skills examiner and a member of the Examiners Advisory Board.

It is clear that the many different roles Bronwyn has taken in calisthenics shows her dedication to the improvement of this sport and its members. We congratulate her on a wonderful history of calisthenics involvement.



Bev Reddie and Bronwyn Lloyd at the 2016 AGM

# 2016 Annual General Meeting



In order from L-R Margaret Sprague, Shane Bond, Keira Cowell, Julie Fox, Angela Wijeratne, Jessica Quayle, Pippa Sampson, Les Margaris and Matthew Brown.

The Calisthenics Victoria Incorporated (CVI) Annual General Meeting (AGM) took place on the 29 May 2016 at 10am in Green Acres Golf Club, Kew East, Melbourne.

The results for these elections were based on a 2 year tenure and are;

- Angela Wijeratne was re-elected as President.
- Shane Bond was elected unopposed as Director of Finance.
- Shirley Pettitt was elected as Director of Competitions.
  - Margaret Sprague was elected Secretary.
  - Les Margaris was elected General Member.

They join our current CVI Board members;

- Jessica Quayle, General Member;
- Pippa Sampson, General Member;
- Keira Cowell, Director of VCCA; and
- Julie Fox, Director of ASCA (Victoria).

**Find out more about our newly elected board members;**



## Angela Wijeratne - President

As President I bring to the role valuable leadership skills recognising that leadership is a varying and evolving role to which I have handled with calm and mindful professionalism. My experience and confidence has grown in two years, thanks to the support received from the calisthenics community. I would like to engage more with members moving forward and will make a commitment to ensure that I become more visible in the future. With most of our work in the previous two years being governance based policy development and business development, it has left little time to engage on a personal level.

I am an experienced and well respected professional administrator having owned and operated our private company for 25 years.



### Shane Bond - Director of Finance

I have been privileged to play the support role in my family to three women who absolutely love what they do. My perspective on calisthenics comes as a father to two daughters who eat, sleep and breathe the sport and who have been very successful as participants and coaches over their years; and as a husband. From both of these perspectives, I love what calisthenics has given my family.

In my professional career, both in the Financial Services industry as well as a VFL Footballer, I have witnessed significant periods of change and growth. Calisthenics is a sport built on a strong proud history, with beautiful traditions and practices, and it is a sport that plays a huge role in people's lives.



### Shirley Pettitt - Director of Competitions

My almost innate knowledge of calisthenics comes from being a participant, coach, and adjudicator and of course a mother. I love that calisthenics is a sport that carries on through the generations, linking us all together. I respect and value this tradition very much.

To complement my knowledge is my experience on a number of boards and committees including:

- ASCA - Immediate Past President (5yrs)
- ASCA - Committee Member since 2003
- ASCA - Assistant Secretary, Vice President
- Victorian Competition Committee (7 years)
- Adjudication Advisory Board (7 years)
- ACF Committee of Management, Director of Planning (3 years)

I am also a VCCA Life Member, ASCA Life Member and was awarded the Sport & Recreation Victoria 'Official of the Year' in 2008. With over 40 years in the Education Department, my professional life has provided me with an insight into how to embrace and implement change effectively. The introduction of technology, improved processes and a change in the way communities work and communicate are all changes that resonate well with the needs of our sporting community.



### Margaret Sprague - Secretary

I love calisthenics and have been involved in the sport for over 60 years, as a competitor, coach and parent. However, I have found that my passion for sports administration has driven some of my key achievements in calisthenics, including founding and remaining involved with Bundoora Calisthenics since 1968, managing the Northern Competitions for 15 years and being a part of the Victorian Competitions Committee where I was involved in creating the first Competitions Rules and Regulations Manual for all Victorian competitions.

Outside of calisthenics, I have also served in administration roles in other sports including Basketball and Ballroom Dancing.



### Les Margaritis - General Member

I bring a fresh perspective to the CVI Board, with two daughters who are relatively new to calisthenics. With over 25 years' experience in the Corporate Services arena, I currently hold the position of Manager, Accounts Receivable within the Department of Health and Human Services (DHHS). In my time at DHHS I have served on several committees and have had the opportunity to serve as President of the Deaf and Hard of Hearing Service Centre (DHHSC).

My fresh outlook, combined with my extensive experience serving on a Board offers the CVI Board and the members with a strong sense of balance, professionalism and specific expertise.

## Anniversary at...

### St Marks Calisthenics Club

St Marks Calisthenics Club celebrated 80 wonderful years in May! Held at the Meadows function centre, 180 past and present members were on hand to reminisce, share stories and celebrate this significant milestone. The room was filled with everything black, green and gold including old photos, competition programs, costumes and other special memorabilia. A highlight of the evening was Life member, past pupil and Calisthenic Legend Di Lukey, creating lots of laughter with her accounts of her time at St Marks, including a small performance by some of her ex-team mates.

CVI's Club and Community Development Manager, Erica O'Brien, was on hand to join in the festivities. "Congratulations to St Marks CC on such a wonderful achievement, and thank you for the opportunity to be involved in the celebrations. CVI are proud of the great work St Marks have done and look forward to continuing to work with the club for the next 80 years!"



### Balmoral Calisthenics Club

2016 marks the 60th year of existence for the Balmoral Calisthenics Club. The club celebrated this anniversary with a celebration on the 28th May.

The display was a complete timeline of the major events that have happened at the club on a year by year basis as well as a list of all club members and team photos & class lists some of which went back to 1965. The night was hosted by our current President Jill Watts and included a short speech from Meryl Grieve, one of the original founding members of the club. The club began in 1955 when it was the Bentleigh Methodist Girls Gymnasium based in the church hall on the west corner of Balmoral Avenue and Centre Road in Bentleigh. In 1980 the name was changed to Balmoral Calisthenics College after the name of the street where the Church hall still stands.

Almost 70 members, past and present gathered together at the South Oakleigh Club to celebrate the history and future of this great club.



It is a Club's responsibility to provide a first aid qualified person and a first aid kit for their team members at a competition.

All qualified/registered Coaches will have a current first aid certificate, however they are sometimes unable, to provide adequate first aid treatment during the competition. For this reason, we suggest that you nominate a qualified first aider to attend to your team's needs.



#### Suggested first aid kit:

- Adhesive micropore tape 2.5cm & 5cm - 1 roll x each
- Antiseptic spray - 1 x 50ml bottle
- Antiseptic wipes - 10
- Bandages (gauze) 5cm & 10cm - 2 rolls each
- Band-aids - small box
- Elastoplast (narrow) - 1 roll
- Elastoplast (wide) - 1 roll
- Foam/felt pads - assorted
- Gloves (disposable) - 1 box
- Ice Packs (instant and reusable) - 5 (minimum)
- Safety pins - 1 pk assorted
- Sanitary pads & tampons - assorted
- Scissors blunt ended - 1 pair
- Saline ampoules - 10
- Swabs, pre packed antiseptic - 1 pk of 10
- Wound dressings (sterile, non-adherent) - 10 assorted
- Thermometer - 1
- Torch and batteries - 1 small
- Triangular bandage/sling - 2
- Tweezers - 1

Note: These quantities are recommendations only. Your kit should have extra supplies and you should replace all items at least once a year.

## Sponsor an item at CVI State Championships

An invitation is extended to all Clubs, parents, former pupils, Coaches and Calisthenic supporters, to sponsor all or part of the prize money for an item at the 2016 Victorian State Championships. The financial support of our generous donors help offset the enormous costs associated with the staging of the State Championships.

- \$100 will fully sponsor an individual March, Clubs, Free Exercises, Rods and Aesthetics / Rhythmical Aesthetics section, this will be awarded as \$50 for first prize, \$30 for second and \$20 for third.
- \$125 will fully sponsor an individual Action Song, Folk Dance, Dance Arrangement, Rhythmic, Song & Dance, Calisthenic Revue section, this will be awarded as \$60 for first prize, \$40 for second and \$25 for third.
- You may sponsor either 1st, 2nd, or 3rd prizes individually instead of the entire section as per the prices above.

Unless otherwise advised, all sponsors will be acknowledged by the MC of sections sponsored and in the program. To sponsor an item, please email the State Championships Committee at [cvi.comp@calisthenics.asn.au](mailto:cvi.comp@calisthenics.asn.au) and include your name, address, phone number, email address and your first two preferences on which sections you would like to sponsor.

Payment must be completed through a bank transfer;

BSB: 0103599

ACC#: 386702629

Reference: SurnameSponsorship

In order to have your sponsorship recognised in the program, please contact the State Championships Committee and ensure your payment by Friday 22nd July!



Calisthenics Victoria Inc.

Team Competition Schedules available on the  
CVI website  
[www.calisthenics.asn.au/teamcompschedules](http://www.calisthenics.asn.au/teamcompschedules)



Robynmore Calisthenics College, image courtesy of Winkipop Media.

## Honour Roll

If you have been registered in a Victorian Calisthenic Club for 20 years, please send through your name and club for our 2016 Honour Roll that will be published in the next edition of Clublink.

Email details to [marketing@calisthenics.asn.au](mailto:marketing@calisthenics.asn.au)

If you have any news you would like to publish in Clublink please email  
[marketing@calisthenics.asn.au](mailto:marketing@calisthenics.asn.au)

Content deadline for the next edition of Clublink is September 31.

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