

# CLUBLINK



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Jeaden Calisthenics College



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### **2016 Senior Championship Aggregate Winners Jeaden Calisthenics College**

Congratulations to Jeaden Calisthenics College, Aggregate Winners of the Senior Championship Section, held on Sunday 25th September. We would also like to congratulate the Reserve Aggregate Winners, Ceres Calisthenics Club and the Championship teams from Avonde Calisthenics College, Crown Calisthenics College, Merinda Calisthenics College, Regent Calisthenics College and Robynmore Calisthenics College who did a phenomenal job in this truly spectacular section.



CVI President  
Angela Wijeratne

Welcome to the final Clublink for 2016.

As we approach the end of the 2016 Team Competition Season, we can reflect on all the wonderful memories made by Victorian Calisthenic Clubs.

With our CVI State Championships now finished, I was honoured to attend the Championship Senior section and was awe struck at the level of talent and athleticism of the competitors and the creative choreography by each of the talented coaches.

Now the historical Royal South Street Competition has begun I am sure that it will be a highly successful

competition during their 125th Anniversary year.

We are already 25% into our Strategic Plan and look forward to delivering the first of our major projects in the Strategic Competition Review. This will assist in developing and enhancing our competition structures here in Victoria for the future.

The CVI Board continues to work hard to deliver our sport in a family friendly and professional way. I appreciate the support from our volunteers and families participating in this sport we all love.

Wishing everyone the best of luck in for your Annual Concerts.

Kind Regards  
Angela Wijeratne

St Marks Calisthenics College



## Interested in joining the CVI Grading Committee?

CVI invites applicants to join the CVI Grading Committee from March 2017 as a General Member (1 position is currently available). However, you must be available to attend a full day meeting, on Saturday 25th of February.

The Grading Committee assesses the results of all of the competitions to determine Gradings for the following year. They also review/assess any requests for Gradings. The Committee meet on a regular basis as required, to successfully administer their area of responsibility. Each nominated position is inclusive of a limited tenure as stated in the position description.

Position descriptions are available by email from [admin@calisthenics.asn.au](mailto:admin@calisthenics.asn.au).

All applications will be treated confidentially and must be forwarded to the above email address. The application should include a letter outlining your personal, professional and calisthenics experience. Applications close 31 October 2016.

*Each year, we celebrate and congratulate Victorian Calisthenic participants who achieve fantastic milestones of involvement with the sport of Calisthenics. We have listed the current club these participants are registered with.*

## 20 years of Calisthenics

Natasha Longstaff, Berwick Calisthenics.  
Brooke Perry, Berwick Calisthenics.  
Lucy Quinlan, Sovereign Calisthenic College.  
Allana Mayne, Sovereign Calisthenic College.  
Jasmine Bennett, Glenroy Calisthenics.  
Lauren Snell, Donvale Calisthenics Club.  
Emma Cronin, Eltham Calisthenics College.  
Alyssa Naughton, Emmanuel Calisthenics Inc.  
Georgia Kennedy, Newport Calisthenics Club.  
Madeline Allen, Newport Calisthenics Club.  
Carla Barresi, Donvale Calisthenics Club.  
Rechelle Palmer, Donvale Calisthenics Club.  
Laura Brummell, Ceres Calisthenics Club.

## Congratulations to these participants who have surpassed the 20 year milestone

Jessica Broughan – 21 years, Merinda Calisthenic College.  
Lisa Boetti - 21 years, Merinda Calisthenic College.  
Kelly Alderson - 21 years, K&K Calisthenics Inc.  
Alicia Peers - 21 years, K&K Calisthenics Inc.  
Melissa Salau - 21 years, K&K Calisthenics Inc.  
Hannah Abidin - 25 years, K&K Calisthenics Inc.  
Leanne McKenner - 26 years, K&K Calisthenics Inc.  
Carolyn Bretag – 30 years, Raieburn Calisthenics Inc  
Elizabeth Dowsett - 32 years, K&K Calisthenics Inc.  
Deborah Walker - 42 years, K&K Calisthenics Inc.  
Ronice Ritter – 45 years, Kingston Gold Masters.



Carolyn Bretag

As Raieburn Calisthenics College celebrates their 30th Anniversary, they would like to acknowledge Carolyn Bretag on her 30th Anniversary with their College.

Carolyn has been involved in many different facets of the College and has always been committed to fundraising and event organisation. In 2011, Carolyn was awarded Raieburn Calisthenic College's overall club award "Miss Raieburn."

Carolyn works with the best interests of the club at heart which is greatly appreciated by everyone. Congratulations Carolyn.

## Four Generations Strong

70 years later, four generations of Maureen Wright's family continue their involvement with calisthenics in Ballarat.

Maureen Wright (Braybrook) first competed for the Glenola Calisthenics College in 1946. Maureen participated in calisthenics for 16 years and coached for 18 years. Maureen is still involved today with her "We Love Calisthenics" shop. In 1985, Maureen received the Aida Crabbe Memorial Trophy and the Joy Fildes memorial trophy in 1987, 1988 and 1990.

Maureen's daughter Dianne Lake (Oliver) and her niece Lindy Braybrook (Pilmore) later joined the Ballarat Calisthenics College, followed by Lindy's daughter Christy and more recently Maureen's great, great niece Olivia at Studio Arc in Ballarat.

Maureen loves being involved with calisthenics and says, "It is a great team sport and encourages excellent team work, confidence and good deportment. Besides good deportment, it taught me if you want to succeed in life you have to be a team player be it in school, at work, playing sport, in a relationship or as a parent. You will not succeed unless you work as a team with those around you. I am very proud and I hope more generations continue with Calisthenics."



Maureen Wright , Lindy Braybrook, Cristy Steinman and Olivia McKenzie.

# 2016 CVI State Championships

Crown Calisthenics College



Regent Calisthenics College



Avonde Calisthenics College



Ceres Calisthenics College



Leawarra Calisthenics College



*Thank you to all of our individual item sponsors. A special thank you to Royal South Street Society for sponsoring the Championship Senior section and Bella Dezigns for sponsoring the Championship Sub Junior section.*

# State Championships Return to Bendigo's Ulumbarra Theatre

*The 2016 CVI State Championships returned to the Ulumbarra Theatre in Bendigo for the second year in a row. 1,160 competitors from 59 clubs in Victoria travelled to Bendigo to compete in the CVI State Championships.*



Raieburn Calisthenics Inc, Division 9 Seniors, Aggregate winners.



From Left to right, Bendigo CC Volunteer Belinda Davies, Greater City of Bendigo Mayor Rod Fyffe, CVI CEO Matthew Brown, CVI State Championship Committee Member Catrina Salton.



St Marks, Division 6 Masters, Aggregate Winners.



Swan Hill, Division 11 Sub Juniors, Reserve Aggregate Winners.

Jeaden Calisthenics College



Congratulations to the winners of the memorial trophies presented during the 2016 CVI Victorian State Championships

Brianna Trophy

Division 6 Intermediate Calisthenics Revue Winner, Sunbury Calisthenics

Clifton Collegians Heritage Trophy

Division 1 Seniors Aggregate Winner, Jayde Calisthenics

Emma Bakes Memorial Trophy

(from Victorian Calisthenic Coaching Association)

Division 1 Senior Rhythmical Aesthetics Winner, Jayde Calisthenics

Empire Trade Trophy

Championship Reserve Senior Aggregate Winner, Emmanuel Calisthenics

Ilana Treagus Memorial Trophy

Championship Junior Aggregate Winner, Jeaden Calisthenics College

Jeanette Schreck Memorial Trophy

Championship Senior Aggregate Winner, Jeaden Calisthenics College

Joan Lloyd Memorial Trophy

Division 7 Senior Aesthetics Winner, Studio Arc Calisthenics

Karen O'Donnell Trophy

Championship Senior Rods Winner, Jeaden Calisthenics College

Maureen Connelly Memorial Trophy

Championship Intermediate Aggregate Winner, Jeaden Calisthenics College

Regent Trophy

Championship Sub Junior Aggregate Winner, Jeaden Calisthenics College

Waverley Trophy

Division 5 Junior Clubs Winner, Ellanda Calisthenics

# Australian Society of Calisthenics Adjudicators

## Victorian Branch

As we approach the end of the 2016 Team Competition Season, the members of the Australian Society of Calisthenics Adjudicators (ASCA) Victorian Branch congratulate everyone involved in what has been yet another wonderful year of Calisthenic performances.

We thank all of the talented Victorian coaches for their creativity and dedication. We hope each one of you has found the year rewarding and that you have enjoyed your teams' performances.

We thank parents and volunteers for their contributions to the competition season. Each competitor has a band of supporters without whom their performances would not be as rewarding.

The Competition Conveners and their support crew are a wonderful group of people who give so much for our sport. It takes countless hours to prepare and conduct the competitions and we are all extremely grateful to them.

To each participant, congratulations on the stage craft and performance skills you displayed this year. All members of ASCA hope you enjoyed your time on stage as much as we enjoyed seeing you perform. The confidence you show each time you step onto the stage is remarkable and something of which you should be extremely proud.



We congratulate our member, Deborah Godsell, on her appointment as coach of the 2017 Victorian Sub Junior State Team. Deborah is a very successful and talented coach, as well as a fantastic adjudicator and we know the Victorian Sub Junior State team will be in good hands.

This year, ASCA conducted a trial of new critiques in all Junior sections and Minimal Rules sections this year. We look forward to your feedback on the critiques which will be most valuable as we move through our trial process.

We wish all competitors the best of luck for the remaining competition. We hope that your end of year displays are successful and pay tribute to all of the hard work that has gone into each item this year.



Merinda Calisthenics College

## Gold Medal with Honours Jessica Bouloukis

Jessica Bouloukis has been competing at the Jeaden Calisthenics College for 18 years and assists in the Sub Junior and Intermediate sections.

Jessica was inspired to complete the Medal Program from her previous success of achieving honours in the ACF Skills Programme and for achieving an almost perfect score of 99 for both Grades 1 and 4. With this personal success and encouragement from her coach, Lucinda Williams, Jessica completed the Bronze Medal exam in 2014 and Silver Medal exam in 2015.

Jessica said, "my previous results made me want to challenge myself to strive this year to achieve Gold Medal with Honours, and I was very excited to showcase my performances on stage during the Intermediate Championship section."



## Gold Medal with Honours Amy Smith



Amy Smith has been involved with calisthenics for 15 years, is a Senior at Jeaden Calisthenics College and a qualified level one coach.

Achieving her Gold Medal was important as it completes the technical side of her calisthenics training. Amy credits and thanks her coach, Lucinda Williams, for all her training throughout the medal program, along with Jeanne Sorich and Kirrilly Wootton for their never ending support. Amy loved being able to share this Gold Medal experience with her teammate, Jessica Bouloukis, and congratulates Meg Gentner on her Gold Medal achievement.

Amy said, "The Skills Program – particularly the medals, offers the opportunity for participants to master their technique which is a critical component of our sport."

Meg Gentner began her calisthenic training at the age of 8 at Hawthorn Calisthenics College. Calisthenics was unknown to her and her family and she quickly fell in love with the sport.

Meg has been highly involved with her club, assisting in all sections and is currently coaching the Sub Junior section. Meg was proud to be the first member of her club to represent Victoria at Nationals. Meg decided to attempt the medal Program as another way to improve her calisthenics skills and worked hard to achieve the Bronze, Silver and Gold Medals.

Meg would like to thank her family for all of the support they have provided over the past 22 years and her coach, Iolanda Marinov, who has put hours of work into Meg's training and has provided her ongoing encouragement and support.

## Gold Medal Meg Gentner





## **2016 November/December Skills Exam Period Test 1 to Grade 4**

On-Line entry registration via Trybooking is now closed. Late entries are accepted up until 31 October 2016, via our Late Entry Form available on the CVI Website site, and with the additional late fee of \$25.00/pupil. No further entries will be accepted after this date.

The Victorian exam period runs from 21 November 2016 to 18 December 2016 in five regional centres and eleven metropolitan venues.

## **2017 Gold, Silver & Bronze Medal Examinations**

These stand-alone exams will be held in March 2017 at two Melbourne venues. Application is via a hard copy Entry Form available on the CVI Website.

As an incentive to Victorian members, there is a \$10.00 early-bird discount for those commencing at the Bronze Medal level if entries are received by 18 December 2016 (The final entry cut-off date is 13 January 2017).

The Victorian Skills Sub-committee continues to develop the significance of the Victorian Medal Exams with a view to increasing candidate numbers annually. All Medal achievers are acknowledged in CVI media and presented on-stage at a later date.

**Skills Exam Information is available on the CVI website,  
[www.calisthenics.asn.au/ACF-calisthenic-skills](http://www.calisthenics.asn.au/ACF-calisthenic-skills)**

## **Syllabus Resources**

Written Syllabus, Music and DVD (view/ download/uTube) at the ACF website  
[www.calisthenicsaustralia.org/sub-committees/calisthenics-skills/resources](http://www.calisthenicsaustralia.org/sub-committees/calisthenics-skills/resources)

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)



Grade 4 with Honours and Medalists presented at the 2016 Senior Championship section.

## 2016 Calisthenics Ambassador, Sponsored by TryBooking Narelle Potter



Narelle Potter with her solo coach and Assistant State Team Coach, Margaret Chrisfield.



RSSS Graceful Girl Winner 1992



1993 Nationals winner

### ***2016 Calisthenic Ambassador, Sponsored by TryBooking, Narelle Potter.***

Narelle has been involved with almost every facet of calisthenics and continues to dedicate her time to her pupils and to the development of the sport.

One of the greatest achievements for a calisthenic participant is competing in the Royal South Street Graceful Girl competition. In 1992, Narelle won this prestigious award and in the same year won the Senior graceful competition at the ACF Nationals.

“I was fortunate enough to win the National Titles and Miss Graceful Girl at Royal South Street in the same year. At the time of the win, especially at Ballarat it was so surreal. I remember exiting the stage of Ballarat, being grabbed by my coach Margaret Chrisfield and hugged so tightly, she was ecstatic and I was so thrilled at my performance. It was possibly the only time I was ever truly happy with myself. Everything had just finally come together and it was such an exhilarating feeling and such a sense of accomplishment, even before any awards were announced!”

Narelle has coached Championship teams, Victorian State Teams, soloists and ACF Skills Programme participants. Narelle says, “I was thrilled to be given the chance to give back to others and to be creative with choreography. The challenge of coaching and being creative in my choreography post university training was a logical step for me once I had fulfilled all my goals as a performer... My greatest achievement as a coach has been to push the limits of choreography with a team of girls of varying ability and produce truly breath-taking and memorable performances.”

Keep an eye out of the CVI Facebook page to see more from our fantastic Ambassador Narelle!



Calisthenics Victoria Inc.



## Victorian Coaching Leadership ACF Nationals 2017



### 2017 Victorian State Team Participant Recruitment has Begun!

To audition for the 2017 State Team, we are running workshops and auditions at the end of October and in November.

If you are interested in joining Victoria's State Team you must attend both the audition and workshop for your section.

At the workshop you will meet the coaching team, other special guests, learn choreography and get a deeper understanding of the State Team experience. An audition is more formal where participants are selected after performing choreography in small and large teams. The coaching leadership team will be present and a few additional selection panel members will assist in choosing the best competitors to represent Victoria.

Find out how to register on the Calisthenics Victoria Website at [bit.ly/2016stateteamregistrations](http://bit.ly/2016stateteamregistrations)

### 2017 Coaching Leadership Team

#### Senior Team

Co-coaches - Kerie Summers and Danielle Kenner

#### Intermediate Team

Co-coaches - Ella Freeman and Rhiannon Thompson

Assistant Coach - Alicia Gent  
Second Assistant - Jessica Jackel

#### Junior Team

Co-coaches - Stefanie Bond and Kylee German

Assistant Coach - Julia Doig  
Second Assistant - Lucy Quinlan

#### Sub Junior Team

Coach - Deborah Godsell  
Assistant Coach - Nicole Stojevski  
Second Assistants - Penelope Godsell and Samantha Paterson

Fundraise with us  
[Girllane.com.au](http://Girllane.com.au)



# Star Club

*Is your club a  
Star Club?*

***Congratulations to the following clubs and colleges for achieving the next level in the Star Club Program. Well done in particular to Arden Crescent Calisthenics Club on achieving Star Club 5.***



Arden Crescent Calisthenics  
Club



Kingston Calisthenics College



Doncaster Calisthenics Club  
Maroondah Calisthenics Club  
Merinda Calisthenics College

As the 2016 Team Competition Season draws to a close, it is time to start thinking about how calisthenic clubs and colleges will plan for 2017.

The CVI Star Club program was designed to support clubs to identify, prioritise and implement effective management processes in order to meet the changing demands of calisthenic clubs. In July 2016, the CVI Star Club Program was relaunched with new and improved Checklists and Resources.

CVI would like to thank and celebrate the Clubs that have already engaged into the program and increased their Star Rating. As your committee and coaches start planning for 2017 use the Star Club program as a resource to assist in this process.

To find out more contact CVI Club and Community Development Manager, Erica O'Brien on 03 9562 6011 or email [erica.obrien@calisthenics.as.au](mailto:erica.obrien@calisthenics.as.au).



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**CONTACT US NOW**

# Royal South Street Society

To celebrate its 125th Anniversary, the Royal South Street Society introduced the Calisthenic Solo Competition, sponsored by the Ballarat Solo Competition. In its inaugural year, the talent on stage was outstanding. Congratulations to the winner Callista Reed, what a magical performance. The Peace and Quiet Graceful Girl Solo Competition proved again to be a beautiful and very close section with Olivia Bolourkis becoming the 90th Graceful Girl. Congratulations Olivia and congratulations to all of the competitors and their coaches on such beautiful performances.



Olivia Boloukis

Jeaden Calisthenics College

Peace & Quiet Graceful Girl Competition Winner



Callista Reed

Regent Calisthenics College

Ballaarat Calisthenic Solo Competition Winner



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Robynmore Calisthenics College

# Preparing for 2017

## Age Groups for 2016 Teamwork

### ***How old will you be on the 31 December 2016?***

Use that age to determine the calisthenic section in which you should be participating in 2017.

- Tinies 7 years and under
- Sub Juniors 10 years and under
- Juniors 13 years and under
- Intermediates 17 years and under
- Seniors 16 years and over
- Masters minimum 26 years

### Minimum Ages for 2016 Solos/Duos

- Graceful Solos 11 years and over
- Calisthenic Solos 8 years and over
- Calisthenic Duos 11 years and over

## Calisthenic Skill Levels required for 2016 Solos/Duos

Applicable to participants entering Melbourne, Ballarat and Geelong competitions.

- Test 1 - 8 years
- Test 2 - 9 years
- Test 3 - 10 & 11 years
- Grade 1 - 12 & 13 years
- Grade 2 - 14 & 15 years
- Grade 3 - 16 years
- Grade 4 - 17 years & over

Grade 3 & 4 must have at least 80% pass in the Aesthetic & Dance section for Graceful Solo and Grade 4 must have 80% in Free exercises and Aesthetic & Dance for Calisthenic Solo.

Standard Grades Levels are not acceptable for Solo / Duo entrants

If you are registered with a Regional Club, (excludes Geelong and Ballarat) and compete only at Regional Solo Competitions, you will require the following Skills Levels:

- Test 1 - 8 years
- Test 2 - 9 years
- Test 3 - 10 & 11 years
- Grade 1 - 12 & 13 years
- Grade 2 - 14 & 15 years
- Grade 3 - 16 & 17 years and over

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Sterling Calisthenics College



Box Hill Wesley Calisthenics Club

# Showcasing 2016 Competitions

During the 2016 Team Competition Season, the CVI Marketing Team attended every Metropolitan Competition, the Royal South Street Eisteddfod and three regional calisthenics competitions.

Our goal was to showcase all of the fantastic Victorian Calisthenic Competitions and to acknowledge the volunteers and Committees who worked to ensure that calisthenic performers have memorable experiences.

Included in the videos and photography were competitors from Division 11 up to Championship.

These videos are available on the Calisthenics Victoria Facebook page and Calisthenics Victoria YouTube channel.

Thank you to all of the Competition Committees and volunteers who assisted on this project and for the hard work you do each year for calisthenics.



Regency Calisthenics College



Altona Youth Club Calisthenics



Canadian Bay Calisthenics College



Keyzpark Calisthenics Club



Horsham Calisthenics College



Warrnambool Calisthenics Club



Greater Valley Calisthenics Club



Calisthenics Victoria Inc.

Ceres Calisthenics College



*We wish all Calisthenic Clubs and Colleges good luck for your Annual Concerts and thank you for making 2016 such a wonderful year.*

*All performance photography courtesy of WinkiPoP Media.*

If you have calisthenic news you would like us to publish, send it through to [marketing@calisthenics.asn.au](mailto:marketing@calisthenics.asn.au).

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