



Calisthenics Victoria Inc.

VOLUME 74

CLUBLINK

OCTOBER 2015

CVI Celebrates in Bendigo

There is no doubt that one of the highlights of this year's CVI State Championships, were the inaugural competitions held in Bendigo, at the brand new state of the art Ulumbarra Theatre.

The four days of competitions saw 414 performers take the stage from 32 Clubs across Victoria.

CVI would like to extend a huge thank you to the members of the State Championships committee and volunteers, who travelled to Bendigo to operate the event, along with Bronwyn Lloyd and Paula Hessey for sharing the adjudication of the sections.

A very special thank you to the local Clubs for their support in bringing the competition to Bendigo and their overwhelming response to volunteering by their members. It helped make the competitions a huge success.





Join the Elite Performance Program 2016

International and domestic performance opportunities for Victoria's best

CVI have launched a new program called the Elite Performance Program. This program will offer the best Victorian Calisthenics participants the opportunity to train and perform on the **international** and **domestic** stage.

This Elite Team will help enhance the reputation and understanding of Calisthenics internationally and domestically and provide coaches and participants with:

- a memorable international career highlight
- the opportunity to perform at an international iconic performing arts venue
- high profile local performing opportunities at a selection of Victoria's many showcase arts, cultural and sporting events
- a pathway to demonstrate skills at the highest level of performance

If you become a team member of EPP you will be able to participate in both the international and/or local elements. It is estimated the entire team will include approximately 80 participants to cover both the international and domestic performance commitments.

International Opportunity

The overseas element of the Elite Performance Program will take place in early July 2016 for approximately 8 to 9 days and offer a maximum of 40 participants from the program the opportunity to visit and perform at Disneyland, Anaheim, Los Angeles, United States of America. This opportunity is only open to Junior, Intermediate, and Senior sections.

A group of committee volunteers will accompany the group including an Independent Travel Manager and an appropriate number of chaperones and support crew. Families are welcome to travel with the group. The cost is approximately \$4,950 AUD per participant including accommodation and flights. For more information visit www.calisthenics.asn.au/elite-performance-team

Domestic Opportunity

The Elite Performance Team will also be given the opportunity to perform all year at high profile arts, cultural and sporting events in Victoria. Sub Juniors, Juniors, Intermediates and Seniors are eligible to participate.





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How do I join?

Expressions of interest from team members and organising committee members can be found on our website www.calisthenics.asn.au/elite-performance-team

The deadline for expressions of interest from team members and committee members is 30 October 2015. Team member auditions will be held at the end of November and follow a workshop format. Successful participants will be informed of their success by the middle of December.



Highlights of the 2016 USA Tour

Inclusions:

- ◆ Character Breakfast at Goofy's Kitchen Disneyland Hotel
- ◆ Full day at Universal Studios with performance on Universal Studios City Walk Stage.
- ◆ At Universal Studios you will take their famous Studio Tour, visit their studios backlot, pass through working soundstages. Ride the Revenge of the Mummy, Jurassic Park & the Simpsons ride. Visit Waterworld and Shrek shows
- ◆ Perform at the Hollywood Backlot Stage at Disney's California Adventure
- ◆ Perform on Hollywood Boulevard
- ◆ Travel to Beverley Hills, Sunset Strip, and Hollywood, pass through Rodeo Drive
- ◆ Participate in a Dance Workshop at Abbey Lee Dance Company
- ◆ Rehearse and Dance in the Main Street Disneyland Parade
- ◆ Attend a workshop as part of the Disney Performing Arts Program and then perform 2 routines at Disney's California Adventure
- ◆ 9 night's accommodation at Fairfield Inn by Marriott, Anaheim
- ◆ Qantas airways direct flights, Melbourne to LA
- ◆ 5 Day Disney Hopper Pass for Disneyland & California Adventure

Optional Extras:

- ◆ Tours to Shopping Malls & a discount Dance Store
- ◆ Sporting events such as LA Dodgers or Anaheim Angels Baseball
- ◆ Extensions to stay are allowable if you wish to extend your vacation



CVI benefits through VicHealth Funding

CVI are thrilled to announce that we have secured funding with VicHealth through to 2018.

The State Sport Program aims to motivate more Victorians to get physically active and make healthier eating choices when they're playing sport in their local community. Each sport funded is tailoring their activities within their sport to achieve this outcome.

CVI are one of 22 State Sport Associations funded under the SSP and will be using the funding over the next three years to develop a more robust recreational calisthenics program and to further expand and foster modified calisthenic experiences for the older population.

Further information and community consultation will be starting soon.

CVI would like to thank VicHealth for their investment in our wonderful sport.

State sport program



Westcoast CC gain Star 2!

In early September, CVI Club and Community Development Manager, Erica O'Brien and Cali-bear, took a trip down the Princes freeway to present Westcoast Calisthenics Club with their Star Two certificate.

It is fantastic to see the Westcoast CC committee and whole Club, take such a positive step to strengthen their governance and procedures. What a great group of people they are down in Belmont!

Westcoast CC are the first Club to achieve Star two or above in the Geelong region.

Well done Westcoast committee, coaches, participants and parents on your commitment to better your Club. CVI look forward to continuing to work with you through the Star Levels.

The Star Club program is currently under review by CVI, to ensure that, as the state body, we provide the most up to date and effective tools for our Clubs. Further information regarding the review will be circulated later this year.

CVI would like to thank the over 20 Victorian Clubs that have engaged into the program and encourage all Clubs to begin the process of obtaining their star levels.

If your Club would like to update their Star Club status, please contact the Community and Club Development Manager, Erica O'Brien, at the CVI Office. Erica can provide Clubs with all the resources required to assist them with this progression. Email Erica.obrien@calisthenics.asn.au





Calisthenics Victoria Inc.

Wayne Jones retires as CVI Director of Competitions

It was with regret that the CVI Director of Competitions, Wayne Jones, announced his resignation from the CVI Board last month, due to poor health. Wayne, a CVI Life Member, has been involved with Calisthenics for the past 32 years in varying capacities, volunteering much of his time to the sport. The CVI Board, staff and Calisthenic Community in general, wish him all the best in his retirement and would like to thank him for his huge contribution to the sport.

The following is a brief outline of his significant achievements, as written by Wayne, when nominating for the CVI Board.



My involvement in calisthenics began as a father of 4 daughters who competed with Merinda CC. I became involved by assisting with stage props and have done so until the present day. Over the years, my involvement with Merinda grew resulting in me being President of the College for several years.

In 1989 I was approached to become State Team Manager of the 1990 Victorian team which competed in Perth. This was the first appointment of a State Team Manager and as such, a ground breaking and learning experience for all, never the less a strong team spirit was encouraged and developed and became a hallmark over the years. I continued as State Team Manager until 1995.

During this period of time I was also elected to the CVI Committee of Management and served in the capacity as a Committee member, Vice President and Director of Planning. In 2004 I was appointed to the position of Executive Officer of CVI and held that position for 7 years. During this period of time I gained a detailed knowledge of the operations of Calisthenics throughout Victoria by working with and being supportive to, the Club administrations. I also worked cooperatively with the VCCA, ASCA, Competitions and other sub Committees to ensure

the collective goals of CVI were achieved.

Over the past 6 years I have assisted the Waverley Competition Committee in the organisation and the administration of their Competitions. Over the years I have been an MC at Team and Solo competitions at State and local comp levels. In 2000 and 2005 I was the Co-Convenor of the ACF Nationals in Melbourne. It was an exciting challenge in 2000 as the Nationals were held at the State Theatre.

At the National level, I was the CVI delegate serving on the ACF Committee of Management and held the roles of Vice President and Director of Planning. During that time I was instrumental in re-writing the ACF Constitution, restructuring the Committee, introduced the ACF Development Fund and introduced profit sharing for the host State derived from National Competitions.

I have proven to be a person who is approachable, been prepared to listen and I believe with, past experience and passion for the sport of Calisthenics, I will be able to undertake the role and responsibilities of the position of Director of Competition. I will not do it by myself it will require a team effort.



Age Groups for 2016 Teamwork

How old will you be on the 31st December 2016?

Use that age to determine the calisthenic section in which you should be participating in 2016.

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.*

◆ *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

Skill level must be obtained in 2015 to enable participation in 2016 solos/duos



Calisthenics Victoria Inc.

Skills Corner 2015-16 Victorian Schedule

Dates	Skills Activity
Nov 21-Dec 16th, 2015	November December Skills Exam Period – Melbourne & 5 Regional Centres
January 8 th , 2016	Skills Medal Exams - Cut-off date for entries (Early bird entry discount via Entry Form)
March 6 th , 2016	Skills Medal Exam Day
April 1 st , 2016	May June Skills Exams – Close off date for entries (via Trybooking.com)
May 28 th – June 18 th , 2016	May June Skills Exam Period – Melbourne & Geelong
September 23 rd 2016	November December Skills Exams – Close off date for entries (via Trybooking.com)
Nov 21-Dec 18 th , 2016	November December Skills Exam Period – Melbourne & 5 Regional Centres

Further information is available at CVI website – www.calisthenics.asn.au/ACF-calisthenics-skills

Written Syllabus, music and DVD (view or download) at the ACF website

www.calisthenicsaustralia.org/sub-committees/calisthenics-skills/resources

Videos are now also available to view online via the ACF YouTube Channel

<https://www.youtube.com/channel/UCPg6du2Z-PLdKJmMlx5xMSw/videos> [3]

Please note: It is advisable to view and/or download all syllabi prior to each exam period.

All enquiries: Elizabeth Hickey, CVI Skills Convenor

Email: skills.vic@calisthenics.asn.au Mob: 0419222771

FREE CVI Quick Start Marketing Pack

Each year, Victorian Clubs are entitled to one free quick start marketing pack from CVI.

The pack contains; 100 x balloons, 100 x postcard size flyers, 6 x posters

To redeem your Quick Start Marketing Pack for 2016 please email marketing@calisthenics.asn.au

Additional marketing material can be purchased from the CVI Office at the following costs:

Balloons 0.25c each Flyers 0.20c each Posters 0.60c each

Requests for Cali Bear hire can be forwarded to Erica.obrien@calisthenics.asn.au



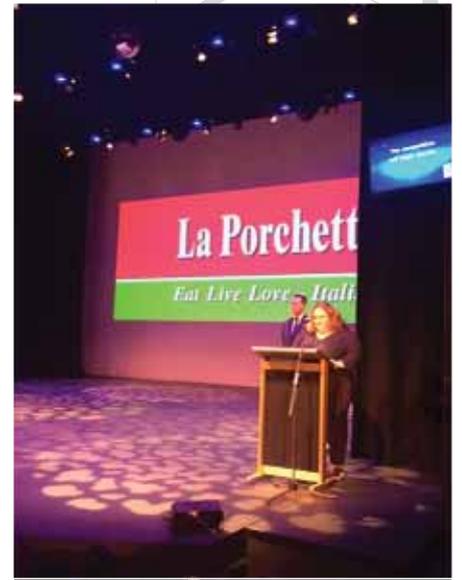


At the CVI Competitions with Cali Bear



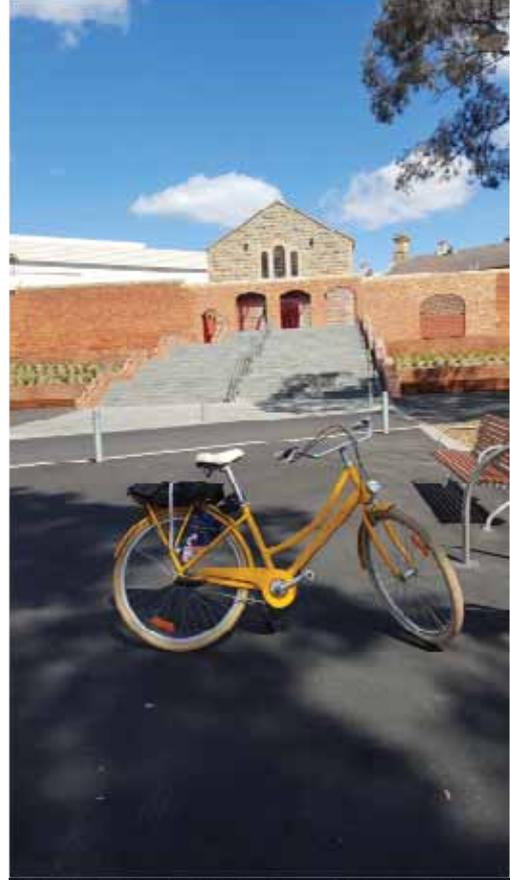


Calisthenics Victoria Inc.





Celebrating Bendigo!



double e
DESIGN

Website design & development
Graphic design - logos, flyers, posters, concert programs

www.doubleedesign.com.au [facebook.com/doubleedesign](https://www.facebook.com/doubleedesign)
leesa@doubleedesign.com.au [linkedin.com/in/doubleedesign](https://www.linkedin.com/in/doubleedesign)



Calisthenics Victoria Inc.

The Judges Journal

A note from the A.S.C.A. - October 2015

Australian Society of Calisthenics Adjudicators



As we come to the busy end time of the calisthenics competition season, ASCA Victorian Branch extends to all Coaches, participants and supporters the best of luck for an enjoyable end to the 2015 year.

Enjoy your final competitions if competing and have a wonderful time in the culmination of your year's work in the performances of annual concerts.

Coaches please be aware of the Special Ballarat Rules for Stage Dressing, if unsure refer to these rules.

At this time we acknowledge the hard work and dedication of the many tireless

Volunteers involved in our fabulous sport. If you have the chance at any time give a smile and word of thanks to all these wonderful people who give so much to our sport, it will be warmly received.

Thank you audiences for your wonderful support of all competitors. Your encouragement is a delightful way to show appreciation of the creative and innovative work, with attention to strength and technique given by Coaches and the dedication shown by all performing on stage.

ASCA Victorian Branch members adjudicate not only in Melbourne, but also Regional Areas of Victoria and Interstate. ASCA members also attend meetings and seminars during the year giving generously of their time to various committees to help the ongoing development and structure of our sport. Thank you to all members for devoting time to the Cadet Programme, your guidance and dedication is much appreciated in the development of the future of Adjudicators and the growth of our Society.

Thank you to all who participated in the Trial of the New Style Critiques. All reviews are being collated at the moment and at a later date a decision, through the AAB in consultation with all other states, will be released.

We look forward to seeing you all again in 2016. Have a safe and happy holiday period.



As the weather warms up outside, we are all tempted to grab a refreshing drink. However, it's important to understand what you're buying.

Commercially bought juices are marketed as a healthy choice, but did you know that a regular sized juice (approximately 600 ml) from a juice bar can contain up to 16 teaspoons of sugar? These commercial blended juices can use the equivalent of 5 serves of fruit to make one drink, which exceeds the recommended daily fruit intake of 2 serves a day. The energy (calories/kilojoules) in these drinks are equivalent to having a whole meal.

Another disadvantage of juicing fruit is that the fibre and other nutrients found in the skin and pulp are lost, unless then pulp is included. You'll also find that a juice won't satisfy your appetite, meaning you'll drink a large serve of energy-dense juice and then may opt to have a snack shortly after – not good from a weight management point-of-view.

My suggestion is to stick with water, and eat your fruit.



K & K All Abilities Open Day

During the September school holidays, K & K Calisthenics swung open its door to support children with a disability and their families experience calisthenics. In partnership with Extended Families Australia, a not for profit organisation supporting people with disabilities, K & K calisthenics held come and try sessions for the 25 program participants and their families.

Well done to Katie, Kim and all the wonderful coaches and parents for putting on a session that not only introduced new people to our wonderful sport but also provided the Club with potential new members for 2016. K&K have done a great job and it looks like the day was a great success.

If your Club would like to know more about involving all abilities within your classes, please contact CVI Club and Community development manager, Erica O'Brien at Erica.obrien@calisthenics.asn.au or phone 9562 6011. If you would like to know more about the wonderful work of extended families please visit their website www.extendedfamilies.org.au.



**extended
families**
australia

supporting families
of children with a disability



DGC Summer School

Dance Gymnastics Calisthenics

2016  **Monday 18 – Friday 22 January**

At Sterling Studios, 21 Melverton Drive Hallam

Celebrating 25 years!

Fun & Excellence for All Ages & Abilities!

Book now! donna@donnagabriel.com.au / 0414 250 932





Calisthenics Victoria Inc.

2015 CVI Aggregate Trophy Winners

Congratulations to the winners of the following CVI Trophies:-

- **Jeanette Schreck Memorial Trophy** - Championship Senior Aggregate, **Jeaden**
- **Empire Trade Trophy** - Championship Reserve Senior Aggregate winner, **Kristar**
- **Maureen Connelly Memorial Trophy** - Championship Inter Aggregate winner, **Jeaden**
- **Ilana Treagus Memorial Trophy** - Championship Junior Aggregate winner, **Avonde**
- **Regent Trophy** - Championship Sub Junior Aggregate winner, **Ceres**
- **Clifton Collegians Heritage Trophy** - Div. 1 Seniors Aggregate winner, **Canadian Bay**
- **Joan Lloyd Memorial Trophy** - Div 7 Senior Aesthetics winner, **Majestic**
- **Emma Bakes Memorial Trophy** - (from VCCA) Div 1 Senior Rhyth Aesth. winner, **Berwick**
- **Waverley Trophy** - Div. 5 Junior Clubs winner, **Laurimar**
- **Brianna Trophy** - Div 6 Inter Cali Revue winner, **Sunbury**
- **Karen O'Donnell Trophy** - Championship Senior Rods winner, **Jeaden**



The complete results of the CVI State Championships can be found on our [website](#).

Think Pink in October

October is Breast Cancer Awareness month, so it gives the Think Pink Foundation the opportunity to focus on breast cancer and bring awareness to the disease.

Breast cancer is one of the most common cancers among Australian women (canceraustralia.gov.au), so take the time to inform your family and friends about the importance of breast checks.

Many thanks to the many Clubs and competitions who have undertaken fundraising activities on behalf of the Think Pink Foundation - if you haven't yet organized your fundraiser, go to their website for ideas, or just give them a call and organize some collection tins or their badges. Remember that all of their activities they offer at no charge, so are reliant on generous donations from the general public.

Website: www.thinkpink.org.au

Facebook: [The Think Pink Foundation Australia](https://www.facebook.com/TheThinkPinkFoundationAustralia)



If your Club is holding a fundraising event for the Think Pink Foundation, contact the CVI office and we'll advertise your event on our social media sites: admin@calisthenics.asn.au Here are some ideas to get you started:

- ◆ Hold a 'Pink Cocktail Party
- ◆ Have a Pink bake sale
- ◆ Have Pink pyjamas party
- ◆ Have a Pink High Tea
- ◆ Wear Pink to your classes
- ◆ Think Pink it's Friday - wear some pink on the last Friday of each



**Do you want
to get a head
start on
2016?**

Jeaden

CALISTHENIC COLLEGE

Jeaden Calisthenic College is now offering a variety of classes to improve your Calisthenic skills and technique before we commence 2016!

'Stretch & Strength', 'Ballet for Cali' and 'Apparatus Technique' Classes will run throughout **November & December**

Come and be inspired by some of the top Coaches in Australia!



AND...

Don't forget to enrol in

Jeaden's Annual Summer School!!

Open to all Calisthenic Girls and Boys from across Australia
January 18th, 19th & 20th

All sections from Tinies to Seniors & Coaches!

Come and experience amazing classes with the Top Choreographers and Coaches in Australia!

Classes will include... Jazz, Contemporary, Ballet for Solos, Rods, Clubs, Marching, Stretch & Strength, Musical Theatre, Zumba, Contortion, Acro, Nutrition, Aerobics & more!

Not only will you learn new skills, you'll meet new people and have

LOADS of fun!!!

All classes will take place at our brand new, purpose built facility
'**The Place**' 6 University Place, Clayton.

**For more information Call Lucinda on 0401835991 or email:
lucindawootton@gmail.com**



2016 Grading and State Championships Committee Nominations

Interested in joining one of CVI's Committees? Nominations for the CVI Grading Committee and State Championships Committee are now open.

- Grading Committee - 3 General Member positions available
- State Championships - Manager & 5 General Members positions available

Committee Members 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 can be obtained by contacting Matthew Brown, CVI Executive Officer on 9562 6011, or email matthew.brown@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 30 October 2015.

CVI Welcomes our new Staff Member

Our new Marketing and Communication Manager, Joy Ferguson, has started at CVI on a part time basis.

Originally from Northern Ireland, she has over 13 years' brand marketing experience concentrating on areas such as brand strategy, business planning, staff management, integrated communication campaigns, events, digital marketing and marketing measurement.

Joy was previously Marketing Manager at Belfast Zoo, Head of Marketing and Communications at the Lyric Theatre, Belfast and General Manager at nijobs.com and has won eight independent professional awards for her previous projects. She completed her Master's degree in Economics at the University of Glasgow and her marketing qualifications with the Chartered Institute of Marketing, the Institute of Digital Marketing (London) and Digital Marketing Institute (Dublin). CVI is delighted to have her on board and she is really looking forward to working with the Calisthenics community in Victoria.



Interested in working for CVI?

CVI are offering an internship in marketing, for those seeking to improve their skills in areas such as social media, content management, sponsorship, public relations and club marketing support.

The position is based in CVI's offices at Oakleigh East and would report to CVI's new Marketing and Communications Manager.

If interested email marketing@calisthenics.asn.au



Calendar of Events

Date	Event	Enquiries
30 Oct	Closing date for EOI for Elite Performance Team	
5 - 31 Oct	RSSS Ballarat Team Competition	5333 5888
21 Nov - 16 Dec	Skills Exams	0419 222 771
8 January	Closing date for Medal Skills Exams	0419 222 771
February 2015	Come'n'Try Month	9562 6011
19 February	Closing date for Solo/Duo Pupil Registrations	9562 6011
4 - 6 March	Avonde Solo Competition	
6 March	Medals Examination Day	
11- 13 March	Mt Eliza Solo Competition	
18 - 20 March	Peninsula Solo Competition	
1 - 3 April	Dandenong Solo Competition	
8 - 10 April	Bayside and Ballarat Solo Competition	
15 - 17 April	South Eastern and VCCA Solo Competition	9543 3757
22 - 24 April	CVI Solo Competition	9562 6011
28 April - 1 May	Ballarat Solo Competition	
22 May	CVI AGM	9562 6011

Proudly partnered by

Victorian State Government,
Vic Sport and
Vic Health

2016 Clublink Editions

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VICSPORT

