

# CLUBLINK



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## Clublink is moving online!

CVI is transitioning Clublink to a digital magazine, making it easier for you to share with your members, and using interactive links to connect you with the latest new articles, videos and website. The change will also support our commitment to reducing our environmental impact.

As part of our rebrand project, Clublink will also have a new look and feel later in the year, but for now, we hope you enjoy this edition and encourage you to share it with your members, families, supporters and networks to keep them up to date with exciting calisthenics information.

# From the President



CVI President  
Angela Wijeratne

Welcome back families, coaches, participants and committees, to another exciting year of calisthenics, competitions and achievements. Welcome also to our new families, beginning their journey with this fabulous sport.

There are a number of exciting projects ahead for CVI this year. The delivery of our 2016-18 Strategic Plan is our primary focus and we are close to delivering the first of our major projects, the Strategic Competition Review. The review will develop and enhance our Victorian competition structure.

Celebrating Calisthenics, on 18 June 2017 at the magnificent Myer Mural Hall, will be an event not to be missed. This has been a tremendous success over the last two years and we are thrilled that this year there will be more tickets available for people to attend this memorable event.

The Victorian State Team has been working incredibly hard since the end of 2016, preparing for the 2017 ACF National. We are proud to present all sections, with the solo eliminations. Thank you to all of the wonderful sponsors who have come on board to support our teams.

The announcement that the Senior Championships State Titles will be held at the Palais Theatre in St Kilda in 2017 has been a very exciting one, and has been received positively by the community. Showcasing our beautiful Championship Seniors in a first class theatre is an important step forward in the development of our sport, and provides both participants and audiences with an exceptional environment in which to enjoy calisthenics.

The CVI Board is working harder than ever to deliver our sport in a family friendly and professional way and I appreciate the support from our volunteers, clubs and families.

Wishing everyone the best of luck in 2017.

Kind Regards  
Angela Wijeratne

## Calisthenics taking centre stage at the Palais!

We are thrilled to announce that the Senior Championship section for the 2017 CVI State Championships will be held at the Palais Theatre on Sunday 24th September.

Thank you to the State Championships Committee for their tremendous effort in securing this venue.

The Palais seats over 2,800 people!

Stay tuned for more information!



# Celebrating Calisthenics 2017

Calisthenics Victoria is hosting an afternoon tea at Melbourne's Mural Hall, Bourke Street, on Sunday 18 June 2017.

We are thrilled to announce that the Victorian Calisthenic Coaches Association, the ACF Skills Program Victorian Branch, and Australian Society of Calisthenic Adjudicators will take part, presenting their annual awards.



CVI will present our annual awards, including:

2016 Club Volunteer of the Year

2016 CVI Volunteer of the Year

Service to Calisthenics Award

2017-2018 Calisthenics Ambassador, sponsored by Trybooking

### Event details

Date: 18 June 2017  
Doors open 1:30pm for 2:00pm start  
Time: 2:00pm to 5:00pm  
Venue: Myer Mural Hall, Bourke Street  
Melbourne CBD  
Dress: Semi formal  
Tickets: \$45pp  
Includes a glass of sparkling on arrival, light afternoon tea and refreshments

# 2017 Solo and Duo Competition Season

Avonde	3-5 March
Mt Eliza	10-12 March
Peninsula	17-19 March
Western District	17-19 March
Dandenong	24-26 March
Bayside	31 March-2 April
Ballaarat	31 March-2 April
South Eastern	7-9 April
VCCA	7-9 April
CVI State Championships	20-30 April



Dandenong Solo and Duo Competition



Avonde Solo and Duo Competition



Peninsula Solo and Duo Competition



South Eastern Solo and Duo Competition

## Competition Videos

Watch all the wonderful moments on the CVI YouTube Channel [HERE](#) or see them on the [Calisthenics Victoria Facebook page](#).

## 2017 Marketing Strategy

We are thrilled to be once again working with the convenors from the Metropolitan Solo and Duo Competitions. This year there will be more opportunities for families and performers to share their own experiences online.

For full coverage of the 2017 Solo and Duo Competition Season follow us on Instagram and Facebook.

## RSSS Elimination process

Changes to the RSSS elimination process have been introduced for 2017. Click [HERE](#).

Find all competition results on the CVI website [HERE](#).

# Strength and Conditioning is Core

Facebook Live series with Narelle Potter,  
2016-17 Calisthenics Ambassador sponsored by TryBooking

As a welcome back to coaches, participants and families, our 2016-2017 Ambassador, Narelle Potter filmed two Facebook Live video's, sharing her knowledge on the importance of core and strength training for calisthenic participants.

The videos went live on Friday 3 February and Sunday 5 February and focused on ways for participants to reintroduce their bodies back to calisthenics after the summer break.

CVI recognises the importance of looking after the health and fitness of our participants and that strength and conditioning is essential to safe stretching and warming up.

We had hundreds of viewers watching these Facebook Lives both live and post the event, and have a third video coming up later in the year that we hope you enjoy as much.



[Link to Facebook Live video](#)



[Link to Facebook Live video](#)



As a major partner of Calisthenics Victoria in 2016/2017, TryBooking are working to develop ways to support and educate clubs on how to best use their platform for registrations and other events.

TryBooking will be running a webinar later this year, and will also present at Calisthenics Victoria's Annual General Meeting on Sunday 28th May.

For more information email [admin@calisthenics.asn.au](mailto:admin@calisthenics.asn.au)

# New Sponsors for 2017

We are delighted and grateful to welcome four new sponsors.

Make sure you click on the links below to find out more about each of our sponsors.

Nova Caravans

“Unique. Innovative and Australian, three words that Calisthenics has in common with Nova Caravans...”

[Read full article here](#)



[www.novacaravans.com.au](http://www.novacaravans.com.au)

Alphington Sports Medicine  
Exercise + Rehabilitation

“Educating the 2017 Victorian State Team on how to maintain a healthy body and prevent injury.”

[Read full article here](#)



[www.alphingtonsportsmed.com.au/](http://www.alphingtonsportsmed.com.au/)

M&M Dance Supplies

“M&M Dance Supplies the biggest suppliers in Swarovski Crystals, European Fabrics & Trims.”

[Read full article here](#)



[www.mmdancesupplies.com.au/](http://www.mmdancesupplies.com.au/)

Flyhisports Merchandise

“FLYHISPORTS offer high quality customised garments, created by our in-house designers, so you can wear your product proudly!”

[Read full article here](#)



[www.flyhisports.com.au/](http://www.flyhisports.com.au/)

# 2017 Victorian State Team Stage Rehearsal



# Member Benefit Partners

# Calisthenics Victoria's Star Club Program Relaunch

Don't forget to visit our Member Benefit Page on the CVI website [HERE](#) for a full list of partners and to see all of the amazing offers they provide to our members!

Maroondah Calisthenics Club, Saturday 4 February



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**"Because sometimes it's MORE than just the Calisthenics!"**

Donna Gabriel CONSULTING

Calisthenics Victoria conducted a comprehensive survey in 2015 with current club members to better understand their engagement with the StarClub Program. With the support of Vicsport, CVI used the feedback from the survey to improve different aspects of the program. The revised Star Club program was launched online to clubs in October 2016.

CVI's Club and Community Development Manager, Erica O'Brien says, "Thank you to all of the clubs and colleges that have already worked to achieve their Star Two or more. We look forward to working with our remaining clubs to achieve their Star Two."

Celebrating 45 years of calisthenics this year, Maroondah's President Kelly Burns was honoured to

receive the clubs Star 2 certificate at their annual registration day, after being one of the first clubs to complete the revised program.

Maroondah Calisthenics Club President Kelly Burns says, "The Star Club program has proved to be greatly beneficial to our committee. We look forward to complete the Star level 3, 4 and 5 in the future as we continue to grow and develop our club."

31% of clubs have achieved Star Two or above, with Arden Crescent Calisthenics Club and Regency Calisthenics Club the only two clubs currently holding a Star 5 rating.

To find out more about the Star Club program email [admin@calisthenics.asn.au](mailto:admin@calisthenics.asn.au).



# ACF Skills Program

The 2016 Grade 4 Honours Board celebrates 17 candidates who achieved Honours (marks of 90-94) and 14 candidates who achieved Honours with Distinction (marks of 95-100).

Congratulations to these very talented ladies, and to everyone who participated in the skills program in 2016.

All participants will receive a CVI Award Certificate at the CVI Victorian State Championships in September.



**Next Skills Exam period Test 1 to Grade 4  
May 28th to June 18th 2017**

Entry registrations via [Trybooking.com](http://Trybooking.com)  
Metropolitan Melbourne and regional exam centres to be advised.  
Please note that skills exams will also be conducted on the June 2017 long weekend

**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/YouTube) at the ACF website [HERE](http://HERE)  
[www.calisthenicsaustralia.org/sub-committees/calisthenics-skills/resources](http://www.calisthenicsaustralia.org/sub-committees/calisthenics-skills/resources)

For more information email [skills.vic@calisthenics.asn.au](mailto:skills.vic@calisthenics.asn.au)

## 2016 Grade 4 Honour Board

### Honours with Distinction

Katherina	Bast
Caitlin	Cosgriff
Stephanie	Dowsey
Ashley	Ford
Claudia	Jenkinson
Torie	Killender
Rebecca	Perry
Alexandrea	Renkin
Brooke	Sanstrom
Amelia	Stutterd-Walsh
Chelsie	Summers
Adele	Wawra
Eliza	Wittison
Hayley	Yuill

### Honours

Lauren	Castricum
Jamila	Christensen
Sarah	Connell
Christina	Copeland
Tahlia	Crossley
Paige	Davey
Bree	Davey
Brooke	Harrison
Zoe	Lancaster
Taylah	Leslie
Willow	Ofosu-Amaah
Gabriella	Pigatto
Tyler-Rose	Shattock
Rebecca	Spencer
Dekoda	Turner
Scout	Vos
Annabelle	Wilson
Charlotte	Dawson

*Congratulations to all of these participants and their dedicated coaches on this achievement!*

## Updates from ASCA

### ASCA LIFE MEMBERSHIP

At ASCA's Victoria Annual General Meeting held on Sunday 19 February, Eileen Deveney was awarded ASCA Life Membership! What an outstanding achievement!

### FUN FACT!!!!

After being an accredited adjudicator for 12 years, members of ASCA can undertake a research paper on a topic relevant to the advancement of calisthenics and or adjudicating skills!

### DID YOU KNOW...

Adjudicators must complete a minimum of three years training as a cadet. Cadets must also complete a minimum number of practical adjudicating each year across a broad range of divisions and age groups, both team work and solo competitions, combined with theatrical and practical learning at seminars and meetings.

## Updates from VCCA

### VCCA takes registration online!

In 2017, the VCCA moved online on revolutioniseSPORT!

This means that coaches can manage all of their coaching requirements, receive communications and register for events online!

### DID YOU KNOW...

Coaches must volunteer and attend educational seminars and workshops to remain accredited with VCCA!

All coaches must also attain a first aid certificate, Working with Childrens Check and Insurance to coach at a CVI affiliated club or college.

### FUN FACT!!!!

Even before we end the calisthenics year, our hard working coaches are listening for new music, thinking of new choreography, and planning for the year ahead!  
#dedication



Calisthenics Victoria Inc.

Avonde Calisthenics College



Narre Warren Calisthenics



Jouille Calisthenics Academy Inc



Cranbourne Calisthenics



Chelsea Calisthenics Club



Sunbury School of Calisthenics

## Come and Try Month!

We are incredibly proud of all of the marketing and promotion Victorian calisthenics clubs displayed during "Come and Try" month!

Cali Bear proved to be a huge hit once again and we love seeing how each year Cali Bear learns some new tricks!

Many clubs adopted modern and exciting marketing techniques to engage with potential new members, through their social media promotions, new branding and website upgrades!

Well done to everyone who got involved and if you would like some marketing support to assist your club or to hire Cali Bear for your next event please email [marketing@calisthenics.asn.au](mailto:marketing@calisthenics.asn.au)!

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