



Calisthenics Victoria Inc.

Volume 73

# CLUBLINK

AUGUST 2015

## 2015 ACF National Calisthenic Championships



CVI is delighted to share with you the outstanding results that our Victorian State Team achieved in Queensland at the 27th ACF National Calisthenic Championships in early July. After nine months of intense training our 76 team members and solo competitors took to the stage during their week away in Queensland, bringing home 5 National Championship Titles out of a possible 9! Congratulations to all of the talented coaches for the incredible items that were displayed during the Championships and we now look forward to more fabulous competitions at the Festival Theatre, Adelaide in July 2016!



## Results of the 27th ACF National Calisthenic Championships

### Sub Junior Teams

	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>
MARCH	SA	VIC	WA	-
RODS	VIC	WA	SA	SA
FREE EXERCISE	VIC	SA	WA	SA
AESTHETICS	SA	VIC	WA	WA
CHARACTER/FOLK DANCE	VIC	SA	WA	-

**NATIONAL CHAMPION: VICTORIA**  
**2ND: SOUTH AUSTRALIA**



### Junior Teams

	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>
MARCH	VIC	SA	WA	-
RODS	VIC	SA	WA	WA
CLUBS	VIC	SA	WA	VIC
FREE EXERCISES	VIC	SA	WA	SA
AESTHETICS	VIC	WA	SA	VIC
SONG AND DANCE	VIC	WA	SA	-

**NATIONAL CHAMPION: VICTORIA**  
**2ND: SOUTH AUSTRALIA**



### Intermediate Teams

	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>
MARCH	WA	SA	VIC	ACT
CLUBS	SA	WA	VIC	SA
FREE EXERCISES	WA	SA	VIC	ACT
RODS	SA	WA	VIC	SA
AESTHETICS	SA	WA	VIC	ACT
REVUE	ACT	SA	VIC	WA

**NATIONAL CHAMPION: SOUTH AUSTRALIA**  
**2ND: WESTERN AUSTRALIA**  
**3RD: VICTORIA**







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## Solo and Duo National Results



### Senior Graceful

- 1st - A. Bickford (VIC)
- 2nd - C. Spragg (WA)
- 3rd - H. Moir (WA) & N. Collins (VIC)
- 4th - E. Smith (VIC) and A. Labra (VIC)
- 5th - T. Kluge (WA)

### Senior Calisthenic Solo

- 1st - K. Andrews (VIC)
- 2nd - S. Regan (WA)
- 3rd - E. Coles (WA) and H. Roffey (VIC)
- 4th - K. Reber (ACT)
- 5th - R. Reber (ACT)



### Intermediate Graceful

- 1st - L. Humphrey (WA)
- 2nd - E. Gray (SA)
- 3rd - S. Worsman (SA)
- 4th - S. Savaris (WA)
- 5th - C. Yandell (SA)

### Intermediate Duo

- 1st - M. Walmsley and S. Driesen (WA)
- 2nd - I. Cimarosti and R. Koutroumanidis (SA)
- 3rd - S. Zappia and N. Koertzen (WA)
- 4th - R. Augerinakis and M. Davies (VIC)
- 5th - K. Bast and S. Connell (VIC)



### Junior Graceful

- 1st - P. Hertslet (QLD)
- 2nd - E. Lawless (VIC)
- 3rd - S. Pickersgill (WA)
- HM - C. Kennedy (SA)
- HC - H. Worsman (SA)

### Junior Calisthenic Solo

- 1st - O. D'Agruma (VIC)
- 2nd - T. Aaron (SA)
- 3rd - C. Beh (SA)
- 4th - W. Edward (QLD)
- 5th - C. Braden (VIC)



CVI would like to thank and congratulate all Victorian representatives who competed at the National Championships.



## Purchase online and SAVE!!

Online ticket sales are now in place for ALL SESSIONS of the CVI State Championships including the Besen Centre, Kel Watson Theatre and the Ulumbarra Theatre, Bendigo.

**BUY NOW AND SAVE!**

Visit [www.trybooking.com](http://www.trybooking.com) and search 'Calisthenics'



### ONLINE TICKET PRICES

	Adult	Pension	Child (Under 16)	ON SALE
<b>All Tinies &amp; All comps run at Kel Watson &amp; the Ulumbarra Theatre</b>	\$20	\$15	\$10	NOW
<b>Split Sessions</b>	\$13	\$11	\$6	NOW
<b>All Full Sessions (exc Tinies)</b>	\$25	\$20	\$10	NOW
<b>Champ Juniors &amp; Champ Reserve Seniors</b>	\$30	\$20	\$15	NOW
<b>Champ Intermediates &amp; Champ Seniors</b>	\$35	\$25	\$20	21 August 7pm

### DOOR SALE TICKET PRICES

	Adult	Pension	Child (Under 16)
<b>All Tinies &amp; All comps run at Kel Watson &amp; the Ulumbarra Theatre</b>	\$25	\$20	\$15
<b>Split Sessions</b>	\$18	\$16	\$11
<b>All Full Sessions (exc Tinies)</b>	\$30	\$25	\$15
<b>Champ Juniors &amp; Champ Reserve Seniors</b>	\$35	\$25	\$20
<b>Champ Intermediates &amp; Champ Seniors*</b>	\$40	\$30	\$25

\*Tickets to Champ Seniors and Intermediates are in high demand. Minimal tickets will be available at the door, if any.

#### Items to note

- Should you require assistance with purchasing tickets, or you know of a friend or family member who does not have access to the internet please call 9562 6011 to organise purchasing tickets over the phone, for collection at the ticket box at no additional charge.
- Tickets can be purchased online up to 15 minutes prior to the commencement of each competition and can either be scanned from a printed ticket or from an electronic device such as a mobile phone, iPad etc.
- VCCA Members are entitled to Child price valued tickets at the relevant competition/venue, except for Champ Intermediates and Champ Seniors.
- The offer previously extended to CVI participants to receive one free entry to a CVI State Championships competition other than their own, will not be offered in 2015.
- Grandfather tickets at \$7 available for all Tinies competitions can be purchased at the ticket box on the day of competition at no additional charge.
- All seating during the CVI State Championships is general admission except for Champ Intermediates and Seniors which is allocated seating (maximum 10 tickets purchased in each transaction).



## 2016 National Calisthenic Championships

The 28th National Calisthenic Championships will be held in Adelaide from the 5th - 10th July 2016 - the second week of the Victorian school holidays.

**Sub Juniors:** March, Free, Clubs, Aesthetics, Revue

**Juniors:** March, Free, Clubs, Rods, Aesthetics, Character/Folk

**Intermediates:** March, Free, Clubs, Rods, Rythmical Aesthetics, Song and Dnace

**Seniors:** March, Free Exercises, Clubs, Aesthetic, Dance Rods, Calisthenic Revue

### 2016 State Team Coaching Application Form

We invite all Coaches who believe they are suitably qualified, to submit an application for an opportunity to enjoy this unique experience and benefit from the professional development and substantial personal rewards that come with a State Team coaching experience.

This is an outstanding opportunity to demonstrate your creativity and artistic skills in a wonderful venue - Festival Theatre, Adelaide.

Expression of Interest forms will be sent out by the VCCA. Please call 9562 6011 for further information.

### 2016 State Team Participant Application Form

If your son or daughter has ever aspired to be a State Team member, we strongly encourage you to take note of the dates of our upcoming State Team Workshops and apply online for the 2016 State Team Auditions (both dates will be published in late August). Along with the many exciting new initiatives introduced to State Team this year, we have a number of other positive changes planned for 2016 which will all be announced on the CVI Website in late August.

Experiencing a State Team Audition is a great life experience. Being selected for State Team leaves amazing lifelong memories and unique growth

## CVI State Championship Volunteer Videos

Calisthenics Victoria and the State Championships Committee are pleased to provide a range of resources to support anyone wishing to volunteer at the CVI State Championships.

These resources, including videos and position descriptions, will give volunteers at the CVI State Championships a clear picture of what is required for each role.

Access to the volunteer videos can be gained by visiting the CVI Online Education Platform and enrolling into the volunteer courses that you are interested in: <http://courses.calisthenics.asn.au/>

These position descriptions and videos are also a resource for your club and if you wish to use these for your own purposes please Erica O'Brien the Club and Community Development Manager on [erica.obrien@calisthenics.asn.au](mailto:erica.obrien@calisthenics.asn.au)





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## 2015 Victorian State Team Wrap-Up

Well what an amazing journey we have had on State Team this year. For those who were able to join us in Queensland for the Nationals week or watch our teams via the live streaming, you will be aware that Victoria had an extremely successful year, winning a total of five National titles! Our success at Nationals is a credit to the dedication of our team members, families, coaching team and the State Team Management Team. I would like to take this opportunity to congratulate all 83 State Team members, our 2015 coaching team and our committee and crew. Your talent, your skills and your dedication leave us lost for words - YOU ARE AMAZING!

It is essential that the backbone for every successful team is inclusion. When I accepted the role of State Team Manager last year, I did so with the aim of ensuring that the State Team experience was a terrific experience for all, with inclusion being the number one area of focus along with providing openness and accountability. To achieve success, each and every member of any team must feel a sense of belonging and inclusion. With this in mind, our state team management this year was driven by support and inclusion. We strived to ensure that everyone was included and supported - from our state team parents to our state team grandparents, from our coaches, to our volunteers and of course our amazing team members. Through ongoing commitment and dedication, our inclusive, open and accountable approach was mirrored by everyone right throughout our team and I'm proud to say that the results of our post-nationals evaluation survey indicate that we achieved this with flying colours, paving the way for the successful future of our elite sporting team.



Now what better way to end the successful year than a reflective message of competition day from one of our Subbies Team members, Kate Ayres:

*....It was the day of Nationals, we put on our makeup, got our hair done and we were focussed. We boarded the state team bus and when we got to the theatre, we stepped out like winners. Then it was time for our first item – we had our heads up, straight backs and we walked on stage fierce with determination. It was the item that everyone did get a little stressed about but we nailed it! When it was time for results, the room was quiet and everyone's ears were on. When the results were read and we realised we had won, everyone screamed and shouted "We won!". Then with tears in our eyes we sang our team song...."*

**Portia Branton, Victorian State Team Manager**

### Coaches and Assistant Coaches

Stefanie Bond	Kylee German	Julia Doig	Samantha Lukey
Genine McCorkell	Diane Lukey	Jodie Russell	Jessica Mellor

### Sections Manager

Kathy Schoer	Karen Currie	Sue Reeves
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### Chaperones

Robyn Bond	Leanne Collins	Catherine Walton	Michelle Thompson
Anna Ferraro	Merran Connell	Kerrie Summers	

### State Team Management

Portia Branton	Alison German	Sarah Carthew	Kerri Moreland
Melissa Tully	Karen Rowett	Natalie Bond	Paul Sannwald
Mark Blakely	Greg Walker	Greg Reeves	Phil Jones
Rebecca Sannwald	Jenny Jeffree	Trevor German	Liz Mitchell
Lynda Beasley	Cheryl Langlands - Bast		





## Calibear visits Aria at camp!

On Saturday May 30th and Sunday May 31st Aria Calisthenics in Pakenham held its first calisthenic camp. We were lucky enough to head to Gillwell Park in Gembrook to enjoy 2 full days to work on routines, build relationships and have fun. All members of Subbies, Juniors and Inters attended the camp with a number of Seniors coming and helping the younger club members work on their skills and assist with routines. Saturday evening was a time for fun with girls dressing in costumes themed A for Aria and showing everyone the routines they had worked on in small groups during one of their sessions on Saturday. The highlight of the evening was a special guest appearance of Cali Bear who helped to judge the winning routine and even demonstrated their own Calisthenics skills.



All girls, coaches assistants and parents were all very happy to see Retired Coach Keira Cowell from Lotus Calisthenics come along and assist the girls and share her knowledge and experience to assist in getting all teams ready for the upcoming Competition Season.

**To hire Calibear for your upcoming Club event email [erica.obrien@calisthenics.asn.au](mailto:erica.obrien@calisthenics.asn.au)**

## Community Sports Infrastructure Fund

John Eren, Victorian Minister for Sport recently announced significant investment in the “2016-2017 Community Sports Infrastructure Fund”.

The Community Sports Infrastructure Fund aims to support the development of high quality, accessible community sport and recreation facilities across Victoria with a focus on increasing participation of all Victorians.

Clubs cannot directly apply for this grant, but if your Club is maybe planning to get local Council funding for a purpose built facility, then now is the time to contact your Council! The funding guidelines have been attached for your information and CVI as your State Sporting Association is here to assist you.

The funding categories for the Community Sports Infrastructure Fund include:

- Major Facilities category – grants of up to \$650,000 for projects with a total project cost over \$500,000;
- Minor Facilities category – grants of up to \$100,000 for projects with a total project cost up to \$1 million;
- Female Friendly Facilities category – grants of up to \$100,000;

While only Local Government Authorities are eligible to apply directly to Sport and Recreation Victoria, your clubs and associations are able to submit an expression of interest form to their local council for consideration.

The Guidelines, application forms and other resources can be accessed now from [www.sport.vic.gov.au](http://www.sport.vic.gov.au) If you would like CVI to assist with such application please do not hesitate to contact the CVI Office.





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## Tribute to Karen O'Donnell



Sadly Karen lost her courageous fight on 11 July 2015 after a 4 year war with cancer. Karen as a small child always loved Calisthenics. As a pupil she commenced training with her mother Pam at Tunstall Square & continued at Balwyn & Emmanuel Calisthenics. She then progressed to successful coaching of seniors at Tunstall Square Calisthenic Club and was an active VCCA member for many years.

When the National Level 1 program for coaches was established, Karen, a trained teacher, clearly saw the advantages of extra training and qualifications required for the progression of the training scheme within Australia. She contributed to course content and was active in presenting the Cadet, Level 1 and Level 2 programmes both here and interstate. With her excellent knowledge and rapport with young women she inspired many to look to self improvement.

Karen entered her Cadetship with ASCA in 2002 as one of 5 and it quickly became evident that her attention to detail was outstanding. Her reports on each of the Modules in the Cadet Course were detailed, appropriate and extremely professional in content and layout. Karen always presented her feedback in a positive manner and offered constructive ideas on ways to maintain and improve programs. Karen quickly established herself as a well-rounded and respected adjudicator by her peers and coaches alike.

Karen joined the ASCA Committee in 2009 and held various positions and had only recently applied for a period of 6 months leave. Roles she had taken on include Assistant Cadet Coordinator and DE Moderator, Vice President and was currently our Accreditation Officer. She gave her input to all projects on committee with careful consideration, factual data and a positive outcome was her only expectation.

In February this year at our AGM Karen presented her Research Paper titled "Influences on Visual Perception – how we judge what we see". Many hours of work would have been dedicated to this paper and the result certainly quantified her dedication to Calisthenics.

Everyone in attendance at that meeting was enthralled with the content & delivery. This paper has only recently been presented for acceptance at AAB which elevated Karen to the highest Accreditation level of Advanced 2 Maintenance and a place on our National Rotation List.

In May Karen was presented with the inaugural Service to Calisthenics award by her adjudicator peers for her dedication and ongoing commitment to her role as an adjudicator. Her personal standards and life's expectation were clear motivations for Karen that she shared with all and underpinned her integrity to the role she played.

Her wisdom, sincerity and ability to see things laterally with a desire only to seek improvement for our sport and association was outstanding. Karen leaves a huge hole in the ASCA membership and will be missed by all members and a great loss to the entire Calisthenic community.

Rest in Peace Karen.







## ESafety Website – a new way to combat cyberbullying

Research has shown that approximately 20 per cent of young Australians aged 8 – 17 years have been cyberbullied over a 12 month period. Several studies have shown that it is more than just hurtful name calling, but that it can lead to serious psycho-social and life problems. Both ‘traditional bullying’ and cyberbullying have lasting effects on individuals and their families, including self-esteem, mental health, depression and anxiety. The majority of victims of cyberbullying are female.

The Australian Government has developed a new website to improve e-safety for children, titled “Office of the Children’s eSafety Commissioner”. The Office provides a range of up to date information and resources, along with a comprehensive complaints system, to assist children and young adults who experience serious cyberbullying online. Their goal is to create an environment in which cyberbullying is truly unacceptable.

### What can I complain about?

You can complain about cyberbullying material targeted at a child (under 18 years), where the effect is likely to be:

- Seriously threatening
- Seriously intimidating
- Seriously harassing
- Seriously humiliating



### You can complain about material:

- Posted on social networking sites (including photo and video sharing sites)
- Posted on apps with messaging or comment functions
- Posted on chat services (phone and online based)
- Posted on blogging sites and apps with messaging or comment functions
- Sent via phone-based text messages and MMS pictures
- Sent via email, video sharing and instant messaging
- In the form of data, speech, music, photographs and visual images
- In an online game where users can play with others online

### What should I do before making a complaint about cyberbullying material?

**Step 1:** Take action – Block the person and talk to someone you trust

**Step 2:** Report the cyberbullying material to the social media service. Links to most social media safety centres can be found at [www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/social-media-services-safety-centres](http://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/social-media-services-safety-centres)

**Step 3:** Collect evidence. E.g URLs or web addresses, screen shots, scanned printouts of messages, photos and videos

**Step 4:** Report to the Office of the Children’s eSafety Commissioner [www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/i-want-to-report-cyberbullying](http://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/i-want-to-report-cyberbullying)



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## Skills Corner

# Skills Medal Results 2015

The next Victorian Skills Examination period is  
**November 21 to December 16 2015**

Together with CVI, the Vic Skills Sub-committee is committed to on-going improvement in our sport. As such entry for the next Victorian Skills Exam period, including exams and preparation classes, will be via online registration.

The online entry bookings will be open from  
**August 7 to Friday September 25 2015**

**Exam registration: [www.trybooking.com/INWQ](http://www.trybooking.com/INWQ)**  
**Prep Class registration: [www.trybooking.com/IQCB](http://www.trybooking.com/IQCB)**

Further information including late entry criteria visit the CVI website – [www.calisthenics.asn.au/ACF-calisthenics-skills](http://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](http://www.calisthenicsaustralia.org/sub-committees/calisthenics-skills/resources)

Please note: It is advisable to view and/or download all syllabi prior to an Exam period, and not rely on previously saved copies.

All enquiries: Elizabeth Hickey, CVI Skills Convenor  
Email: [skills.vic@calisthenics.asn.au](mailto:skills.vic@calisthenics.asn.au) Mob: 0419222771

## Free Quick Start Marketing Pack

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

- 100 x balloons
- 100 x postcard size flyers
- 6 x posters

To redeem your Quick Start Marketing Pack for 2015 please email [catherine.mayne@calisthenics.asn.au](mailto:catherine.mayne@calisthenics.asn.au) detailing your preferred flyer and poster designs from the selection below.

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





## CVI Club Development and Planning Workshops

CVI recently partnered with Vicsport to provide a series of development opportunities for calisthenic Clubs designed to support the ongoing administration and planning of their Club.

The workshop series was delivered by an experienced external facilitator and was specifically designed to ensure that the Clubs involved had all the tools needed to take advantage of this opportunity. Feedback given by both groups was extremely positive and CVI would like to thank the following Clubs for taking part in the Workshop program;

### Metropolitan Sessions

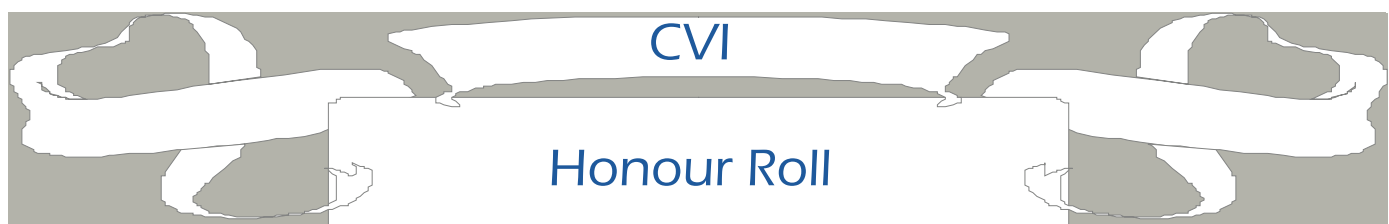
- Bentleigh CC
- Chadstone CC
- Regency CC
- Knox-Waverley CC

### Regional Sessions

- Studio Arc
- Sovereign CC
- Ocean Grove CC
- Pentland CC



CVI will be conducting further workshops in both metropolitan Melbourne and Regional Victoria. More information will be available later in 2015.



CVI would like to congratulate the following currently registered pupils for their continued enthusiastic dedication to our wonderful sport! They have all been participants in our sport for 20 or more years.

Natalie	Bawden	<b>Kallara</b>	Sue	Macauley	<b>Kingston</b>
Breanne	Brooks	<b>Bendigo</b>	Kristy	Matthews	<b>Grampians</b>
Monique	Chapman	<b>Bendigo</b>	Tegan	McKenzie	<b>Glenroy</b>
Chelsea	Conn	<b>Berwick</b>	Amber	Medina	<b>Cranbourne</b>
Hayley	Conn	<b>Berwick</b>	Sarah	Mitchell	<b>Maroondah</b>
Katie	Dodson	<b>Jeaden</b>	Cassandra	Moore	<b>Donvale</b>
Kim	Dunstan	<b>K&amp;K</b>	Stephanie	Munro	<b>Newport</b>
Melinda	Frost	<b>Tooradin</b>	Catherine	Shehan	<b>Merinda</b>
Penny	Godsell	<b>Newport</b>	Maddison	Smith	<b>Emmanuel</b>
Debbie	Haines	<b>Janelle</b>	Nicole	Stojcevski	<b>Newport</b>
Kylie	Herd	<b>K&amp;K</b>	Michelle	Strauch	<b>Bendigo</b>
Siobhan	Judge	<b>Crown</b>	Julie	Turner	<b>Kingston</b>
Carol	Lang	<b>Bendigo</b>	Laura	Wilson	<b>Kristar</b>
Danica	Lang	<b>Bendigo</b>			





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## VCCA Coach of the Year Lucinda Williams

Our Coach of the Year has been coaching for just over 15 years and in that time has achieved a tremendous amount.

She has coached across all age groups with outstanding success at the top level. A qualified teacher, she uses her skills to promote personal goals for her team members whilst instilling in them the importance of working together as a team to achieve this success. She coached Victorian State teams three times and has worked with interstate teams in Canberra and Queensland.

She works with her soloists to further develop their talents and they have enjoyed considerable success in Solos, Duos and Graceful Girl sections, including the coveted Royal South Street Graceful Girl competition.

Over many years she has been and is very generous with her time in the broader calisthenics community. She willingly shares her knowledge and expertise as a presenter of many topics both in Victoria and interstate, including at the National Conferences. She has guided, supported and helped many with their lighting plotting and DLPs.

She willingly opens her classes for observation when asked. She actively encourages and facilitates participation in the skills programme and also supports the broader community as an examiner of this important area.

At competitions, she displays strong ethical behaviour, always acknowledging the commitment of other teams and accepting the adjudicator's decisions. She is always willing to accommodate other coaches or teams, treats officials with respect and encourages her team members and their parents to act in the same manner.

This coach provides challenging, exciting and original work for the enjoyment and development of her teams. She is an excellent life-skills role model who has a positive influence outside her own club. She constantly looks for opportunities to broaden her knowledge and understands that we never stop learning.

A passionate, inspiring and enthusiastic coach and a member of the Jeaden coaching team – the 2014 VCCA Coach of the Year is Lucinda Williams.

## CVI Competition Programs

Programs for all CVI State Championship competitions can be downloaded from the CVI website. We will upload the programs about two weeks in advance of the competition.

There will be a limited number of programs available at each competition, so ensure that you print your program before heading off to the competition!

[www.calisthenics.asn.au/competition-programs](http://www.calisthenics.asn.au/competition-programs)

## CVI Comp Results

Receive the CVI State Championship Team comp results straight to your phone, as soon as they are announced in the theatre!

Results are also published on our new CVI State Championships Facebook page and the CVI website.

**THE OFFICIAL  
CALISTHENICS VICTORIA  
APP IS NOW AVAILABLE**

1. Go to the App Store or Google Play Store    2. Download Team App    3. Search for the Calisthenics Victoria App

Available on the App Store    TEAM APP    Google play



## The Judges Journal

### A note from the A.S.C.A - August 2015

#### Australian Society of Calisthenics Adjudicators

Congratulations everyone on a job well done on the Gold Coast. It is almost too difficult to come back to the Victorian weather, but everyone will be looking forward to the commencement of team competitions. We look forward to the joy and challenging experience of adjudicating your teamwork. Every year our talented Calisthenic Coaches keep raising the bar in creativity. The Technical skills evident through practice of pupils and coaching is also very much appreciated.

We would also like to remind Coaches to view their Banned Movements Media and please be aware of all Rules and the different format and numbering.

This year is the trial of the new style of Critique and we ask those coaches involved in the live trial to please forward their feedback. Details of where to return your feedback will be given to the coaches involved. If evaluations are not returned it may be assumed that you are satisfied with the new style critique. Thank you to Longbeach Competition Committee providing the opportunity to live trial this new style critique.

Our gratitude is also extended to Competitions in providing training situations for Cadet Adjudicators. Your continued support helps provide a strong growth and development base for the future prospects of A.S.C.A.

Congratulations go to ASCA Member Julie Fox who was awarded Life Membership of CVI presented at the CVI AGM. Well done and well-deserved for your dedicated and hard work given generously to Calisthenics.

In May ASCA ran the Biennial Writer's seminar for those who wished to refresh their skills and those wanting to become one of these hard working people. This seminar was well attended and appreciated by all.

As we commence the competitive season, remember your Competition Etiquette: -

- Remain seated and quiet during performances.
- Applaud and appreciate all performances and results, not just your own team.

It is delightful to win- (if not today maybe tomorrow) -but, just as importantly is the fun and joy of the performance and achieving that desired goal of a particular technical skill or performance level - and have it reflected through Adjudication summations and critiques. May you have a great time at competitions, and we wish everyone good luck for the competitive season.

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### Foods for Stamina Development



Lots of energy is required to cope with today's hectic lifestyle. A well balanced diet rich in nutrient dense foods, helps build up body stamina and increase energy levels, especially if you're interested in sports and athletics. Good stamina is a result of good energy levels which can be sourced from a variety of foods. So the degree of stamina we have is largely just a reflection on what we eat. Following is a suggested list of foods for stamina development, to keep you active throughout the day with enough energy levels: - Bananas, green leafy vegetables, peanut butterbeans, beetroot juice, oatmeal and coffee.



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## Support for the Think Pink Foundation

At the 2015 CVI State Championships, CVI will continue to support and promote The Think Pink Foundation.

The Think Pink Foundation is an independent, volunteer based charity that dedicates its efforts and the funds it raises to provide physical, psychological and emotional support for people diagnosed with breast cancer.

The Foundation proudly supports breast cancer patients through its unique state-of-the-art, independent and non-clinical facility called The Living Centre where the focus is on wellness rather than illness. The Living Centre provides holistic support totally free of charge to patients, their families and carers at any stage of their journey with breast cancer.

### How you can assist?

**Donate:** There are many ways to donate; simply select a donation amount, or you can set up a donation page and alert your friends and networks to a personal challenge you have set where you have elected donations to go to your foundation of choice – **Think Pink!**

### Create your own fundraising event:

Get your Club, workplace or group of friends together, to organise an event to raise funds for this worthy cause. It can be a Think Pink breakfast, cocktail party, high tea, or even a casual dress Friday appeal.



Check their website for further ideas: [www.thinkpink.org.au](http://www.thinkpink.org.au)

Tell us about your fundraising plans and we will try to help you promote your event and add your name to our Think Pink supporters on the CVI website.

### Sell Think Pink Badges

Contact the Foundation's office to obtain their badges to sell through your Club membership - Ph 9820

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## Complaints Handling Course

The Australian Sports Commission has developed free online training courses for complaints handling. The course contains seven interactive modules, each taking about a half hour to complete.

Once you log into the course, you have twelve months in which to complete all modules – not too time consuming, but very helpful. Some sports make this course compulsory for coaches and administrators. We suggest that it would be beneficial for all committee members and coaches to complete this course to learn how to handle complaints correctly.

Visit: [www.playbytherules.net.au/interactive-scenarios/free-online-training](http://www.playbytherules.net.au/interactive-scenarios/free-online-training)





## 2016 Solo and Duo Competition Schedule

DATES	COMPETITION
<b>4 – 6 March</b>	Avonde Solo Competition (Calisthenic & Graceful Solos)
<b>11 – 13 March</b>	Mt Eliza Solo Competition (Calisthenic Solo & Duos and Graceful Solos)
<b>18 – 20 March</b>	Peninsula Solo Competition (Calisthenic Solo & Duos and Graceful Solos)
<b>25 – 27 March</b>	Easter Break - No Competitions
<b>1 – 3 April</b>	Dandenong (Calisthenic Solo/Duo & Graceful Solos)
<b>8 – 10 April</b>	Bayside and Ballarat competitions (both run Calisthenic Solo & Duos and Graceful Solos)
<b>15 – 17 April</b>	South Eastern (Calisthenic Solo/Duo competition) and VCCA (Graceful only + RSSS Eliminations) competition
<b>22 – 24 April</b>	CVI State Championships (Calisthenic Solo & Duos and Graceful Solos)
<b>28 April – 1 May</b>	CVI State Championships (Calisthenic Solo & Duos and Graceful Solos)

### Notes:

- School Holiday dates are 25 March – 10 April, 2016
- Entry to ALL Solo competitions will be through online registration
- Entry fees for the 2016 Solo Competition Season will be \$20 per soloist and \$30 per Duo
- Withdrawal refunds will only be issued on receipt of Medical Certification
- It is advised that soloists should only enter one competition on each weekend. Should a competitor choose to enter both events sharing the same weekend (i.e. Bayside and Ballarat) refunds will not be granted in event of a scheduling clash. While every attempt will be made to avoid clashes between sections in competitions sharing dates there is no guarantee that competitors requirements will be able to be accommodated.

## Member Protection Information Officer Course

An MPIO is responsible for providing information about a person's rights, responsibilities and options to an individual making a complaint or raising a concern. MPIO's are generally impartial and don't mediate or investigate complaints. A Club/committee member will first be required to complete the online complaints handling course, followed by a three hour face to face module. The upcoming training dates are:

- Wednesday 19 August 1:00pm - 4:30pm
- Thursday 24 September 6:00pm - 9:30pm
- Monday 16 November 6:00pm - 9:30pm

To apply for the face to face module contact [erica.obrien@calisthenics.asn.au](mailto:erica.obrien@calisthenics.asn.au) after completing the online Complaints Handling Course.



Calisthenics Victoria Inc.

## Calendar of Events

Date	Event	Enquiries
18 July – 5 Sep	Longbeach Team Competition	0430 445 224
31 July – 13 Sep	Mountain District Team Competition	0425 796 259
1 Aug – 20 Sep	Barwon Team Competition	0414 840 884
8 Aug – 13 Sep	Northern District Competition	0425 791 222
12 Aug – 4 Oct	CVI State Championships BUY TICKETS AND SAVE! <a href="http://www.trybooking.com">www.trybooking.com</a>	9562 6011
21 Aug 7pm	CVI Champ Intermediates and Seniors online ticket sales open	9562 6011
30 Aug – 20 Sep	Bayside Team Competition	0412 337 718
25 Sep	Cut-off date for entry into Nov/Dec Skills Exams	0419 222 771
13 Sep – 4 Oct	Waverley Team Competition	0407 317 377
19 Sep – 11 Oct	Westside Team Competition	9465 7629
5 Oct – 31 Oct	RSSS Ballarat Team Competition	5332 1054
16 Oct – 18 Oct	Westernport Team Competition	0418 310 536
21 Nov – 26 Dec	Skills Exams	0419 222 771

# Happy Fathers Day!



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