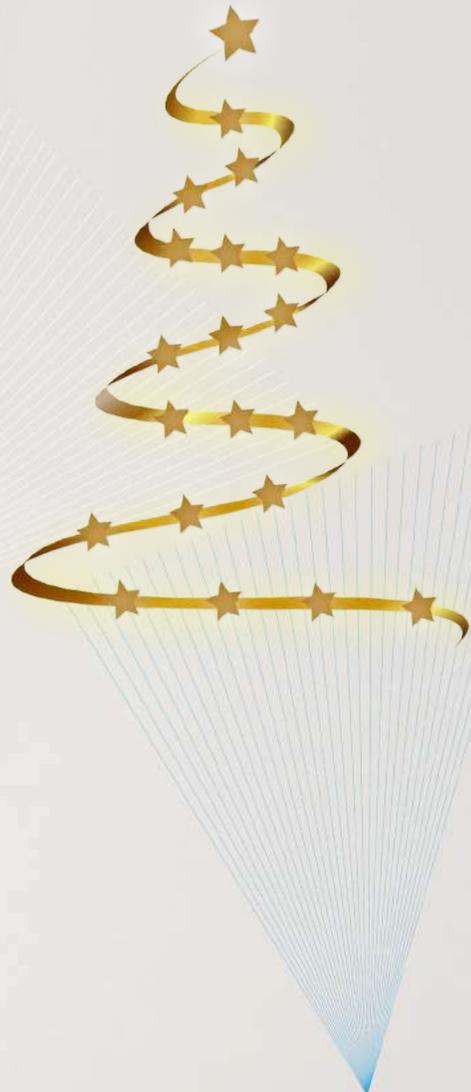
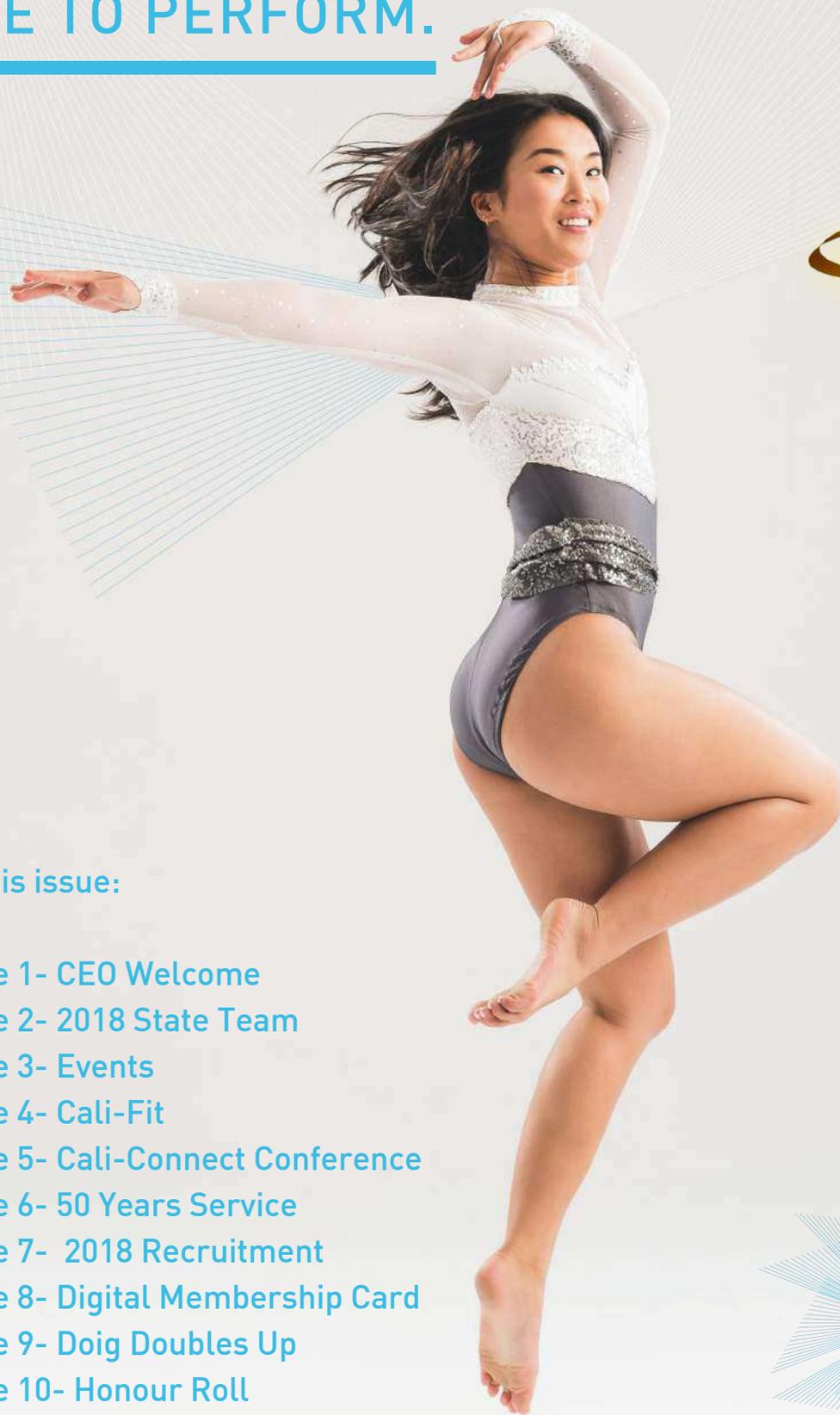


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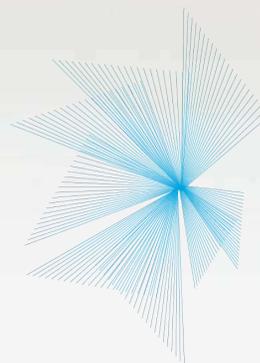
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LIVE TO PERFORM.



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**CALISTHENICS
VICTORIA**

A MESSAGE FROM OUR CEO

It's Christmas time again! What that means for each of us can be something different, but hopefully, for many it is a time to reflect, relax and rejuvenate.

With the calisthenics year drawing to a close my reflections take me to the work we have been doing at Calisthenics Victoria over the past year around giving our sport the look and language it needs to take us into the future.

At the recent Casting Call auditions for our 2018 recruitment campaign, we asked the Intermediates and Seniors where they would like to see calisthenics in the future, and what barriers they felt we faced to achieve that. It was overwhelming to hear a resounding desire for more people to know about calisthenics and to understand the many hours they dedicate to our great sport. We are focused and committed to raising the profile of calisthenics and to get our message out that calisthenics creates strong, confident leaders both on and off the stage.

As part of this commitment the team has presented at two VCCA forums in November and held two Club Development Workshops around our brand, ensuring that you, our biggest brand ambassadors are equipped to share with your own communities why we do calisthenics, what it's all about and how they can get involved.

Our new member recruitment campaign is being filmed in December, which is a very exciting step forward for calisthenics and is a significant investment of your membership dollars. We have 24 amazingly talented performers who will feature in the campaign, each selected based on their ability and embodiment of our brand values. The campaign will be released towards the end of January, just in time for clubs, and yourselves, to share the message and encourage more people to try calisthenics.

Taking this opportunity to reflect, I think that it is also important that we celebrate the amazing opportunities that our performers get by being involved with calisthenics. There is the opportunity to create great friends throughout the year, the opportunity to enjoy the variety that calisthenics offers all rolled into one weekly class, and the opportunity to learn skills and confidence that they can take into their lives. There are also other opportunities like auditioning for the State Team, representing Victoria at the Nationals and auditioning for filming of our campaigns. And then there are opportunities like the Amazing Grace production, being held in February 2018 at the National Theatre, where 30 calisthenics performers will be part of a stage show, created solely around the principals of calisthenics, as well as the team of performers from Ceres who took calisthenics to the National stage in Germany at a world dance competition. Pretty amazing for our wonderful sport. I would like to take this opportunity to thank everyone involved in such a terrific 2017. To our Board, committees, volunteers, sponsors and partners, staff and you, our members, I say thank you. Thank you for the love and dedication you show calisthenics.

Please, enjoy some time over the holiday period to relax and rejuvenate, and we look forward to seeing you all again in 2018.

Stay safe and Merry Christmas.

Matthew Brown
Chief Executive Officer

2018 STATE TEAM

The Victorian 2018 State Team campaign is underway, with our teams settling in well. During November, over 150 calisthenics performers participated in State Team auditions, with 91 performers selected to represent Victoria in Canberra in July 2018. We take this opportunity to thank everyone who auditioned and would like to congratulate those who were successful. The opportunity to be part of state team is a unique experience and one that I am sure will be cherished for many years to come. Being a part of the Victorian State Team requires additional weekly training, and the health and wellbeing of our state team members is one of our highest priorities for the team. I am pleased to announce that again, in 2018, our team members will be supported throughout the year by the fabulous staff from Alphington Sports and Medicine Clinic.

This year we will also be partnering with Fly Hi Sports to produce our amazing state team uniforms, and again will be supported through the generosity of our major sponsor, Nova Caravans. I would like to take this opportunity to thank my committee for all their hard work over the last couple of months. Planning for state team starts well before the commencement of training and the commitment of our volunteers is second to none.

For a full state team list follow this link

<http://calisthenics.asn.au/performers/stateteam/>

Wishing all of our state team members and their families a safe and happy holiday season and I look forward to seeing you all at state team camp in late January.

2018 State Team Manager Portia Branton



WOMEN IN SPORT BREAKFAST

Calisthenics Victoria joined over 380 people at the RACV City Club for the fourth annual Women in Sport Breakfast, in October, held by Gymnastics Victoria. Calisthenics Victoria were proudly a Bronze Partner of the event.

Guests heard from key note speaker Tracey Gaudry, Dual Olympic Cyclist, Former Hawthorn Football Club CEO and Management Committee of the Union Cycliste Internationale and Lisa Alexander, Head Coach of the Australian Netball Diamonds.

Partners of the event were able to select a member of their community who has made an outstanding contribution impacting and increasing female participation in sport, with awards presented by Tracey and Lisa.

The Inaugural Women in Sport Recognition Award recipient from Calisthenics Victoria was our 2017 Ambassador, Julie Jellis.

Read the full article here

<http://calisthenics.asn.au/news/2017-women-sport-breakfast/>

Congratulations Julie from everyone at Calisthenics Victoria.



GIRLS SPORT VICTORIA

In October Calisthenics Victoria was invited to participate in the Girls Sport Victoria Year 7 Sports Expo at Monash University, Clayton. Victorian coach, Claire Rankin delivered a number of fun, action packed calisthenics sessions which were enjoyed by all.

Crystal Cheung, GSV Sport Officer congratulated Claire on her professionalism, knowledge of the sport and ability to deliver a great product to the target audience. "She is always a crowd favourite," said Crystal.



CALI FIT; GETTING BUSY WOMEN FIT!

Calisthenics Victoria, with the support of VicHealth has developed a program called 'Cali-Fit'. Cali-Fit aims to get which aims at helping women get fit, be healthy and stay connected. Three clubs from metro, regional and country areas took on the program; Recreational Calisthenics Geelong, East Gippsland, and Chadstone Calisthenics.

Expert and qualified calisthenics coaches, delivered a 1.5hr weekly class full of fun, fitness and friendship to women of all ages, in a safe and welcoming environment.



Matthew Brown, Chief Executive Officer said "At Calisthenics Victoria, we know the benefits of keeping healthy and active, and we understand that a busy lifestyle sometimes means women miss out on those enormous benefits."

"We know that our mainstream calisthenics program gets people moving, teaches a variety of new skills and is delivered in a terrific social setting, and we saw the opportunity to share this positive body, mind and soul experience with others in a less formal way."

Cali-Fit draws on the foundation of calisthenics - movement to music – and has women dancing, exercising their memory with new skills, and making new social connections each week. A great way for busy women to look after their health, fitness and wellbeing.

Participants who were involved in the pilot program said "We love coming to this class, the group is so supportive and we all have a laugh at one another. We love the different challenges of each item and find it so satisfying when the whole routine comes together"

Cali-Fit is a program that welcome beginners and past calisthenics performers. We are really excited to be part of this new initiative and look forward to working with our local community helping women to look after their health. We hope that lots of women try Cali-Fit for a total mind and body experience."

To find out more about this program please contact the office on 95626011.



**MAY
19TH & 20TH
2018**

SAVE THE DATE

CALI-CONNECT CONFERENCE

Share your ideas; be inspired and inspire others.

Learn together; All of your courses and workshops
in one place at one time.

Celebrate with friends; Catch up with old friends,
make new ones.

INSPIRE

INFORM

CONNECT

CELEBRATE

Registrations open 1 March 2018

50 YEARS OF SERVICE

Carolyn Grant celebrates 50 years in calisthenics starting at the age of 3 at Frankston Peninsula Calisthenics Club, Carolyn was taught by her mother, who was herself a legend in calisthenics. She competed in solos for many years and at the age of 15 started her coaching career. At the age of 17, she opened her own club called Seaford, which was a non-Ballarat competing club and taught all age groups from Tinies through to Inters.



Carolyn "Candy" Grant

After a few years, Seaford and Frankston Peninsula merged, and after some time the club was renamed Carwen which stands for Carolyn (Car) and her sister Wendy (Wen). Whilst coaching, Carolyn also competed in the Seniors team for many years. At Carwen, Carolyn taught Sub Juniors and Juniors and took them all the way through from Division 4 to Championship in both age groups.

There have been many significant highlights throughout her career including winning many CVI solo awards, coaching amazing girls, and winning the 17 and over Cali Solo Open section with Angel Labra. After many years coaching teams, 10 years ago Carolyn decided to give up her team commitments and focus on solos and pupil skills. She has helped a lot of young women develop their talent and grow into great performers. Three years ago, she joined Sterling as the Diamonds Coach and led the Sterling Diamonds to win 3 aggregates and 1 runners up at the 4 comps they attended.

Carolyn is a testament to her work ethic, dedication and passion for Calisthenics. She has touched the lives of many people in the sport over the years, and is congratulated for her contribution to calisthenics..

Shirlee Williamson commenced Calisthenics at the age of 4 in 1949 with Hughesdale Calisthenics Club under the guidance of Mrs C (Marj Coppock). She continued through babies, sub juniors and juniors doing hoops, dumbbells, and flags and in Inters was finally allowed to use rods.



Shirlee Williamson

"I was still with Mrs C until 1968 when I left to start a family and in that time Hughesdale C.C folded and Mrs C started Monash C.C. In 1973 Shirlee went back to Monash Calisthenics Club and joined the Seniors until 1996 competing at Ashwood Aspendale, The Zoo, Box Hill, Ringwood, Mt Gambier, Geelong, and of course Ballarat. When Monash closed Shirlee started at Notting Hill Masters under the guidance of Glenna McCloud followed by Nance Padey, Gail Smart and Sharon Keys.

"In 2007 we were invited to perform an item at The Art Centre for the Calisthenics Centenary. Today the floor seems further down, the splits and leg mounts are more of a dream than a reality, but most importantly it is still FUN"

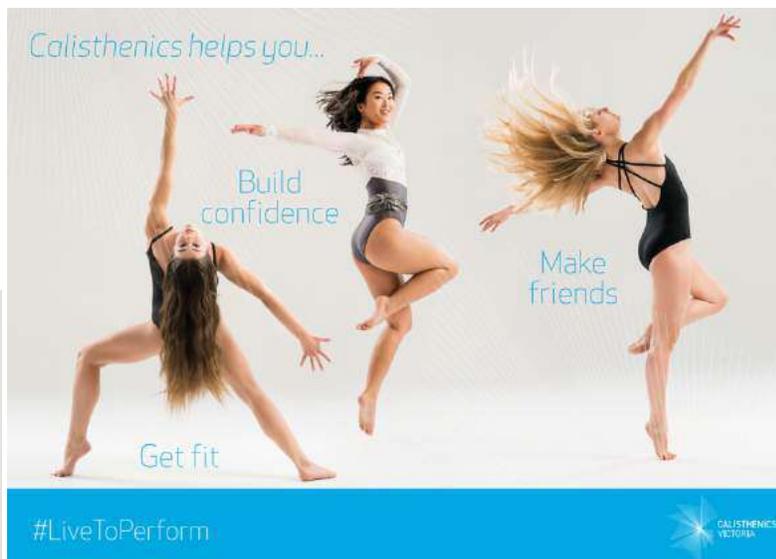
2018 RECRUITMENT

Building on the re brand in August this year, Calisthenics Victoria is working towards raising the profile of our sport and supporting clubs to increase their membership. Calisthenics Victoria is currently in the process of creating a digital campaign, set to launch in January 2018. We encourage everyone to engage with and share the campaign.

We will be providing clubs with marketing collateral in the new year which will assist in their recruitment efforts, which includes;

- Online campaign- to share on digital platforms and engage with
- Posters
- A5 flyers
- Postcards
- Cali Bear Stickers
- Marketing Toolkit

Keep an eye out for our new campaign in January 2018



YOUR CALISTHENICS DIGITAL MEMBERSHIP

*your sport.
your reward.*

Calisthenics Victoria is excited to announce that we have partnered with SportsPass to provide you with a digital membership card and member benefits in 2018.

Open to all Calisthenics Victoria members there are 4 ways to enjoy these benefits

1. Simply show your digital membership card at over 100+ major retailers like McDonald's, Hoyts, Village, AMF Bowling, and the Good Guys for exclusive in store offers, discounts and competitions.
2. Get cash back from over 1000+ online retailers Woolworths, Coles, Dan Murphy's. No loyalty points, No hidden catches, cold hard cash deposited straight into your account!
3. Get guaranteed daily discounts at over 3000 entertainment attractions and experiences nationally, including, Sea World, Dreamworld, Movie world. The list goes on.
4. Have access to discounts from our member benefits partners including Double-E Design, Shine Trimmings and Fabrics, and House of Adorn.



In March 2018 you will receive an email with details on how to activate your Calisthenics Victoria digital membership card .

FREE for all 2018 Victorian Calisthenics members!

DOIG DOUBLES UP

Calisthenics Victoria member and Ceres club member, Julia Doig doubled up at this year's Royal South Street Society competition in Ballarat, placing first in both the Graceful Girl and Calisthenics Solo sections.

Julia started Calisthenics at the age of two at Ceres Calisthenics Club and has spent most her life there ever since - she loves Calisthenics and can never seem to get enough! During the 19 years, Julia has been involved with most aspects of Calisthenics including coaching, pupil skills and medals, teaching cali ballet, state team 7 times, competing and coaching solos and of course Senior team work. If she isn't doing one of these things, Julia will either be practicing, watching comps or viewing old Calisthenics DVDs. Julia says that her coach Megan Roughana is definitely one of her biggest inspirations, teaching her first hand just how far hard work and dedication can take you. Julia says "I just watch her demonstrate things in class and am in absolute awe of how beautiful she is"

Another person who has inspired her "love for Calisthenics" is Sarah Carthew. Working with Sarah in the 2010 State Team, and seeing how much passion and dedication she has for the sport made her think "I want to be like her one day!" Still to this day, 7 years later, nothing has changed. "I still admire Sarah for everything she does and who she is."

In preparation for Ballarat, Julia wanted her body to be feeling strong and ready to take on the mammoth weekend. She did Pilates twice a week to improve her overall strength and prevent injuries. She also practiced, practiced and practiced some more. "I learnt a new graceful, so in between classes I would go home and study my practice videos, write down a few pages of corrections for myself and work on them." Her biggest piece of advice for anyone wanting to one day be Graceful Girl or Calisthenics Solo winner would be to "enjoy what you do, fill the stage with yourself and share you performance with everyone, don't just show it. Self-doubt is totally normal, and something I have frequently experienced during my 12 years of solos; however I know my best performances have been when I've had confidence in myself."

"When they announced my name I was in disbelief, quickly followed by an overwhelming amount of joy and gratitude to the people who helped me get there. Standing there with that blue sash around me, was absolutely surreal"

Julia says her number one supporter, her mum has always been there for her before competitions, during competitions, doing lighting, creating costumes or watching nervously from the audience. "She is always there to reassure me that regardless of results I am still a beautiful performer."

Julia would really like to thank the girls in the competition, particularly everyone in her age group, her coaches, family, Aunty Tina - who she claims as - "the queen of headpieces" and Bri Lee, her previous solo coach for playing a huge role in her life. Lastly she would like to thank her club Ceres for the endless opportunities and for always supporting her.



Principal Partner



Major Partners



Organisational Partners

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Government Partners



Live to Perform.

If you have news you would like to publish in Clublink please email
Courtney Barlow marketing@calisthenics.asn.au