



SKILLS

Gold Medal Honours 2017



**Julia Doig, Olivia Bouloukis, Kathryn Andrews,
Rachel Dowling and Emily Smith**

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Within Victoria, the State Convenor oversees the administration of providing examination sessions to our members.

This involves a myriad of tasks with four exam periods per annum and includes advertising, informative articles, entry registrations, sourcing and booking venues, allocating supervisors and appointing Examiners. Developing timetable schedules and distribution thereof, plus constant communications during exam sessions leading to results recording and distribution.

The Vic. Skills Sub-committee is supported by Helen Barclay as our Registrar, and Lorraine Duff, Administrative assistant. Extra administration support comes from Caroline Smith, Kerry Miles, Leanne Collins, Melissa Tully and Trish McLeod. There is a huge contingent of club coaches/members who host many exam venues, both in Melbourne suburbia and regional centres. The Exams would not go ahead without their diligence in seeing to the practicalities required at their sessions.

Many people contribute to the successful functioning of the Calisthenic Skills program around Victoria and each person is highly valued for their time and expertise.

We sincerely thank CVI, CVI Director of Competitions and the Competition Committee, for providing opportunities to raise awareness of the Calisthenics Skills program in our wider community. Inclusion in the annual Celebrating Calisthenics Event, and on-stage presentations at CVI State Teams Championships to successful Victorian candidates who've achieved Grade 4 Honours, Bronze, Silver, Gold and Gold Honours Medals in the past year, are appreciated.

Two Skills Examination Periods for Test 1 to Grade 4 will be held –

- ◆ Mid-year (May 27th to June 17th 2018) – on-line registrations currently open.
- ◆ End of year (Nov 24th to Dec 18th 2018) – on-line registrations to be advised.

Best wishes to all Victorian members for the remainder of 2018.

Liz

Elizabeth Hickey

CVI Convenor, ACF Calisthenics Skills Program

The ACF Calisthenics Skills Program in Victoria had many highlights to celebrate in 2017.

- ◆ Highest number of entries to skills exams over the four exam periods
- ◆ An improved pass rate to 98.67% - state wide
- ◆ Grade 4 honours recipients increased in number
- ◆ Bronze, Silver & Gold medal achievers increased in number
- ◆ First time in our recorded history that five young ladies have achieved Gold Medal Honours in any one year.

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Gold Medal—2018
Silver Medal—2018
Bronze Medal—2018

Grade 4 Honours with
Distinction—2017
(achieved with a mark of 95+)

Grade 4 Honours—2017
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Kathryn Andrews

I began as a Tiny in 1996 and am now in my 23rd year of calisthenics at Ceres Calisthenics Club. I competed in the Victorian State Team for 10 years, as well as one year competing as only a soloist.

My medals journey began in 1999, receiving Honours for Grade One. Because Calisthenic Skills seemed so stressful, I said I would not do any more after Grade 4. Eight years later, I started my Bronze Medal training! Receiving Bronze and Silver Medals with Honours, I took the plunge into the brand new Gold Medal syllabus. It was a challenging, yet rewarding experience!

"I would like to thank Ceres Calisthenics Club and Julie Jellis for all the opportunities and support they give me, and to all the coaches and assistants that have taught and guided me. To Lynette Cousins for helping with my Gold Medal, and to Debbie-Jane Andrews, Mum, for gently persuading me to complete my Skills journey. You were right, they weren't so bad after all and I'm so proud of my achievements."

Other recent achievements include winning both the 2017 CVI Senior Graceful Solo, and the 2017 CVI Senior Calisthenic Solo.





Olivia Bouloukis

I have been at Jeaden Calisthenics College for 15 years, winning multiple State Titles and RSSS competitions alongside my teammates and life-long friends. In 2016 I was fortunate to achieve the most prestigious title of the 2016 Most Graceful Girl at the Royal South Street Competitions.

Achieving my Gold Medal was important, as it completes the ACF Skills Programme -

extending my knowledge and skills of calisthenics training. Having achieved an almost perfect score of 99 in Grade 3 & 4, it was important to push myself to achieve Bronze, Silver and Gold Medals. Thank you to my coach, Lucinda Williams, for her training and dedication throughout the medals completion. Thank you also to Jeanne Sorich and Kirrilly Wootton for their endless support. I enjoyed sharing the Gold Medal experience with my teammate, Emily Smith.

Julia Doig

Over the last 3 years I have completed the Medal Program provided by ACF. It's been a huge personal development project; being extremely challenging yet equally rewarding, and has done its job in improving my technique in all aspects of the sport and making me the best calisthenics performer I can be!!!

In my Gold Medal last year, performing my three routines on stage was an experience I'll never forget then to hear the news I'd received my Gold Medal Honours I was so overwhelmed with excitement as I knew it was a culmination of the hard work I'd put in leading up to the performances teamed with the effort and skills I'd developed through Bronze and Silver!

Huge thanks to my coaches Megan and Lynette, for helping me achieve this milestone, and also to the ACF and everyone involved in updating the Medal syllabus - it's totally awesome!

Other recent achievements include winning both the 2017 RSSS Senior Graceful Solo, and the 2017 RSSS Senior Calisthenic Solo.



I started Calisthenics at Jeaden at the age of 3 and moved to Merinda for Subbies. Calisthenics has been a massive part of my life and not once have I ever wanted to give it up, even when I was accepted to train in Classical Ballet full time at The Australian Conservatoire of Ballet.

Achievements in Calisthenics include being part of 2017 State Team and placing 3rd in Graceful at Nationals, and placing 2nd in Calisthenic Solo at RSS 2016.

I've been lucky to have some incredible support and role models in my Calisthenics life but the two people who have influenced me the most are Sue Harding and Debbie Farrelly. Sue's belief in me helped me achieve high marks in my Bronze, Silver and Gold Medal. I also want to thank my Mum for all the support and belief she's always had in me.



Rachel Dowling





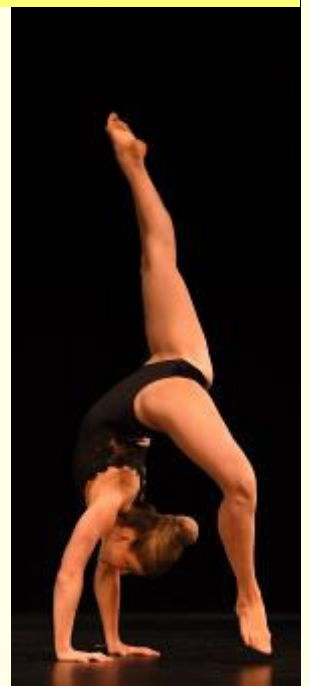
I have been at Jeaden Calisthenic College since the age of 4. My Mum and Nanny were both involved in calisthenics, so there was no way I was getting away with spending my Saturdays at netball!! However, I fell in love with calisthenics very quickly, so this was never an issue.

My Mum received her Gold Medal in 1986, and once I caught wind of that, I thought I'd better follow suit! The Skills exams have been a great way to improve my technique, and the Medals programmes have challenged me even further in this respect.

I would just like to thank Jeanne and Lucinda for fostering my love for this sport, and investing so much time and energy into me over the years. Thanks also to my family for being my No. 1 supporters!!

And last but not least a huge thank you to my beautiful teammates for giving me something to look forward to every week!

Emily Smith



Other Awards

The 2018 medal exams are now complete and we congratulate the following girls on these achievements

We also congratulate those who attained Grade 4 Honours/Honours with Distinction in 2017 - to be recognised by CVI in 2018

BRONZE MEDAL 2018

Louisa Ballinger (Hawthorn)
Katherina Bast (Ceres)
Maddison Freeland (Carwen)
Erin-Louise Gibbs (Ceres)
Laura Maltaric (Avonde)
Molly O'Callaghan (Avonde)
Rebecca Perry (Jayde)
Rebecca Reeves (Avonde)
Jessie Sarah (Avonde)
Sophie Spooner (Avonde)
Amelia Stutterd-Walsh (Jeaden)
Jamie-Lee Welsh (Avonde)
Cara West (Chadstone)

SILVER MEDAL 2018

Laura Bashford (Robynmore)
Tayla Bolzon (Laurimar)
Megan Clarke (Jeaden)
Ashley Finlayson (Merinda)
Monica Flynn (Jayde)
Aisha Ginnaj (Avonde)
Marlee Shae Holden (Jeaden)
Georgia McKay (Merinda)
Rebecca Reeves (Avonde)

GOLD MEDAL 2018

Jessica Harding (Merinda)
Charlotte Lord (Jeaden)
Angeline Cray (Jeaden)
Maddison Smith (Emmanuel)
Chelsea Treseder (Canadian Bay)

(All candidates achieved 90%+ making them eligible to present on-stage performances for Gold Medal Honours later in the year)

GRADE 4 HONOURS WITH DISTINCTION

Tarsha Brown (Greater Valley)
Stephanie Callaghan (Boronia)
Ruby Carroll (Jeaden)
Emily Craig (Bentleigh)
Alannah Crook (St Marks)
Claudia De Faye (Regent)
Danae Gammone (Jeaden)
Maggie Greenhalgh (Westcoast)
Emma Holbrook (Jeaden) *Highest achiever*
Alison Hughes (Karoo)
Natalie Jenkinson (Robynmore)
Taylah Lonergan (Ceres)
Gemma Philander (Jeaden)
Alexandra Richards (Crown)
Alicia Sieben (Jeaden)
Kayla Sluka (Cranbourne)
Isabella Spagnuolo (Ceres)
Sheridan Tutakitoa (Ceres)
Shaylie Young (Berwick)

GRADE 4 HONOURS

Hannah Bevan (Joullie)
Madelyn Brooks (Ceres)
Beth Camier (Chadstone)
Jayde Capp (Berwick)
Eden Chan (Laurimar)
Cassidy Copeland (Ceres)
Claire Cottrell (Highett)
Hayley Cox (Bentleigh)
Cherise Druzynski (Regent)
Siarna Holloway (Jeaden)
Abbey Johnson (Blackburn)
Aynsley Ljaskevic (Chadstone)
Tanami McLean (Crown)
Mackenzie Moreland (Emmanuel)
Yuki Narai (Ceres)
Lucy Pandazopoulos (Berwick)
Isabel Rogers (Volaire)
Cassie Sullivan (Portland)
Olivia Vines (Chelsea)
Natalie Wallis (Jeaden)