

CLUBLINK

A group of young women in black leotards are performing a synchronized routine with batons. They are standing in a line, facing right, with their arms extended and batons held high. The background is a light blue gradient with many thin, parallel blue lines radiating from the top right corner, creating a sense of depth and movement.

VOLUME 81 | SUMMER 2018/19

In this issue:

- Calisthenics @ the Palais
- Celebrating Calisthenics & Cali Connect
- 2018 State Team
- Solo Celebrations
- Celebrating Volunteers

#live to perform

Welcome from the CEO

Happy New Year and welcome back to all our faithful, talented and fabulous calisthenics community.

I sincerely hope you have enjoyed a break over summer and are continuing to enjoy this warm weather and the holidays.

For those of you performing in the solos competition this year, I would imagine you are well underway with your training, and no doubt our coaches are busy preparing for classes and summer schools, while club volunteers are already planning for the 2019 calisthenics year. Here in the Calisthenics Victoria office we are all back on board and excited about the year ahead.

As we launch into the first year of our four-year strategic plan, we are looking to establish our Club Divisional Consultation Groups so we can work closely with our community to develop our sport into something that more Australians know and love. Our on-line registrations are open, and we encourage all solo, graceful and duo performers to get on line and register themselves early. Solo competition entries open across the coming weeks and you need to be registered to enter.

The Cali-Connect Conference is back again this year, being held across the weekend of 1-2 June at The Pullman. I urge coaches and clubs to put this date in your diaries, which includes the Celebrating Calisthenics event on the Saturday night.

I am looking forward to my first full year in the role. I have enjoyed my fast-paced introduction to calisthenics, and have met many of our community throughout this time. I feel extremely grateful and proud to be a part of this great sport and organisation and I am excited about our future.

Together with our Board, staff and volunteers, I look ahead with confidence and courage, and with a sense of community and connection, and hope that you do to.

Your Sincerely,

Liam Murphy
CEO

Calisthenics @ the Palais

It was with great pleasure that Calisthenics Victoria welcomed the 2018 State Championships at the Palais Theatre for our Championship Junior, Intermediate, and Senior sections.

We would like to take this opportunity to thank our Calisthenics Victoria staff and volunteers, in particular the State Championship Committee led by Sue Reeves and Anne Jenkinson.

To our Championship clubs, their coaches, performers made up of teams and soloists, and volunteers, thank you for all your efforts over the Palais weekend. You put on an incredible show of Calisthenics and certainly wowed, and inspired the 3852 supporters in the audience and livestream viewers with your talent.

A big congratulations goes to Jeaden Seniors, Intermediates, and Juniors for receiving the Aggregate at their State Championships. We would also like to congratulate Rebecca Reeves, Seniors Graceful Solo Winner, and Kathryn Andrews, Seniors Calisthenic Solo Winner



Mt Evelyn and Montrose
Community Bank[®]
branches



We would like to sincerely thank our Major Sponsor for the Calisthenics Victoria 2018 State Championships, Mt Evelyn and Montrose Community Bank Branches.

Community Banking is a great way for community groups to be part of a supportive network whilst accessing great banking products, and Dave and the team at the Mt Evelyn and Montrose branches are fabulous.

For more information on the partnership, including Dave's contact details, please see the link below:
<http://calisthenics.asn.au/news/cv-state-championships-majorsponsor/>

Celebrating Calisthenics & Cali-Connect

The inaugural Cali Connect Conference 2018 (incorporating Celebrating Calisthenics and our 2018 AGM) aimed to inspire, inform, connect and celebrate this wonderful sport we all love... and from the feedback, we think it did just that and more. With hundreds of coaches, soon-to-be coaches, club administrators, volunteers, life members and wider community together under one roof, old friendships were fuelled, new friendships formed and an opportunity to come together was enjoyed by many. We look forward to bringing Cali Connect to more people in 2019, over the weekend of Saturday 1st - Sunday 2nd of June, 2019. Lock it in your diaries now!



Award Winners	
2018 Club Volunteer of the Year Award Linda Sarah	Life Member of ASCA Julie Fox
Calisthenics Victoria Volunteer of the Year Award Sue and Greg Reeves	Coach of the Year Lynette Cousins
Wayne Jones Service to Calisthenics Award Diane Walter	Life Members Keira Cowell Sarah Cartbew
2018 Hatrick Communications Ambassador Kerrily Westton	Service To Calisthenics Angela Wijeratne Anne Jenkinson Helen Barclay
Skills Coach of the Year Lesmie Collins-Westacott	



What they said...

"What a great weekend of learning, rejoicing and celebrating all things calisthenics."

"It is a wonderful thing to be able to stop and applaud the passion that we all share."

"A wonderful celebration of calisthenics."

"I'll be back next year... and I'll be bringing friends!"

"These seminars should be compulsory – I have learned so much today. Thank you!"

Honour Roll

Calisthenics Victoria would like to congratulate the following registered pupils for their continued dedication to our wonderful sport for over 20 years.

Please email marketing@calisthenics.asn.au to submit names for our next clublink.

Jacqueline Hood (Altona)
Jess McGuigan (Altona)
Brittany Kuypers (Altona)
Nikki Rance (Aurora)
Kendal Chisholm (Beejays)
Tracey Buckley (Beejays)
Vanessa Diluvio-Chapman (Beejays)
Belinda Dwyer (Beejays)
Ebony Egan (Beejays)
Rochelle Thompson (Beejays)
Laura Farrimond (Beejays)
Jessica Joiner (Beejays)
Sarah Joiner (Beejays)
Kyla Field (Bentleigh)
Bianca Watkins (Bentleigh)
Stephanie Millar (Bentleigh)
Melanie Miles (Bentleigh)
Maddison Wright (Bentleigh)
Courtney Longstaff (Berwick)
Kiara Beard (Blackburn)
Rochelle Duarte (Blackburn)
Julia Doig (Ceres)
Karina Doig (Ceres)
Natalie Cousins (Ceres)
Kathryn Andrews (Ceres)
Erin-Louise Gibbs (Ceres)
Ashley Koorn (Ceres)
Laura Brummell (Ceres)
Penny Doig (Ceres)
Kerrie Evans (Ceres)
Kirsty MacInnes (Ceres)
Lauren Rowett (Ceres)
Jodie Place (Ceres)
Jenny O'Sullivan (Ceres)
Fiona Allen (Ceres)
Emma Joy (Ceres)
Naomi Pollock (Ceres)
Stacie Howell (Chadstone)
Victoria Murdoch (Crown)
Eliza Wittison (Crown)
Tanya Mears (Diamond Creek)
Gayle Rossell (Doncaster)
Columbia Fitzell (Doncaster)
Magenta Creed (Doncaster)
Sarah Gaspars (Doncaster)
Belinda White (Doncaster)
Danielle White (Doncaster)
Christine White (Doncaster)
Emma Bradford (Dresden)
Rebecca Liebhart (Dresden)
Emily Trewin (Dresden)
Georgina Spackman (Dresden)
Elissa Armit (Findon)

Marise D'Souza (Fusion)
Jennifer Schembri (Fusion)
Alicia Peers (Fusion)
Jasmine Biancofiore (Glenroy)
Amanda Evans-Greenwood (Hawthorn)
Jessica Oliveri (Hawthorn)
Natasha Bates (Highett)
Ebony Lacchiana (Highett)
Kimberley. M (J'adore)
Cassandra. J (J'adore)
Chloe. W (J'adore)
Stephanie. J (J'adore)
Kristy. P (J'adore)
Mikaila. M (J'adore)
Jessica. K (J'adore)
Maddison. T (J'adore)
Caitlin. M (J'adore)
Cara. B (J'adore)
Alexandra. F (J'adore)
Rhiannon. M (J'adore)
Lauren. J (J'adore)
Kaitlin. H (J'adore)
Rebecca. D (J'adore)
Sarah. D (J'adore)
Helen. H (J'adore)
Selena. A (J'adore)
Lisa Paulin (J'adore)
Kirsty Ayres (Janelle)
Chantelle Ayres (Janelle)
Naomi Salton (Janelle)
Kara Bramham (Janelle)
Sonya Nulty (Janelle)
Erin Boik (Janelle)
Simone Borstelj (Janelle)
Terri Carter (Janelle)
Tamara Curtis (Janelle)
Tania Grinton (Janelle)
Lauren Halliwell (Janelle)
Anne Leahy (Janelle)
Kirsty Mackay (Janelle)
Nicole Nixon (Janelle)
Jodie Smith (Janelle)
Bethany Lamb (Joullé)
Allison Lannen (Joullé)
Amy Ellis (Joullé)
Stacey Hansen (Joullé)
Jacinta Hansford (Joullé)
Jess Moon-Denman (Joullé)
Debbie Attaih (Joullé)
Alison Seamer (Joullé)
Leah Hoffman (Joullé)
Natalie Bawden (Kallara)
Jessica Fisher (Kallara)

Rebecca Mioduszewski (Leawarra)
Lisa Lawson (Leawarra)
Margaret Lewry (Leawarra)
Belinda Smith (Leawarra)
Janine Purvis (Leawarra)
Jessica Duffield (Leawarra)
Lenore Cogan-Shea (Maroondah)
Kim Boucher (Maroondah)
Vanessa Payne (Maroondah)
Natalie Hare (Maroondah)
Jessica Glen (Melton)
Caitlin Mcvicar (Merinda)
Paige Ferlazzo (Merinda)
Cassie Johnson (Ocean Grove)
Stephanie Brown (Raieburn)
Stephanie Ivancic (Raieburn)
Michelle Abdelahad (Robynmore)
Amy Bickford (Robynmore)
Katherine Foster (Robynmore)
Emily Fullwood (Robynmore)
Jaclyn Munro (Robynmore)
Mimi Craig (Robynmore)
Blair Harbrow (Robynmore)
Laura Bashford (Robynmore)
Jen McLaren (Robynmore)
Elisa Zelez (Robynmore)
Michaela Crosbie (Sunbury)
Vanessa Rocis (Sunbury)
Tara Dillon (Sunbury)
Sandra Segota (Warrandyte)
Haylee Berryman (Warrandyte)
Katrina Berryman (Warrandyte)
Stacey Bowles (Warrandyte)
Jessica Hardwick (Warrandyte)
Becky Charlton (Warrandyte)
Megan Espenberger (Warrandyte)
Kylie Poxon (Warrandyte)
Erin Halloran (Warrandyte)
Liana Zordan (Warrandyte)
Alex Potter (Warrandyte)
Alyce Cowan (Warrandyte)
Karen Sproat (Warrandyte)
Jennifer Walsh (Warrandyte)
Heather Sperling (Warrandyte)
Andy Jones (Warrandyte)
Natalie Wilkie (Warrandyte)
Amanda Nedza (Warrandyte)
Maria Tauro (Warrandyte)
Leanne Burriss (Warrandyte)
Robyn Murphy (Warrandyte)
Rhiannon Matthews (Warrandyte)
Sophie Payne (Warrnambool)

2018 State Team

What an amazing Nationals week our teams enjoyed in July. Although it was cold in Canberra, our teams sizzled on stage, making their coaches, families and support crew extremely proud.

The state team journey is one that we always reflect on as a time in the lives of everyone involved that will be treasured forever. Lifelong friendships form, and memories are made, and it's always lovely to see returning and new families who take up the challenge of representing our state.

Whilst results aren't the whole focus of the journey, it is always lovely to return with great results, and this year, our teams certainly did that.

Sub Juniors	Third overall
Juniors	Aggregate Winners
Intermediates	Aggregate Winners
Seniors	Aggregate Winners



There are many people to thank, including Portia, Sarah, Leigh, Penny and the State Team committee, Janet and the props crew, our team managers, costume managers, chaperones, hair and makeup teams and our wonderful families. Thank you to our State Team sponsor Nova Caravans - we couldn't do it without you!

To every single performer, you conducted yourselves beautifully and gave incredible performances. You are all wonderful role models for our state and our sport. To our coaches, your dedication, creativity and passion shone through in Canberra and you should be so proud of what you created both on and off stage.

And lastly, thank you to all our Victorian supporters for your messages of support and for cheering on the State Team in person and on the live stream - you helped us to shine



2019 State Team

Congratulations to all of our State Team members for 2019 !

Nationals: 8-14th of July



Website Club Grants

We have a page on our website that is regularly updated with new grants released by organisations such as VicHealth, Australia Government Sporting Commission, Funding Centre, Victoria State Government (Sport and Recreation). We encourage clubs to check this regularly and look out for emails from the office about opportunities.

Congratulations to Horsham Calisthenics Club and Keyzpark Calisthenics Club who applied and were successfully granted funding under the "Increasing Female Participation In Sport" project.

Club Events

If you have any club events you would like to promote on Clublink or our website please email Emily:
marketing@calisthenics.asn.au



HEATHERGENE CALISTHENICS

20 YEAR CELEBRATION

WE INVITE ALL PAST & PRESENT PUPILS, COACHES & PARENTS TO CELEBRATE WITH US!



MAY 18th 2019
York on Lilydale
Save the date!

Send any photos from the past 20 years to:
20yearsheathergene@gmail.com



Studio space for hire

- Coburg North location
- 2 heated/air conditioned studio spaces available
- Kitchen facilities
- Bathroom facilities
- On site parking
- Floor to ceiling mirrors in both studios
- Can provide storage space for equipment
- Prices starting at \$30 per hour for one studio
- Weekday, weeknight and weekend hire available

Perfect for

- Dance groups
- Kindergym
- Playgroups
- Karate or Martial Arts
- Gymnastics
- Ballroom dancing
- Debutante ball practice
- Scout groups
- Mini Maestros
- Kelly Sports

Please call Melissa Tully 0433 800 315 for further details



Chelsea Calisthenics Club

Chelsea are celebrating the milestone of 95 years of service. Club members past and present and their families have embraced our long list of fun and exciting events to commemorate, including 1920's themed Cocktail Party to High Tea Buckingham style, all in amongst our competition season.

We are incredibly proud of the origins of our Club which go back to the early 1920's when it started as the Congregational Girls Guild. There was a need for an activity for girls in the area and it was the physical culture that bought dozens of girls and sixpence rolling in. The Club was immediately successful and trained hundreds of girls in Physical Culture and that continued as the sport changed to Calisthenics. The girls competed in local competitions throughout the lifetime of the Club and in 1951 began our long history of competing at the Royal South Street Competition in Ballarat.

Our 95th anniversary holds extra special significance for nine of our Chelsea families, Mums who as previous competitors for Chelsea now have their daughters enrolled at our club. One unique combination in particular is of three generations of Chelsea Members, that of our newly appointed 2018 President Liza Dwyer with her three daughters Kyla (Intermediates), Lainey (Sub Juniors) and Samara (Tinies) and her mum Vivien, also a previous President and now a Life Member! Vivien has said "I am very proud as a Life Member, to still be so closely connected with the Calisthenic Club after so many years and to have 3 granddaughters competing this year just completes the picture".

Chelsea Calisthenics Club continues today with the foundations on which it was created. To welcome all those who wish to enrol in a sport that creates a sense of community striving for success through fun and fitness.

Past members may want to follow us to to see our photo flashbacks on:

Facebook: Chelsea Calisthenics Club (official)

Instagram: chelsea_calisthenics

#95yearsstillgoingstrong

Chelsea Calisthenics Club



50 Years of Service to Calisthenics

In 2018, the Principal Coach of Altona Youth Club Calisthenics Donna Michetti, celebrated 50 Years of continuous service to Calisthenics.

At the age of 15 months Donna started at the Albion Calisthenics Club under the guidance of Joan Hewitt progressing through the age groups to Seniors. Her passion for Calisthenics was obvious from a young age so when the opportunity arose to assist and develop as a coach, she was appointed to the Tinies section with Robyn McClelland and progressed through the sections within the club. During this time Donna coached her younger sister Danielle with her Solo items, sharing in her success at competitions.

In 1999 further coaching opportunities arose and after 30 Years, Club Girl Awards and life membership with the Albion club, Donna was appointed Coach of the Tinies, Sub-Junior and Junior teams at Altona Youth Club Calisthenics.

In 2006 her passion for the sport was extended to another level when she became coach of the Senior team. By 2008 Donna was the Principal Coach of Altona Calisthenics coaching Tinies through to Seniors, sometimes involving multiple teams in each section. Her passion and dedication to teaching new pupils is evident when you see the smiles on the girls faces when they had mastered a routine or new technique and perform an item on stage. Her passion becomes their passion.

In 2009 Donna and the Intermediate team achieved a rare double, winning both CVI State Championships and Royal South Street. In 2010 she repeated this same double with the Senior team. It was a major highlight along with the many State Titles and competition aggregates she has won with her teams over her many years of coaching. Her success and passion as a coach now sees her developing and guiding the next group of young ladies eager to follow in her footsteps.

This year Donna achieved 20 years of service to the Altona Calisthenics club. We are extremely grateful and proud to have her as a coach within our club. With her dedication and passion, girls who started as Tinies still continue as Seniors today.

We, as part of the calisthenics community, hope Donna will continue to extend her knowledge and skills to pass on to all of our pupils in the hope that one day her dream will become someone else's.

Congratulations Donna on 50 wonderful years in Calisthenics.

Altona Calisthenics Club

"Her passion becomes their passion"



Mount Gambier Calisthenics College

Mount Gambier Calisthenics College had 2 members achieve 30 years continuous service in 2017, Belinda Butler and her mum Karen Shelton.

Head coach Belinda started at the club in 1988 at the age of 5, and since then she has participated in team, solo and duo competitions. Belinda began helping teams and then obtained her coaching accreditation after which she has assisted many others to become club coaches.

Belinda's passion for ensuring everyone is welcome in calisthenics has meant she consistently helps each student feel involved and part of the team. Belinda recognises the skills and talent of each performer and creates opportunities to achieve and improve in a fun environment.

Most of us see the coach at class for 1 to 2 hours each week, but behind the scenes Belinda is busy sourcing material, sequins and trims, sewing, planning choreography, selecting music, preparing for competitions, helping with fundraising, maintaining coaching accreditations, is newsletter editor, and makes herself available to parents at all times.

With the support of her unique family network, she has created an environment we all love to be a part of.

When a child starts an activity, the parents follow along and support them by joining committees, fundraising, costume making, and this is where Belinda's mother Karen Shelton has achieved the amazing milestone of 30 years' service as well. Karen is on the Executive committee of the club and is now watching her granddaughter follow in her mother's footsteps.

We at Mount Gambier Calisthenics College congratulate these two lovely ladies on their amazing milestone.

"With the support of her unique family network, she has created an environment we all love to be a part of"



Angeline Cray Winner of the Brenda Green & Betty Corrigan Trophies

I began Calisthenics when I was just 4 years old at my local calisthenics club, Carwen. I had much support from my fellow coaches predominantly Rebecca Kennedy Wilson, Carolyn Grant and Wendy Webber - whom I would like to thank for their "fine tuning" in my very young years. Several years later after learning a little more about the sport, I decided to challenge myself by moving to a championship club. Within my first year at Jeaden I won my very first CVI Calisthenics Solo and also received my first Swarovski crystal at VCCA for my Graceful solo which took place in 2010. This same year I made first team for every item in team work, I did not take this opportunity lightly. I took steps to ensure I didn't let my team mates down. I practiced and practiced, and anyone who watched me practise would be able to recite every single word of the song in the routine.

Throughout many solo and team achievements such as representing Victoria at Nationals twice and winning both Graceful and Calisthenic Solo CVI State Titles this year, which was a dream come true, I have also had the ability to complete the ACF Skills Programme from test 1 right through to my Gold medal with a perfect score of 100% for part 1 and 2. I look forward to performing part 3 at the Tinies State Title Competition in September at the Besen where I will be sharing the stage with my youngest sister.

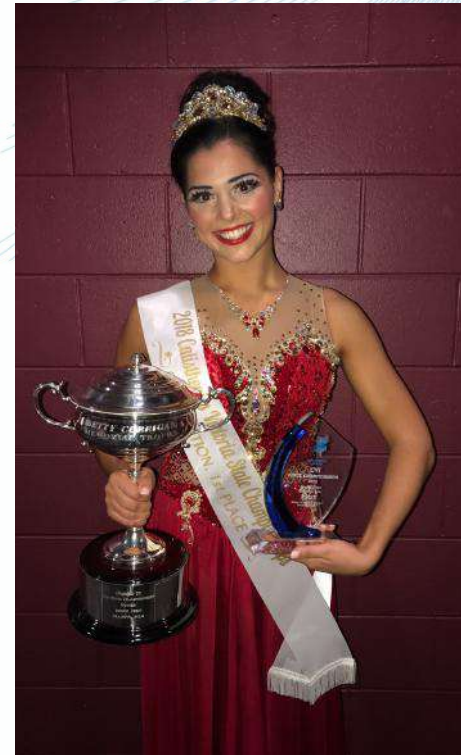
I have a number of people who have inspired me, and had the most impact on my aspirations and success in Calisthenics. Firstly, my mother Leanne, for encouraging me to practice to improve and always being my number one supporter. She is also a fabulous costume designer and pep talker. Thank you to my father Peter for his endless belief and support, and my eldest brother Ben who was a successful member of Gymnastics Victoria. and student of the Victorian College of the Arts. I watched as he trained with such determination, developing skill and motivation. Ben would help to stretch me, and teach me how to have strength and flexibility.

Thanks to Marion Longstaff and Tarryn who mentored me through my level 1 coaching accreditation in 2017. I would like to thank Kirrilly, Jeanne and Lucinda for helping to mould me as a coach and Marion and Tarryn for helping me reach this goal.

Last but not least , to Lucinda Williams. When I first came to her as a premature graceful girl I had no idea of the significance of Calisthenics and how much one could achieve. Over the years we have had many long discussions, but i'll never forget the first one at VCCA many years ago. I will never forget her reaction to my unenlightened question "were you good at calisthenics Lucinda? Did you win anything?". At the time I had no idea she was a Graceful Girl winner, (I actually had no idea that the prestigious R.S.S.S Most Graceful Girl competition existed!).

Lucinda has inspired me in so many ways and has sculpted me into the performer I am today and I am forever grateful. I would like to thank her from the bottom of my heart and hope that I am even half as good as her one day. There have been so many wonderful people who have helped me along the way, to whom I am extremely grateful.

I look forward for my journey ahead in Calisthenics and can't wait to see what unfolds in my dancing future.



Alexandrea Renkin Winner of VCCA Enid Feltham Trophy

This award means so much to me. I feel honoured to be recognised as a recipient in dedication of such an exceptional woman. The memories that were made on that day are ones which I will cherish and the support I received from everyone is something I will never forget.

My journey in graceful solos began when I was 11, where I worked hard alongside my coach, Jeanne. Each solo season has taught me something new, whether that be resilience or determination, and has shaped me into the dancer I am today. Learning from others was so valuable in my training.. I looked up to, and continue to look up to the senior soloists, and believe that being inspired plays an integral role in learning.

Throughout the years, my inspiration stemmed from the qualities in others. I have been inspired by the sportsmanship in other competitors, the support and love that each performer had for both the sport and themselves. These qualities have always been my inspiration and continue to inspire me today.

I thank the other 16 competitors in the section that I had the pleasure of performing with. The talent and work ethic in them is amazing, and I thank them for the support that we give each other.

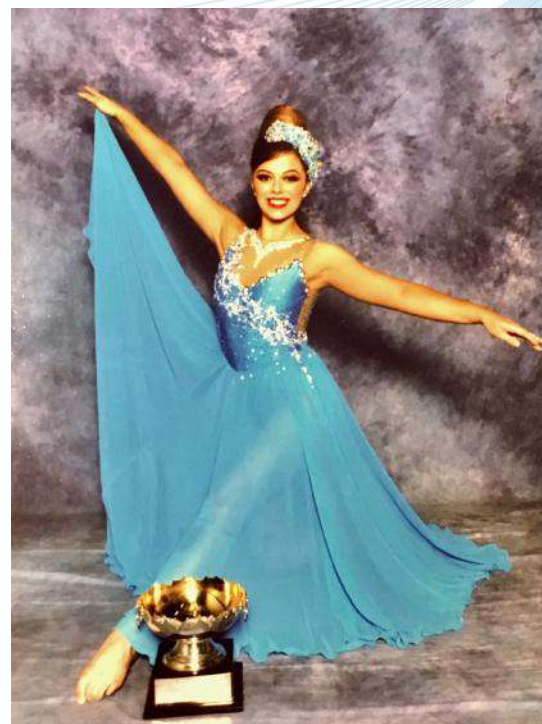
Thank you to Jeanne, who has coached me since 2010. I don't have the words to describe how grateful I am for your support through all these years. I also thank Lucinda, for her amazing choreography she has given me each year.

To my mum and dad - thanks mum for the stunning costumes and to you both for the continued support you have given me since starting this sport at the age of one. I can never thank them enough.

I thank my sisters for constantly giving me the biggest cheer after each performance, and for the feedback even if I don't always appreciate it!

To my grandparents, I thank them also for the ongoing support. In particular my grandma (Mama), I dedicate this award to her.

Alexandrea Renkin



Zoe Formosa

Winner of the Victorian Calisthenics & VCCA Vera E. Hopton Trophy

On the 15th Of May I was fortunate enough to participate in the VCCA Miss Vera E Hopton Competition for the 16 year old Open Graceful section. My goals for the 2018 solo season was to stay consistent, work extremely hard and to (hopefully) place at VCCA, and who would have thought I would have taken out the win! Having my goals in place made my focus clear and I knew what I wanted to achieve. I am going to be honest here, in the past I have never been one to practice alot, analyse videos, write down corrections, listen to my music 100 times a day but the weeks leading up to the big day these things became a major priority to me.

Winning the Vera E Hopton Perpetual Trophy was a dream come true but the 3 minutes I performed on that stage was something completely magical and it truly was the performance of my life. No matter what the results were I was beyond proud of my performance and that's all that mattered to me. Solos are an individual performance and you are the only one up on that stage but there are a few exceptional people who have supported, guided and loved me through this journey and I am beyond grateful for everything they have done.

To my Ceres Family for their ongoing support and motivation, there are always ups and downs that come with this crazy sport we love and they were there to celebrate the highs and reassure me on the lows. To Kat, Emily, Annalise, Grace and Hayley for their beautiful friendships. You guys are truly the best friends a girl could have and to be able to share this experience with each of you is something I will never forget.

Mum and Dad, you guys always go above and beyond for me, you always put me first and I will never be able to be able to express my love and gratitude for you both.

And lastly to my incredible and talented coach Julia Doig. You are one of the most captivating and inspiring people I have ever worked with. We began our journey together in 2015 and you have completely transformed me as a performer. You have pushed me to new limits, challenged me with innovative and tough choreography but you also have taught me how to love what I do and to be appreciative for what I have. I wouldn't have been able to achieve this without you and I am so excited for what lies ahead for us. I never thought I had a shot at winning such an important and significant competition and normally I was one to crack under pressure but with practice, persistence and love you can truly achieve anything.

Zoe Formosa



Gemma Shines at Volunteer Awards

Congratulations to Gemma Thorneycroft who won the Wodonga Youth Sports and Recreational Volunteer Award on Friday 3rd August.

Gemma assists with Competitive Subbies at Murray River Calisthenics Club Rutherglen, and competes at Twin City Calisthenics Club Wodonga. Gemma has been involved in Calisthenics for 10 years and is a helper at Wodonga Calisthenics College. Gemma is also an Umpire for the AFL and believes that all girls should follow their dreams, because you never know what you can achieve.



"All girls should follow their dreams"



Run Melbourne for CatholicCare's Refugee Programs

Some of the Members from K&K Calisthenics were part of CatholicCare's Run Melbourne team and of course we were dressed up for the event! We were helping raise some funds for CatholicCare's Refugee Dads & Kids Program that one of our members volunteer with. So on the 29th of July, ten members from K&K dressed up in tutus, leg warmers and Unicorn headbands. After completing 5kms and lots of fun, one of our girls finished the only way a Calisthenics girl would, with a Split leap over the finish line.

Congratulations to Kelly Towers, Ella Towers, Shellie Thomson, Jules Kennedy, Charlotte Kennedy, Willow Kennedy, Rose Fanning, Madison Fanning, Olivia Dunstan and Leanne McKenner. We are very proud of all of you!

If you would like to make a donation the link is www.ccam.org.au/my-fundraising/49/kk-cals-team



Celebrating Lynette Robinson

Lynette Robinson is a highly dedicated, yet humble Costume Coordinator at Donvale Calisthenics Club who has spent countless hours helping design, prepare and show off hundreds of costumes. So when she was awarded the Victorian Government Community Sports & Recreation Award she accepted with gratitude and pride.

In 1978, Lynne joined Donvale Calisthenics with her two daughters, Megan and Kate and in 1980, she became a respected part of the committee as the Club Treasurer a role she held for 9 years. Lynne then dedicated her time to creating stunning costumes for competitors from Tinies right through to Seniors. Her tireless efforts also include her generosity of opening her home to store the clubs wardrobe.

In light of Lynne's incredible dedication, Donvale Calisthenics nominated her for the Victorian Government Community Sports & Recreation Award in 2010. Up against more commonly known sports like Basketball and Netball, Lynne brought it home for Calisthenics. The then Victorian Minister for Sport, James Merlino presented Lynne with this award.

In October of 2011, Her Majesty Queen Elizabeth visited Australia and as a result of Lynne's Community Sport and Recreation Award, Lynne was invited by the Victorian Governor to attend a Reception at Government House as part of Her Majesty's visit. A very prestigious invitation for any Volunteer and a high honour for Calisthenics. In 2013, Lynne also received the Menzies Community Australia Day Award recognising the valued contribution to the community of the Federal Electorate of Menzies.

Lynne continues to share her love and passion of calisthenics through 3 generations at Donvale with her daughter Megan in Masters and Club Secretary, 2 grand-daughters Simone & Rechelle - both coaches, competitors and committee members. Also sharing Calisthenics with many of her family members who compete across Victoria in all ages! You can only guess what the main topic of conversation is at family events!

In 2018, Lynne will be celebrating her 40th year at Donvale. Her dedication is immeasurable! The Donvale family are very thankful for everything that Lynne has done and continues to do year after year.



**Donvale Calisthenics Club
Lynette Robinson**

Sponsors - Thank you

ALPHINGTON SPORTS MEDICINE EXERCISE + REHAB

"We are a proud partner of Calisthenics Victoria and love supporting the talented local performers who are involved in this fantastic sport".

- Gaylene McKay, Managing Director, Alphington Sports Medicine Clinic

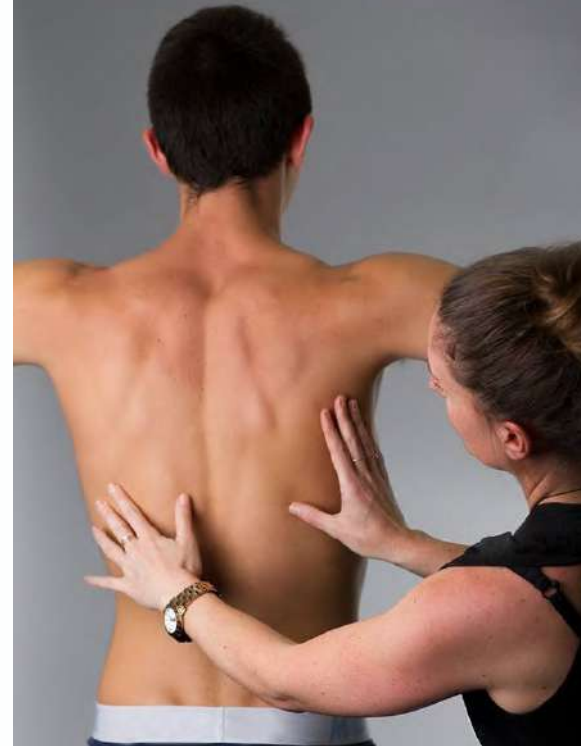
Alphington Sports Medicine Clinic have experience in treating athletes from calisthenics, ballet, dance, gymnastic and performing arts over many years so understand the specific needs involved for individuals along with the demands of the competition season.

Their focus is on your health and well-being to allow enjoyable participation and optimal performance.

With over 30 sports medicine practitioners working across more than 10 health sectors Alphington Sports Medicine Clinic offer services in:

- Sport & Exercise Medicine
- Physiotherapy
- Paediatric Sports Medicine
- Orthopaedic Surgery
- Clinical Pilates
- Exercise Rehabilitation
- Exercise Physiology
- Podiatry
- Massage
- Dietetics
- Occupational (Hand) Therapy
- Concussion follow-up
- Alphington Exercise & Rehabilitation Centre - with two Clinical Pilates Studios and a comprehensively equipped Rehabilitation Gym also available.

To find out more go to www.alphingtonsportsmed.com.au or phone 94815744 for an appointment.



Sponsors



Winkipop is a proud sponsor of
Calisthenics Victoria!



To view all your Team Competition
photos please see the link below:
<http://winkipopmedia.photostockplus.com/album/2729545/>

Remember you will need the
password from your club
administrator

Contact Us

If you have any club stories you would like to share and celebrate in our Clublink please
submit into the link below:

https://docs.google.com/forms/d/e/1FAIpQLSdtUqgihDqNPaQKx4b5Ak-QLEKh5eC-2QLxyvk1I-vci4UYxw/viewform?usp=pp_url

For any other general information please email Emily Drossos:
marketing@calisthenics.asn.au

Major Events Sponsor

Mt Evelyn and Montrose
Community Bank®
branches



Principal Partner



Silver Partners



Bronze Partners



Member Benefits Partner



Government Partners



#Live to Perform