

CAL.S.A.C.

Calisthenic SA Coaches Association Inc.

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CAL.S.A.C. Council News

At the Annual General Meeting held on 6th February 2011 the following members were elected to the 2011 CAL.S.A.C. Council

President	Carolyn Fortune
Vice-President	Vacant
Treasurer	Michelle Gaffney
Level 2 Coordinator	Diane Winterling
Level 1 Coordinator	Heather Zandegu
Assistant Coaches Coordinator	Sharron Stubbs
ASCA SA Branch Rep	Dianne Nicholls
Country Liaison Officer	Debra Wood
Council Members	Leonie Parker Sue Edward Sarah Fortune Danae McGregor Rebecca Williams Meredith Phillis

Minutes of the AGM will be sent to all Coaches with the December newsletter. Copies are available at the CAL.S.A.C. office should anyone require minutes prior to December.

Graceful Competitor State Championships

Gradings 11-17th April
Finals 29th April—7th May

May Competitions

16th May-13th June

State Competitions

22nd July-10th September

Skills Prep Day

Friday 23rd and Sunday 25th September

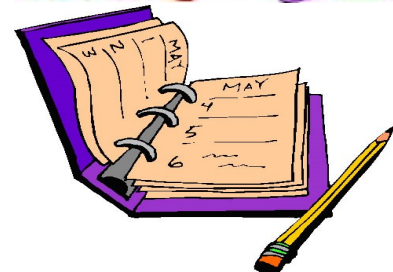
Skills Exams

17th—23rd October

CASA Solo/Duo

7th—27th November

DIARY DATES



Calisthenic SA Coaches Association
65 Angas Street, Adelaide, SA 5000
☎ 08 82325891 📧 calsac@adam.com.au

Visit the Website at
www.calisthenicssa.com.au/CALSAC/calsac.htm

Reaccreditation

Thank you to those Coaches who have sent their logbooks and \$15.00 reaccreditation fee into the office. The following Coaches' Level 1 has expired. Please send your log book plus the \$15.00 fee to the office as soon as possible to avoid not being permitted side stage at the Gracefuls, May Competitions or the State Championships.

Dianne Nicholls	Kristyn Robson	Peta Schmidt
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The following Coaches' Level 1 will expire this year. Please send your log book plus \$15.00 fee to the office at least one month prior to your Level 1 expiry date.

Rebecca Aplin	31/07/11	Kate Loveridge	31/05/11	Elise Przytula	31/07/11
Donna Dillon	31/05/11	Melissa Maeder	30/04/11	Michelle Richmond	31/05/11
Laura Evans	31/05/11	Danae McGregor	31/05/11	Bianka Schumann	30/09/11
Kerry Farrell	31/07/11	Megan McKell	03/07/11	Sharni Truscott	31/05/11
Katherine Ganley	30/09/11	Amy McLean	30/11/11	Keron White	31/07/11
Claire Guglielmi	31/07/11	Kellie Miller	31/07/11	Belinda Williams	31/05/11
Andrea Jones	31/08/11	Shannon Mossop	30/04/11	Lauren Williams	30/11/11
Josie Kerr	30/07/11	Lillian Poynter	31/07/11		

Coaches are reminded that you must accrue a minimum of 24 points over 4 years for your Level 1 Accreditation to be renewed. Points can be obtained by coaching (teams, solo's, duo's) and by attending approved updating seminars and Preparation days. Any Coaches who are not actively involved in coaching may need to attend additional seminars in order to gain the correct number of points. for re-accreditation

SOCIAL NETWORKING ISSUES

With the current state of technology it is so easy for everyone to keep in touch with so many friends and colleagues at just the touch of a button. Whilst this is a wonderful communication opportunity, it brings with it some responsibilities which are often neglected. It is even more important than ever to be careful about how we use this "freedom of speech" in relation to the calisthenic community.

Facebook is a terrific way to offer congratulations, share good news, ask for advice, and share a funny story it can also become a way of spreading hurtful information, bullying and generally venting inappropriately. With so many members of the calisthenic community, coaches, parents, adjudicators and participants on facebook we must make choices about the information we share.

We have seen the catastrophic consequences of inappropriate communications via the calisthenic forum and many have been affected either directly or indirectly by bullying through facebook, email or text.

As coaches it is our responsibility to do as much as possible to ensure that communication via these methods remains positive and encouraging, and as such we should be diligent and exceptionally good role models with our own news sharing through social networking.

First Aid Expiry

The following Coaches have let their first aid qualification expire which means your Level 1 is no longer current. If you wish to continue Coaching you must contact the office immediately. If you have already updated your qualifications, please send a copy to the office as soon as possible.

Melissa Boden	Hayley Edwards	Samantha Packard	Peta Schmidt
Pamela Blackwood (LOA)	Kayla Kearney	Gemma Paech	Melissa Shotten
Kristen Davidson	Joanne Kelly	Kristy Press	

The following Coaches' First Aid Qualification will expire this year. Please ensure you update prior to the expiry date and send a photocopy of your certificate to this office so your Level 1 is maintained.

Cheryll Bennett	18/05/11	Michelle Gaffney	13/04/11	Kylie McIvor	28/09/11
Heather Boyd	30/05/11	Laurel Hawke	22/05/11	Felicity Meadows	07/07/11
Lorinda Brooking	06/11/11	Julie Holtham	10/10/11	Danni Mentha	31/05/11
Jessica Evans	29/06/11	Danae McGregor	01/12/11	Adele Newman	13/06/11

photography in royalty

Coaches are reminded there are to be no photographs taken in the Dressing Room. CASA will make the 2nd Floor available for Coaches wishing to take photos of their teams at May and State competitions and a professional photographer will be available at all Graceful girl finals.



DON'T FORGET TO
UPDATE YOUR EMAIL
DETAILS IF THEY
CHANGE



Unfinancial Members

Below is a list of unfinancial **FULL MEMBERS** at the time of printing this Newsletter. If your name appears on the list and you wish to remain a CAL.S.A.C. member and maintain your Level 1 accreditation, please forward your Membership form (available from the CASA website) and payment to the Administrative Officer ASAP. This will be the last newsletter you will receive if you do not renew your subscription immediately. **A late fee now applies to the members listed below of \$10.00 plus \$85.00 2011 membership (Total \$95.00).** Unfinancial Members will not be permitted side stage, as they will not be wearing their 2011 ACF membership card. If you have resigned from Coaching and do not wish to maintain your Level 1, written notification to this office would be appreciated.

Nicole Berg	Laurel Hawke	Aimee-Grace Phillips	Elyse Szegeti
Pamela Blackwood (LOA)	Andrea Jones	Elise Przytula	Elizabeth West
Melissa Bowman	Alicia Kennedy	Kristyn Robson	Kelly Wicks
Rebecca-Lee Dolling	Jaclyn Knott	Peta Schmidt	Kimberley Winrow
Kerry Farrell	Kylie Mclvor	Sarah Schwarz	Hayley Wood
Sarah Fortune	Gemma Paech	Melissa Shotten	

ASSOCIATE MEMBERS: Please remember that to maintain your Assistant status you are required to remain a financial member of CAL.S.A.C. *If you have not paid your subscription this will be your last newsletter. An Associate Membership form is available to download from the CASA Website on CAL.S.A.C. home page.*

IT IS THE COACHES' RESPONSIBILITY TO ADVISE CAL.S.A.C. OF CHANGES TO POSTAL AND EMAIL ADDRESSES

NATIONAL CALISTHENICS CONFERENCE 2012

Etihad Stadium, Melbourne
20-22nd January 2012

run by ACFCC

A great opportunity for all coaches to attend and network with fellow coaches. Come along to gain more knowledge about all aspects of coaching and have fun doing it. You should have received the 1st newsletter detailing all the information about the conference. Coaches will receive 12 update points for attending!! Registration will be \$300, so start saving, or ask your club to sponsor you so that you can attend. This conference is a fantastic opportunity to gain some new knowledge and will benefit your coaching career. If you haven't been to a coaches conference then now is the time to attend. It is a great place to meet interstate coaches where you can share ideas.

Please start looking at accommodation now as Accommodation will get booked out due to school holiday time and the Australian Open is also scheduled during this time.

Level 1 Trainees



TO THE FOLLOWING TRAINEES WHO SUCCESSFULLY COMPLETED THE LEVEL 1 COURSE IN FEBRUARY, 2011:
 Rebecca Aaron, Bianca Allocca, Lisa Barnes, Jaz Coppinger, Brooke Curtain, Vashti Evans, Robyn Faehse, Belinda Haeusler, Kimberley Hanson, Clare Hester, Kristen Hocking, Ashton Hunt, Nicolle Johns, Kate Leadbeater, Simone McFarland, Adele Newman, Megan Scamoni, Chloe Templeman

Level 1 Trainees (those who completed their Level 1 Course in February 2011) must have a Level 1 Coach with them at all times during their Coaching. To stand side stage you must wear your Pink Trainee Badge and have an accredited Level 1 Coach accompany you. Level 1 accreditation commences when you have completed your 40 hours and have been successfully monitored.

Remember to notify the office as soon as you have accrued your 40 hours (by sending in your 40-hour verification form) so that monitoring can be arranged immediately.

Assistant Courses



to the following Cadets and Class Assistants who completed their course in 2011

Cadets:

Bianca Allocca, Lisa Barnes, Kristen Hocking, Caitlin Carroll, Jessica Church, Brooke Dinnison, Alyna Fisher, Jacqueline Higgins, Simone McFarland, Briana Mason Ellen Pirone, Marlise Slade, Leah Smolarek, Chloe Templeman, Holly Wilson

Class Assistants:

Sasha Baumann, Heidi Bryce, Kotahlia Connolly, Caitlin Dixon, Jessica Edwards, Alexandra Hewitt, Kealyn Madden, Brianna Porter, Zoe Rankine, Danika Reis-Ash, Bethney Schenscher, Tamika Sewell, Sarah Seymour, Jessie Williams, Tahlia Wozniak, April Zimmerman

May/June Competitions

Please ensure that you are preparing the correct items for presentation at the May/June Competitions.

SUBBIES: Exercises/Clubs/Aesthetic

JUNIORS: March/Rods/Song and Dance

INTERS: March/Clubs/Cali Revue

SENIORS: Exercises/Rods/Dance Routine

REMINDERS:

- Aesthetic is a core item for Sub-juniors
- Cali revue time limit for Inters is 3-4 minutes
- May competitions—attachment re guidelines for competitions for Sub-juniors and Juniors
- Lighting —all coaches must have a lighting cue sheet to have lighting, this needs to be handed up to the lighting box before the commencement of your section to allow the technicians enough time to program it. Lighting sheets can be downloaded off the CASA website

NEW LIFE MEMBER

CALS.A.C. would like to
welcome our new Life
Member
Glenys Anderson





STOP

Is your police check current?

Please check on the lists below to see if your police check has expired or needs renewing before the State Championships. Coaches who have not renewed their police checks will not be permitted in the dressing room or side stage. Police checks are now due every 3 YEARS. The following Coaches' police check have expired or will expire in April.

Cheryll Bennett	27/07/2007	Alicia Kennedy	10/04/2008	Angela Shee	10/04/2008
Susan Cabot	19/03/2008	Kristina Lindsay	16/07/2007	Sarah Stephenson	07/09/2007
Karen Darby	10/08/2007	Emma-Kate Lindsay	16/07/2007	Alexandra Tilley	01/04/2008
Bev Daysh	24/07/2007	Kristin McFarlane	14/11/2007	Anna Tinker-Casson	14/03/2008
Hayley Edwards	31/07/2007	Jaimee McHugh	03/08/2007	Shelley van der linde	11/03/2008
Haylee Fisher	20/03/2008	Kellie Miller	29/05/2007	Amy-Louise Vettese	22/04/2008
Natalie Fleming	30/07/2007	Megan Naylor	25/03/2008	Rebecca Williams	15/04/2008
Sarah Fortune	14/08/2007	Ashleigh Pancione	04/07/2007		
Monique Gentile	08/04/2008	Kristy Press	17/09/2007		
Andrea Jones	06/03/2008	Rhonda Ryan	18/03/2008		

COACH EFFECTIVENESS AUDIT PROCESS

All Coaches who have gained accreditation for the first time from January 2007 must complete a video self analysis prior to their first reaccreditation. If you are due for reaccreditation in 2011 you must complete this process before you can be reaccredited.

The process is as follows:

- Purchase paperwork for \$5.00 from CAL.S.A.C.
- Video a class you are coaching
- A Coach with a minimum of 7 years experience is to view the self analysis video with you and complete the sign-off form
- Submit completed sign-off form with your log book and \$15 reaccreditation fee to CAL.S.A.C.

For more information please contact the office.

Just a reminder that The Australian Sports Commission has now made available to all Coaches an online facility where you can view and update your personal details and check your accreditation expiry. You will need to visit the website to register: <https://sao.ausport.gov.au>. Don't forget if your details change you need to update them on line and also with CAL.S.A.C.



Skills

Prerequisites for Calisthenic Solos, Duos and Graceful Solos

A reminder that in SA, Solo requirements came into effect in 2009 with a gradual introduction until SA is in line with the ACF recommendations and other States and Territories. Please ensure your students have the correct level if they intend to enter CASA Solo Championships.

Background

For some time the Australian Calisthenic Federation, following extensive research by physiotherapist Jean Leaf, has recognised its duty of care and implemented skills prerequisites for their solo championships. Other States and Territories have already followed this advice and introduced these requirements at their own solo competitions. As a result, there has been a direct improvement in the level of their participants' skills. In response to the recent survey, to bring South Australia into line nationally and to exercise their own duty of care, CASA decided to also adopt the ACF guidelines from 2009.

To implement this, and to allow pupils the chance to gradually proceed through the skills programme, the following time frame was introduced:

<i>Introduction of ACF requirements in SA</i>		
<u>Age</u> <u>(in year of competition)</u>	<u>Prerequisite</u>	<u>Year of Intro- duction</u>
8	Test 1	2009
9	Test 2	2009
10	Test 3	2009
11-12	Grade 1	2009
13-14 and above	Grade 2	2010
15 and above	Preparatory Grade 3	2011
16 and above	Grade 3	2012
17 and above	Grade 4	2013
<i>Skill level to be achieved by the <u>closing date</u> for each State / Territory competition.</i>		

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Next Prep Day Friday 23rd September and Sunday 25th September; October Exams 17th – 23rd October 2011. Application forms distributed during July/August or available on the CASA website from April 2011