

CAL.S.A.C.

Calisthenic SA Coaches Association Inc

Newsletter December 2008

Print Post Approved: PP505244/00015

Coaches Mini Conference 2009

THE PARKS CONVENTION CENTRE, AAMI STADIUM
SUNDAY 8th FEBRUARY

All coaches would have received a registration form for the mini conference to be held on 8th February 2009. We hope that you are all able to attend this one day event to obtain your updating points but we will still be offering our normal seminars and meetings during the year if you cannot attend on this day.

Don't forget the EARLY BIRD SPECIAL \$30 if paid by Friday 19th December.

Website/New Email Address

Information regarding all courses run by CALS.A.C., all membership forms and updating coaching seminar forms for 2009 are now available to download from the website. CALS.A.C. is finally on broadband. Our new email address is calsac@adam.com.au.

The direct URL for the website is:

<http://www.calisthenicssa.com.au/CALSAC/calsac.htm>

Sports Accreditation Online

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>

The ASC is no longer producing log books so if you have recently sent in your reaccreditation you will no longer receive a log book but you can download an activity sheet from the Australian Sports Commission website. The ACFCC is currently looking into having a log book printed for coaches.

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Attachments

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- ☺ Notice of 2009 AGM/CAL.S.A.C. Council Nomination Form/AGM Agenda
- ☺ 2008 AGM Minutes
- ☺ Code of Ethics
- ☺ Calendar of Events
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Available on CAL.S.A.C. Website

- ☺ Membership Forms
- ☺ Code of Ethics
- ☺ First Aid Registration Forms
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Level 1 Re-accreditation

Coaches due for re-accreditation during 2009 (please check your expiry date on your ACC card) are reminded to send in your logbooks for final verification at least one month before expiry date. Please add up your points and include \$12.00 for your re-accreditation fee. This will be forwarded to Canberra and you will receive a new accreditation package. **Please include a stamped self-addressed envelope for return of your logbook.**

There are many Coaches who are not sending in logbooks regularly for checking and updating. This causes problems when it is time for re-accreditation and they do not have enough accrued points. Please ensure your logbook is verified and you check your updating points regularly. Remember you must accrue 24 points over 4 years.

The following Coaches are now due/overdue for re-accreditation:

Heather Boyd 31/12/08	Renee Gross 31/10/08	Sandra McKell 31/01/08
Melissa Evans 31/08/08	Nicole Ianunzio 31/08/08	Melanie Rowntree 31/08/08
Wendy Ferrett 31/08/08	Jennifer Malone 31/12/08	Sarah Whitbread 31/10/08
Monique Gentile 31/12/08	Carmel Margaritis 31/10/08	Melissa Wright 30/11/08

The following Coaches require re-accreditation during 2009 (please do not wait until the last minute to send in your payment and logbook as this jeopardises continuation of your accreditation)

Natalie Allen	31/12/09	Rebecca Griffiths	30/10/09	Meredith Phillis	31/10/09
Tonya Allison	31/10/09	Laurel Hawke	31/03/09	Stephanie Pilla	31/08/09
Alexia Blackwell	28/02/09	Heather Hawley	31/10/09	Barbara Prizrenac	30/04/09
Pamela Blackwood	31/08/09	Stacey Hill	30/04/09	Veronica Roach	31/08/09
Karen Blackwood	31/03/09	Stefanie Holst	30/04/09	Mardi Ruediger	31/07/09
Natalie Burgan	31/08/09	Kellie Ingrams	31/07/09	Sally Ruediger	31/10/09
Rachel Burgan	31/08/09	Lee-Ann Lewis	31/10/09	Rhonda Ryan	30/11/09
Alison Burke	31/07/09	Kym Lindner	31/03/09	Sarah Schwarz	30/09/09
Belinda Butler	31/03/09	Emma-Kate Lindsay	31/12/09	Nina Sporer	31/08/09
Kay Butterworth	31/08/09	Jeanette Lunnie	31/10/09	Sharron Stubbs	30/04/09
Tegan Caruso	31/05/09	Kristin McFarlane	28/02/09	Val Taylor	31/10/09
Belinda Cormack	31/10/09	Felicity Meadows	30/06/09	Joanne Thompson	28/02/09
Nicolette DaCosta	31/08/09	Belinda Mentha	28/02/09	Kay Thompson	30/06/09
Glenys Datson	30/11/09	Leah Nankervis	30/11/09	Diane Winterling	31/03/09
Katie East	31/07/09	Kylie Newman	31/03/09	Heather Zandegu	31/12/09
Hayley Fitzsimons	28/02/09	Deanna Papalia	31/12/09		
Kimberly Gilmour	31/10/09	Melissa Perrotta	30/04/09		

De-Registration

Many Coaches have received notification of their impending de-registration. Remember that you have until 1st January, 2009 to either appeal (in writing to Council) against the de-registration or, if it is a first de-registration and you do not have grounds for appeal, complete the re-registration form and send appropriate payment to enable you to become re-registered. If you appeal, please include all attendances for the year plus any other relevant information.

ACF Membership 2009

Insurance

As CAL.S.A.C.'s insurance is renewed at the 1st January each year, your insurance coverage certificate will not be available until after this date. A copy will be sent to all coaches with the April 2009 newsletter, however if you require one sooner for hall hire etc., please call the office on 8232 5891 in the new year to obtain a copy.

Membership Cards

A reminder that 2009 ACF cards will not be issued until:

- Deregistration fee paid (if appropriate)
- First Aid qualifications are updated
- Code of Ethics signed (please sign the BACK of your 2009 Full Membership form—the "Coach's Code of Ethics" form is for your information)
- Annual Membership fee paid
- Technical Guide CD-ROM purchased (if not already)
- Police Check Sighted

As Coaches will be unable to stand side stage unless they are wearing their ACF Card, it will be the Coach's responsibility to ensure she is meeting all the requirements annually in order to Coach our students and maintain the highest standards expected by Parents.

There are reissue fees for ACF Cards so please look after your membership card carefully.

Reissue Fees: \$5.00 during office hours
\$20.00 call out fee all other times

Late Fee

Just a reminder that a late fee of \$10.00 applies to any Full Membership fee not received by 1st March, 2009
Please pay your Membership on time or you will incur a Late Payment Charge of \$10.00

Change of Address

Many times during the year mail is returned to the office as Coaches have changed addresses. Coaches are reminded to advise the Administrative Officer of any change of address as soon as possible so database records can be kept up to date. A change of address cannot be used as an excuse during a de-registration appeal. If you transfer between states there is also a transfer form available to assist in the transition of records.

First Aid Qualifications

The following First Aid Courses are acceptable to maintain Level 1 accreditation:

- Red Cross Senior First Aid
- St. John Senior First Aid
- Current Nurses registration (Coaches must send an updated Photocopy to the office).
- Essential First Aid with CPR certificate
- First Aid for schools and centres with CPR certificate
- Essential First Aid for Calisthenics as conducted by CAL.S.A.C.

Please remember it is your responsibility to ensure that a current photocopy of your First Aid Qualification is on file in the CAL.S.A.C. Office or your Level 1 accreditation will be deemed to have lapsed.

The following Coaches must enrol in one of the CAL.S.A.C. First Aid Courses or another appropriate course as listed above prior to the expiration of their first aid qualification in 2009. CAL.S.A.C. First Aid Courses will be held on Sunday 1st February and Sunday 8th March, 2009.

Application forms for First Aid Courses are available on the CAL.S.A.C. Website.

Chrissi Alexopoulos	16/10/09	Monique Gentile	14/07/09	Tracie McLennan	15/01/09	Bianka Schumann	08/01/09
Tonya Allison	14/07/09	Diane Gray	11/02/09	Jenny Mead	05/02/09	Angela Shee	05/03/09
Glenys Anderson	08/03/09	Claire Guglielmi	05/02/09	Kelly Memmler	05/02/09	Natasha Skinner	05/03/09
Rebecca Aplin	05/03/09	Stacey Hill	10/01/09	Kellie Miller	05/03/09	Nina Sporer	31/03/09
Pamela Blackwood	05/02/09	Kristen Hilton	14/03/09	Shannon Mossop	05/03/09	Sarah Talbot	05/03/09
Hayley Burgess	05/10/09	Merron Holst	05/06/09	Leah Nankervis	17/06/09	Joanna Thompson	05/03/09
Rebecca Burton	05/03/09	Jaclyn Knott	05/02/09	Dianne Nicholls	05/03/09	Anna Tinker- Casson	05/03/09
Kay Butterworth	05/02/09	Natasha Konicek	24/06/09	Deanna Papalia	15/07/09	Shelley Van der Linde	05/02/09
Caley Champness	01/11/09	Kylie Kurylowicz	05/02/09	Natalie Porter	05/02/09	Lisa Vettese	05/02/09
Aasha Douglas	05/03/09	Debra Lasscock	05/02/09	Kristy Press	27/02/09	Danielle Wish-Wilson	21/05/09
Tracey Emes	05/02/09	Samantha Lewis	05/02/09	Elise Przytula	05/02/09	Keron White	05/03/09
Laura Evans	10/04/09	Kym Lindner	04/07/09	Christine Ramsey	02/05/09	Danielle Wickham	05/12/09
Jessica Evans	12/09/09	Emma McBride	05/02/09	Carly Rhodes	20/12/09	Rebecca Williams	05/02/09
Kerry Farrell	04/05/09	Kristin McFarlane	05/03/09	Michelle Richmond	05/03/09	Diane Winterling	31/08/09
Wendy Ferrett	05/02/09	Jaimee McHugh	05/02/09	Kristyn Robson	29/03/09	Melissa Wright	5/03/09
Amanda Foster	05/02/09	Megan McKell	05/03/09	Michelle Rowe	05/03/09		

The following Coaches have let their first aid qualification expire (or have not advised of their updated details) which means your Level 1 is no longer current. If you wish to continue Coaching you must contact the office immediately re first aid course details.

Belinda Butler	29/07/08	Nicole Ianunzio	17/07/08	Melanie Rowntree	04/11/08	Lisa Webster	27/08/09
Airlee Galpin	05/07/08	Sandra McKell(LOA)	29/03/08	Peta Schmidt	31/08/08		
Julie Holtham	18/11/08	Felicity Meadows	16/10/08	Sarah Stephenson	29/09/08		

Police Checks

Police checks are due to be renewed every two years. At the time of printing this newsletter the following Coaches' police checks had expired. Please forward your new police check to the office as soon as possible. You must have renewed your police check to receive your 2009 membership card. If you require a form with the volunteer number on please contact Bev Daysh in the CASA office.

Alexia Blackwell	Shellee Craig	Laura Evans	Jeanntte Lunnie	Sarah Schwarz
Heather Boyd	Megan Dubieniecki	Tessa Hall	Kelly Macdonald	Sarah Stephenson
Rebecca Burton	Katie East	Kym Lindner	Sandra McKell	Danielle Whish-Wilson
Tegan Caruso	Melissa Evans	Jodie Linn	Deb Pearce	

Coaches who had their police check done in 2007 will expire next year. The following coaches will expire by April, 2009. Please ensure that you have renewed before Graceful competitions.

Chrissi Alexopoulos	30/04/09	Amanda Foster	11/04/09	Danae McGregor	27/03/09	Kristyn Robson	18/03/09
Lisa Beecken	13/04/09	Kimberly Gilmour	13/03/09	Megan McKell	04/04/09	Michelle Rowe	30/03/09
Nicole Berg	26/02/09	Melinda Grimm	30/04/09	Amy McLean	13/02/09	Sally Ruediger	26/04/09
Kirstie Buckle	08/03/09	Renee Gross	21/03/09	Tracie McLennan	23/03/09	Mardi Ruediger	29/03/09
Alison Burke	13/03/09	Lisa Gulino	23/02/09	Kelly Memmler	05/03/09	Annika Sellen	23/04/09
Belinda Butler	16/03/09	Lisa Hage	13/02/09	Arleen Mount	06/02/09	Melissa Shotten	11/04/09
Kay Butterworth	13/03/09	Teresa Hannan	05/02/09	Leah Nankervis	11/04/09	Megan Simpson	29/03/09
Michelle Capel	24/04/09	Joanne Hannan	05/02/09	Gemma Paech	06/03/09	Nina Sporer	23/04/09
Kristin Carmen	10/04/09	Laurel Hawke	21/03/09	Deanna Papalia	30/04/09	Rebecca-Lee Stone	05/03/09
Belinda Cormack	23/04/09	Heather Hawley	25/01/09	Leonie Parker	28/03/09	Val Taylor	02/03/09
Kaye Crawford	31/01/09	Stacey Hill	29/03/09	Meredith Phillis	17/04/09	Skye Timmins	22/02/09
Melissa Daysh	27/03/09	Kristen Hilton	20/04/09	Marie Pickering	24/01/09	Anna Tinker-Casson	16/03/09
Sally Deelat	04/04/09	Kellie Ingrams	16/03/09	Stephanie Pilla	23/02/09	Lisa Webb	19/04/09
Kelly Edwards	13/03/09	Natasha Konicek	02/04/09	Natalie Porter	04/04/09	Natalie Weger	24/01/09
Monika Falk	28/03/09	Kylie Kurylowicz	17/04/09	Lillian Poynter	22/02/09	Danielle Wickham	16/02/09
Wendy Ferrett	12/04/09	Lee-Ann Lewis	14/02/09	Elise Przytula	04/04/09		
Hayley Fitzsimons	29/03/09	Emma McBride	22/02/09	Veronica Roach	16/03/09		

AGM/Nomination for Council

The 2009 Annual General Meeting (AGM) will be held on Sunday 8th February 2009 at The Park Convention Centre, AAMI Stadium, Turner Drive, West Lakes from 1.00 p.m to 1.30 p.m.

Involvement in Council does not necessitate a great deal of time or effort. Meetings are kept to a minimum and rarely take longer than 2 hours. If you care about your sport this is great way to be involved with minimal effort.

The following CAL.S.A.C. Council positions will become vacant at the 2009 AGM. If you are interested in filling one of these positions please complete the nomination form enclosed in this newsletter. If you would like further information about what the position involves please contact the Administrative Officer.

President

Treasurer

Assistant Coach Co-ordinator

Council Members

(PLEASE NOTE THE ABOVE POSITIONS ARE FOR A TERM OF TWO YEARS UNLESS OTHERWISE SPECIFIED)

Level 2 Accreditation

Registration

Registered Level 1 Members with two years accreditation wishing to commence Level 2 are encouraged to contact the office to register. There is a **once only** fee of \$27.50 to cover administration costs over the period it takes for you to complete the 9 modules of Level 2. The modules are highly informative with guest presenters sharing their expertise in a wide variety of Calisthenic related subjects. **Coaches do not have to complete the Level 2 requirements in any particular order and there is no time limit.** The registration fee however, must be paid prior to commencing any of the Level 2 modules.

If you are travelling interstate for holidays or business, check with the CAL.S.A.C. office for details of Level 2 courses being held in other States or Territories. You may wish to register for modules not currently being held in South Australia.

Calisthenic Coaching Video Resources

The following ACF videos are available for purchase from the CAL.S.A.C. office:

Banned Movement Video \$33.00 plus \$6.00 postage

Level 2 Dance DVD \$27.50 plus \$6.00 postage

Level 2 Club Swinging Video \$27.50 plus \$6.00 postage

All videos are excellent resources for Coaches at all Levels.

The latest ACF video "Strength & Conditioning" is available from the CASA office.

Cost: \$30.00 (includes manual). Recommended for all Coaches and Students.

Assistant Coaches Courses 2009

There are many benefits to having your Assistants trained and using effective correction techniques and terminology, therefore maximising their usefulness in your lesson. It also gives girls confidence in dealing with younger children. Please encourage all your assistants to complete one of these courses.

Class Assistant Course: (Friday 13th March, 2009) CAL.S.A.C. will be offering the highly successful Class Assistant Course for 11-13 year olds. *Remember Calisthenic Skills Grade 1 is a minimum requirement for this course.*

Cadet Coaches Course: (Sunday 15th February, 2009) The National Cadet Coach Course for 14-17 year olds is a pre-requisite for Level 1 Coaching Accreditation. *Please read carefully the information pages on the website and discuss with your Assistants and potential Level 1 applicants.*

Information and Forms are available to download from the CAL.S.A.C. Website.

Calisthenic Skills

A reminder that from 2009 solo requirements come into effect. Please ensure your students have the correct level if they intend to enter CASA Graceful solo championships.

PREPARATION DAY: Friday 30th January 2009 (Standards 1,2,3 & 4)
Sunday 1st February 2009 (Test 1 to Grade 4)

EXAMINATION DATES: 5th February—15th February 2009

The next examination period will then take place in November 2009.

Any girls wishing to enrol in the Class Assistant Course must have Calisthenic Skills Grade 1. Coaches Level 1 has a pre-requisite of Calisthenic Skills Grade 2.

Closing Dates

2009 First Aid Courses	Monday 19th January
Nominations for CAL.S.A.C. Council	Friday 23rd January
2009 Level 1 Course	Monday 26th January
Cadet Course	Monday 26th January
Coaches Mini Conference	Saturday 31st January
Class Assistant Course	Friday 27th February
2009 Membership	Monday 2nd March
Lighting Seminar	Friday 13th March

*****A late fee applies to all applications/enrolments not received by the due date*****

Please note close of business on the due date (i.e. 5pm) will be the time from which late fees apply. Do not leave applications under the office door after 5p.m. as they will be returned for payment of a late fee.

Leave of Absence

Should you need to apply for 12 months leave of absence, written application must be made to Council as soon as possible. In these cases, application is usually successful but Coaches must be advised that to maintain accreditation, although not Coaching, membership of CAL.S.A.C. must be continuous and in the remaining years additional points will need to be accrued to make up for this missed year.

2009 May/June Competitions and State Championships

Please note there have been changes to the dates of May and State Competitions for 2009. Please check the CASA website for the changes.

Items for 2009 May Competitions and State Championships are as follows:

May/June Competitions

Sub-Juniors—Exercises, Clubs, Folk Dance
Juniors—March, Rods, Calisthenic Spec
Inters—March, Clubs, Song and Dance
Seniors—Exercises, Rods, Calisthenic Spec

State Competitions

Tinies—March, Exercises and Song & Dance
Sub-Juniors—March, Exercises, Rods, Clubs & Folk Dance
Juniors—March, Exercises, Rods, Clubs & Calisthenic Spec
Inters - March, Exercises, Rods, Clubs & Song & Dance
Seniors—March, Exercises, Clubs, Rods & Calisthenic Spec

Lanyards

We have calisthenic lanyards for sale in the office. They come in a variety of colours, Red, Blue and Black at a cost of \$5.00 which includes a plastic cover.

Sticker Books

The VCCA has printed Calisthenic Keepsake sticker books. The book is designed to span the participant's calisthenics involvement from Tinies to Juniors. Each booklet comes with a set of stickers marking over 50 specific development achievements. These stickers are in a separate plastic sleeve which can be extracted from the book and kept by the Coach. CAL.S.A.C. is purchasing 500 books and will have them available at the Mini Conference for coaches to purchase. They cost \$8.00 each. If you would like to use these with your teams, we suggest that your club includes the cost in the enrolment fee and gives each participant a book.

Baby Corner

There were a considerable amount of babies born in 2008 so in the April newsletter we would like to dedicate a page to show off what could potentially be the 2016 Sub-Junior National Team! If you had a baby this year we would love to receive a photo of yourself and your bub (or bubs) for our baby corner. Please email Heather at the office with your gorgeous pictures by 31st March, 2009.

