

CAL.S.A.C.

Calisthenic SA Coaches Association Inc.

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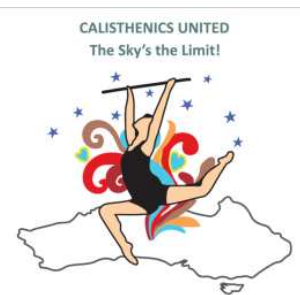
New Level 2

2012 ACF National Calisthenics Conference

We hope all Coaches who are attending the National Coaches Conference have a wonderful experience, meet new friends and gain loads of knowledge to take back to their pupils.

Level 1 Coaches will earn 12 updating points and Level 2 Coaches 24 pts.

For those Coaches who are not attending the Conference, CALSAC will be holding normal seminars in February and September next year and also we will be running two Level 2 Modules during the year which we encourage to you attend. Please look at the attached Calendar of Events for further details.



Website

The following forms are available to download from the website:

- Membership Forms
- Code of Ethics
- First Aid Registration Forms
- Class Assistant Information & Forms
- Cadet Coach Information & Forms
- Level 1 Course Information & Forms
- February Seminars



Attachments:

Membership forms

2012 AGM Minutes

February Seminars

Notice of 2012 AGM/CALSAC Council Nomination Form/AGM Agenda

Code of Ethics

Calendar of Events

Calisthenic SA Coaches Association ,
65 Angas Street, Adelaide, SA 5000

☎ 08 8232 5891 📧 calsac@adam.com.au

Visit the Website at

www.calisthenicssa.com.au/CALSAC/calsac.htm

A note from the President

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. You will not be permitted side stage at the State Championships until your reaccreditation has been processed.

Katherine Ganley	Amy McLean	Shannon Mossop	Lauren Williams
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The following Coaches Level 1 will expire next year. Please send your log book plus \$15.00 fee to the office at least one month prior to your Level 1 expiry date.

Alexopoulos, Chrissi	30/04/12	Holtham, Julie	31/01/12	Naylor, Megan	12/05/12
Anderson, Glenys	30/11/12	Ianunzio, Nikki	31/08/12	Packard, Samantha	24/11/12
Berg, Nicole	31/08/12	Ivanoff, Catherine	31/08/12	Pancione, Ashleigh	24/11/12
Boyd, Heather	31/12/12	Kearney, Kayla	31/08/12	Pearce, Deb	1/11/12
Brown, Michelle	16/09/12	Kelly, Karyn	31/05/12	Porter, Natalie	31/01/12
Crawford, Kaye	31/08/12	Knott, Jaclyn	31/03/12	Press, Kristy	30/04/12
D'Antonio, Lauren	15/07/12	Kurylowicz, Kylie	30/11/12	Rowe, Carly	31/01/12
Davey, Carly	31/08/12	Lord, Kerry	30/04/12	Ryan, Tara	30/11/12
Doulos, Nicole	29/02/12	Margaritis, Carmel	31/10/12	Sellen, Annika	7/10/12
Drury, Cassie	24/07/12	Martin, Kristen	31/10/12	Simpson, Megan	31/01/12
Edwards, Hayley	31/01/12	Mayo, Renee	31/10/12	Stephenson, Katherine	30/04/12
Fisher, Haylee	9/09/12	McBride, Emma	31/05/12	Thompson, Rebecca	30/04/12
Fortune, Sarah	30/06/12	Mead, Jenny	30/08/12	Whitbread, Sarah	31/10/12
Gray, Diane	30/06/12	Memmler, Kelly-Maree	31/08/12	Wright, Melissa	30/11/12
Hage, Lisa	30/06/12	Milam, Sheridan	31/08/12		
Hampton, Jennifer	31/12/12	Moyse, Catherine	31/08/12		
Hofmeyer, Amy	03/07/12	Nation, Belinda	30/04/12		

Coaches are reminded that you must accrue a minimum of 24 points over 4 years for your Level 1 Accreditation to be renewed. These points can be obtained by coaching (teams, solo's, duo's) and by attending approved updating seminars and skills 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 reaccreditation.

COACHES REACCREDITING FOR THE FIRST TIME:

You received a letter recently regarding the video self analysis which must be completed prior to reaccreditation. Please contact the office to obtain the paperwork if you have not already done this.

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.

Pamela Blackwood (LOA)	Kristen Davidson	Julie Holtham	Joanne Kelly
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The following Coaches' First Aid Qualifications are due for renewal. 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.

Alexopoulos, Chrissi	4/10/12	Evans, Laura	21/04/12	McGarry, Paula	01/02/12	Skinner, Natasha	03/02/12
Allison, Tonya	15/07/12	Fackrell, Amy	29/01/12	McGregor, Danae	01/12/11	Stephenson, Sarah	09/02/12
Allocca, Bianca	10/07/12	Foster, Amanda	08/03/12	McHugh, Jaimee	01/02/12	Thompson, Joanne	08/03/12
Aplin, Rebecca	08/03/12	Gentile, Monique	15/07/12	Mead, Jenny	01/04/12	Tilley, Alex	01/02/12
Barnes, Toni-Louise	01/02/12	Glynn, Jedda	11/03/12	Memmler, Kelly	01/02/12	Tilley, Emma	01/02/12
Burgess, Hayley	13/11/12	Graetz, Lauren	03/07/12	Miller, Kellie	08/03/12	Tinker Casson, Anna	08/03/12
Butterworth, Kay	08/03/12	Gray, Diane	25/02/12	Mossop, Shannon	04/04/12	Unglaube, Lisa	04/11/12
Cabot, Susan	17/11/12	Green, Telisha	01/02/12	Nailer, Michelle	02/04/12	Van der Linde, Shelley	20/01/12
Carroll, Roxanne	01/02/12	Guglielmi, Claire	04/03/12	Nankervis, Leah	01/02/12	Vettese, Lisa	01/02/12
Catron, Naomi	17/02/12	Hawke, Laurel	31/12/11	Nicholls, Dianne	01/02/12	Vettese, Amy-Louise	01/02/12
Darby, Karen	31/05/12	Hester, Clare	04/02/12	Papalia, Deanna	13/08/12	Williams, Belinda	27/11/12
Davey, Carly	20/12/12	Hofmeyer, Amy	27/08/12	Porter, Natalie	03/05/12	Williams, Rebecca	08/03/12
Dekort, Louisa	04/02/12	Lewis, Samantha	03/04/12	Richmond, Michelle	18/04/12	Winterling, Diane	13/05/12
Douglas, Aasha	01/02/12	Lindner, Kym	15/07/12	Robson, Kristyn	25/07/12	Wright, Melissa	08/03/12
Drury, Cassie	03/04/12	Linn, Jodie	22/05/12	Schumann, Bianka	22/01/12	Zandegu, Tess	01/02/12
Edwards, Hayley	10/02/12	Marshall, Courtney	01/03/12	Sellen, Annika	21/08/12		
Emes, Tracey	08/03/12	McFarlane, Kristen	01/02/12	Shee, Angela	01/02/12		

ACF Membership 2012

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 2012 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 2012 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 2012 Full Membership form—the “Coach’s Code of Ethics” form is for your information)
- Annual Membership fee paid
- Police Check current and sighted
- Play by the Rules Child Protection On line course certificate received

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, 2012

Please pay your Membership on time or you will incur a Late Payment Charge of \$10.00



Coaches are reminded you must complete this online course and send in your certificate before your 2012 Membership card will be issued, it doesn't take long to complete. Follow the link below .

<http://www.playbytherules.net.au/online-learning>

Closing Dates

2012 First Aid January	Monday 16th January
Nominations for CAL.S.A.C. Council	Friday 27th January
Agenda Items Closure	Friday 27th January
2012 Level 1 Course	Monday 30th January
Cadet Course	Monday 30th January
February Seminars	Friday 30th January
2012 Membership	Tuesday 6th March
2012 First Aid March	Monday 6th February
Class Assistant Course	Tuesday 6th 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

2012 May/June Competitions and State Championships

Items for 2012 May Competitions and State Championships are as follows:

May/June Competitions

Sub-Juniors—March, Rods, Character/Folk

Juniors—Exercises, Clubs, Calisthenic Revue

Inters—Exercises, Dance Rods and????

Seniors—March, Clubs, Calisthenic Revue

State Competitions

Tinies—March, Exercises, Song & Dance/Character/Folk/Song & Action, Aesthetic

Sub-Juniors—March, Exercises, Rods, Clubs, Character/Folk

Juniors—March, Exercises, Rods, Clubs, Calisthenic Revue

Inters - March, Exercises, Clubs, Dance/Rods, Aesthetic

Seniors—March, Exercises, Clubs, Rods, Calisthenic Revue



Log Books

DON'T FORGET NEW LOG BOOKS ARE AVAILABLE FROM THE OFFICE FOR \$5

AGM Nomination/Council

The 2012 Annual General Meeting (AGM) will be held on Sunday 12th February 2012 at The Irish Australia Hall, 13-15 Carrington Street, Adelaide, from 12.45 p.m. to 1.15 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 2012 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.

Vice President

Secretary

Level 2 Course Co-Coordinator

Council Positions

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

SPECIAL BUSINESS

Please note due to time constraints, Coaches who wish to bring up Special Business at the AGM will need to forward Agenda item to the CAL.S.A.C. Office by Friday 27th January, No Special Business will be allowed from the floor.



Email & Address Details

Coaches are reminded to advise the Administrative Officer of any change of email or street 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.

Skills

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

<i>Introduction of ACF requirements in SA</i>		
<u>Age</u> (in year of competition)	<u>Prerequisite</u>	<u>Year of Introduction</u>
8	Test 1	2009
9	Test 2	2009
10	Test 3	2009
11-12 and above	Grade 1	2009
13-14 and above	Grade 2	2011
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 closing date for each State / Territory competition.</i>		

Next Preparation Day is Either Sunday 29th January or Saturday 4th February
(Test 1 to Grade 4)

February Examinations to be held from 9th—18th February 2012.

“Entries for Examinations in February 2012 have closed”.

For all Calisthenic Skills information refer to the CASA website

<http://www.calisthenicssa.com.au/CaliSAhome.htm>
click on ACF Skills Info

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.



Is your police check current?

.Please check on the lists below to see if your police check needs renewing. 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 2012 according to my records.

Coaches are required to complete an online form rather than hardcopy form, and then attend a police station with the completed form and 100 Point Identification. You must present original 100 Point ID documentation and a photocopy of these documents for certification and lodgement with the form. After the form has been signed at the police station you will then need to forward to CASA for the Volunteer No. and they will forward to Police for approval.

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CAL.S.A.C.

Police Checks continued

De-Registration

Many Coaches have received notification of their impending de-registration. Remember that you have until 1st January, 2012 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.

Assistant Coaches Courses

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 16th March, 2012) 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 19th February, 2012) The National Cadet Coach Course for 14-17 year olds is a prerequisite for Level 1 Coaching Accreditation. ***Remember Calisthenic Skills Grade 2 is a minimum requirement for this course.***

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.

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.



New Level 2

As from 2012 Level 2 is changing to make it more accessible for Coaches to attain this level of accreditation. You no longer need to wait two years after obtaining Level 1 accreditation you can progress straight to achieving your Level 2 accreditation after your first year of coaching.

The course consists of the following modules at a cost of \$35 per module and you will receive 2 updating points per hour:

- Stagecraft
- Clubs
- Rods
- Dance
- Communication
- Singing
- Sports Injuries and Prevention

Applicants must also complete the General Principles Coaching Course Level 2 which is now available through the CAL.S.A.C. office (\$35 as above).

You have 6 months to complete the workbook for this module.

To complete this module applicants will need an Intermediate Coaching General Principles Manual (borrow this if you know someone who has one or they can be purchased from the ASC for \$17.50 plus postage).

The final module is a Video Self-Analysis.

There is no cost to enrol in the Level 2 Course but there will be a Registration Fee when all modules have been completed and Coaches apply to CAL.S.A.C. for registration as a Level 2 Coach.

LANYARDS FOR SALE

Lanyards are available from the office for \$5.00 each, they come in four colours: Red, Black, Blue and Purple.



Photography in Royalty



Coaches are reminded there are to be NO photographs taken in the Dressing Room at any time. Coaches and/or Clubs may be fined if caught in 2012.



The CAL.S.A.C. office will be closed from Friday 23rd December reopening on Wednesday 4th January . Please do not leave mail under the door of the C.A.S.A. office during this time.

We wish you all a Happy & Safe Christmas Season and look forward to another exciting year in 2012

