

# Newsletter July 2007

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## 2007 State Championships

A reminder to all Coaches and Trainee Level 1 Coaches that the rule regarding the wearing of Coaching Badges will be strictly enforced during the 2007 CASA Championships.

Accredited Coaches not wearing their 2007 Yellow ACF Badge and Trainee Coaches not wearing their bright pink Badge cannot be permitted side stage. This includes "lost" badges and leaving them at home.

The policy for reissuing ACF Badges is as follows:

**Reissue of ACF Card during Office Hours (10 am—12 noon Tuesday) = \$5.00. Callout fee to replace an ACF card at any other time will be \$20.00.**

Please avoid the embarrassment and the disadvantage this puts your team at by making sure you are wearing your badge at all times.

Coaches need to make sure they have a current police certificate or they will not be allowed backstage to put their teams on. Please refer to the Police checks on page 5 of the Newsletter to see whether your name appears on the expired list. Coaches who are Teachers can forward a copy of their Registration Certificate to CAL.S.A.C. upon re-registering.

**GOOD LUCK TO ALL CLUBS AND COACHES!**

## 2008 Coaches Conference

Coaches are reminded that their Registration form and deposit of \$50 for the Coaches Conference is due by Friday 3rd August, 2007. The conference is open to all Level 1 and Level 2 Coaches and any Cadets coaches who are 18 years and over as at January 18 2008.

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### Contents

- ☺ 2007 State Championships
- ☺ 2008 Coaches Conference
- ☺ 2007 Attendances
- ☺ First Aid Expiry
- ☺ Level 1 Reaccreditation
- ☺ Level 2 Registration
- ☺ Level 1 Trainees—2007
- ☺ Committee Corner
- ☺ Calisthenic Skills
- ☺ Police Checks

### Attachments

- ☺ September Seminar Flyer
- ☺ Level 2 Communication Module Registration Form (Level 2 Coaches only)
- ☺ Competition Etiquette



### Diary Dates

- |                         |   |
|-------------------------|---|
| 27th July—1st September | State Championships                     |
| 7th September           | Level 2 Communication Module            |
| 9th September           | CAL.S.A.C. Seminars and General Meeting |

## 2007 Attendances

As an accredited Level 1 Coach, part of your responsibilities is to maintain financial membership with your State Coaching Association and fulfil commitments re attendance at Coaching Seminars/Meetings. The CAL.S.A.C. constitutional requirements are 3 attendances per calendar year.

There are still many possible attendances left for the year:

Pilates

Anaphylaxis and EpiPen

General meeting

Office for Recreation and Sport Courses— Courses can be found on their website [www.recsport.sa.gov.au](http://www.recsport.sa.gov.au)

Many coaches must attend several of these events to ensure that they are not deregistered. Coaches who receive a 2nd deregistration are banned from Coaching for a period of 3 years.

If you are unsure of how many seminars/meetings you have already attended this year, do not hesitate to contact the office on a Tuesday between 10.00 a.m. and 12 noon when your record of attendance can be checked.

**Please note: Coaches must accrue 24 points over 4 years to gain reaccreditation from the Australian Coaching Council. If you are not coaching team/s you may need to attend additional seminars or Cal Skills Prep Days in order to attain enough updating points.**

## 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.

Alexia Blackwell	7/03/07	Sally Godrik LOA	7/03/07	Elizabeth Wade LOA	7/03/07
Kaye Crawford	5/04/07	Emma Stanton LOA	13/04/07	Belinda Williams	9/09/07
Glenys Datson	15/02/07	Rachel Thompson LOA	7/03/07		

The following Coaches First Aid Qualifications 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.

Alison Burke	16/08/07	Jeannette Lunnie	7/11/07	Sharon Tucker LOA	22/08/07
Megan Dubieniecki	9/08/07	Rebecca Macdonald	19/07/07		
Carolyn Fortune	9/12/07	Peta Schmidt	31/08/07		

## Level 1 Reaccreditation

Thank you to those Coaches who have sent their logbooks and \$12.00 reaccreditation fee into the office. The following Coaches Level 1 has expired. Please send your log book plus the \$12.00 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.

The following coaches Level 1 will expiry this year Please send your log book plus \$12.00 fee to the office at least one month prior to your Level 1 expiry date.

Fay Anderson	30/07/07	Caley Champness	30/07/07	Katherine Ganley	31/08/07	Jade Simmons	30/07/07
Rebecca Aplin	30/07/07	Cheree Dunkin	30/07/07	Mandy Selke	30/07/07		

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. 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.

## Level 2 Registration

Coaches who are interested in Level 2 are encouraged to contact the office to register. Level 2 Sport Specific Modules can be undertaken at anytime once Coaches have paid their Level 2 registration. The Coaching Principles Course through Dept Recreation & Sport can also be undertaken at anytime and is available externally so Coaches do not have to attend workshops/lectures. **Coaches do not have to complete the Level 2 requirements in any particular order and you only need to hold your Level 1 accreditation for 2 years before you can register.**

There will be 3 Level 2 Modules held at the 2008 Adelaide Conference, Stagecraft, Singing and Sports Injuries so now is a great time to register for your Level 2. We will also be holding Level 2 Communication Seminar on September 7th, 2007 so you would be able to complete four modules within 12 months. Please contact the office for more information.

## Level 1 Trainees

**A reminder to the 2007 Level 1 Trainees:**

Level 1 Trainees (those who completed their Level 1 Course in February 2007) 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.***

***Country Coaches doing video monitoring need to make sure that all areas on the monitoring sheets are addressed. This includes showing First Aid facilities and coaching notes.***

## Committee Corner

### DIANE WINTERLING - LEVEL 2 COURSE CO-ORDINATOR

Diane has been involved in Calisthenics since the age of 4 and represented SA as a member of Championship State Teams in all sections on 13 occasions. She won the Intermediate and Senior Graceful sections and had many wonderful coaches (Barbara Prizrenac, Diane Harris, Joyce Pink, Audrey Parsons to name a few), who inspired and guided her..



The natural progression to coaching commenced as an Intermediate and since then Diane has coached many teams at all age levels and in a variety of divisions achieving numerous aggregates including Ballarat.

She particularly enjoyed the opportunity to develop the skills of individual participants and watch them achieve their personal best in solo, duo and graceful competitions. As an advocate for the Calisthenic Skills Programme, Diane has also coached highly successful candidates at all levels (Test, Grades and Medals).

Professionally Diane has a Diploma in Teaching, Bachelor of Education and Graduate Diploma in Teacher Librarianship. She has worked in leadership positions and is currently employed in the corporate section of DECS (Department of Education and Children's Services). She has presented at local and interstate conventions and traveled extensively through her work in the International Baccalaureate and exchange teacher programme.

Diane has a very supportive "calisthenic" husband and 17-year-old son who achieved a Black Belt in Taekwondo. She has been involved as club secretary for the local Baseball Club and as a result of this has enjoyed the opportunity to be involved in another sport and note how far ahead Calisthenics is in terms of accreditation, duty of care, inclusion and national administration.

In 2003 Diane won a scholarship to pursue her volunteer education in the field of officiating through the Department of Recreation and Sport. Diane is also a qualified Swimming Instructor, Bike Education Instructor and Justice of the Peace.

As a Level 2 Coach, a Member of the Calisthenic South Australian Coaches executive, a Level 2 Coordinator, a Level 2 Adjudicator, Gold Medal Examiner and Calisthenics Association of South Australia Calisthenic Skills Administrator, Diane has had the opportunity to gain invaluable insight into and knowledge of all levels of our sport..

As the ACF Director of Skills, she is delighted to offer her expertise to the Australian Calisthenic Federation and the Examiners Advisory Board.

## Calisthenic Skills

Just a reminder there will be no exams offered in November 2007, February 2008 will be the only opportunity to ensure candidates have the required entry level for ACF solos. **From 1<sup>st</sup> January 2008 Test 3 is a pre requisite for 10 year old ACF soloists.**

Please visit the CASA website <http://www.calisthenicssa.com.au/CaliSAhome.htm>

And click on "ACF Skills info" for all the Calisthenic Skills information including entry forms for February 2008 and results for 2007

## Police Checks

The following Coaches have let their police checks expire. Please forward your new police check to the office as soon as possible. Coaches who have not renewed their police checks by State Competitions will not be permitted in the dressing room or sidestage.

Glenys Anderson	Bev Daysh	Karyn Kelly	Belinda Mentha	Diane Sutherland
Rebecca Aplin	Sally Delaat	Alicia Kennedy	Sheridan Milam	Michelle Symons
Lisa Beecken	Louise Denton	Sharon Kennedy	Josie Mitchell	Rachel Thompson
Cheryll Bennett	Donna Dillon	Danielle Kingdom	Dianne Nicholls	Rebecca Thompson
Sonya Benzija	Aasha Douglas	Kylie Kurylowicz	Donna Nowicki	Kay Thompson
Melissa Berzins	Nicole Doulos	Debra Lasscock	Sharon Paterson	Anna Tinker-Casson
Alexia Blackwell	Ann-Marie Eaton	Tina Lindsay	Melissa Perrotta	Sharon Tucker
Heather Boyd	Susan Edwards	Emma-Kate Lindsay	Karen Phillips	Marissa Turner
Lorinda Brooking	Hayley Edwards	Jodie Linn	Annette Pomeroy	Cassie Turner
Natalie Burgan	Tracey Emes	Kate Loveridge	Christine Ramsey	Kirsty Vokes
Rachel Burgan	Natasha England	Kelly Macdonald	Michelle Richmond	Kerri Warburton
Hayley Burgess	Sarah Fortune	Rebecca Macdonald	Judy Rowe	Sandra Watherston
Rebecca Burton	Michelle Gaffney	Melissa Maeder	Carly Rowe	Lisa Webb
Kristin Carman	Sally Godrik	Jennifer Malone	Melanie Rowntree	Natalie Weber
Roxanne Carroll	Leanne Harris	Donna Matthews	Tara Ryan	Lisa Webster
Caley Champness	Tracie Heinrich	Kylie Mazey	Lauren Scarfe	Kathy Wheatland
Anita Cialini	Kristen Hilton	Nadine McDonald	Sarah Schwarz	Sarah Whitbread
Catherine Close	Katie Hulmes	Kristin McFarlane	Sheryl Scorgie	Keron White
Kaye Crawford	Nicole Ianunzio	Sandra McKell	Natasha Skinner	Kelly Wicks
Nicolette DaCosta	Melissa Ianunzio	Caroline Meadows	Kay Smith	Belinda Williams
Karen Darby	Catherine Ivanoff		Sarah Stephenson	Sarah Wilson

The following coaches are due to expire this year.

Karen Brothers 23/07/07	Narelle Haronen 15/07/07	Linda Phillips 05/08/07	Joanne Tabe 23/08/07
Alison Burgess 28/07/07	Laurel Hawke 18/07/07	Kristyn Robson 18/07/07	Sarah Talbot 18/07/07
Tegan Caruso 8/08/07	Kelly Hissey 26/07/07	Rhondda Ryan 28/09/07	Rebecca Williams 11/11/07
Glenys Datson 14/12/07	Kayla Kearney 7/10/07	Mandy Selke 2/08/07	
Cheree Dunkin 25/07/07	Jaimee McHugh 18/8/07	Emma Stanton 4/08/07	
Kerry Graetz 23/07/07	Kylie Newman 5/08/07	Sharron Stubbs 16/09/07	