

# CAL.S.A.C.

Calisthenic SA Coaches Association Inc.

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## 2011 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 2011 CASA Championships.

Accredited Coaches not wearing their 2011 Green 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. Names will also be checked on the Police Clearance list so please make sure your Police Clearance is current.

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.

### REMINDERS

- Your music must be handed in 30 minutes prior to the commencement of your session to the Chairperson as per May competitions.
- CD's must
  1. only contain one track
  2. be clearly marked with club's name, section/division, and the item number
  3. be correctly cued.
  4. for fancy items must also include the title of the item.
- The back curtain may not be brought forward of the taped markings on the floor. This is a 10pt deduction.
- Senior Minimal Rules—Each team may have stage dressing in three (3) items only.

**ALL RULES ARE AVAILABLE FROM THE CASA WEBSITE AND IT IS ADVISABLE THAT ALL COACHES READ ALL RULES PRIOR TO COMPETITIONS.**

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☎ 08 82325891 ✉ [calsac@adam.com.au](mailto:calsac@adam.com.au)

Visit the Website at  
[www.calisthenicssa.com.au/CALSAC/calsac.htm](http://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 have expired. Please send your log book plus the \$15.00 fee to the office . You will not be permitted side stage at the State Championships until your reaccreditation has been processed.

<b>Laura Evans</b>	<b>Peta Schmidt</b>
<b>Shannon Mossop</b>	

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	Josie Kerr	30/07/11	Elise Przytula	31/07/11
Katherine Ganley	30/09/11	Amy McLean	30/11/11	Bianka Schumann	30/09/11
Claire Guglielmi	31/07/11	Kellie Miller	31/07/11	Keron White	31/07/11
Andrea Jones	31/08/11	Lillian Poynter	31/07/11	Lauren Williams	30/11/11

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.

## Level 1 Trainees

### **A reminder to the 2011 Level 1 Trainees:**

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.**

**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.**



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

**“Success comes from knowing that  
you did your best to become  
the best that you are capable of  
becoming.”**

*- A quote from John Wooden.*

## 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.

<b>Pamela Blackwood (LOA)</b>	<b>Heather Boyd</b>	<b>Jessica Evans</b>	<b>Joanne Kelly</b>
<b>Dani Mentha</b>	<b>Adele Newman</b>	<b>Kristy Press</b>	

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.

Lorinda Brooking	06/11/11	Julie Holtham	10/10/11	Danae McGregor	01/12/11
Kristen Davidson	22/8/2011	Felicity Meadows	07/07/11		

## Outstanding Associate Memberships

Below is a list of unfinancial **ASSOCIATE 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 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 \$5.00 plus \$12.00 2011 membership (Total \$17.00).**

### COACHES: PLEASE CHECK THAT YOUR ASSISTANTS MEMBERSHIPS ARE CURRENT

Paris Ackland	Nicole Faulbaum	April McNair	Katrina Porter	Rebecca Thorpe
Jazmyn Baldock	Cassie Flitter	Crystal McNair	Kahlia Prelc	Hayley Wilkinson
Krystal Bateman	Rayleen Foster	Imogen McQuade	Teri Price	Nicole Winkles
Melissa Bills	Jenae Fox	Ashley Mitrovic	Jemma Prycroft	Keelin Winterfield
Crystal Borlace	Kimberley Giles	Samantha Munn	Caitlin Rohal	Shauna Wood
Danielle Brine	Emily Graetz	Paige Murphy	Ashleigh Russell	Isabella Wright
Chelsea Burford	Courtney Gray	Eden Murphy	Jade Ryan	
Jasmin Cox	Alannah Gutheridge	Abbey Norman	Jasmin Ryan	
Elizabeth Dent	Erin Mack	Naomi O'Donhoe	Brittany Siviour	
Tori Dighton	Abbie Madden	Sally Omen	Kristen Spina	
Kimberley Doyle	Morgan Mansell	Simone Phelan	Casey Stevenson	



**STOP**

**Is your police check current ?**

Please check on the lists below to see if your police check has expired or needs renewing in 2011. 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 2011.

Chrissi Alexopoulos	Glenys Datson	Jaclyn Knott	Kristy Perkins
Tonya Allison	Katie East	Suzanne Lee	Stephanie Pilla
Cheryll Bennett	Jessica Evans	Samantha Lewis	Kristy Press
Nicole Berg	Haylee Fisher	Kym Lindner	Rhondda Ryan
Heather Boyd	Natalie Fleming	Kerry Lord	Sheryl Scorgie
Melissa Brenton	Sarah Fortune	Courtney Marshall	Val Taylor
Kirstie Buckley	Monique Gentile	Renee Mayo	Kay Thompson
Rebecca Burton	Lauren Graetz	Kristin McFarlane	Alexandra Tilley
Susan Cabot	Andrea Jones	Kellie Miller	Amy-Louise Vettese
Naomi Catron	Kayla Kearney	Shannon Mossop	Elizabeth West
Karen Darby	Alicia Kennedy	Dianne Nicholls	Melissa Wright

**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 State competitions .

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.



CALISTHENICS UNITED  
The Sky's the Limit!

# NATIONAL CALISTHENICS CONFERENCE 2012



Etihad Stadium, Melbourne  
20-22nd January 2012

Have you registered yet for the National Calisthenics Conference?? **Early bird registration of \$300 ends on the 31st August** so don't delay, get your registration forms and money in. You don't want to miss out on this wonderful opportunity. All aspects of calisthenics are on offer in the conference topics with many interstate presenters coming to share their experiences and knowledge about calisthenics.

**Reminder: CALSAC is offering to subsidise conference registration costs for recently accredited coaches interested in attending the 2012 conference. Please see attached proposal.**

## September Seminars

Saturday 17th September, 2011

FLYER WITH DETAILS OF SEMINARS WILL BE OUT SHORTLY  
DON'T FORGET YOU NEED 3 ATTENDANCES PER YEAR FOR YOUR LEVEL 1/2  
TO REMAIN CURRENT



## LEVEL 2 COACHES

The Level 1 General Principles workbook here

To complete this Module you will need to

1. Forward \$55 to CAL.S.A.C. for the purchase of the workbook
2. Purchase or borrow the Intermediate Coaching General Principles Manual available from the ASC Bookshop for \$17.50 plus postage.
3. You have 6 months to complete the workbook

**FOR MORE INFORMATION PLEASE CONTACT THE OFFICE.**

## 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> (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	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><b>Skill level to be achieved by the <u>closing date</u> for each State / Territory competition.</b></i>		

**The next dates in South Australia for Skills Examinations are**  
Preparation Days

Friday 23rd September and Sunday 25th September  
October Examinations 17th – 23rd October

**Application forms are available on the CASA website and the closing date is**  
**Monday 29th August, 2011**

***From 1<sup>st</sup> July 2011 all visual resources and the NEW syllabus will be available to download from the ACF website.***