

August  
2011

## *Special Nationals Edition*



Volume 1 Issue 7

Editors Message.

**2011 Nationals results**

**First Senior Aggregate in 20yrs.!!!!**

**SA won 3 out of 4 Aggregates  
and  
Runners up in the 4th**

**2 Graceful Winners**

**Inter duo Winners**

**8 other Graceful  
and solo placegetters.**

**Official of the Year Award.**

**WOW !!!!**

**See inside for all results  
and photographs**



Editor Meredith Phillis

## Results 2011 National Calisthenic Championships

### Junior Graceful Solo

- 1st - Hayley Thomas SA** Coached by **Barbara Prizrenac**  
**2nd - Emily Gray SA** Coached by **Nicole Ianunzio** & Jessica Shaw WA  
**3rd - Harleigh Stanton , SA** coached By **Melissa Lydyard**  
HM - Michelle Highland, WA  
HC - Eliza Rayner, VIC & Alicia Harrop, WA

### Junior Calisthenic Solo

- 1st Lauren Farrelly VIC  
**2nd - Sophie Hamden, SA** Coached by **Nicole Ianunzio** & Amelia Brookes, VIC  
**3rd Sarah Worsman, SA** Coached by **Rebecca Aplin**  
4th Monique Walmsley, WA  
5th Louisa Humphrey , WA

### INTERMEDIATE GRACEFUL SOLO - Open Section

- 1st - Charlie Lord, VIC  
**2nd - Elyse Pavan , SA** Coached **By Arlene Mount**  
3rd Rebecca Reeves, VIC  
**4th Tara Douglas - SA** Coached **By Danae McGregor**  
5th - Sydney Gallagher, WA & Jazmin Fettes, WA

### INTERMEDIATE CALISTHENIC DUO

- 1st - Emma Belton & Megan Belton, SA** Coached **By Danae McGregor**  
2nd - Julia Doig & Amy Smith, VIC  
3rd - Nakisha Wrenn & Kyra-lee Foreman, NT  
HM - Hannah McKenna and Chelsea Condon, VIC  
HC - Emily Coles and Jane Sheppard, WA

### SENIOR GRACEFUL SOLO

- 1st - Chloe Templeman , SA** coached by **Barb Prizrenac**  
2nd Haylee Radalj, WA  
**3rd Annika Sellen, SA** coached by **Barb Prizrenac** & Hayley Moir, WA  
HM Kristina Zorbas, WA  
HC - Molly Nugent, VIC

### SENIOR CALISTHENIC SOLO

- 1st - Ashley Schroeder, WA  
2nd - Kate Paine, VIC  
**3rd - Abbey Purtell , SA** Coached by **Cassie Turner** & Caitlin Gordon, ACT  
HM - Gemma Kennedy, WA  
HC - Jaclyn Munro, VIC

Congratulations must go to  
Brittany Rundle Junior Graceful Solo  
Sarah Mulraney and Danielle Brine Inter Duo  
Courtney Gray and Brittney Emes Inter Graceful Solo  
Emma Cain and Lisa Barnes Senior Graceful Solo  
For performing so well in what was an Amazing competition on the Gold Coast.

# Congratulations

**National Champions Inter Duo 2011  
Emma and Megan Belton (Del Sante Club)  
Coached by Danae McGregor**

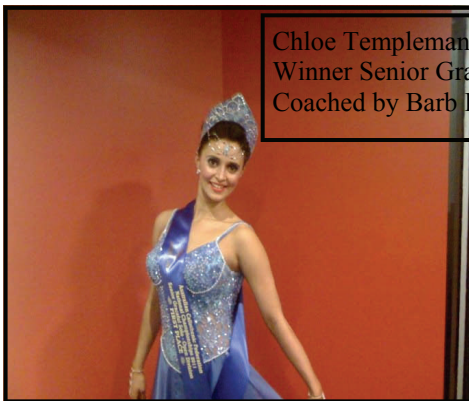


**Junior Duo Placegetters  
Sarah Worsman coached  
by Rebecaa Aplin and  
Sophie Hampden coached  
by Nikki Ianunzio**

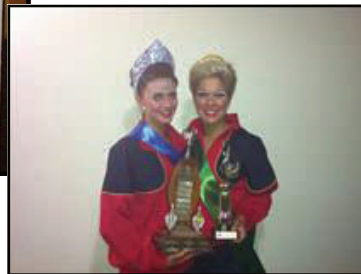


**Tara Douglas 4th place  
Inter Graceful coached  
by Danae McGregor**

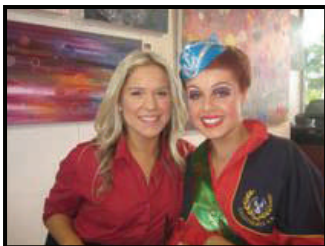
**Chloe Templeman  
Winner Senior Graceful Solo  
Coached by Barb Prizenac**



**Annika Sellen  
3rd place  
Senior Grace-  
ful Solo  
Coached by  
Barb Prizenac  
With Chloe**



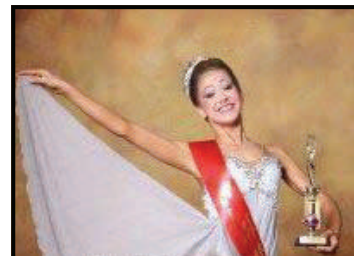
**Abby Purtell 3rd Place  
Senior Cali Solo  
With Annika**



**Junior Graceful Place-  
getters with their  
coaches.  
Hayley Thomas and  
Miss Barb  
Emily Gray and Miss  
Nikki  
Harley Stanton and  
Miss Melissa**



**Elyse Paven  
2nd Place Inter Grace-  
ful. Coached by Arlene  
Mount.**



**ACF Official of the Year  
Congratulations  
Sharron Stubbs**  
**Awarded to Sharron for her on going commitment to the  
Calisthenic Skills Programme and her assistance to the  
ACF Examiners Advisory Board.  
Well done.!!!**



### **Pan Pacific Masters Games**

ACF has been successful in having Calisthenics recognised in the 2012 Pan Pacific masters games to be held in Nov. on the Gold Coast.

A 2 day competition will be held at the Arts Centre on the 8th and 9th of Nov. 2012

Three divisions will be offered.

- Teams with an average age under 50
- Teams with an average age over 50
- Duo

It will be a club competition with a suite of items yet to be finalised.

**CASA would like to encourage teams to enter this competition, a very exciting first for Calisthenics.**

To register your interest or find out further information please contact Donna Douglas, CASA rep to ACF.  
dlucie@bigpond.com 0403 021 468

**Give it some thought, dust of the tights, gather some friends to form your team and strive to win the first ever International award for Calisthenics.!!!!!**

## 2011 SENIOR NATIONAL TEAM CHAMPIONSHIPS

### MARCH

1st - South Australia  
2nd - Victoria  
3rd - ACT  
HM - Western Australia

### CLUB SWINGING

1st - South Australia  
2nd - Victoria & Western Australia  
3rd - ACT  
HM - South Australia (2)

### FREE EXERCISES

1st - South Australia  
2nd - Victoria & Western Australia & ACT  
3rd - Victoria

### RODS

1st - South Australia  
2nd - Western Australia  
3rd - ACT  
HM - Victoria

### RHYTHMICAL AESTHETIC

1st - South Australia  
2nd - Western Australia  
3rd - Victoria  
HM - ACT

### SONG AND DANCE

1st - South Australia  
2nd - Victoria  
3rd - Western Australia  
HM - ACT

**AGGREGATE WINNERS - SOUTH AUSTRALIA**

**RESERVE AGGREGATE - VICTORIA AND WESTERN AUSTRALIA**



# Congratulations

**1st Senior National  
Aggregate in  
20yrs!!!!**

## 2011 INTERMEDIATE NATIONAL TEAM CHAMPIONSHIPS

### **MARCH**

1st - Victoria  
2nd - South Australia  
3rd - Western Australia  
HM - ACT

### **CLUB SWINGING**

1st - Victoria  
2nd - South Australia  
3rd - Western Australia  
HM - Western Australia (2)

### **FREE EXERCISES**

1st - Victoria  
2nd - South Australia  
3rd - Western Australia  
HM- ACT

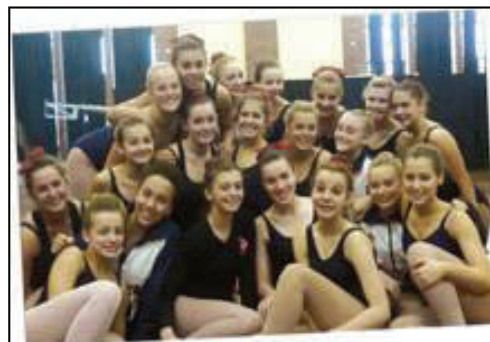


### **ROD EXERCISES**

**1st - South Australia**  
2nd - Victoria  
3rd - Western Australia  
HM Western Australia (2)

### **AESTHETIC**

1st - Victoria  
2nd - Western Australia  
3rd - South Australia  
HM - ACT



### **CALISTHENIC REVUE**

1st - Victoria  
2nd - South Australia  
3rd - Western Australia  
HM ACT

**AGGREGATE WINNER - VICTORIA**

**RESERVE AGGREGATE - SOUTH AUSTRALIA**

Thanks to Shanae Patten and Abbey Norman  
for the amazing job they did  
filling in for the team on the day.

# Congratulations

## 2011 JUNIOR NATIONAL TEAM CHAMPIONSHIPS

### MARCH

1st - South Australia  
2nd - Western Australia  
3rd - Victoria  
HM - Northern Territory

### CLUB SWINGING

1st - South Australia  
2nd - Western Australia  
3rd - South Australia  
HM - Victoria & Northern Territory

### FREE EXERCISES

1st - South Australia  
2nd - Western Australia  
3rd - South Australia  
HM Western Australia

### ROD EXERCISES

1st - South Australia  
2nd - Western Australia  
3rd - South Australia(2)  
HM Victoria & Western Australia(2)

### AESTHETIC

1st - Western Australia  
2nd - South Australia  
3rd - Northern Territory  
HM ACT

### SONG AND DANCE

1st - South Australia  
2nd - Victoria  
3rd - Western Australia  
HM - Northern Territory

**AGGREGATE WINNER - SOUTH AUSTRALIA**  
**RESERVE AGGREGATE - WESTERN AUSTRALIA**



# Congratulations

**2011 NATIONAL SUB JUNIOR TEAM CHAMPIONSHIP  
FIGURE MARCH**

1st- Victoria  
2nd - South Australia  
3rd - Western Australia  
4th- ACT

**ROD EXERCISES**

1st - South Australia  
2nd Victoria  
3rd - South Australia (2)  
4th -Western Australia

**FREE EXERCISES**

1st - South Australia  
2nd -South Australia (2)  
3rd - Victoria  
4th - Western Australia

**AESTHETIC EXERCISES**

1st - South Australia  
2nd - Western Australia  
3rd - Victoria  
4th - Western Australia(2)

**CHARACTER FOLK**

1st - Victoria  
2nd - South Australia  
3rd - Western Australia  
4th -ACT

**AGGREGATE WINNER: SOUTH AUSTRALIA  
RESERVE AGGREGATE: VICTORIA**



**Congratulations**

# 2011 National Teams

## SUB JUNIOR NATIONAL TEAM

**Coach - Melissa Daysh**  
**Assistant Coach - Natalie Allen**  
**Assistant Coach - Amy-Grace Phillips**  
**Demonstrator - Shannyn Price**  
**Chaperon - Tanya Bullock**  
**Manager - Mark Size**

### Team Members

Taylor Aaron - Ridgehaven  
Jacynta Alomes - Reynella Braeview  
Brooke Archbold - Reynella Braeview  
Caitlin Armstrong - Reynella Braeview  
Brooklyn Banyer - Reynella Braeview  
Keely Benwell - Reynella Braeview  
Jesse Brookson - Brighton  
Jordan D'Angelo - Marden  
Jade Dowley - Reynella Braeview  
Victoria Hughes - Reynella Braeview  
Millie Johnson - Del Sante Gardens  
Chelsea Kennedy - Del Sante Gardens  
Zoe Koutroumanidis - Brighton  
Charlie Miller - Marden  
Brooke Vayro - Reynella Braeview  
Ebony Sellick - Del Sante Gardens  
Ella Stuart - Del Sante Gardens  
Phoebe Walsh - Golden Heights  
Sophie Wormald - Marden  
Hayley Worsman - Reynella Braeview

## JUNIOR NATIONAL TEAM

**Coach - Nikki Ianunzio**  
**Assistant Coach - Keron White**  
**Chaperon - Joy Putman**  
**Manager - George Ianunzio**

### Team Members

Apryl D'Angelo - Marden  
Erin Armstrong - Reynella Braeview  
Abbey Bullock - Del Sante Gardens  
Ella Bullock - Del Sante Gardens  
Alyssa Deavin - Ridgehaven  
Eliza Ganley - Del Sante Gardens  
Emily Gray - Marden  
Sophie Hamden - Marden  
Brooklyn Kennedy - Del Dante Gardens  
Paris Mazzachi - Funstar  
Eden Murphy - Marden  
Casey Norman - Marden  
Deannah Ruediger - Gawler  
Brittany Rundle - Del Sante Gardens  
Tiffani Siphthorp - Ridgehaven  
Harleigh Stanton - Marden  
Hayley Thomas - Reynella Braeview  
Abby Wilkin - Brighton  
Sarah Worsman - Reynella Braeview  
Charlotte Yandell - Marden



## INTERMEDIATE NATIONAL TEAM

**Coach - Rebecca Williams**  
**Assistant Coach - Lorinda Brooking**  
**Assistant Coach - Kayla Kearney**  
**Chaperon - Donna Douglas**  
**Manager - Chris Mulraney**

### Team Members

Megan Belton - Del Sante Gardens  
Emma Belton - Del Sante Gardens  
Sara Bartholomew - Reynella Braeview  
Danielle Brine - Ridgehaven  
Carmen Buccini - Ridgehaven  
Emily D'Occhio - Ridgehaven  
Tara Douglas - Highbury  
Brittany Emes - Ridgehaven  
Nicole Faulbaum - Highbury  
Courtney Gray - Marden  
Tahlia Lord - Clovelly  
Melanie Maguire - Marden  
Brittany Memmler - Reynella Braeview  
Emma Mulraney - Marden  
Sarah Mulraney - Highbury  
Elyse Pavan - Marden  
Emily Raymond - Reynella Braeview  
Ashleigh Sutherland - Reynella Braeview  
Emily Sutherland - Reynella Braeview  
Morgan Wickham - Reynella Braeview

## SENIOR NATIONAL TEAM

**Coach - Cassie Turner**  
**Assistant Coach - Carmel Margaritis**  
**Assistant Coach - Melissa Lydyard**  
**Chaperone - Bev Mertin**  
**Manager - John Maguire**

### Team Members

Lisa Barnes - Marden  
Emma Cain - Marden  
Tegan Caruso - Marden  
Taylor Evans - Marden  
Jessica Hardman - Marden  
Annika Sellen - Marden  
Ashlee Hards - Marden  
Amy Hofmeyer - Ridgehaven  
Erin Maguire - Marden  
Ashley Mitrovic - Marden  
Abby Purtell - Marden  
Taylor Rochester - Marden  
Ashleigh Russell - Seaton  
Angela Shee - Marden  
Chloe Templeman - Marden  
Courtney Wickham - Reynella Braeview  
Philippa White - Ridgehaven  
Laura Yarrow - Reynella Braeview

COACHES  
MANAGERS  
ASSISTANT COACHES  
CHAPERONS  
TEAM MEMBERS

## **CASA Diary Dates**

State Championships commence 22nd July to 10th September

**August :** State Championships continue

Sub Junior Champ August 6th

Junior Champ August 13th

Inter Champ August 27th

Closing Date for October Calisthenic skills exams Monday 29th Aug

**September** State Championships continue

Senior Champ Sept 10th

Sept 22nd to 27th **Darwin Teams** compete in NT State Championships

Sept 23rd and Sept 25th Calisthenic Skills Prep Days

**October** Calisthenic Skills Exam period Oct 17th-23rd

National Team Selection Workshops (tba)

**November** 5th and 6th National Team Selections

Solo/Duo Gradings commence 7th –14th November

Solo/Duo Finals 19th to 27th November

### **CASA AGM**

Tuesday 22nd November

#### **Club Secretaries**

Please watch out for information re the new requirements for a

**Child Safe Officer**

for each club.

For further info contact the CASA office.

### **Calisthenic Skills Update**

**Please note that from the 1st July 2011 the updated syllabus must be used.**

**All Exam periods from the 1st July will refer to the updated syllabus.**

**Test 1,2,3,Grade 1& 2, 2011 version.**

**(Standard 1 & 2 2011 also available.)**

**From 1st July all visual resources and the syllabus will be available to download from the ACF web-site.**

Calisthenic Association of SA  
Royalty Theatre  
65 Angas St  
Adelaide

Phone 8223 5765  
Fax 8232 6012



*We are on the  
Web!*

[www.calisthenicssa.com.au](http://www.calisthenicssa.com.au)  
[casainc@ozemail.com](mailto:casainc@ozemail.com)



Australian  
Calisthenic  
Federation

**Australian Calisthenic Federation  
National Championships  
Darwin NT  
2012 Start Planning Now!!!!**

### 2011 CASA Committee of Management

**President:** Darren Emes  
**Vice President:** Bev Daysh  
Wayne Morris  
**Secretary:** Christopher Mulraney  
**Treasurer:** Peter Wickham

### Committee Members

Fiona Belton  
Lisa Berg  
Donna Douglas  
Carolyn Fortune  
Denise Gray  
John McGuire  
Meredith Phillis  
Russell Siphthorp  
Wendy Templeman  
Jan Tinker-Casson  
Lorraine Weger  
Trevor White  
ASCA rep Dianne Winterling  
CALSAC rep Danae McGregor

CASA Administrator Bev Daysh  
MPO Sharyn Wickham

### CASA Sub Committees

Competitions	Director Wayne Morris
Legal and Finance	Director Peter Wickham
National Team	Director Darren Emes
Graceful/Solo/Duo	Director Bev Daysh
Property Maintenance	Director John McGuire

**Volunteers-worth their weight in gold.  
If you believe you have any time to give to the sport of  
Calisthenics please contact Bev in the CASA office and  
offer your services for the State Championships in July/  
August/Sept.**

**We Need Your Help!!!!**

