

# Stay In Step

CASA

November  
2011

## *Special Darwin Edition*



Volume 1 Issue 8

### **CASA Development Teams**

For 3 years now CASA has selected Development squads.

Starting with Juniors in 2009 competing in Qld, then Juniors and Inters in 2010 in Darwin and in 2011, 2 teams of Juniors and 2 teams of Intermediates competed in the “Frangipani Challenge” in Darwin.

These teams are designed to train and develop Coaches and participants beyond just the “club” experience leading hopefully to an Interest in Calisthenics at a National Level in the future.

See inside for the Team lists, Photos and results from this years Frangipani Challenge.

**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 Solo/ Duo Comp in Nov.**

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



Editor  
Meredith Phillis

**Junior Purple –**

Coach – Sarah Stephenson  
 Asst. Coach – Suzanne Lee  
 Chaperon – Margaret Lee  
 Manager – Wayne Morris

Kieanna Brummelhuis	Brighton
Ruby Galpin	Marden
Joanne Gladwich	Marden
Felicity Hart	Del Sante Gardens
Jaeli Hunter	Del Sante Gardens
Rose Koutroumanidis	Brighton
Tamika Murphy	Seaton
Morgan Ness	Del Sante Gardens
Ruby Roberts	Reynella Braeview
Annalise Size	Reynella Braview
Amy Smolarek	Marden
Nikki Stuart	Del Sante Gardens



**Intermediate Pink –**

Coach – Carly Rowe  
 Asst. Coach – Cassie Drury  
 Chaperon – Margaret Lee  
 Manager – Wayne Morris



Casey Allison	Plympton Halifax
Erin Bannister	Plympton Halifax
Charlotte Beecken	Plympton Halifax
Alexandra Cormack	Reynella Braeview
Jaclyn DeLaine	Plympton Halifax
Elizabeth Dent	Reynella Braeview
Billie Galley	Plympton Halifax
Nikki Galley	Plympton Halifax
Michaela Keast	Jem
Hannah Kress	Brighton
Jessica McKinlay	Reynella Braeview
Tia Twelftree	Seaton



**Intermediate Purple Team –**

Coach – Rebecca Aplin  
Asst. Coach – Belinda Nation  
Chaperon – Leanne Size  
Manager – Craig Denton

Jamie-Lee Mallia	Ridgehaven
Tahlia Wozniak	Highbury
Alyna Fisher	Highbury
Chloe Mattner	Highbury
Ellie Kerin	Highbury
Ashleigh Freeman	Highbury
Caitlin Dixon	AVV
Sasha Baumann	AVV
Naomi Boyle	Jem
Yasmin Lyons	Jem
Natasha Ortlepp	Gawler



**Junior Pink Team –**

Coach – Louise Denton  
Asst. Coach – Nicole Berg  
Chaperon – Leanne Size  
Manager – Craig Denton

Chloe Akeroyd	Seaton
Jemma Twelftree	Seaton
Kaylee Emes	Ridgehaven
Katie Cammarota	Ridgehaven
Annalise Delic	Ridgehaven
Jemma Starr	Ridgehaven
Nadia Kirkwood	Ridgehaven
Ruby Levitt	Ridgehaven
Hayley Rowe	Gawler
Emily Howe	Gawler
Chelsea Baumann	AVV
Nicky Cikos	Highbury



**Darwin Juniors:**

March - 1<sup>st</sup> Purple  
March - 2<sup>nd</sup> Pink

Clubs – 1<sup>st</sup> Purple  
Clubs – 2<sup>nd</sup> Pink

Exercises – 1<sup>st</sup> Purple  
Exercises – HM Pink

Rods – 1<sup>st</sup> Purple  
Rods – 3<sup>rd</sup> Pink

Aesthetic – 1<sup>st</sup> Purple  
Aesthetic – 3<sup>rd</sup> – Pink

Revue – 1<sup>st</sup> Purple  
Revue – 2<sup>nd</sup> Pink

**Aggregate** – 1<sup>st</sup> SA Purple – 36 points  
3<sup>rd</sup> SA Pink – 17 points

**Darwin Intermediates**

March – 1<sup>st</sup> Pink  
March - HM Purple

Clubs – 1<sup>st</sup> Pink  
Clubs – HC Purple

Exercises – 2<sup>nd</sup> Pink  
Exercises – 3<sup>rd</sup> Purple

Rods – 1<sup>st</sup> Pink

Rhythmical Aesthetic – 2<sup>nd</sup> Pink  
Rhythmical Aesthetic – 3<sup>rd</sup> – Purple

Song & Dance – 1<sup>st</sup> Purple  
Song & Dance – 2<sup>nd</sup> Pink

**Aggregate** – 1<sup>st</sup> SA Pink – 26 points  
3<sup>rd</sup> SA Purple 13 points

CASA wishes to congratulate the following National Team Coaches for 2012.

**Sub-Junior National**  
**Coach - Nikki Ianunzio**  
**Assistant Coach - Keron White**  
**Assistant Coach - Kylie Kurylowicz**  
**Demonstrator - TBA**  
**Chaperone - Tanya Bullock**  
**Manager - TBA**

**Junior National**  
**Coach - Rebecca Williams**  
**Assistant Coach - Kayla Kearney**  
**Assistant Coach - Amy Hofmeyer**  
**Chaperone - Marie Rundle**  
**Manager - TBA**

**Intermediate National**  
**Coach - Melissa Lydyard**  
**Assistant Coach - Sarah Stephenson**  
**Assistant Coach - Philippa White**  
**Chaperone - Joy Putman**  
**Manager - TBA**

**Senior National**  
**Coach - Tracey Emes**  
**Assistant Coach - Narelle Haronen**  
**Assistant Coach - Rhonda Ryan**  
**Chaperone - TBA**  
**Manager - TBA**

ACF National Championships  
July 2012  
Darwin



## **CASA Diary Dates**

**November**

National Team Selections  
5th and 6th

Solo/Duo Gradings  
7th –14th November

Solo/Duo Finals  
19th – 27th November

## **CASA AGM**

Tuesday 29th November

Postal Votes Close Nov 14th. 5.00p.m.

Make your vote count.

### **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**  
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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

## **Calisthenics United– The Sky's the Limit**

### **2012 ACF Calisthenic Conference.**

Coaches, Adjudicators and Examiners will come together at Ethiad Stadium for the first combined Calisthenic Conference.

January 20th, 21st, and 22nd 2012.

If you haven't registered yet please contact the CALSAC office  
[calsac@adam.com.au](mailto:calsac@adam.com.au)

Late Registrations will be considered.