



Australian
Calisthenic
Federation

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Examiners Advisory Board

The Calisthenic Skills programme continues to support our participants by providing an opportunity for technical development. In turn this raises the standard of our National Championships through the Calisthenic Skills program. In 2009 a total of 2319 candidates presented for examination around Australia and examiners continue to be highly complementary of the commitment of Coaches and participants to achieve the level of results which will ensure continued growth and development for teams , solo performances and our sport.

ACF National Championships 2009

A highlight for 2009 was the acknowledgement at the ACF National Championships on the Gold Coast of a Gold Medal Honours achievement in the previous year, Melissa Ianunzio.

The presentation included a highlights package of the on stage Honours performance, acceptance speech by Melissa and the awarding of a beautiful bouquet organised by the CAQUI National Committee.

The Director of Skills, Diane Winterling addressed the audience and highlighted the benefits of the Calisthenic Skills programme. An excerpt of her address is included:

Mention Calisthenic Skills and usually the first thought is "what level do I require to present my solo". However, if we unpack that further and highlight that calisthenic skills also mean:

- *personal growth and development in skill level*
- *a record of personal achievement*
- *personal comparative of achievement on a national level through the work examiners under take on national benchmarking*
- *longevity in our sport due to a decrease in injuries caused by incorrect technique*
- *benefiting the technical performance of team work*
- *coaches can spend more time choreographing rather than instructing in technique*
- *our future coaches are well prepared*

The benefits of the calisthenic skills program are far reaching.

Medals

Many candidates enter the program at Test level but you will note in the ACF National Championships program that few continue to the ultimate level of Gold Medal. The EAB are working through a process to encourage successful Grade 4 candidates to take that next step towards Bronze. At the recent ACF Council Meeting all delegates were asked to return to their state/territory and research the difficulties facing candidates in working towards their medals with a view to offering assistance at the national level. If you have any comment to make please email the EAB through the ACF website.

Well done to our successful medal recipients in 2009
Bronze: Simone Koejemans (SA), Kristen Poulain (SA), Jessica Holzknicht (QLD)

Grade 4 Honour Board

In order to highlight the achievement of our senior candidates the EAB newsletter will now include a Grade 4 Honour board with the hope that the next step for these successful candidates will be medals.

Congratulations to the following participants who achieved Honours in their Grade 4 exam in 2009.

ACT:

Taylor Clark ,Caitlin Gordon

South Australia:

Toni-Louise Barnes, Laura Yarrow

Victoria:

Allysha Agostinello, Sarah Calleja, Elise Drumond, Siobhan Judge , Morgan King, Bernadette Maguire, Catherine Mayne, Stacie McLean, Nicole Sheridan, Chloe Nicholson, , Simone Palmer, Teagan Reed, Olivia

Rundle, Naomi Salton, Emily Smith, Sierra Stokol,
Krystie Wiltshire

Western Australia :
Alicia Dender, Tarryn Kluge

Syllabus

The update of Grades 1 to 4 continues with recording well underway. Test 1, 2, Grade 1, 2 and Standards 1,2,3,4 have been completed and are in the final stages of editing. Grade 3 has been recorded and is about to undergo editing.

As yet no official release time has been set as there is much to be done in post production.

The EAB are working with the ACF to include a download section on the ACF website where music and video will be available ensuring easy access to resources for the Calisthenic Skills programme.

Many thanks to those who have assisted with production to date Penny & Julia Doig, Eliza Whitford (Vic), Danae McGregor, Michelle Symons, Tara Douglas (SA).

Remember it is important to refer to the website to check the syllabus you are using is the latest version.

ACF Website

The ACF website continues to be the first point of contact for all Calisthenic Skills resources. By logging onto <http://www.calisthenicsaustralia.org/> it is possible to download syllabus, guidelines, solo requirements, and recommended ages, order forms for CD and DVD as well as information about examining.

The addition of the shopping cart means that supporting resources can now be purchased online.

Future developments on the website will provide easy access to the information and resources that will assist all Calisthenic Skills participants to achieve their full potential when preparing for an examination.

EAB Initiatives



On behalf of ACF, the Examiners Advisory Board is delighted to announce the release of a new Calisthenic Skills Progress certificate on the 1st July 2009.

EAB newsletter No.10

All candidates presenting for exam from 1st July receive the certificate with their results and the relevant sticker each time they complete the next level.

An order form can be downloaded from the Resources page under Calisthenic Skills on the ACF website for backorders of certificates, stickers and cloth badges <http://www.calisthenicsaustralia.org/>

ACF Coaches "Think Tank"

In January 2009 the ACF conducted a forum for coaches representing all states and territories. It was an opportunity for these coach representatives to reflect on and review our sport. From these reflections the EAB are working on a development plan which will improve access to the skills program particularly at the introductory levels of Test 1 and Test 2. There will be more information available in the next few months.

Examiner accreditation

Examiner trainees continue to successfully develop their skills in NSW, WA and Vic, while others have applied for upgrading and continue to work through the process in SA, WA and Vic.

Congratulations to Dawn Chester (WA) who successfully upgraded to Grade 3, Sue Smith (VIC), Kelly Finlayson (VIC), Penny Doig (VIC) who all are now accredited to examine to Grade 2 and Karen Quinn (WA) who is now qualified to Test 3.

A warm welcome is extended to Rhonda Just who has returned to examining and successfully completed her re entry requirements.

At the annual examiner seminar in 2009 further sessions were held on national benchmarking to ensure standards are consistently maintained in all states and territories wherever examiners are officiating.

Administrators

As always mention must be made of our hardworking State/Territory administrators. Your efforts are always appreciated, our sincere thanks to: Liz Hickey (VIC) and her diligent team, Diane Winterling (SA), Lillian Kluge (WA), Sarah Chalmers (QLD), Karen Mellor (NT), and Jenny Buchanan (NSW). A warm welcome is extended to Sue Whitney who took over the role in ACT in 2009 and very capably organised the exams for ACT in November 2009. Well done to all our administrators.

Good luck to all candidates and coaches of Calisthenic Skills for 2010

The Examiners Advisory Board

March 2010