



Australian  
Calisthenic  
Federation

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## *Examiners' Advisory Board*

**The skills of Calisthenic participants continue to strengthen and raise the standard of our National Championships through the Calisthenic Skills programme. In 2008 a total of 2299 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 and solo performances.**

### 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 syllabi, guidelines, solo requirements and recommended ages, order forms for CD and DVD as well as information about examining. The website is the first step to ensuring all Coaches and candidates are successful in their involvement in Calisthenic Skills.

### Syllabus Update

The Test 3 update was successfully completed and launched as of 1<sup>st</sup> July '08. Feedback has been very positive with only minor adjustment needed to ensure the syllabus was interpreted correctly. The examination structure now falls into four very distinct categories - Tests, Standards, Grades and Medals.

Trial of the proposed update of Grades 1 to 4 is currently underway with plans to commence recording during 2009. Thank you to the girls from many clubs in Victoria who are currently involved in the trial. At the present time no release date has been set as the recording, editing and production phase will take many months.

As always please check the date of your syllabus against the version on the ACF Website to ensure you are using the latest edition.

### Results

Examiners have continued to comment on the lifting of standards around Australia. This can be qualified by the results which clearly show the majority of candidates easily achieve a Credit or Higher.

In Northern Territory several candidates earned Honours with an extremely high mark and Queensland had a successful Silver Medal candidate.

In South Australia the introduction of skills requirements for CASA solos has warranted an extra examination

period and in Victoria 1,000 candidates were examined during their November –December period.

These results and applicant numbers, along with the many other skills initiatives throughout Australia, support the efficacy of the skills programme which is highly evident when our States and Territories compete at the National Championships each July.

### Medals

Congratulations to Melissa Ianunzio from South Australia who achieved her Gold Medal Honours in August 2008. This award recognises a lifetime of commitment and achievement at the highest level of the Calisthenics Skills programme. Melissa wrote in the CASA performance brochure *"I have loved every year of my calisthenics career and I hope that in the future I can encourage others to follow their dreams and enjoy this sport as much as I do! Completing my Gold Medal exam has been a very challenging and rewarding exercise which I recommend to every enthusiastic calisthenics competitors! It is definitely an achievement I will never forget!"*



### Requirements

The ACF recognises its duty of care by linking the skills requirements to solo entries. Data provided through the ACF Calisthenic Skills database shows that this initiative has a flow on affect in that usually all National team members have aspired to reach these minimum requirements.

ACFCC also requires Grade 2 as the minimum entry level for Level 1 Coaching. In Victoria this is in the process of being raised to Grade 3 in 2009 and

Grade 4 in 2010. Obviously, competency at skills level transfers to quality coaching.

A reminder that the Standards 1-4 do not qualify for solo or coaching requirements. They are available for candidates who seek self improvement but do not wish to enter solo competitions.

### **Examiner Accreditation**

A warm welcome is extended to Jacqui Hendriks (WA), Andrea Philipsen (VIC) and Michelle Pace (VIC) who have been approved and join the programme as Trainee Examiners.

Examining is a natural extension of coaching, and details for applying and training are located on the ACF website. Every assistance is provided for trainees to develop their examining skills in a supportive environment and if necessary does include distance education financial support to travel interstate to supplement training opportunities.

Congratulations to Roberta Dwyer-Smith (VIC) who has successfully upgraded to Grade 4.

### **EAB Initiatives**

The EAB always support requests from States and Territories for workshops, seminars, preparation class presenters etc.

This year Michelle Symons, a qualified Examiner from SA, has been very busy presenting workshops for Coaches and candidates in the ACT and NT as well as preparation classes for Queensland.

In an email received after the NT examinations Michelle received this very positive feedback.

***“My name is Claire Rankin and I'm 16, I'm not sure if you remember me (tall, brown hair, freckles, the girl who couldn't stand up from a cross leg sit properly) but I attended some of the pupil skills workshops you conducted in Darwin about 2 months ago. I just wanted to thank you for coming up to Darwin to inspire all our girls and myself to participate in pupil skills and strive to improve their technique. I really enjoyed your workshops, and would like to thank you for your encouragement. I am also pleased to tell you that after much hard work, in the Grade 3 exam I completed this year I achieved 95 and got Honours and stood up correctly! I just wanted you to know how much it meant to me that you came and thank you once again; I couldn't have done it without you! Hope to see you next year!”***

Congratulations Claire, a great achievement and it again emphasises that the skills programme is all about self development.

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### **ACF National Championships**

The ACF has always provided the opportunity for Gold Medal Honours performances to be conducted during the annual championships. Unfortunately for many reasons this has only occurred once. In an effort to highlight the magnificent achievement of these GMH candidates a special presentation is planned during 2009 on the Gold Coast which will hopefully become a regular occurrence.

### **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), Bev Alley (ACT), Sarah Chalmers (QLD), Karen Mellor (NT), and Jenny Buchanan (NSW) without whom examination rosters, Examiner appointments, database updating and distribution of certificates and badges would not occur. It is important to remember that Administrators must follow national guidelines when establishing examination periods in their own State or Territory.

### **Thank you**

In 2008 I received the ACF Official of the Year Award and include part of my acceptance speech.  
*“Congratulations to the ACF for initiating the Coaches, Officials and Volunteer Awards. It is important for participants to be recognised for their commitment to our sport because these people are integral to the continued viability of Calisthenics and as a minor sport there are very few opportunities for this recognition to occur.*

*Thank you to Sharron Stubbs, a Calisthenic Skills Examiner from South Australia, who came to me with a proposal to submit my nomination for this award and her persistence when I was embarrassed by her recommendation.*

*To the EAB members and in particular Julie Fox whose support, integrity and loyalty give me the impetus to continue to juggle home, work and calisthenic commitments my heartfelt thanks.*

*Finally, I am honoured to accept this award on behalf of all Examiners and Administrators who continue to strengthen the role of the Calisthenic Skills Programme in the continual cycle of development and improvement for our sport.”*

*Diane Winterling,  
ACF Director of Skills*

**Good luck to all candidates and coaches of  
Calisthenic Skills for 2009**

March 2009