



*Please refer to the updated CASA website for all Calisthenic Skills information*

*<http://www.calisthenicssa.com.au/ACFskills.htm>*

*Please note updated Test 3 must be used  
(Version 2)*

<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 and above	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>Skill level to be achieved by the closing date for each State / Territory competition.</i>		



## Port Lincoln 2009

### CASA CALISTHENIC SKILLS November 2009

#### Test 1- Grade 2 ONLY

Coaches and clubs are once again urged to encourage their students to become involved in the CASA Calisthenic Skills Programme.

This is an ACF National Programme administered by each State and Territory recognising individual achievement in all facets of Calisthenics. It is viewed as a “building block” for all Calisthenic Participants and Coaches (both past and present).

The Calisthenic Skills Programme promotes technical ability and the use of correct terminology, two essential elements for successful participation in our artistic sport.

All intending Coaches must attain Calisthenic Skills Grade 2 in order to commence the Cadet Course which is a prerequisite for the Level 1 Coaches Course. Grade 1 continues to be a prerequisite for Class Assistant.

From 2009 all soloists at national and state level must attain a prescribed Calisthenic Skill level for their age in order to compete in National and State Championships.

The package of Video, Music CD, Syllabus sheets and guidelines for Coaches and Candidates is available. Please make sure the correct syllabus is in use at your club. Syllabi can be downloaded from the ACF website (link from CASA). Music CD and video can be ordered.

Application forms for November examinations will be sent to all Club Secretaries and Coaches. The compulsory Preparation Day for all candidates is Saturday 21<sup>st</sup> November with examinations to be held on Saturday 28<sup>th</sup> and Sunday 29<sup>th</sup> November (depending on the number of candidates)

**Closing date for November examination is Monday 28<sup>th</sup> September 2009**

Further enquiries can be directed to the  
SA Calisthenic Skills Co-ordinator,  
*Diane Winterling 0409 521 990.*

**Please note: due to the many CASA / Calisthenic commitments at this time of the year, whilst every attempt will be made to meet requests for examination day / date or time, it may not be possible to fulfill all requests.**

**PLEASE READ CAREFULLY AND COMPLY WITH THE UPDATED  
ACF GUIDELINES FOR EXAMINATION ENTRY. THIS INCLUDES  
SENDING A STAMPED SELF-ADDRESSED ENVELOPE**



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## **Guidelines for application and entry for ACF Calisthenic Skills**

- Please complete entry forms clearly and accurately.
- Unfortunately, entry forms cannot be accepted which arrive without payment or after the closing date.
- Include a stamped self-addressed envelope for return of timetable.
- Examination numbers must be entered on the entry form if candidates have previously been involved in the programme.
- Under *extenuating* circumstances late changes may be accepted, but a \$25.00 fee will be incurred for each change.
- Candidates who withdraw cannot be replaced with another candidate.
- Unfortunately, refunds are not available for withdrawals or non-appearance.
- Deferral of examination (with notice in advance of examination date) is only possible with a Medical Certificate and only 50% of the fee is deferred. Candidate to incur 50% of fee to re-sit at a later date.
- Medical certificates cannot be presented to the Examiner on the day. Candidates with injuries /illnesses will not be examined.
- Co-ordinator to be notified ahead of the examination, preferably when entry forms are submitted, if there is a special needs candidate. (Not to be confused with illness/injury.)
- It is not compulsory to complete all grades, however, the following applies:
  - Candidate must have a working knowledge of all-previous syllabi.
  - Candidates cannot progress to a higher grade or test if they have been Unable to Qualify at an examination; they must re-sit that test/grade examination.
  - Grade 4 must be passed before attempting medals.



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The importance of the Calisthenic Skills Programme is recognised by the following prerequisites:

<b>Class Assistant</b>	<b>Calisthenic Skills Grade 1</b>
<b>Level 1 Coach</b>	<b>Calisthenic Skills Grade 2</b>

All Graceful Solo Participants in the **ACF National Championships** must have Calisthenic Skills as follows:

<b>10 years</b>	<b>Calisthenic Skills Test 3</b>
<b>11-12 years</b>	<b>Calisthenic Skills Grade 1</b>
<b>13-14 years</b>	<b>Calisthenic Skills Grade 2</b>
<b>15 years</b>	<b>Calisthenic Skills Prep 3</b>
<b>16 years</b>	<b>Calisthenic Skills Grade 3</b>
<b>17 years &amp; over</b>	<b>Calisthenic Skills Grade 4</b>

**All ages as at 31<sup>st</sup> December.**

**Skill Level by close of ACF entry.**

**Last date to attain skill requirement for state and national solo championship for next year will be February 2010.**



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### **RECOMMENDED AGES FOR PUPILS TO PARTICIPATE IN CALISTHENIC SKILLS**

The Calisthenic Skills Programme is designed for pupils to be examined at two yearly intervals.

Please be aware that these are recommended ages only (except Grade 4 and Medals) and Coaches should assess the capabilities of their pupils to ensure that they are knowledgeable and well prepared for the Grade Examination before presenting to the Examiner.

<b>Test 1</b>	<b>6 – 7 years</b>
<b>Test 2</b>	<b>7 – 8 years</b>
<b>Test 3</b>	<b>9 – 10 years</b>
<b>Grade 1</b>	<b>10 – 12 years</b>
<b>Grade 2</b>	<b>12 – 14 years</b>
<b>Prep 3</b>	<b>13 – 15 years</b>
<b>Grade 3</b>	<b>14 – 16 years</b>
<b>Grade 4</b>	<b>Must be 15 years by 31/12 of that year</b>
<b>Bronze Medal</b>	<b>Must be 16 years by 31/12 of that year</b>
<b>Silver Medal</b>	<b>Must be 17 years by 31/12 of that year</b>
<b>Gold Medal</b>	<b>Must be 18 years by 31/12 of that year</b>

To ensure consistency and good results throughout, it is advisable that candidates present for all grades regardless of age.

Ensure that all candidates attend their Preparation Class with a full working knowledge of the syllabus and that continued training after this class is given by the Coach who is training the pupils, until the date of examination.



## Port Lincoln 2009

### NOVEMBER EXAMINATIONS

28<sup>th</sup> & 29<sup>th</sup> November 2009

### COMPULSORY PREPARATION DAY FOR

November EXAMINATIONS:

Saturday 21<sup>st</sup> November (Test 1 to Grade 2)

- *Candidates must attend the sessions with full knowledge of the syllabus and dressed in correct examination attire.*
- *Please bring clubs & rod. Coaches must make sure all candidates have been practising with a copy of the syllabus and the music for their level.*
- *Coaches are encouraged to attend and receive (2) updating points and (1) attendance per session for practical involvement by assisting. Please ensure the Preparation Day Coach records your attendance and signs your logbook.*

**DATE:** *Saturday 21<sup>st</sup> November*

**VENUE :** Port Lincoln Calisthenic Clubrooms  
Stevenson Place  
Port Lincoln

9.00 - 10.30	Test 1
10.30 - 12.00	Test 2
12.00 - 2.00	Test 3
2.00 - 4.00	Grade 1
4.00 - 6.00	Grade 2

**Remember Preparation Days are compulsory - failure to attend will result in candidates' inability to present for the examination.**

**ANY QUERIES PLEASE CONTACT  
CASA CALISTHENIC SKILLS CO-ORDINATOR:  
DIANE WINTERLING Ph: 0409 521 990**





# SALE



**ACF Calisthenic Skills  
Video of Syllabus Test 1 –Gold Medal *(DOES NOT INCLUDE REVISED TEST 3)*  
\$33.00 (inc GST)**

**ACF Calisthenic Skills  
Musical CD to accompany syllabus *(DOES NOT INCLUDE REVISED TEST 3)*  
\$16.50 (inc GST)**

Does not include syllabus or guidelines which can be downloaded from the ACF website

Name .....

Address .....

.....Postcode.....

Phone Number .....

Email address .....

Cheque for .....(amount) enclosed and self-addressed **pre paid** appropriate-sized postbag

**Please make cheques to ACF and send to ACF c/-P.O. Box 66,Belair, SA 5052**



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# TEST 3 REVISED

The revised Test 3 has been released and from 1<sup>st</sup> July 2008 all candidates presenting for Test 3 MUST use the revised version.

To assist Coaches and Candidates a CD/DVD pack has been produced and is now available for purchase.



**Cost for both CD and DVD is \$23.00**

Name .....

Address .....

.....Postcode.....

Phone Number ..... Email address .....

Number of packs.....@ \$23.00 per pack. Total enclosed.....

and a **self addressed /pre paid postage attached on appropriate sized postbag**

*Please make cheques to ACF and send to ACF c/- P.O. Box 66, Belair, SA 5052*