



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

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

Please note updated Test 3 (version 2) must be used

<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

All Ages as at 31st December in the Year of Competition

Skill Level Required by Close of Competition Entry

All entries to be posted to
CASA Calisthenic Skills,
c/- PO Box 66, Belair, SA 5052
Entries received at the Royalty Theatre will
be returned unprocessed.



CASA CALISTHENIC SKILLS PROGRAMME 2010

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).

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.

All soloists at National Level must attain a prescribed Calisthenic Skill level for their age in order to compete in National Championships.

The updated package of Video, Music CD, Syllabus sheets and guidelines for Coaches and Candidates is now available. Please make sure the correct syllabus is in use at your club; if not a package can be ordered via the ACF website.

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

Application forms for February will be distributed to all Club Secretaries and Coaches. The compulsory Preparation Day for all candidates is Sunday 31st January with examinations to be held 4th – 14th February.

Closing date for February examination is

Monday 30th November 2009

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

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

**Reminder: ensure the Test 3 syllabus is
dated July 2008 version 2
DVD/CD Pack available for this level**



**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.
- Withdrawn candidates 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 resit 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 resit 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:

Class Assistant Calisthenic Skills Grade 1

Level 1 Coach Calisthenic Skills Grade 2

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

10 years Calisthenic Skills Test 3

11-12 years Calisthenic Skills Grade 1

13-14 years Calisthenic Skills Grade 2

15 years Calisthenic Skills Prep 3

16 years Calisthenic Skills Grade 3

17 years & over Calisthenic Skills Grade 4

All ages as at 31st December.
Skill Level Required by Close of ACF Entry.

Any candidate who may require a level for ACF 2010 Championships must present for CASA examination. Last date for CASA Examination 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.

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

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 *complete* syllabus and that continued training after this class is given by the Coach who is training the pupils until the date of examination.



February Examinations

4th - 14th February 2010

Weekdays – evening only. Weekends - all day

COMPULSORY PREPARATION DAY FOR

FEBRUARY EXAMINATIONS:

Sunday 31st January (Test 1 to Grade 4)

- Candidates must attend the sessions having been taught the complete syllabus and with full knowledge of that syllabus. They must be dressed in correct examination attire.
- Please bring clubs & rod. Coaches must make sure all candidates have been practicing with a syllabus and music tape 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: *Sunday 31st January*

VENUE: Irish Hall , 13-15 Carrington Street, Adelaide

TIMES: 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

**PLEASE NOTE : Should numbers warrant there will be 2
preparation day venues and candidates will be advised of the location
of their preparation class**

DATE: *Sunday 31st January*

VENUE: 2nd Floor, Royalty Theatre, 65 Angas Street, Adelaide

TIMES: 10.00a.m.-12noon Prep 3 / Grade 3
2.00pm -4p.m. Grade 4

Medal Candidates to be advised of date and time when entries have been confirmed

Please check the correct venue, time & date.

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**

- DOES NOT CONTAIN REVISED TEST 3 -



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SALE



**ACF Calisthenic Skills
Video of Syllabus
Test 1 –Gold Medal
\$33.00 (inc GST)**

**ACF Calisthenic Skills
Musical CD to accompany syllabus
\$16.50 (inc GST)**

Does not include syllabus or guidelines

Contact ACF Director of Skills, Diane Winterling 0409 521990 for a copy

Name

Address

.....Postcode.....

Phone Number

Email address

Cheque for(amount) **enclosed and a 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 1st 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 to appropriate size postbag**

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