

# *Reminder:*

## **Prerequisites for Calisthenic Solos, Duos and Graceful Solos**

*A reminder that in SA, Solo requirements came into effect in 2009 with a gradual introduction until SA is in line with the ACF recommendations and other States and Territories. Please ensure your students have the correct level if they intend to enter CASA Solo Championships.*

### **Background**

For some time the Australian Calisthenic Federation, following extensive research by physiotherapist Jean Leaf, has recognised its duty of care and implemented skills prerequisites for their solo championships. Other States and Territories have already followed this advice and introduced these requirements at their own solo competitions. As a result, there has been a direct improvement in the level of their participants' skills. In response to the recent survey, to bring South Australia into line nationally and to exercise their own duty of care, CASA decided to also adopt the ACF guidelines from 2009.

*To implement this, and to allow pupils the chance to gradually proceed through the skills programme, the following time frame was introduced:*

<i>Introduction of ACF requirements in SA</i>		
<b><u>Age</u></b> <b>(in year of competition)</b>	<b><u>Prerequisite</u></b>	<b><u>Year of Introduction</u></b>
8	Test 1	2009
9	Test 2	2009
10	Test 3	2009
11-12	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

***Skill level to be achieved by the closing date for each State / Territory competition.***

## **The next dates in South Australia for Skills Examinations are**

:

**Preparation Days Friday 29<sup>th</sup> October and Sunday 31<sup>st</sup> October**

**November Examinations 4<sup>th</sup> - 14<sup>th</sup> November 2010**

**Application forms will be distributed during September or will be available on the CASA website from April 2010**