

# CALISTHENICS SA SECRETARY'S BULLETIN



December 2020

## CASA 2020 TEAM COMPETITIONS

Thankyou to all of our SA clubs on a wonderful competition season. It was very different in many ways but it was wonderful to have the opportunity to perform again....Here's to 2021!

### 2021 Diary Dates

25<sup>th</sup> Jan – Club Concert Booking Form  
1<sup>st</sup> Feb – GG Entries Open  
12<sup>th</sup> Feb – GG Entries Close  
1<sup>st</sup> March – May Entries Open  
14<sup>th</sup> March – May Entries Close  
12<sup>th</sup> April – State Champ Entries Open  
27<sup>th</sup> April – State Champ Entries Close  
18<sup>th</sup> May – Team Stage Practice Bookings

Forms located [here](#)

## COVID UPDATE

As of December 1<sup>st</sup> Sport is able to resume in SA with a few changes to previous COVID plans. Areas must now adhere to 4m square guidelines and must have a QR code to check in their members. Please ensure your club is meeting these requirements and participating in COVID Safe Calisthenics. A reminder to maintain social distancing and to stay home if you are unwell. Remember that a COVID Marshall is still a requirement at sporting classes.

## 2021 FRANGIPANI CUP

As previously advised the ACF advised that there would be no National championship in 2021. Inline with this decision and due to the many unknown factors surrounding travel and restrictions CASA have also decided not to send any teams to the Frangipani Cup in 2021. Whilst we understand this is disappointing, there will be many opportunities in 2021 to develop skills. Stay tuned for more information.

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*'It's time to pause and focus on calisthenics in South Australia. Nurture, develop, promote and grow our sport'*

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## 2021 STARLET PROGRAM

The Starlet program is on hold for 2021. We have decided to use this time to nurture, develop and grow all of our members in 2021 by offering opportunities that will be available to everyone. We look forward to bringing Starlets back in 2022.

## NEW CONCERT HIRE RATES FOR 2021

 [2021 Royalty Theatre Club Concert Hire Rates.xlsx](#)

## PUPIL SKILLS

South Australia has proudly gained another Gold Medalist with honours. Sophie performed at the recent State Championships and was assessed via video link to attain her honours status. CASA would like to wish all the participants the very best for the upcoming December and January Exams.



*Congratulations Sophie Hamden from Marden Calisthenics who successfully attained her Gold Medal with Honours on November 7<sup>th</sup>. Sophie is pictured with Coach Michelle Higgins.*



*Senior Championship 2021 to be held at Her Majesty's Theatre Sunday August 29th*

## SENIOR CHAMPIONSHIP TEAM COMPETITIONS

We have been lucky enough to secure Her Majesty's Theatre for the Senior Championship Team Competition on Sunday August 29<sup>th</sup>. We look forward to seeing a lot of you there to support our seniors on this magnificent stage.

### 2021 ITEM ROTATIONS

Demonstration Tinies – Any Choice  
Competition Tinies – Song & Action  
Sub Juniors – Song & Dance  
Juniors – Dance Arrangement  
Intermediates – Rhythmic Interpretation  
Seniors – Rythmical Aesthetic & Cali Revue  
Masters – Cali Revue

## Contact Us

### Calisthenics Association of SA

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### 2021 MAY ITEMS

Sub Juniors – March, Rods & Song & Dance  
Juniors – Exercises, Clubs & Dance Arrangement  
Intermediates – Exercises, Rods & Rhythmic Interpretation  
Seniors – March, Clubs & Cali Revue

### 2022 SUB JUNIOR AESTHETIC

In 2022 CASA are introducing Aesthetic as a core item. This will allow clubs sufficient time to plan and budget for this exciting change.

## CLUB HOSTED COMPETITIONS HELD AT ROYALTY THEATRE

Please find below link to conditions that have been introduced for 2021 competitions. Additionally, the four clubs who hold a competition in 2021 will not be eligible for the 2022 Ballot.

 [2021 Graceful Solo and Calisthenic Solo held at the Royalty Theatre - FB.pdf](#)

## FULL 2021 PLANNER IS NOW AVAILABLE ON OUR WEBSITE

 [2021 CASA Planner website.xlsx](#)

## OFFICE CLOSURE – 18<sup>th</sup> December – 27<sup>th</sup> January 2021

