



GRACEFUL GIRL SOLO 2011

Carine Calisthenics Club would like to invite girls who are turning 10 years of age and older to participate in the Graceful Solo Competition. This is a wonderful opportunity to learn new skills. Routines will be choreographed to the ability of your daughter.

What are they?

The Graceful Solo Competition is a unique part of calisthenics that girls participate in by personal choice and perform on their own. A Graceful Girl Solo has components of ballet, dance and aesthetic.

Where and When?

The Graceful Girl competition is held over 3 weeks in April and May each year. A smaller competition is held by the Hills Districts Club a few weeks before the State Graceful Girl Solo Competition and much like August competitions, it is a practice competition.

Carine Calisthenics Club has an informal dress rehearsal for the girls to give them experience at performing their routines in front of an audience.

Entry forms and entry fees for both of these competitions are your responsibility.

What is involved?

After you fill in the tear off slip at the end of this brochure, you will be assigned a coach. Training will be for approximately

1 hour every week for approximately 10 - 12 weeks.

Costs Involved?

Fees for tuition and preparation for the Graceful Girl Solo Competition are set at a minimum of \$100. This amount is paid directly to the coach and may vary depending on experience and personal preference.

Each individual girl is responsible for paying the hall hire for their class time, the cost of either hiring or purchasing a costume as well as entry fees into competitions and video and music costs may also be incurred.

Training on the Midvale stage may also be required and is organised and paid for through each individual coach.

Hills Competition entry fee possibly \$30. Graceful Competition entry fee possibly \$30.

Costumes can be hired from the club for \$30 or the coaches will know of an aesthetic dress suitable. On the competition day the Coach usually give the girls a good luck present and card. You may want to consider a thankyou present and card.

What are the benefits?

The benefits of performing in the Graceful Girl Solo Competition are numerous and include increased confidence in the performance of team items through the extra stage experience, improvement in individual skills due to 1 on 1 training, increased self-esteem and confidence as well as further appreciation of music and aesthetic and ballet components of callisthenics.

All girls who participate in the Graceful Solo Competition love this part of their calisthenics and this enthusiasm flows over into team work. We would encourage all girls who are interested to become involved.

If you would like any further information, please contact Louise Jordan.

Coaches Available

Casey Ashby

Karla Thompson

Natasha Watson

Stacey Grose

Hannah Woodward

Kelly Grose



GRACEFUL PARTICIPATION SLIP

Name

would like to do a Graceful Girl Solo in 2011.

Coach

Please put a (1) and (2) next to your 1st and 2nd preferred coach.

Casey Ashby

Karla Thompson

Natasha Watson

Stacey Grose

Hannah Woodward

Kelly Grose

Please return your slip to:

LOUISE JORDAN

louise.jordan@commerce.wa.gov.au

BY NO LATER THAN:

THURSDAY 17 FEBRUARY 2011