

Newsletter No. 1
FEB 2010



CARINE CALISTHENICS

Carine Cali Communiqué

Welcome Back to Cali 2011!!

Well the 2011 Cali year is up and running, All coaches and assistants have been appointed and team work is in full swing.

PRESIDENTS REPORT ATTACHED



SOLO AND DUO RESULTS 2011



Congratulations to everyone who participated in the 2010 Solo and Duo competitions. The girls who competed were from all ages and did themselves, coaches and parents proud. Well Done everyone. Some results are below.

Amber 3rd

Lauren 5th

Claire & Claire 5th

Tash 4th

Amber & Eliza 5th

Steph 5th

Kate C 3rs

Kate & Tash 3rd



Important information

Welcome Back to a new year of calisthenics!!
Classes are now in full swing with coaches and girls working hard .

With a new year comes new coaches and new girls.
We would like to welcome to the coaching corner Kelly Grose.
Also a special welcome to Louise Jordan who has come over to carine as our coaches coordinator.



Bring a Friend day

Bring a friend day was quite successful with a girls bringing their friends to class. Each section had theme to dress up for, Elementries was any costume, subbies was PJ day and juniors did crazy hair! Lost of games were played and prizes won. Each girl received a balloon and a show bag. Although we run bring a friend day it doesn't mean that new girls cant join throughout the year.

So feel free to bring any friends that are interested!

Graceful competitions

The 2011 Graceful solo competitions have now started with the Hills competition on 2nd & 3rd April. Carine has quite a few girls entering this years competitions which is great for both the club and the girls themselves. Girls can only compete in a graceful solo from 10 years onwards and Carine has many girls from all sections competing.

We would love for you to support the girls by going to watch the competitions. Dates are all in the calendar.

(gradings 15,16/17th april)
GOOD LUCK GIRLS!!

Carine Cali Camp

The carine Cali camp is being held on the weekend of 28/29th may at Wattle grove. The camp is a great opportunity for the girls and coaches to bond, work hard on their items and have fun! It is also a great time for costumes to be sorted and sewn. Seniors are having a separate camp at Club Capricorn on the weekend of 20/21st may.

More information regarding the camps will be sent out shortly.

Coaching Staff 2011

Elementary & Development (6 years old and under in 2010)

Time: Saturday 9.00am - 10.00am

Venue: Balcatta Senior High School, H K Moir Centre

Coach: Hannah Woodward & Kelly Grose

Assistants: Steph Stewart & Nicole Voskamp

Sub-Juniors (7, 8 & 9 years old in 2011)

Time: Saturday 10.00am - 12 noon

Venue: Balcatta Senior High School, H K Moir Centre

Coaches: Natasha Watson & Kelly Grose

Assistants: Kate Hutchinson & Eliza Dennis

Juniors (10, 11 & 12 years old in 2011)

Time: Thursday 5.30pm - 7.30pm

Venue: Carine Senior High School, Performing Arts

Coaches: Casey Ashby & Sarah Forbes

Assistants: Amber Govan & Lauren Stewart

Intermediates (13, 14 & 15 years old in 2011)

Time: Tuesday 6.00pm - 8.30pm

Venue: Balcatta Senior High School, H K Moir Centre

Coach: Karla Thompson & Stacey Grose

Seniors (16 years and over in 2011)

Time: Monday 6.30 - 9.30

Venue: Carine Senior High School, Performing Arts

Coach: Karla Thompson



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***"Dancing with the feet
is one thing, but
dancing with the heart
is another."
~anonymous***