

All You Need to Know About the Skills Programme for 2021

It is proving to be challenging to plan our skills programme for this year without knowing when we will be able to resume face to face coaching. Calisthenics ACT has put together two plans for skills preparation classes and exams dependent on when we are permitted to return to training. Some Clubs may choose to offer their own preparation classes in Term 4. Participants will need to attend either Club or Cali ACT classes in order to be prepared for their exam. If your child will be attending Calisthenics ACT classes you will need to register for both the classes and the exam on the enrolment form. If your daughter is attending skills classes at her club you will only need to register for the exam only with Cali ACT.

About the Programme:

The Skills Programme is designed to focus on teaching and mastering good technique. Often at club classes coaches are not able to spend as much time as they would like on technique and the skills programme, run annually at the end of the calisthenic year, provides an opportunity to do just this. This programme progresses through various levels from Test 1 through to Medals and provides each participant with the opportunity to work their way through the syllabus at their own pace.

The examination system provides a full calisthenics syllabus which focuses on specific levels of achievement and provides satisfaction to the students and belief in themselves when they succeed. It is very important that students are well prepared for their examination. If they are registered for an exam level before they are ready their confidence can be adversely affected. Students must be allowed to progress at their own pace, not necessarily to their age group. They must feel confident in their own ability to master each level and their individual development must be of prime consideration. Parents should consult with their coach before deciding on which level to enter.

There are 6 scheduled preparation classes. It is advisable to attend as many of these as possible to be ready for the exam. In these classes girls will be taught the syllabus and corrected on technique and performance style. It is beneficial to watch the video provided before arriving at your first class. Practice at home is essential to ensure you are on top of the language/terminology used in the exam room. This is very important—it is often the terminology that the girls struggle with most!

In order to provide the best possible opportunity to do well in the exam room participants MUST attend at least 4 preparation classes to be eligible to sit the exam. Parents should note that the syllabus is generally taught over the first 2 weeks and if the girls miss these classes it is very difficult for them to catch up.



Contact for Assistance:

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