

All You Need to Know About the Skills Programme for 2023

Calisthenics ACT will be running preparation classes commencing Saturday 21 October, and running through to the Exam weekend of 25th/26th November. Some Clubs may be running their own preparation classes in-house, check with your Club for details. Participants will need to attend either Club or Cali ACT classes in order to present 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 child is attending skills classes at their club or is being coached privately, you will only need to register for the exam 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, towards the end of the calisthenic year, provides an opportunity to do this. The programme is run across Australia, progresses through various levels from Test 1 through to Medals and provides each participant with the opportunity to work their way through a set syllabus much like a ballet exam.

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 Club or Solo coach before deciding on which level to enter.

There are 7 scheduled preparation classes which will be run by Calisthenics ACT. It is advisable to attend as many of these as possible to be ready for the exam. During these classes students will be taught the syllabus and corrected on technique and performance style. It is beneficial to watch the videos provided before arriving at your first class. Practice at home is absolutely essential to ensure you are on top of the language/terminology used in the exam room and that the participant knows the routines. Coaches cannot correct technique if the pupil does not know the work and it is often the terminology that the students struggle with most in the exam room.

In order to provide the best possible opportunity to do well in the exam room participants should attend at least 6 preparation classes to be fully confident. Parents should note that the syllabus is fully taught over the first 2 weeks and if a participant misses these classes it is very difficult for them to catch up.

How to Register:

Registration forms will be available shortly. These will be sent to all clubs and will also be posted on the Calisthenics ACT web-site.



Contact for Assistance or Information:

Email: skills@calisthenicsact.com.au

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