

CALISTHENICS
ACT



Championship Team Competitions



20
23

ERINDALE THEATRE

Friday 15 to Sunday 17 September

As I write this, I am preparing for my final week before a Cali ACT competition with some sadness, much satisfaction, and even more thanks. The last 6 years as Director of Competitions has been an extraordinary journey filled with growth, achievements, and unforgettable experiences.

As my tenure comes to a close, I wanted to take a moment to reflect on the remarkable accomplishments of our committee during my time in this role. I am immensely proud of what we have accomplished, and it is a testament to the dedication and hard work of every member involved. I am deeply grateful for their support and collaboration and I'm thrilled to share some of our most notable achievements:

- Expanding Participation Opportunities
 - Introduction of Masters team & solo competitions
 - Introduction of Solo Grading
 - Introduction of Trio competition
- Embracing Technology
 - purchase of DLP hardware and installation into Erindale
 - implementation of myStage
 - investment in laptops and tablets for writers and timers
 - the development and implementation of e-crits
 - introduction of Dropbox for performance videos and e-crits
- Improving Competition Administration:
 - restructuring the competition committee to include competition co-ordinators and specialist teams.
 - development of solo grading committee and grading structure
 - restructuring solo & duo fees to include performance and ticketless entry
- Innovations through COVID
 - livestreaming competitions
 - video adjudication
 - restricted item competition

Thank you to the specialist teams who are the backbone of our competitions - our fantastic writers, stage managers, announcers and assessors. To the Competition co-ordinators, Carrie, Megan, Robyn and Leanne who do so much work behind the scenes. And to all club delegates and volunteers.

Lastly, I would like to extend my personal thanks to Tony for your guidance, wisdom, knowledge and continual push to advance Calisthenics in the ACT. To Sue, for your unending enthusiasm and support. And to Leanne - my partner in crime always.

Once again, thank you for the privilege to serve as Director of Competitions and for the remarkable experiences and memories that will stay with me forever. I am deeply appreciative of your trust and support.

Kerry



Table of Contents

FRIDAY 15 SEPTEMBER

6:00pm Masters Page 7

SATURDAY 16 SEPTEMBER

8:30am Tinies Page 10

1:15pm Juniors Page 14

7:30pm Seniors Page 18

SUNDAY 17 SEPTEMBER

8:30am Sub-Juniors Page 21

4:00pm Intermediates Page 26

Leah Kellaway

Leah began calisthenics at age 3 in South Australia where she competed from Tinies through to Seniors and completed her Level 1 coaching before moving to Qld in 1997.

Leah has represented South Australia and Queensland as a competitor for both graceful solos and teams. She has coached Intermediate and Senior teams and soloists to represent Queensland at Nationals. Leah has also coached Queensland teams who have competed at Royal South Street in Ballarat, winning the aggregate on 2 occasions.

Leah has been involved with Rosemore Calisthenics Dance College for many years and currently coaches Sub-Juniors, Juniors and SDG's with her favourite items to choreograph being clubs, aesthetic and graceful solos. She has 2 daughters who compete with Rosemore in the Juniors and Sub-Junior sections.

Leah gained her adjudication qualification in 2017.

She has a passion for animal welfare and is the Head of Program Delivery for Happy Paws, Happy Hearts foundation.

Diane Luky

Diane is in her 14th year of adjudicating, and has adjudicated many times interstate, as well as country competitions in both solos and teams.

She really enjoys working with interstate adjudicators at State championships. It is a highlight of her adjudicating to work on panels as it is such a great experience.

calisthenics brings much joy to Diane's life - music, performance, costumes, designing and creating - and adjudicating.

She loves it all.





Melinda Moutsos

Melinda started Calisthenics as a pupil at a very young age and experienced much team success through a range of divisions. She only made the decision to retire recently from Masters to continue her Adjudicating journey.

Melinda also danced for over decade across many styles along with completing her VCE Dance qualification. Her coaching experience and successes spread across many age groups and divisions through teams, solos and skills. Outside of calisthenics, Melinda is now a very busy Musical Theatre mum, with her son performing across a number of shows and also running her busy retail dance & calisthenics store in Victoria.

Dianne Nicholls

Dianne has been involved with calisthenics for nearly 50 years as a pupil, coach, adjudicator and examiner. As a 'farm kid', Dianne's calisthenic career began at country South Australian calisthenics clubs. Moving to Adelaide to study at university meant that Dianne had to change calisthenics clubs as a performer and she also started to coach. Dianne commenced her cadet adjudicator training in 2004 and her adjudication experience now extends across all sections and levels of calisthenics. Highlights have included adjudication appointments at the 2018 ACF Nationals and the 2022 Pan Pacs as well as many interstate appointments. Her calisthenic achievements include coaching at Championship and National Level and she has been awarded both CASA Life Membership and CALSAC (SA Coaches Association) Life Membership. She is passionate about promoting calisthenics and ensuring inclusion for all. Dianne is thankful for the opportunity to adjudicate the 2023 ACT Championship Team Competitions and wishes all participants an enjoyable and rewarding experience.



The Introduction of Team Divisions

In 2023, the Cali ACT Board, with the approval of the Cali ACT Council, have introduced divisions to the Cali ACT Team competitions.

The intention behind this change to our team competition structure is to allow competitors to compete against teams of a similar standard or experience level. The aim is to encourage increased engagement from participants and coaches, with the ultimate goal to increase competitor numbers and improve retention rates by supporting less experienced members of the community with a more equitable competition.

The division structure conditions are as follows:

1. An item (i.e. Rods, Clubs) will be separated into Division 1 (1st teams) and Division 2 (2nd and subsequent teams) if at least 3 clubs enter more than one team for that item. Places will be awarded for both divisions.
2. An age-group (i.e. Sub-Juniors) must have at least three items as per condition 1 to trigger a Division 2 aggregate.

MASTERS

Friday 15 September—6:00pm

Adjudicators—Melinda Moutsos, Leah Kellaway & Dianne Nicholls

Masters Figure March

- | | | | |
|---|-------------|---|--------|
| 1 | Joyelle | 4 | Evatt |
| 2 | Karilee | 5 | Action |
| 3 | Brindabella | | |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Masters Club Swinging

- | | | | |
|---|-------------|---|-----------|
| 1 | Karilee 2 | 4 | Karilee 1 |
| 2 | Joyelle | 5 | Evatt |
| 3 | Brindabella | 6 | Action |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Masters Rod Exercises

- | | | | |
|---|-------------|---|---------|
| 1 | Joyelle | 4 | Karilee |
| 2 | Brindabella | 5 | Action |
| 3 | Evatt | | |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

DINNER

Masters Free Exercises

- | | | | |
|---|-------------|---|---------|
| 1 | Karilee | 4 | Joyelle |
| 2 | Action | 5 | Evatt |
| 3 | Brindabella | | |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Masters Aesthetic

- | | | | |
|---|-------------|---|---------|
| 1 | Karilee | 4 | Joyelle |
| 2 | Action | 5 | Evatt |
| 3 | Brindabella | | |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Masters Calisthenics Revue

- | | | |
|---|-------------|---|
| 1 | Karilee | <i>Macavity: The Mystery Cat</i> |
| 2 | Action | <i>Yeah Baby Yeah</i> |
| 3 | Brindabella | <i>Over the Shoulder Boulder Holder</i> |
| 4 | Joyelle | <i>Tradies</i> |
| 5 | Evatt | <i>Rise of the Pink Ladies</i> |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Cali ACT Championship Master's Aggregate

	March	Club Swinging	Rod Exercises	Free Exercises	Aesthetic Exercises	Cal Revue
Action						
Brindabella						
Evatt						
Joyelle						
Karilee						

Master's Coaching Staff

Action **Coach:** Rebeka Hunter & Christie Capner **Cadet:** Nicola Schafrin

Brindabella **Coach:** Grace Perkovic & Alexandra Andriolo **Cadet:** Rachel Salter

Evatt **Coach:** Melissa Smith & Kari Turnbull

Joyelle **Coach:** Ali Riley & Kim Waterford

Karilee **Coach:** Jodie Sims & Elizabeth Arnold **Ass Coach:** Katherine Reber

CALISTHENICS ACT

HAVE YOUR SAY

Cali ACT are developing a new Strategic Plan for 2024 - 2028 - and we want to hear from you.

Scan the QR code or go to the Cali ACT website to fill out the survey.

www.calisthenicsact.com.au

TINIES

Saturday 16 September—8:30am

Adjudicator—Diane Lukey

Tinies Rod Exercises

- | | | | |
|---|-----------|----|-------------|
| 1 | Evatt 3 | 7 | Action |
| 2 | Joyelle 2 | 8 | Karilee 1 |
| 3 | Deanne 2 | 9 | Joyelle 1 |
| 4 | Karilee 2 | 10 | Evatt 1 |
| 5 | Evatt 2 | 11 | Brindabella |
| 6 | Deanne 1 | | |

Div 2 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Div 1 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Tinies Free Exercises

- | | | | |
|---|-----------|----|-------------|
| 1 | Joyelle 3 | 7 | Karilee 1 |
| 2 | Evatt 3 | 8 | Joyelle 1 |
| 3 | Karilee 2 | 9 | Evatt 1 |
| 4 | Deanne 2 | 10 | Brindabella |
| 5 | Joyelle 2 | 11 | Deanne 1 |
| 6 | Evatt 2 | 12 | Action |

Div 2 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Div 1 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Tinies Aesthetic

- | | | | |
|---|-----------|----|-------------|
| 1 | Evatt 3 | 7 | Deanne 1 |
| 2 | Joyelle 3 | 8 | Karilee 1 |
| 3 | Deanne 2 | 9 | Action |
| 4 | Karilee 2 | 10 | Joyelle 1 |
| 5 | Joyelle 2 | 11 | Brindabella |
| 6 | Evatt 2 | 12 | Evatt 1 |

Div 2 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Div 1 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

MORNING TEA

Tinies Character Folk

- | | | |
|----|-------------|-----------------------------------|
| 1 | Joyelle 3 | <i>Little Peter Rabbit</i> |
| 2 | Karilee 2 | <i>Buzzin' Bees</i> |
| 3 | Evatt 2 | <i>Olaf's Christmas Adventure</i> |
| 4 | Joyelle 2 | <i>What's New Scooby Doo?</i> |
| 5 | Deanne | <i>Bee-tacular</i> |
| 6 | Karilee 1 | <i>Christmas Town</i> |
| 7 | Evatt 1 | <i>Belle and Friends</i> |
| 8 | Brindabella | <i>Munchkinland</i> |
| 9 | Action | <i>The Secret Fairy Garden</i> |
| 10 | Joyelle 1 | <i>Fairy Boot Scootin'</i> |

Div 2 1st _____ 2nd _____ 3rd _____ 4th _____

Div 1 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Tinies Song with Action

- 1 Deanne *In our Toothie Dreams*
- 2 Karilee *Which Pet Should I get?*
- 3 Evatt *Spring Time in Canberra*
- 4 Joyelle *Pajama Party!*
- 5 Brindabella *Pet Shop*
- 6 Action *Welcome to the Farm*

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____



Thank you to Accelerate Physiotherapy for their sponsorship
of the Cali ACT Coach Development program.

We greatly appreciate your support and expertise.

Cali ACT Championship Tinies' Aggregate

	Rod Exercises	Free Exercises	Aesthetic	Character/Folk	Song w Action
DIVISION 2					
Deanne					
Evatt					
Joyelle					
Karilee					
DIVISION 1					
Action					
Brindabella					
Deanne					
Evatt					
Joyelle					
Karilee					

Tinies' Coaching Staff

Action **Coach:** Rebekah Hunter **Class Ass:** Ella Green, Indie Hati & Jasmine Reed

Brindabella **Coach:** Grace Perkovic **Ass Coach:** Zoe Stott **Class Ass:** Sienna Prpic & Amelia Littlewood

Deanne **Coach:** Chelsea Edmonds **Ass Coach:** Mel Lachlan **Cadets:** Bec White, Loris Trainor & Latisha Dack **Class Ass:** Molly MacKenzie & Lara Hodge

Evatt **Coach:** Hannah Webb & Tonya Whitney **Ass Coach:** Elise Webb & Kaitlin Phelan **Cadets:** Estella Sutherland, Natalia Seselja, Lucie Brennan, Alicia Stakelum & Ellie Ma

Joyelle **Coach:** Bella Coates & Samantha Urbaniak **Ass Coach:** Monica Clavijo **Cadets:** Ella Koch, Mia Dowie & Natasha King **Class Ass:** Annalise Vanhala & Ruby Brown

Karilee **Coach:** Simone Barker **Ass Coach:** Sarah Goodwin **Cadets:** Sarah Adam, Emily Bourne, Olivia Pratt, Mia Wright, Emma Nicholson & Aniera Kovacs

JUNIORS

Saturday 16 September—1:15pm

Adjudicators—Leah Kellaway, Diane Nicholls & Melinda Moutsos

Juniors Figure March

- | | | | |
|---|-------------|---|---------|
| 1 | Evatt 2 | 5 | Deanne |
| 2 | Action | 6 | Evatt |
| 3 | Karilee | 7 | Joyelle |
| 4 | Brindabella | 8 | Dowling |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Juniors Club Swinging

- | | | | |
|---|-----------|----|-------------|
| 1 | Evatt 3 | 7 | Action |
| 2 | Dowling 2 | 8 | Karilee 1 |
| 3 | Karilee 2 | 9 | Brindabella |
| 4 | Joyelle 2 | 10 | Dowling 1 |
| 5 | Evatt 2 | 11 | Joyelle 1 |
| 6 | Deanne | 12 | Evatt 1 |

Div 2 1st _____ 2nd _____ 3rd _____ 4th _____

Div 1 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Juniors Rod Exercises

- | | | | |
|---|-------------|----|-----------|
| 1 | Karilee 2 | 7 | Joyelle 1 |
| 2 | Joyelle 2 | 8 | Dowling 1 |
| 3 | Dowling 2 | 9 | Karilee 1 |
| 4 | Evatt 2 | 10 | Evatt 1 |
| 5 | Action | 11 | Deanne |
| 6 | Brindabella | | |

Div 2 1st _____ 2nd _____ 3rd _____ 4th _____

Div 1 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

AFTERNOON TEA

Juniors Free Exercises

- | | | | |
|---|-----------|----|-------------|
| 1 | Dowling 2 | 7 | Karilee 1 |
| 2 | Evatt 2 | 8 | Joyelle 1 |
| 3 | Karilee 2 | 9 | Action |
| 4 | Joyelle 2 | 10 | Evatt 1 |
| 5 | Dowling 1 | 11 | Brindabella |
| 6 | Deanne | | |

Div 2 1st _____ 2nd _____ 3rd _____ 4th _____

Div 1 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Juniors Aesthetic

- | | | | |
|---|-------------|---|-----------|
| 1 | Evatt 2 | 6 | Joyelle 1 |
| 2 | Joyelle 2 | 7 | Evatt 1 |
| 3 | Action | 8 | Dowling |
| 4 | Deanne | 9 | Karilee |
| 5 | Brindabella | | |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Juniors Song & Dance

- | | | |
|---|-------------|--|
| 1 | Action | <i>Intergalactic Circus of Wonders</i> |
| 2 | Deanne | <i>Far Far Away</i> |
| 3 | Brindabella | <i>Polar Express</i> |
| 4 | Evatt | <i>Revolting Children</i> |
| 5 | Karilee | <i>The Corny Collins Show</i> |
| 6 | Dowling | <i>Up All Night</i> |
| 7 | Joyelle | <i>School of Rock</i> |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Cali ACT Championship Junior's Aggregate

	March	Club Swinging	Rod Exercises	Free Exercises	Aesthetic Exercises	Song & Dance
DIVISION 2						
Dowling	/				/	/
Evatt	/				/	/
Joyelle	/				/	/
Karilee	/				/	/
DIVISION 1						
Action						
Brindabella						
Deanne						
Dowling						
Evatt						
Joyelle						
Karilee						

Junior's Coaching Staff

Action **Coach:** Christie Capner **Ass Coach:** Cherie Bradley & Latoya Wong **Cadets:** Jasmine Holthouse

Brindabella **Coach:** Lara Haines & Leila Rickman

Deanne **Coach:** Jasmine Lachlan **Ass Coach:** Melissa Lachlan & Rhiana Elford

Dowling **Coach:** Rebecca Taylor, Brittany Barr & Ashley Barrett-Campos **Cadet:** Jordyn Perkins

Evatt **Coach:** Samantha Di Pofi & Alice Humphries **Ass Coach:** Rachael Phelan & Cathleen Marshall
Cadets: Katie Mackay & Emma Copeland

Joyelle **Coach:** Keisha McDougall & Breanna Vanhala **Cadets:** Sophia Mundie, Emma Kennedy & Chloe Coates

Karilee **Coach:** Meredith Jackson **Ass Coach:** Samantha Bourne & Louisa-Jane Collins **Cadets:** Laura Stirton, Sophie Knight & Jessica-Anne Muller

SENIORS

Saturday 16 September—7:30pm

Adjudicators—Dianne Nicholls, Leah Kellaway & Melinda Moutsos

Seniors Figure March

- | | | | |
|---|---------|---|---------|
| 1 | Joyelle | 3 | Deanne |
| 2 | Evatt | 4 | Karilee |

1st _____ 2nd _____ 3rd _____ 4th _____

Seniors Club Swinging

- | | | | |
|---|---------|---|---------|
| 1 | Joyelle | 3 | Deanne |
| 2 | Evatt | 4 | Karilee |

1st _____ 2nd _____ 3rd _____ 4th _____

Seniors Rod Exercises

- | | | | |
|---|---------|---|---------|
| 1 | Joyelle | 3 | Deanne |
| 2 | Evatt | 4 | Karilee |

1st _____ 2nd _____ 3rd _____ 4th _____

WARM UP BREAK

Seniors Free Exercises

- | | | | |
|---|---------|---|--------|
| 1 | Karilee | 3 | Evatt |
| 2 | Joyelle | 4 | Deanne |

1st _____ 2nd _____ 3rd _____ 4th _____

Seniors Rhythmical Aesthetic

- | | | |
|---|---------|---|
| 1 | Karilee | <i>Why God Why?</i> |
| 2 | Joyelle | <i>Wishing you God Speed</i> |
| 3 | Evatt | <i>Don't Want to Feel Another Touch</i> |
| 4 | Deanne | <i>Freddie</i> |

1st _____ 2nd _____ 3rd _____ 4th _____

Seniors Dance Arrangement

- | | | |
|---|---------|-------------------------------------|
| 1 | Karilee | <i>Show me How you Burlesque</i> |
| 2 | Joyelle | <i>The Paper's say its Doomsday</i> |
| 3 | Evatt | <i>Welcome to the Moulin Rouge</i> |
| 4 | Deanne | <i>Get on the Floor</i> |

1st _____ 2nd _____ 3rd _____ 4th _____

Cali ACT Championship Senior's Aggregate

	March	Club Swinging	Rod Exercises	Free Exercises	Rhythm. Aesthetic	Dance A/ment
Deanne						
Evatt						
Joyelle						
Karilee						

Senior's Coaching Staff

Deanne **Coach:** Kaari Toivonen & Caitlin Waser **Ass Coach:** Bethany Taylor

Evatt **Coach:** Tanyel Yay

Joyelle **Coach:** Katherine Thomas, Samantha Thomas & Val Volkov

Karilee **Coach:** Taylor Bye **Ass Coach:** Stephanie Frick

SUB-JUNIORS

Sunday 17 September—8:30am

Adjudicators—Diane Lukey, Leah Kellaway & Melinda Moutsos

Sub-Juniors March

- | | | | |
|---|-----------|----|-------------|
| 1 | Action 3 | 8 | Karilee 1 |
| 2 | Evatt 3 | 9 | Joyelle 1 |
| 3 | Karilee 2 | 10 | Evatt 1 |
| 4 | Joyelle 2 | 11 | Action 1 |
| 5 | Evatt 2 | 12 | Deanne |
| 6 | Action 2 | 13 | Brindabella |
| 7 | Dowling | | |

Div 2 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Div 1 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Sub-Juniors Club Swinging

- | | | | |
|---|-----------|----|-------------|
| 1 | Action 3 | 9 | Dowling 2 |
| 2 | Joyelle 3 | 10 | Karilee 1 |
| 3 | Evatt 3 | 11 | Action 1 |
| 4 | Karilee 2 | 12 | Deanne 1 |
| 5 | Deanne 2 | 13 | Joyelle 1 |
| 6 | Joyelle 2 | 14 | Brindabella |
| 7 | Action 2 | 15 | Evatt |
| 8 | Evatt 2 | 16 | Dowling 1 |

Div 2 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Div 1 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Sub-Juniors Rod Exercises

- | | | | |
|---|-----------|----|-------------|
| 1 | Evatt 3 | 9 | Evatt 2 |
| 2 | Joyelle 3 | 10 | Joyelle 1 |
| 3 | Action 3 | 11 | Dowling 1 |
| 4 | Dowling 2 | 12 | Deanne 1 |
| 5 | Joyelle 2 | 13 | Brindabella |
| 6 | Deanne 2 | 14 | Karilee 1 |
| 7 | Karilee 2 | 15 | Evatt 1 |
| 8 | Action 2 | 16 | Action 1 |

Div 2 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Div 1 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

MORNING TEA

Sub-Juniors Free Exercises

- | | | | |
|---|-----------|----|-------------|
| 1 | Joyelle 3 | 9 | Action 2 |
| 2 | Evatt 3 | 10 | Dowling 1 |
| 3 | Action 3 | 11 | Brindabella |
| 4 | Dowling 2 | 12 | Deanne 1 |
| 5 | Evatt 2 | 13 | Joyelle 1 |
| 6 | Joyelle 2 | 14 | Karilee 1 |
| 7 | Karilee 2 | 15 | Action 1 |
| 8 | Deanne 2 | 16 | Evatt 1 |

Div 2 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Div 1 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Sub-Juniors Aesthetic

- | | | | |
|---|-----------|----|-------------|
| 1 | Evatt 3 | 9 | Dowling |
| 2 | Joyelle 3 | 10 | Deanne 1 |
| 3 | Action 3 | 11 | Evatt 1 |
| 4 | Deanne 2 | 12 | Joyelle 1 |
| 5 | Action 2 | 13 | Brindabella |
| 6 | Evatt 2 | 14 | Action 1 |
| 7 | Karilee 2 | 15 | Karilee 1 |
| 8 | Joyelle 2 | | |

Div 2 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Div 1 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Sub-Juniors Character Folk

- | | | |
|----|-------------|------------------------------------|
| 1 | Joyelle 2 | <i>You Can't Catch Me!</i> |
| 2 | Evatt 2 | <i>The Prince is Giving a Ball</i> |
| 3 | Action 2 | <i>A Party under the Rainbow</i> |
| 4 | Dowling | <i>Bikini Bottom Boogie</i> |
| 5 | Evatt | <i>The Magic Carousel</i> |
| 6 | Brindabella | <i>The Merry Old Land of Oz</i> |
| 7 | Deanne 1 | <i>Down at the English Fair</i> |
| 8 | Action 1 | <i>Christmastown</i> |
| 9 | Karilee | <i>The Grandest Circus of All</i> |
| 10 | Joyelle 1 | <i>Intergalactic Dance Party</i> |

Div 2 1st _____ 2nd _____ 3rd _____

Div 1 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Cali ACT Championship Sub-Junior's Aggregate

	March	Club Swinging	Rod Exercises	Free Exercises	Aesthetic	Ch/Folk
DIVISION 2						
Action						
Deanne						
Dowling						
Evatt						
Joyelle						
Karilee						
DIVISION 1						
Action						
Brindabella						
Deanne						
Dowling						
Evatt						
Joyelle						
Karilee						

Sub-Junior's Coaching Staff

Action **Coach:** Emma Jeffrey **Ass Coach:** Latoya Wong & Tayla Schafrin **Cadets:** Elizabeth Mincher
Class Ass: Leiha Morris, Sophie Taber, Jordan Lynch & Chloe Black

Brindabella **Coach:** Alexandra Andriolio **Cadets:** Amelia Payne **Class Ass:** Lilah Haggarty & Kiyah Smith

Deanne **Coach:** Chelsea Edmonds **Ass Coach:** Megan Wilkinson & Aithne Dann-Hotchin **Cadets:**
Sharnie Copat, Bec White & Latisha Duck

Dowling **Coach:** Belinda Lister, Charlize Barr & Lucienne Pacifique **Cadet:** Anastasia Meggos

Evatt **Coach:** Erin Sorensen **Ass Coach:** Claire Hall, Madison Power & Charlotte Dennis-Latter
Cadets: Maddie Betts, Annabella Field, Bella Pope, Amelie Phounpadith, Lily Hesse Clapp
& Elyssa Rodham

Joyelle **Coach:** Ali Riley & Denise Spencer **Ass Coach:** Olivia Kennedy & Emily Lim **Cadets:** Melody
Russell, Amelie Graham & Melissa Vanhala **Class Ass:** Brianna Leiper

Karilee **Coach:** Rachel Holdway **Ass Coach:** Taryn Leslie & Kasey Galloway **Cadets:** Chelsea Wood-
ward, Bonnie Wilder, Abbie Matthew & Kahlan Baker



CALISTHENICS
ACT

**HAVE
YOUR SAY**

Cali ACT are developing a new Strategic Plan for 2024 - 2028 - and we want to hear from you.

Scan the QR code or go to the Cali ACT website to fill out the survey.

www.calisthenicsact.com.au

INTERMEDIATES

Sunday 17 September—4:00pm

Adjudicators—Melinda Moutsos, Diane Lukey & Dianne Nicholls

Intermediates Figure March

- | | | | |
|---|---------|---|-------------|
| 1 | Action | 4 | Brindabella |
| 2 | Joyelle | 5 | Deanne |
| 3 | Karilee | 6 | Evatt |

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Intermediates Club Swinging

- | | | | |
|---|-------------|----|-----------|
| 1 | Joyelle 2 | 6 | Karilee 1 |
| 2 | Action 2 | 7 | Action 1 |
| 3 | Karilee 2 | 8 | Evatt 1 |
| 4 | Evatt 2 | 9 | Joyelle 1 |
| 5 | Brindabella | 10 | Deanne |

Div 2 1st _____ 2nd _____ 3rd _____ 4th _____

Div 1 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Intermediates Rod Exercises

- | | | | |
|---|-----------|----|-------------|
| 1 | Karilee 2 | 6 | Brindabella |
| 2 | Evatt 2 | 7 | Evatt 1 |
| 3 | Joyelle 2 | 8 | Action 1 |
| 4 | Action 2 | 9 | Karilee 1 |
| 5 | Deanne | 10 | Joyelle 1 |

Div 2 1st _____ 2nd _____ 3rd _____ 4th _____

Div 1 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

WARM UP BREAK

Intermediates Free Exercises

- | | | | |
|---|-----------|----|-------------|
| 1 | Evatt 2 | 6 | Joyelle 1 |
| 2 | Joyelle 2 | 7 | Brindabella |
| 3 | Karilee 2 | 8 | Action 1 |
| 4 | Action 2 | 9 | Evatt 1 |
| 5 | Deanne | 10 | Karilee 1 |

Div 2 1st _____ 2nd _____ 3rd _____ 4th _____

Div 1 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Intermediates Rhythmical Aesthetic

- 1 Action 2 *Indian Princess*
- 2 Joyelle 2 *Sisters by my Side*
- 3 Karilee 2 *The Unimaginable*
- 4 Evatt 2 *In My Dreams*
- 5 Action 1 *Her Voice*
- 6 Karilee 1 *When You Believe*
- 7 Brindabella *Love Someone*
- 8 Evatt 2 *You Will be Found*
- 9 Joyelle 2 *Dreams*
- 10 Deanne *December 7th, 1941*

Div 2 1st _____ 2nd _____ 3rd _____ 4th _____

Div 1 1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Intermediates Calisthenic Revue

- 1 Karilee *The Cave of Wonders*
- 2 Action *You Can't Stop the Beat*
- 3 Evatt *Auditioning for the Moulin Rouge*
- 4 Joyelle *MasterChef*
- 5 Deanne *Everyone's Replaceable!*
- 6 Brindabella *DIVA*

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

Cali ACT Preliminary Intermediates Aggregate

	March	Club Swinging	Rod Exercises	Free Exercises	Rhyth. Aesthetic	Cal Revue
DIVISION 2						
Action						
Evatt						
Joyelle						
Karilee						
DIVISION 1						
Action						
Brindabella						
Deanne						
Evatt						
Joyelle						
Karilee						

Intermediate's Coaching Staff

Action **Coach:** Tayla Schafrin **Ass Coach:** Amie Allen & Leah Brideson

Brindabella **Coach:** Zoe Stott

Deanne **Coach:** Lizzy Nethery & Chloe Taunton **Ass Coach:** Megan Wilkinson

Evatt **Coach:** Danielle Moufarrige & Alana Hayduk **Ass Coach:** Lillian Junakovic & Phoebe Logan

Joyelle **Coach:** Tiffany Davies & Emily Lim **Ass Coach:** Bella Coates

Karilee **Coach:** Taylor Bye **Ass Coach:** Stacie Howell & Jacqueline Dunn **Cadets:** Mckinley Darby

COMPETITION CO-ORDINATORS

DIRECTOR OF COMPETITIONS

Kerry Sargent

MUSIC CO-ORDINATOR

Megan Kratzel

LIGHTING CO-ORDINATOR

Carrie Newman

ADJUDICATOR LIAISON

Megan Kratzel

TROPHIES AND PHOTOGRAPHY

Robyn Baker

BUMP-IN CO-ORDINATOR

Leanne Altinger

COMPETITION DELEGATES

ACTION

Michelle Black

Dipendra Shrestha

Laura Smithers

Kylie Farr

BRINDABELLA

Grace Perkovic

Jill Lewis

DEANNE

Rebecca Box

Sue Latter

JOYELLE

Mary Russell

Cassandra Koch

Ellena Benson

Tiffany Davies

Gemma Dowie

EVATT

Nikki Darragh

Susana Targett

Lauren Stakelum

KARILEE

Kari Craig

Emma Peterson

Andrew Bourne

Bronwyn Stirton

Nicola Todd

INDEPENDENTS

Tony Hall

Leanne Altinger

Sue Whitney

Marjory Smith

Josse Edmonds

Megan Kratzel

Robyn Baker

WRITERS

Rachel Holdway	Kim Waterford
Merry Jackson	Taylor Altinger
Lillian Junakovic	Ali Riley
Sam Di Pofi (Training)	Carrie Newman
Emma Thomas	Hannah Webb
Carmen Menzel	Frances Madaffari
Jane Faulder	Simone Barker

STAGE MANAGERS

Tony Hall	Conner Butt
Megan Kratzel	Leanne Altinger
Yvonne Copat	Shannon Thomas

ANNOUNCERS

Kylie Pratt	Grace Perkovic
Sue Latter	Bec Box
Marjory Smith	Tony Hall

ASSESSORS

Kerry Sargent	Sue Whitney
Leanne Altinger	Gemma Dowie

ALL CLUB VOLUNTEERS & THE ERINDALE TECH STAFF

PARTICIPATING CLUBS

ACT

Action Calisthenics

Brindabella Calisthenics College

Deanne Calisthenics Club

Evatt Calisthenics Club

Joyelle Calisthenics Club

Karilee Calisthenics

NSW

Dowling Calisthenics Academy

