10 October 2018

ACT Calisthenics Skills Programme 2018

Calisthenics ACT invites participants to register for the 2018 ACT Calisthenics Skills Programme. The programme provides participants with the opportunity to learn correct calisthenic terminology and improve their own technique and presentation. Involvement in the programme aims to assist each participant to improve their skills by focussing on perfecting technique as coaches often do not have the time to do this in a normal club class. Skill classes are by necessity more formal than a club class as the coach is also teaching the participants how to present for an examination as well as the movements required.

Calisthenics ACT strongly encourages all participants to undertake skills exams if they are competing as soloists. While you do not need to have completed skills to be able to compete in the ACT you do need the correct level to compete at many interstate competitions and to represent the ACT at Nationals. Without the required skill level you are not eligible for National selection – please see separate sheet for applicable level/age details.

The Australian Calisthenics Federation skills programme consists of three levels – Tests, Grades and Medals. It is essential to choose the correct level for your child as the idea is to build confidence – not have the opposite effect!!

Test 1, 2 and 3 – Recommended for Sub Juniors and Juniors

The three Tests are designed to introduce younger and less experienced participants to the procedure of examinations, to emphasise the importance of developing correct technique and to encourage confidence. No impromptu combinations of movements will be requested by the examiner. Girls will only need to show what they have learned at class.

Grades, 1, 2, 3 and 4 – Recommended for Juniors to Intermediates

By progressing steadily through the Grades participants build a comprehensive vocabulary of terminology and a firm understanding of the requirements of basic calisthenics. It allows the participant to develop at their own pace and within their own capabilities. Throughout the Grades, combinations of movements are introduced to reinforce the terminology learnt. Exercises have been choreographed to develop coordination, artistry and musicality. Individual movements combining arm and leg may be requested in any section.

Medals – Senior Participants Only

When presenting for medals candidates find their own coach to assist with the choreography and mastery of “mini routines” which incorporate movements from within the medal syllabus. While the level of difficulty is high there is great personal satisfaction in achieving this level. Please contact the skills convenor directly for more information. Please note that candidates for Bronze and Silver Medal should allow a period of around 3 months to be fully prepared for their examination. Gold Medal candidates should allow a minimum time frame of 6 months to be fully prepared. A copy of each Medal syllabus can be found on the Calisthenics ACT web-site.

The Examination

To present for examination, participants must be fully prepared and confident with their syllabus. They must have a good knowledge of the appropriate calisthenic terminology and correct technique must be well executed for the examiner. For Test 1, Test 2, Test 3 and Grade 1, an overall pass rate of 60% must be achieved In order to pass the examination. For all other levels, a mark of 60% must be achieved in each section in order to pass the overall examination.

All participants will receive a written critique of their examination performance from the examiner. Certificates and patches will be awarded to participants who successfully complete the programme and examination.

Classes

You may choose to prepare for your exam by attending classes run by Calisthenics ACT, classes run by your own Club or by arranging a private coach. If you choose a private coach, they must be Level 1 accredited and work with the latest syllabus for your exam level. If in doubt, please contact your club skills delegate or myself.

Calisthenics ACT will hold preparation classes on the following dates. Class times will be notified once registrations are received and class numbers determined. Classes will be held as follows:

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Skills Classes Running | Venue | Time |
| Saturday 3 Nov | Test 1, 2, 3 and Grades 1and 2 | Namadgi School | To be advised |
| Sunday 11 Nov | Test 1, 2, 3 and Grades 1 and 2 | Weetangera Primary | To be advised |
| Sunday 18 Nov | Test 1, 2, 3 and Grades 1 and 2 | Weetangera Primary | To be advised |
| Wed 21 Nov | Grades 1 and 2 only | Weetangera Primary | To be advised |
| Sunday 25 Nov | Test 1, 2, 3 and Grades 1and 2 | Weetangera Primary | To be advised |
| Wednesday 28 Nov | Grades 1 and 2 only | Weetangera Primary | To be advised |
| Wed 21 and 28 | Make up classes for Tests by appointment | Weetangera Primary | To be advised |
| Exams Sat 1 and 2 December | | Times to be individually advised | |

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Skills Classes Running | Venue | Time |
| Tuesday 11 Dec | Grade 3 and 4 | Weston Hub | To be advised |
| Thursday 13 Dec | Grade 3 and 4 | Weston Hub | To be advised |
| Tuesday 18 Dec | Grade 3 and 4 | Weston Hub | To be advised |
| Thursday 20 Dec | Grade 3 and 4 | Weston Hub | To be advised |
| Tuesday 15 Jan | Grade 3 and 4 | Weston Hub | To be advised |
| Thursday 17 Jan | Grade 3 and 4 | Weston Hub | To be advised |
| Exam Sat 19 Jan |  | Times to be individually advised | |

It is recommended that participants attend all scheduled classes in order to be fully prepared and feel confident when presenting for their examination. Home practice is essential to success. The better you know the work, the better you will feel going into the exam room and the better your marks will be.

Examinations will be held over the weekend of 1st and 2nd December for Test 1 through to Grade 2. Exams for Grade 3 and 4 candidates will be held on Saturday 19 January. There may possibly be some exam times available for Friday late afternoon/evening, however this will be entirely dependent on the availability of the appointed examiners.

Class & Examination venue and times, as well as any other correspondence, will be sent to you directly by email – Please provide an updated email address on your registration form and check this regularly. Club Skills Delegates will also be given this information so you will be able to check with them or directly with myself.

Payment Schedule:

Those girls enrolling in Cali ACT Skills classes above should pay:

Test 1 & Test 2 $60.00

Test 3 & Grade 1 $80.00

Grade 2 to Grade 4 $90.00

Girls who are attending club classes or private coaching should pay examination fees only of:

Test 1 & Test 2 $30.00

Test 3 and Grade 1 $40.00

Grade 2 to Grade 4 $50.00

Medal examination costs are as follows:

Bronze & Silver Medal $50.00

Gold Medal (parts 1 & 2) $75.00

Gold Medal Honours $25.00

If you wish to participate in the 2018 Calisthenics Skills programme, please complete the attached Enrolment Form and return with a copy of your deposit receipt. Unfortunately any forms not fully completed or without payment receipts attached cannot be accepted. It is highly recommended that participants and parents discuss with their club coach the appropriate exam level to be undertaken.

Please ensure contact details on the registration forms are fully completed

**Forms are due by Thursday 25 October together with a copy of payment receipt**

A Confirmation Letter detailing class dates, times, etc will be sent out by email by Wednesday 31 October. Please contact the Skills Administrator after this date if you have not received this information. Please note that all participants will be required to wear a plain black leotard to all classes and the exam.

**If you have any questions, please contact your Club Skills Delegate:**

|  |  |  |
| --- | --- | --- |
| **Club** | **Contact** | **Email** |
| Action | Maria Radic | [maria.radic@cg.catholic.edu.au](mailto:maria.radic@cg.catholic.edu.au) |
| Brindabella | Karen Haines | [tkhaines@grapevine.com.au](mailto:tkhaines@grapevine.com.au) |
| Deanne | Jossie Edmonds | [registrar@deanne.com.au](mailto:registrar@deanne.com.au) |
| Evatt | Angela Thomas | [angela.thomas@iinet.net.au](mailto:angela.thomas@iinet.net.au) |
| Joyelle | Gemma Dowie | [skills@joyelle.com.au](mailto:skills@joyelle.com.au) |
| Karilee | Jacqueline Reber | skills@calisthenicsact.com.au |

Calisthenic ACT Skills Convenor: Jacqueline Reber

Assistants: Jossie Edmonds and Pru May

Email: [skills@calisthenicsact.com.au](mailto:skills@calisthenicsact.com.au)

Postal address: 5 Christie Place, Gordon 2906

Phone: 6294 1023 or mobile 0438 104 860

Fax: 6294 6308

**Copy of bank details as per attached enrolment form:**

To pay via **direct deposit**, please use the following details:

Bank: ANZ Banking Group Ltd

BSB: 012-950

Account no: 20 232 8266

A/C Name: Calisthenics ACT Incorporated

Description: (surname) and (skill level) – for example **MARSHskillsT1**

(If depositing cash at the bank please use your contact phone number, as per your registration form,

to allow for matching of payment)

**Please note that enrolments close Thursday 25 October**

**CALISTHENICS SKILLS REQUIREMENTS FOR NATIONAL COMPETITION**

Please seek advice from your coach as to which level is appropriate for your daughter – not enroll by age alone. The idea is that the exam should seem easy so that the movements are able to be completed with perfect technique – the experience should be a positive one.

|  |  |  |
| --- | --- | --- |
| **Calisthenic Skill** | **Minimum Age** | **Solo Requirements** |
| Test 1 | Minimum age 7 years by the 31st December in the year of examination | 8 years |
| Test 2 | Minimum age 7 years by the 31st December in the year of examination | 9 years |
| Test 3 | Minimum age 9 years by the 31st December in the year of examination | 10 and 11 years |
| Grade 1 | Minimum age 11 years by the 31st December in the year of examination | 12 and 13 years |
| Grade 2 | Minimum age 13 years by the 31st December in the year of examination | 14 and 15 years |
| Grade 3 | Minimum age 14 years by the 31st December in the year of examination | 16 years |
| Grade 4 | Min 15 years *(Must be 15 by 31st December in the year of examination.)* | 17 years |
| Bronze Medal | Min 16 years - Must have Grade 4 and *must be 16 by 31st December in the year of examination.* |  |
| Silver Medal | Min 17 years - Must have Grade 4 and Bronze medal and *be 17 by 31st December in the year of examination* |  |
| Gold Medal | Min 18 years - Must have Grade 4, Bronze and Silver Medal and *be 18 by 31st December in the year of examination* |  |

Kind regards,

**Jacqueline Reber**

**ACT Skills Administrator**

Phone: 6294 1023

Mob: 0438 104 860

Email: skills@calisthenicsact.com.au

Website: [www.caliact.com.au](http://www.caliact.com.au)

**ACT CALISTHENICS SKILLS PROGRAMME 2018**

**ENROLMENT FORM**

* **Return to ACT Skills Convenor at email:** [**skills@calisthenicsact.com.au**](mailto:skills@calisthenicsact.com.au) **or post to**

**5 Christie Place, Gordon, ACT 2906 by Thursday 25 October**

* Remember to **print** the **payment receipt** and include a copy with your enrolment forms

**Participant’s Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Participant’s Date of Birth**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Age Group:** (please circle) Sub-Juniors Juniors Intermediates Seniors

**Last Skill Level Achieved/or New to Skills:** \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_

**Parent/Guardian contact details: (please print)**

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_

**Address**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ p/code: \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_

**Phone**: (h) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ (w) \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(m) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_

**Email**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(must be checked regularly as this will be the only form of communication)

**Club**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Skill Level you wish to enrol in:**

**Class choice (please circle one):** Cali ACT Classes Club Classes or Private Coaching

**Payment Method:** Direct Deposit – preferred (receipt must be attached) or cheque

To pay via **direct deposit**, please use the following details:

Bank: ANZ Banking Group Ltd

BSB: 012-950

Account no: 20 232 8266

Account name: Calisthenics ACT General Account

Description: (surname) and (skill level\*) for example **MARSH SkillsT1**

**(If depositing cash at the bank please use your phone number as detailed above to allow for matching of payment)**

\*Where the skill level is specified as:

**T1** for Test 1, **T2** for Test 2, **T3** for Test 3, **G1** for Grade 1, **G2** for Grade 2, **G3** for Grade 3,

**G4** for Grade 4, **BM** for Bronze medal, **SM** for Silver medal and **GM** for Gold medal

**Note that every candidate over 18 must sign their acknowledgement of the terms and conditions of entry. Parents and guardians must sign for candidates under 18 years.**

* In the case of a medically recognised disability, the Administrator/Convenor needs to be notified and supporting documentation provided at the time of enrolment.
* Candidates with an injury, illness or physical limitation present at their own risk. Therefore medical certificates/letters are not required and will not be accepted at the time of examination.

To maintain the safety of all candidates Examiners cannot examine anyone with an injury or accept medical certificates. Please be fair to your Examiner by following these guidelines. Should you have a concern please discuss it with your State/Territory Administrator well before the scheduled exam.

Unfortunately if monies or copy of direct deposit receipt are not enclosed with Entry Form, entries will not be accepted and therefore returned. Correct spelling of candidates’ names is imperative and will ensure successful candidates’ names being transposed onto their respective certificates with accuracy. [Please make sure writing is legible.]

Enrolments close Thursday 25 October for examination in December 2018/January 2019.

**Please note all requests for specific examination times must be made at the time of enrolment. Please note that once exam timetables are finalised no changes of time can be made or refunds provided.**

The above terms and conditions have been read and accepted:

Signature of Parent/Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Candidate if over 18 years \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Request for Examination Time:** Please indicate if there are any times over the applicable exam weekend that your daughter is **NOT available:**

**(For Test 1 to Grade 2 – this is 1st and 2nd December For Grade 3 and 4 - this is Saturday 19 January)**

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**Administrator Notes:**