



Australian
Calisthenic
Federation

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EAB Newsletter

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Welcome to the EAB annual newsletter for 2019.

In this edition, we recognise the achievements of our Medal and Grade 4 Honour Board candidates, see the perspective of a mature-age candidate and discover what a Class Examination entails.

When we read about the experiences of our Gold Medal Honours candidates, we see the recurring themes of determination, perseverance, courage and gratitude - gratitude for the support of dedicated and inspirational coaches and role models, and of faithful family members and friends. Of course, these attributes are not exclusive to Medal and Honour Board candidates. All 2789 candidates who participated in the Calisthenic Skills Program in 2018 demonstrated these same attributes and were similarly supported by coaches, family and friends. All candidates are to be congratulated for their participation and achievements. Special note must be made of ACT's first Gold Medal Honours candidate, Rebecca Reber.

The Calisthenic Skills Program gives calisthenic participants of all ages opportunity to extend and improve their technical expertise and realise their full potential, not only as pupils but as coaches too. Thank you Jodie Cox for sharing your experience of the Skills Program as a mature-age candidate in your quest to become a coach. May it encourage other mature-age participants and/or aspiring coaches to follow your example.

Class examinations have been held successfully in a number of states, offering an alternative way for pupils to enter the Skills Program. Being in an exam room with only one other candidate can be daunting. A class examination allows candidates to be examined in the company of class mates and coach in a familiar environment. Please note there are differences in how the candidates are assessed and what they receive. If you wish to know more about class examinations, further details are included below.

2018 Medallists

Gold Medal Honours

Angeline Cray (Vic)

Jessica Harding (Vic)

Charlotte Lord (Vic)

Rebecca Reber (ACT)

Maddison Smith (Vic)

Chelsea Treseder (Vic)



Rebecca Reber (ACT)



(From L to R): Maddison Smith, Jessica Harding, Angeline Cray, Charlotte Lord & Chelsea Treseder (Vic)

ANGELINE CRAY

Completing the Medals Syllabus (especially Gold) has been a favourite challenge of mine. It helped me improve significantly as a Calisthenics performer by solely focusing on my technique and ability. It was important to me to continue to develop my skills, face new challenges and try to complete the entire ACF Skills Program. After years of hard work and dedication, I received outstanding results that my 4 year-old self would only have dreamt of!

I would like to thank my family and husband for their ongoing encouragement, support and endless belief in me, Jeanne and Kirrilly for nurturing me as a performer, and my lovely team mates for making class each week something to really look forward to. I would like to thank my very talented coach Lucinda Williams for being a huge inspiration and helping me reach my goals. Lastly I would like to thank ACF and all those involved in the Program's administration for helping make this experience possible.

JESSICA HARDING

I began at Merinda Calisthenics College when I was three, and always loved calisthenics because it was a team sport. Over time I have been a part of State Teams, Amazing Grace and completed all my levels to Gold Medal.

When it came to solos, I had a lot of ups and downs. Even though I had completed four years of solos and two years of duos during my eighteen years of calisthenics, I thought I wouldn't be able to complete Gold Medal Honours as it meant performing by myself.

Motivated by my mother, Sue Harding (also a Gold Medallist) and coach, Megan Roughana (GMH in 2012), I was able to complete this amazing program. I am forever grateful to the both of them. Calisthenics has been a part of my whole life, and to achieve Gold Medal Honours is my greatest personal achievement.

CHARLOTTE LORD

Completing my Gold Medal with Honours is something I am most proud of. I feel extremely privileged to share the honour with my coach Lucinda, many of my friends, team mates, and all of the other recipients. In twenty years of calisthenics, this is one of my most challenging and rewarding achievements.

I would like to thank Jeanne, Lucinda and Kirrilly Wootton for being incredible role models throughout my entire calisthenics career. In particular to Lucinda, for her guidance and support from when I started my levels journey in Grade 1 all the way through to the Gold Medal.

I can't express enough how fulfilling and advantageous the whole medal experience has been for me - not only in my calisthenics career but flowing to my life outside of calisthenics.

REBECCA REBER

Calisthenics has been a huge part of Rebecca's life for the last 21 years. Rebecca completed Grade 4 in 2008, thinking that she was done with skills forever. But she was wrong, and began her Bronze Medal training in 2010. Rebecca has learnt so much through the medals program and remembers it felt like she could literally see herself improving as she progressed.

In 2013, she was the very first ACT candidate to receive a Gold Medal. A few years later, Rebecca wanted to improve on her previous Gold Medal score. When the new syllabus was released, she absolutely leapt at the chance to present for Gold Medal again!

Rebecca feels extremely privileged to have had the opportunity to present for Gold Medal Honours at Nationals in 2018 in front of fellow Calisthenic participants. She would like to thank her family for their support, Liz for her encouragement to start on her Medals journey, Jenny Godber for believing in her, and Lucinda for guiding her through round 2 of Gold Medal.

MADDISON SMITH

When I walked into my first class at Emmanuel, I met my coach for that year, Sarah Carthew. I had been told she'd attained her Gold Medal with Honours and can still remember thinking she must know absolutely EVERYTHING about calisthenics.

Never in a million years did I expect to be standing up on stage sixteen years later receiving my Gold Medal Honours with Sarah by my side as my coach. I'm so grateful for every opportunity she has given me - her inspiration and encouragement over the years. I could never have got here without her!

I'd like to say a huge thank you to my parents who have spent countless hours (and money) driving me to and from classes, sewing costumes and allowing me to do what I love! I am excited now to pass on my knowledge and passion to the next generation of calisthenics girls and have the same impact on others that many of my coaches have had on me.

CHELSEA TRESEDER

Receiving Gold Medal with Honours was an 'absolute dream come true'. I had my doubts whether I would be able to achieve this but, with a lot of hard work, support and determination, it became possible.

Calisthenics gives me so much joy to be able to perform and achieve. The medals program is an excellent way to extend oneself in our wonderful sport. I recommend it to everyone.

A big 'thank you' to all who came and supported me at my on-stage GMH presentation – past and present coaches, team mates, students and friends. It was lovely to have this support and I felt very special.

To my coach Megan Roughana, thank you for believing in me and pushing me to be my best. We put so much time and effort into the journey from Bronze Medal to now. I could not have done it without your amazing dedication, passion and attention to detail.

To my mum, I can't thank you enough for all you do for me and I love that calisthenics is something we share together.

Gold Medal

Jazlyn Goldsworthy (NT)
Caitlin Hughes (NT)
Gemma Kennedy (WA)
Carly White (SA)

Silver Medal

Laura Bashford (Vic)
Tayla Bolzon (Vic)
Megan Clarke (Vic)
Ashley Finlayson (Vic)
Monica Flynn (Vic)
Janae Fox (SA)
Aisha Ginnaj (Vic)
Marlee Shae Holden (Vic)
Louisa Humphrey (WA)
Georgia McKay (Vic)
Rebecca Reeves (Vic)

Bronze Medal

Louisa Ballinger (Vic)
Katherina Bast (Vic)
Nicole Coghlan (Qld)
Caleigh Faulkner (WA)
Kelsea Fox (SA)
Maddison Freeland (Vic)
Sophie Furber (Qld)
Erin-Louise Gibbs (Vic)
Sophie Hamden (SA)
Samantha Hiern (SA)
Emily Howe (SA)
Laura Maltaric (Vic)
Kaitlyn Mannix (SA)
Molly O'Callaghan (Vic)
Elyse Pavan (SA)
Rebecca Perry (Vic)
Rebecca Reeves (Vic)
Jessica Sarah (Vic)
Sophie Spooner (Vic)
Amelia Stutterd-Walsh (Vic)
Jamie-Lee Welsh (Vic)
Cara West (Vic)
Shania Wood (WA)
Charlotte Yandell (SA)

Grade 4 Honour Board

Grade 4 Honours With Distinction

(achieved with a mark of 95+)

Charlotte Braden (Vic)
Olivia D'Agruma (Vic)
Jacqueline Dunn (ACT)
Samara Egglezos (Vic)
Jordyn Farrelly (WA)
Zoe Formosa (Vic)
Georgia Gaal (Vic)
Josie Gaudie-Craze (ACT)
Zoe Gibson (Vic)
Luca Jeffs (Vic)
Amy Johnson (WA)
Ashli Mae Lau (WA)
Georgia Mahoney (Vic)
Lilli Mae McAuliffe (WA)
Ella McCrory (WA)
Hannah Moran (Vic)
Ruby New (WA)
Kaiya O'Brien (WA)
Ella Perani (Vic)
Madison Power (ACT)
Sophie St Leon (Vic)
Samantha Stornello (Vic)
Alanna Van Dijk (Vic)
Siobhan Whittome (WA)

Grade 4 Honours

Jade Anderson (Vic)
Brooke Archbold (SA)
Ashleigh Banning (SA)
Charlize Bast (Vic)
Meg Brooks (Vic)
Olivia Cartechini (Vic)
Chiara Cucinotta, (Vic)
Sophie Day (SA)
Mia Dennison (Qld)
Georgia Dinnison (SA)
Brittany Duarte (Vic)
Rhiannon Dunne (Vic)
Hannah Elliot (SA)
Delia Emmerling (Vic)
Shannon Gaffney (SA)
Ashley Gibb (Qld)
Alicia Gilpin (Vic)
Claire Hall (ACT)
Taneesha Hammond (Vic)
Chloe Hanbury (ACT)
Piper Hertslet (Qld)
Olivia Hoffman (SA)
Madison Hood (SA)
Alice Humphries (ACT)
Paige Hughes (Vic)
Chrissy Kaniadakis (Vic)
Aalyah Killender (Vic)
Zoe Koutroumanidis (SA)
Taylah Lappage (Vic)
Natasha Lim (Vic)
Breanne Lowe (Vic)
Amy Marinov (Vic)
Lauren McKiggan (SA)
Cobi Oldcastle (Vic)
Frances Paton (Vic)
Sarsha Pettersen (Vic)
Medina Swart (Vic)
Chloe Taunton (ACT)
Zoe Tinkler (SA)
Isabella Treloar (SA)
Phoebe Walsh (SA)
Alexandra Vaughan (SA)
Caitlin Webber (SA)
Abby Wilkins (SA)
Hayley Worsman (SA)

An Aspiring Coach: Grade 2 as a mature-age candidate



My name is Jodie Cox and I'm delighted to be able to share my experience with you.

I've been involved in calisthenics for over 40 years firstly as a performer and competitor at national level, then through my daughter's involvement in calisthenics. I have also been in the Masters competition for the past six years.

My love of this wonderful sport has given me a desire to coach. In working towards achieving that goal, I recently completed my Grade 2 exam at the young age of 49 with my 14 year old daughter mentoring me.

I found it to be a very worthwhile and rewarding experience. I learnt a lot in the form of technique, terminology and confidence and encourage anyone to do it.

Are you using the correct syllabus?

Please check you are using the latest syllabus. Please note the medal syllabus is re-dated annually. Coaches and candidates will need to check they are using the syllabus which corresponds to the year in which the exam is being attempted.

Are you interested in becoming a trainee examiner?:

Please see the information on the ACF website at

<http://www.calisthenicsaustralia.org/>

Thank You!

Many thanks to our State Administrators: Liz Hickey (Vic), Chris Mulraney (SA), Sarah Chalmers (Qld), Jacqueline Reber (ACT), Jenny Buchanan (NSW), Stephanie Humphrey (WA) and Ann Marie Hughes (NT) for all you do for the Calisthenic Skills Program.

Class Examinations

Tests 1, 2 and 3 Class Examination

Did you know the ACFEAB introduced a Class Examination for Tests 1, 2 and 3 (check availability in your state/territory) only to encourage younger students to be involved at these levels?

A Class Examination may be conducted at a club venue or combined at a central location.

The following conditions apply:

(Please check individual state/territory requirements)

Tests 1, 2 & 3 only

- Club must have minimum of 8 entries at Test 1 **AND/OR** Test 2 **AND/OR** Test 3 level (You may invite another club to combine with you if you do not have enough candidate entries.)
- Maximum number in class 24.
- There is **NO** Preparation Class.
- In some states the Examiner will travel to the club to assess candidates.
- If possible class time to be the usual lesson time for the candidates (dependent on Examiner availability).
- Candidates are assessed **AS A CLASS**.
- Candidates wear a number (supplied on the day) in order for the Examiner to identify them.
- Examiner assesses each candidate within the class on all aspects of the syllabus.
- Class should take approx 45mins-1.5 hours (dependent on number of candidates).
- Candidates **DO NOT** receive an individual assessment sheet.
- Candidates receive **Satisfactory/Unsatisfactory** result only.
- Candidates still receive an individual certificate, cloth badge, progressive certificate & stickers.
- Satisfactory is acceptable for solo requirements.

The ACF Examiners Advisory Board wishes all coaches and candidates every success as you train and prepare for the 2019 exams.