



Australian
Calisthenic
Federation

EAB Newsletter from March 2020

Examiners Advisory Board

EAB Newsletter

March 2020

Please note the delay in distribution. It was anticipated this newsletter would inspire our Calisthenic community as COVID restrictions lifted. However, clarity was limited by ongoing state by state limitations.

Please enjoy and note the 2021 newsletter will be on its way soon.

The Calisthenic Skills program continues to offer opportunities for calisthenic participants to hone their technical knowledge and skills. The Examiners Advisory Board is mindful that the program needs to remain relevant as the artistic sport of calisthenics evolves. In 2019, a review of the syllabus was undertaken. The particular areas of focus were

- updating of Tests 1, 2 and 3, with the inclusion of additional skills or modification of existing skills and routines to align more closely with what is required of these age groups in their class situations,*
- combination of Aesthetic and Dance in Grade 3, as occurs in Grade 4,*
- a complete review of assessment papers to maximise the examiners' time in sessions to examine and to move towards the possibility of electronic papers in the future.*

As the EAB seeks to improve the Calisthenic Skills program, many candidates across Australia sought to improve their skills by preparing and presenting for examinations of all levels in 2019. Congratulations are extended to you all for your effort and commitment.

Special recognition is given to all candidates whose names are listed below who gained Gold Medal with Honours, Gold, Silver and Bronze Medals, Grade 4 Honours with Distinction, and Grade 4 Honours. May they be an inspiration to our younger participants to achieve their goals.

As always, heartfelt thanks are extended to the State Administrators - Elizabeth Hickey (Vic), Chris Mulraney (SA), Sarah Chalmers (Qld), Jacqueline Reber (ACT), Jenny Buchanan (NSW), Stephanie Humphreys (WA) and Karen Mellor & Ann Marie Hughes (NT) – for their role in overseeing the conduct of examination sessions from start to finish in their respective states.



MEDALS

Gold Medal Honours

Marlee Shae Holden (Vic)

Louisa Humphrey (WA)

Rebecca Reeves (Vic)

Honorina Roffey (Vic)



Louisa Humphrey (WA)



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L to R - Honoria Roffey, Marlee-Shae Holden, & Rebecca Reeves (Vic)





L to R - Honoria Roffey, Rebecca Reeves & Marlee-Shae Holden (Vic)

MARLEE-SHAE HOLDEN

Throughout my 20 years of calisthenics completing my Gold Medal Honours is an achievement that I will always hold close to my heart. Although this has been one of the most challenging experiences it was also one of the most rewarding.

I feel extremely privileged to have been able to share this experience with my coach, team mate and mentor Rebecca Reeves. Rebecca is not only an inspiration to me but she pushed me out of my comfort zone and she made me more determined to achieve my Gold Medal with Honours.

I would also not have been on this journey if it had not been for Lucinda Williams. Lucinda was the one who encouraged me and inspired me to begin the Medals program. I sincerely thank her for all of her dedication and perseverance, without not only Lucinda but Jeanne Sorich and Kirrilly Wootton I would not be the calisthenics girl I am today.

I would also like to thank Sharon McCrorie, Sammi Lukey, Melanie Drew, Sherryn Aggelis and everyone else including my Avonde family for supporting me throughout this journey. However I would not have been able to do any of this without my Mum. Mum has always been there for me, even though she is my harshest critic she is also my biggest supporter. If it wasn't for her I would not be in this sport today and not have the love and the passion that I do for it.

Last but not least I would like to thank ACF and all those involved in helping make this all possible.

LOUISA HUMPHREY

I began my calisthenic journey at Athena Calisthenics Club in 2003 where I still am to this day, a very proud competitor and coach. This is my 17th year of calisthenics and I am just as in love with the sport as I was the day I started.

My interest in the Calisthenic Skills program was brought to life at 6 years old when I was encouraged to sit my Test 1 examination. Since then I have been very fortunate to have achieved Honours in most of my Test, Grade and Medal exams.

My Medal journey began in 2017 and the level of support I have received from the Calisthenic Association of Western Australia over the last 3 years has been nothing short of humbling. Completing my Bronze, Silver and Gold Medals has been one of the most challenging, yet equally rewarding experiences of my life. Medal training has improved my technique in all aspects of the sport and has helped to make me the best performer I can be!!!

Thank you to the amazingly talented women who have inspired, pushed and helped me grow into the competitor and choreographer I am today.



And an enormous thank you to my exceptional Medal coach Karen Quinn. Your commitment to the Calisthenic Skills program is nothing short of outstanding. The long trainings and late nights at Midvale will never go unappreciated. I will be forever grateful for this experience and all that you have taught me - your knowledge and technical expertise, and your passion and enthusiasm.

I will always cherish the memories we've created and the friendship we have.

REBECCA REEVES

Completing the Australian Calisthenics Skill program and receiving my Gold Medal with Honours is an achievement I will forever cherish. The Medals program was somewhat unknown to me growing up but when I saw so many friends achieving this wonderful goal, I knew I wanted to give it try. I was certainly not disappointed.

The program helped me reach heights I didn't know I was capable of when it came to my apparatus and core skills. With this personal improvement I've also found myself becoming more confident in my coaching and now look forward to coaching the next generation through the Medals program. Overall the ACF Skills Program offered me an exciting personal challenge. The challenge of perfecting each individual skill and movement, combined with the ability to create short routines was nothing short of amazing.

Journeys like this however are very rarely taken alone. So in saying that there are a few people I'd like to thank. Firstly to Mellany Drew, Sharon McCrorie and Sherryn Aggelis who all ensured me that my work was of the standard it needed to be, but mainly I'd like to thank my Mum. My Mum has been there for me through my entire calisthenics career and I wouldn't have made it this far without her. She has taken me to every class, whether that is team classes, solos, state team and levels classes, and every competition in between. She is a woman who I will always admire and I will forever thank endlessly.

Lastly, thank you to all of those who are involved in every aspect of the ACF Skills program. Without all of your work we would not have the wonderful program we currently have.

HONORIA ROFFEY

Achieving my Gold Medal with Honours is something I have dreamed of achieving for the last five years. This journey has been one of the most rewarding and challenging achievement of my calisthenics life so far!

Calisthenics plays an incredibly important part in my life, and completing the ACF Skills program was something I was determined to do. I am so glad I can look back on this experience and feel I have achieved something incredible!

I would like to thank Sue Harding and Kelly Finlayson for being not only fantastic coaches and examples throughout not only my medals journey but my calisthenics career. I would never have gone for gold if you hadn't encouraged me to try and to believe in myself, so for that I am eternally grateful.



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Mum, you've always been there for me, through all of the ups and downs, and I thank you for all of the support. From watching me do the same inward wrist swing to all three rod combinations repeatedly you have always been in my corner and I am so grateful.

I highly encourage any calisthenics girls curious about the Medals program to give it a go! It was such a rewarding experience and I not only learnt a lot about myself but it deepened my love for this incredible sport!



Gold Medal

Laura Bashford (Vic)
Megan Clarke (Vic)
Ashley Finlayson (Vic)
Aisha Ginnaj (Vic)

Silver Medal

Sophie Appel (Vic)
Katherina Bast (Vic)
Alex Bignell (Vic)
Caleigh Faulkner (WA)
Sophie Furber (Qld)
Erin Louise Gibbs (Vic)
Sophie Hamden (SA)
Samantha Hiern (SA)
Morgan King (Vic)
Laura Maltaric (Vic)
Emma Mulraney (SA)
Molly O'Callaghan (Vic)
Amelia Stutterd-Walsh (Vic)
Shania Wood (WA)

Bronze Medal

Nikki Adams (WA)
Sophie Appel (Vic)
Charlize Bast (Vic)
Taylor-Anne Bright (WA)
Jessica D'Intinosante (Vic)
Jacqueline Dunn (ACT)
Whitney Edward (Qld)
Hannah Gibson (WA)
Chelsea Humphreys (Qld)
Morgan King (Vic)
Rachel Lee (SA)
Amy Marinov (Vic)
Chantel Murrowood (WA)
Hayley Pinkerton (WA)
Kayla Sluka (Vic)
Sharne Wakefield (WA)



Grade 4 Honour Board

Grade 4 Honours With Distinction
(achieved with a mark of 95+)

Kristie Anderson (Vic)
Maddison Barbuto (Vic)
Jessica-Monique Bojanjac (WA)
Katelyn Bonny (WA)
Xara Burge (Vic)
Bridie Campbell (Vic)
Khloe Cooper (WA)
Emily Cosgriff (Vic)
Emily Cox (Vic)
Mackenzie DeSantis (Vic)
Ashleigh Fitzsimon (Vic)
Keeley Grove (WA)
Darci Gurney (Vic)
Layla Hart (WA)
Alicia Horner (Vic)
Natalie Khoo (Vic)
Elizabeth Lawless (Vic)
Stephanie Lee (WA)
Annalise Margaris (Vic)
Ellie McCorkell (Vic)
Abbey McKoy (Vic)
Aleesha McLaughlin (Vic)
Luci Morris (Vic)
Olivia Pratt (ACT)
Min Reed (Vic)
Bridie Skinner (Vic)
Madeline Smith (Vic)
Gemma Williams (Vic)
Stephanie Wiltshire (Vic)
Mackenzie Witchell (Vic)
Jasmin Zuydwyk (Vic)



Grade 4 Honours

Matilda Allen (Vic)
Larissa Ambrose (Vic)
Amy Balsara (Vic)
Serena Biewer (Vic)
Jacinta Bourne (ACT)
Alyssia Brammall (ACT)
Abbey Closter (Vic)
Amy Cook (Vic)
Brigitte Cowper-Hill (Vic)
Jordan D'Angelo (SA)
McKinley Darby (ACT)
Emma Devlin (SA)
Erin Dunbar (Vic)
Jasmine Dwyer (SA)
Carmen Emery (Vic)
Alyna Fisher (SA)
Eliana Fitzgerald (SA)
Mia Flanagan (Vic)
Tiarna Graham (Vic)
Kirsten Grinton (Vic)
Amy Hamilton (Vic)
Abby Harvey (Vic)
Grace Hazelman (Vic)
Allanah Hessey (Vic)
Lyla Hussey (Vic)
Emily Inserra (Vic)

Christine Jaroslowski (Vic)
Sophie Kamenjarin (Vic)
Anastasia Kapeleri (Vic)
Monique Kinsman (Vic)
Rebecca Lange (WA)
Kimberly Lardner (WA)
Lesley Law (WA)
Wattle McDonough (Vic)
Ella Nash (Vic)
Kate Nicholson (Vic)
Syke Parker (Vic)
Jordana Pirotta (Vic)
Ava Robinson (Vic)
Coco Ross (Vic)
Eleah Rozinsky (Vic)
Katerina Rufov (WA)
Emily Ryan (Vic)
Alix Schwarz (SA)
Louise Shandley-Jones (WA)
Karina Smith (Vic)
Jayna Soh (Vic)
Tyla Soltan (Vic)
Bethany Ta (Vic)
Sophie Taunton (ACT)
Olivia Tiberi (Vic)
Cleo Turzi (WA)
Keira Whelan (Vic)

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

Please ensure all candidates use the correct syllabus in preparation for their exams. Syllabus documents can be found at <https://www.calisthenicsaustralia.org/resources/documents>