

NEWSLETTER - JULY 1999

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SUB JUNIORS COMPETITION

The girls competed at the Geelong Eisteddfod on Saturday and did extremely well. There are a number of girls new to Calisthenics in this team and they competed like young veterans. We are very proud of you all: Well done!

STATE TEAM

Courtney and Emma competed at the State titles in the Junior section in Adelaide recently. The juniors won their section and are now National Champions. Congratulations girls on doing so very well.

The Victorian sub-juniors won their section with the Inters placing third and the Seniors also placing third.

Congratulations also go to Courtney Anthony who also competed in the Graceful Solos and came in fifth.

GEELONG COMPETITION - SPONSORS

Sponsors are needed for the Geelong Competition

The club asks for people to sponsor items during the running of the Geelong Competition. The cost is forty dollars per item. This competition is run by our Club and all sponsors receive advertising in the form of posters and verbal acknowledgment throughout the weekend. This money goes towards the costs of medals and trophies which are won throughout the competition. Families and individuals often choose to sponsor an item that their child or relative may be in.

Sponsorship forms will be given out shortly; please give this some serious thought.

FEES

Third term fees are now due. It is easy for everyone to appreciate where all the money goes now that competition time approaches. We know how expensive materials are and the cost of sequins is staggering. The teams must also pay an entrance fee for each competition. **Our outgoing costs are huge at this time of the year.** Please be mindful of this and the number of hours that our teachers put in for which they receive very little and more often that not no remittance for. If you can manage to pay 3rd term fees now then please do so.

BALLARAT COMPETITION

If you intend staying in Ballarat then make arrangements soon for your accommodation. City centre accommodation gets booked out quickly during the South Street Competitions.

MEETING: Thursday 19th August.

The club is taking a vote on Incorporation. All are welcome to attend.

JUNIORS CHRISTMAS ITEM

We are in need of some battery operated Christmas lights for a Junior item. Can anyone help with this?

GEEELONG CALISTHENICS COLLEGE WEBSITE

The web site is located at: <http://lawindex.net/gcc/>

NEW GIRLS

We welcome back to the club Alex Glynn and Rebecca Gant. The Juniors are now only one girl short of having 3 full teams. If you know of anyone in that age group who may enjoy the competition season, then please encourage them to come along for a look.

PROP DAY

Saturday 24th July and Saturday 31st July from 1.30 pm onwards volunteers are needed to help with painting and building props. On the 31st the Mum's room will be cleared out to replace the old carpet. Any dads available to help would be much appreciated. Please bring paintbrushes, hammers, nails, etc.

Our thanks go to Mary Seeley for the carpet square that is going into the Mum's room.

LEVELS: Also known as Pupil Skills

Congratulations to all the girls who did so very well on their pupil skill examinations. Everyone passed with excellent results.

All pupil skills will be offered only once a year. Anyone wanting to be taught up to and including Grade 2 will need to attend classes later on this year. The Examinations will be in November. Prep 3 and Grades 3 and 4 will be taught at the start of next year for the June Examination.

Just a reminder: your teachers up until now have taught levels and preparation classes voluntarily. However, there will now be a charge.

All girls from Sub Juniors up benefit from Pupil Skills as they perfect technique in all apparatus and work. Anyone considering competing in Solos or auditioning for State Team must have Pupil Skills applicable to their age. Please see your teachers for further information.

ABOUT COMPETITIONS

- **All girls are expected to arrive at each competition.** An incomplete team is severely penalized. Remember, this is a team sport. **If you need transport, see your duty mum.**
- All girls are to wear a green track suit with a white polo top underneath.
- All items of clothing: costumes, shoes, socks etc, are to be clearly labelled.
- Girls must arrive at comp's at least **1 hour prior to the starting time.**
- Girls arrive with foundation on and a good layer of leg tan.

- Girls need to arrive with hair done or at least partially done.
- Everyone needs their own supply of Gel, hair spray, hairpins, comb, hairbrush and a hair net. Be prepared to bring a new pack of hairpins to each comp. We go through lots and they rarely make it home again. Safety pins are also handy.
- Eyelashes and glue (from Juniors up), red lipstick, black mascara.
- **During performances no girls or their family and friends are to sit in the first three rows of seats. This is very distracting to all performers on the stage.**
- Competitions run for many hours. The girls need to maintain high energy levels and ensure they are well hydrated. Please bring along water, high energy drinks and healthy snacks and meals. Most comps have expensive canteens that sell junk food and soft drinks only.
- At all comps extra hands are needed with props, dressing girls, quick changes etc. **All** mums and dads are expected to help out occasionally. We will try to spread the work load but remember to graciously take your turn when asked.
- Audiences are reminded to be quiet during items and applaud all performances. Remember, 'if you have nothing nice to say then say nothing' – someone's Mum may be right behind you!!!!

For the full Calisthenics DIARY - see [diary](#)
