



### Welcome to the ACFCC newsletter for October 2007

Well it's October again and Christmas is again fast approaching (yeah I know, I don't want to think about that one just yet either!). What sort of year have you had? Lived up to your expectations?

"If you see a child as what she is at the moment, then that's all she'll ever be. But if you view a child as someone really special, as having a huge amount of potential to be the best she can possibly be, then she may well live up to your expectations." (Sue Cowley)

As always there is plenty going on in the world of calisthenics, so grab a cuppa, put your feet up and catch up on the latest news.

#### Congratulations to Sarah Chalmers ACF Coach of the Year 2006

Sarah is a talented and hard working coach from Queensland who has been actively coaching for over 10 years. She is the principal coach and president of her own club, which she started in her local community of Helensvale. Over that time Sarah has coached all age groups from Tinies to Seniors (both competitive and recreational) in both teams and solos. In 2006 she took on the additional challenge of coaching the Qld Junior State team, taking them to the Nationals in Darwin.

Sarah's involvement with the Cal Skills program continues to grow as she has recently enrolled as a trainee examiner. Her desire for the future growth of calisthenics has seen her work on many committees including the executive of CAQI and holding the position of Queensland Coaching co-ordinator and delegate to ACFCC for many years. In this position she has organised and run many coaching courses, seminars, workshops and meetings, demonstrating her enthusiasm for the development of her fellow coaches, cadets and participants

Sarah is a worthy recipient of this distinguished award and demonstrates high standards in all of the selection criteria. She is well known and respected throughout Queensland calisthenics, and it was noted that her high standards have rubbed off on the many new coaches that come through in the last 5 years. Sarah is described as having a "motherly" approach to coaching, giving every individual within her teams a feeling of belonging and confidence. Sarah's philosophy which she instils in her club is that "it is not winning that is important, it is doing your very best and enjoying the sport".

Sarah has introduced many initiatives within her club such as mentor programs, parent participation nights and a Helensvale Code of Conduct, the result of which has formed a club that is a respected and integral part of their community. Indeed, in 2005

Sarah received a citizenship award from the Gold Coast City Council in recognition for her efforts as an organiser in junior sport.

"We think Sarah epitomises the true spirit of a volunteer juniors sports coach. We have total trust in her abilities, ethics and attitude when she has the care of our children. She is truly passionate for the sport of calisthenics and her enthusiasm is infectious for both the children and the parents."

It is an honour to be nominated for ACF Coach of the Year and we would also like to congratulate the other nominees for this achievement. They are:

- Sally Ruediger from SA
- Anne Johnson from VIC

#### Nominations now open for ACF Awards 2007

Nominations are now open for the 2007 ACF awards for Coach of the Year, Official of the Year (including Adjudicators and Examiners) and Volunteer of the Year.

These awards represent the pinnacle of achievement within our sport, are a great source of pride to the individual and state, and provide others with a benchmark of excellence. The recipient receives a perpetual trophy and has their name listed in the ACF National program in subsequent years.

Nominated coaches are assessed against five criteria: Participant Development, Sportsmanship, Life Skills Role Model, Personal Coaching Development and Citizenship. Note that excellence in competition is not a criterion and that these awards take into account the contribution to calisthenics over a long period of time, not just in 2007.

Individual clubs can nominate coaches but must do so through their state sporting association or coaching association. Nominees may or may not have been awarded state recognition in the same year.

Nominations close on 14 March 2008. All nominations will be acknowledged and the awards presented at the ACF National Championships 2008 in Perth.

#### Coaches survey results coming to you soon

A report on the coaches survey undertaken by ACFCC has recently been completed ready for distribution. This will be invaluable for our future planning and direction.





**2008 ACF National Coaches Conference – Adelaide**

**Aussie Rules CALI RULES  
- the “other” national sport -**

The ACF national coaches conference is fast approaching, taking place 18-20<sup>th</sup> January 2008 at AAMI stadium in Adelaide (“Football Park”). We have been delighted with the response from coaches around Australia, with close to 230 people registering.

The timetable is almost complete with an impressive line-up of presenters being organised to present the topics that YOU asked for. We're sure you won't be disappointed!!!!

Don't forget that the balance of registration fees is coming due in early November. And if you've changed your mind and would now like to attend the dinner on Saturday night it is not too late to be included.

All registered attendees should by now have received their first conference newsletter, either by email (if you provided us with an email address) or by mail. If you haven't received anything from us yet please contact ACFCC Registrar - Lorraine Spencer.

Can't wait...see you there!!!!

**Banned and Dangerous Movements**

The AAB with assistance from the EAB and ACFCC are currently working to produce a new version of the Banned and Dangerous Movements video that is due for completion in late 2008.

Don't forget that it is an ACF requirement that all coaches view this video every year before their registration can be accepted by their state. This is an important issue as all coaches need to very conscious of their pupil's health and safety at all times. It may be more of a concern to you on competition day – with the risk of disqualification – but it's actually something that you must consider throughout the year. Remember that movements “acceptable with care” require exactly that – careful consideration from the coach.

**Interstate Transfers in 2008**

Will someone in your club be moving interstate in 2008?

Calisthenic coaches, participants and families are a valuable resource that we need to keep in our sport.

Please make sure that they have contact details for their new coaching body or state association BEFORE they leave.

**New Terminology adopted by AAB**

Adjudicators have been encouraged by the AAB to identify frequently included movements in sets of calisthenic work that require consistency of language when adjudicating. As a result, the following terms have been adopted for use by adjudicators on critique sheets:

- Side lie with leg raise.
- Arabesque to prone (from arabesque position, hands are placed on the floor and 'walked' forward while the body is progressively lowered to the floor).
- Pike with leg raise (weight is on two hands and two feet with body facing the floor in a pyramid shape (hips high). One leg is then lifted and raised to an extended position above the body – an inverted Y shape). The body is in a balanced position.
- Bridge with rotation to floor (from a bridge, one arm twists under the body so that the body rotates and is lowered to finish in a prone position on the floor).
- Square gaiting (marching with the same arm and leg forward).
- Extended marking time (marking time with legs in an extended position).
- Reverse Valdez (a movement which commences as a walkover and finishes with the pupil in a seated position with one leg extended and the other bent as if ready to push off – there may be variations in hand placement). Essentially the movement described is the Valdez done in the reverse direction.

ACFCC is your committee and your voice at ACF. We are delegates from all states and meet twice a year to deal with issues that affect your rights as a coach.

We welcome your input on the issues that are affecting you. Do you know who your state ACFCC delegates are?

ACF Director of Coaching     Meredith Phillis  
Registrar                             Lorraine Spencer

ACT     Ann Craig, Denise Spencer  
NSW     Rebecca Urwin, Jodie Morton  
NT     Melissa Nunes, Deidre Logie  
QLD     Sarah Chalmers  
SA     Carolyn Fortune  
VIC     Renae Gow, Pam O'Donnell-Parris  
WA     Christine Polglaze

