



# AUSTRALIAN CALISTHENIC FEDERATION INC.

ABN: 83 741 804 818

## *Examiners Advisory Board*

**To date approximately 10,000 candidates have passed through the Calisthenic Skills programme(nationally) since its inception in 1979. With the ACF commitment to Duty of Care the syllabus continues to strengthen technique so that participants will be able to continue enjoying Calisthenics for many years.**

IN 2004, all Examiners (Past and Present) had the opportunity to respond to a survey relating to their accreditation and the calisthenic skills programme in general.

In response to the feedback several changes were made to both Examiner accreditation and the syllabus.

### Syllabus

Gold Medal –freearm and rod sections amended

Standard 4 – commencement position for Aesthetic specified

Grade 1 –commencement position for March specified

**IN ADDITION: impromptu combinations have been removed from Test 1, 2, 3 and Grade 1.**

Examiners can request arm & leg/foot positions but the 8 count combinations will no longer be requested below Grade 2.

The Guidelines for Candidates and Coaches has been updated. Please make sure your copy is dated January 2005.

Guidelines can be downloaded from (for Victoria)

<http://www.calisthenics.asn.au/>

and the CASA website for all other states and territories.

<http://www.calisthenicssa.com.au/>

**Please download an updated version.**

### Examiner accreditation

Last year all Examiners commenced the General Principles for Officials Course with the Risk Management Module.

This was presented in WA, Vic and SA by Diane Winterling who has been approved by the Australian Sports Commission to present this course.

At the Victorian Seminar a warm welcome was extended to Margaret Whelan (QLD ), Maree Colledge (QLD) and Margaret Lingham (NSW). These Examiners demonstrated their commitment to their accreditation by travelling to Melbourne to take part.

In 2005 all Examiners will participate in the Communication Module. There are 5 modules in all to be completed.

### Trainee Examiners

It is with delight that Karyn Ozolins from Darwin is welcomed as a Trainee Examiner. This will be the first Examiner from

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Northern Territory and means that every state/ territory will have an accredited Examiner (apart from NSW who can now utilize an Examiner located in ACT). Karyn travelled to Alice Springs to complete Stage 1 of her training, which is to conduct Prep Classes for Test 1,2 and 3.

South Australia also has two new Trainees Dianne Nicholls and Jenny Feutrill. Dianne is a Cadet Adjudicator and Jenny needs no introduction as an experienced Level 2 Adjudicator.

### Returning Examiners

The EAB were thrilled that last year two experienced Examiners returned to examining. Sharon Alley-Myers (ACT) who is accredited to Grade 2 and Eileen Deveney (VIC) accredited to Grade 1. Both Examiners had chosen to withdraw from examining due to busy lives and have now found the time to return. Through the process of returning to Examining they were able to utilize the Distance Education Modules developed by the EAB to update their knowledge and skills as well as changes that had occurred to the programme in their absence. Welcome back Sharon and Eileen.

### Administrators

As always a huge thank you is extended to all our hard working administrators: Liz Hickey (VIC), Diane Winterling (SA), Jeanette Bruce (WA) (outgoing), Belinda Souter (QLD), Dianne Gillard (ACT), Karen Mellor (NT) , and Jenny Buchanan (NSW) without who exam rosters , Examiner appointments, database updating, distribution of certificates and badges would not occur.

### ACF National EAB Coordinator

***Diane Winterling***

***PO Box 66, Belair SA 5052***

### EAB Members :

***Diane Winterling(ACF National Coordinator)***

***Julie Fox and Lynne Jones***

### Syllabus Review

***In 2005 the review of all syllabus will commence from Test 1.***

***Any coaches who have suggestions for inclusion of movements or amendments to the syllabus are urged to email Diane Winterling on [ptd@picknowl.com.au](mailto:ptd@picknowl.com.au)***

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