



AUSTRALIAN CALISTHENIC FEDERATION INC.

ABN: 83 741 804 818

Examiners Advisory Board

In 2005 there were Calisthenic Skills exams conducted in all states and territories catering for 2024 Candidates. Congratulations and thank you to all Coaches involved for having the foresight to recognise the long-term benefits of the Calisthenic Skills programme for Coaches and Pupils at team and solo level. Keep up the good work. Nationally, there is a noticeable improvement in the standard at all levels.

Western Australia

2005 commenced with a successful Coaches seminar in Western Australia reflecting on the benefits of the Calisthenic Skills programme.

- **Jean Leaf's (physiotherapist) research highlighted Duty of Care and the nature of Calisthenic injuries.**
- **The aim of the Calisthenic Skills programme is to provide students with correct technique, strength and correct placement for movements so that candidates can continue to remain in the sport for many years.**

In response it was gratifying to note that Western Australia had a huge increase in the number of candidates presenting for examination in 2005.

Northern Territory

Northern Territory commenced the year with four days of intensive Calisthenic Skills workshops for their candidates and a similar weekend in March utilizing an interstate coach, the high level of achievement in their results reflects just how worthwhile these workshops were.

ACT

Congratulations to ACT who in 2005 had a successful Bronze Medal candidate, their first for several years. It is wonderful to see how many candidates are now working successfully towards their medals.

Queensland

Queensland continues to support their candidates by requesting an interstate coach to conduct their prep classes twice per year. The Coach is kept very busy traveling between the Gold Coast and the Fraser Coast but again the rising standard has been very much in evidence over the last few years.

New South Wales

Well done New South Wales who were able to conduct exams again after a two year absence with several candidates achieving Honours.

South Australia

South Australia has combined with Victoria to offer a three year rotation to candidates in South East SA and Western Victoria. This creates opportunities for regional locations to offer exams with the Examiner travelling rather than the Candidates. In SA an increase in candidates attempting Grade 4 and higher has also been a continuing trend with personal achievement high on the agenda for these candidates.

Victoria

Victoria continues to cater for all levels with a multitude of venues and dates. Coaches are ably assisted in developing their Calisthenic Skills coaching with the offering of workshops and seminars by experienced presenters. For the second year the CVI Calisthenic Skills Coach of the Year Award has been presented to a regional Coach for her commitment and encouragement of the programme in her area. Special mention to the CVI Administrator who made every effort to ensure that a Test 1 candidate with a severe hearing impairment found her exam experience a very positive one.

Administrators

All of these achievements would not be possible without the commitment from our hardworking State/Territory administrators. Your efforts are always appreciated, our sincere thanks to : Liz Hickey (VIC), Diane Winterling (SA), Rochelle Hardwick (WA), Belinda Souter (QLD), Dianne Gillard (ACT) (outgoing), Karen Mellor (NT), and Jenny Buchanan (NSW) without who exam rosters, Examiner appointments, database updating, distribution of certificates and badges would not occur.

Syllabus

The next round of updating of the syllabus has commenced with the review of movements included at each level and choreography of replacement routines. It is anticipated the music CD will remain the same with the current video to be replaced by a DVD. The timeline for publication has yet to be determined. Thank you to all those Examiners, Coaches and Candidates who responded with feedback in the evaluation of the current syllabus with a special thanks to the EAB sub committee – Narelle Potter, Sarah Carthew, Roberta Dwyer-Smith and Kelly Finlayson who have worked on the new routines. Tests 1 to Grade 2 have been completed and it is anticipated the higher levels will be written by the end of 2006.

Examiner accreditation

Last year all Examiners continued with the General Principles for Officials Course with the Communication Module. All Examiners are committed to continuing to successfully maintain their accreditation through competency based requirements as well as attending seminars and meetings. Several examiners are now poised to continue onto training at the higher levels.

Trainee Examiners

The Examiner Trainee programme continues to gain momentum and new recruits were welcomed in Victoria – Penny Doig, NT – Barbara Van Hythuysen and QLD – Sarah Chalmers.

A warm welcome was also extended to Michell Kalma (WA) who returns to Examining and Deanna Papalia (SA) who resumes her training. Both have had extended leave while they have had family commitments.

The accreditation process for examiners is competency based. It includes syllabus familiarisation and exam protocol. It is possible that potential applicants may already be on the path to accreditation and not be aware. Training can commence in the year that you turn 18 provided you have successfully completed Grade 4.

Training includes :

- Stage 1 – conduct a prep class for Test 1, 2, and 3 or assist at a prep class in order to keep up knowledge of the syllabus. (6 hours)
- Stage 2 – sit in with two examiners and do mock exams (6 hours)
- Stage 3 – conduct an exam supervised (3-4 hours)
- Stage 4 – conduct an exam solo with a video recording the exam (3-4 hours)

If you have any questions or would like an application form please contact :

ACF National EAB Coordinator

Diane Winterling

PO Box 66, Belair SA 5052

Phone : 0409 521990

Good luck to all candidates and coaches of Calisthenic Skills for 2006.

Are you a current Level 1 Coach who has coached Calisthenic Skills?

Did you achieve Grade 4 or higher and maintained an interest in the Calisthenic Skills Programme?

If you answered “Yes” to either question, then the next step in your Calisthenic Career may be to apply for Calisthenic Skills Examiner Training.

You may have already completed Stage 1 of examiner training....

Contact the Director of Skills, Diane Winterling on 0409 521990 or email ptd@netspace.net.au for an application form or if you have any questions.

Why not apply today !!!