



Australian
Calisthenic
Federation

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Examiners Advisory Board

The Calisthenic Skills program continues to be a vital part of our sport with a total of 2081 candidates presenting for examination around Australia during 2007. The syllabus continues to support the acquisition of basic skills and technique which will enable participants to successfully take part in Calisthenics for many years.

ACF Website

With the official launch of the ACF website in 2007 at <http://www.calisthenicsaustralia.org/> it is now possible to download syllabus, guidelines, solo requirements, recommended ages, order forms for CD and video as well as information about examining. The website is the first step to ensuring all coaches and candidates are successful in their involvement in Calisthenic Skills.

Syllabus

Updating of all Tests and Grades has been almost completed with a proposed timeline for video production to occur over the next 12-18 months. The syllabus uses the current CD of music and plans are to produce the visual resource as a DVD.

Test 3 has been completed as the request for many years has been to streamline this level so that it develops skills from Test 2 in preparation for Grade 1. State/ Territory Administrators have been advised of the imminent release of Test 3 so it can be incorporated into the 2008 exam periods. Check with your Administrator to ensure you are preparing your candidates with the correct version.

Again many thanks to the EAB sub committee – Roberta Dwyer-Smith, Kelly Finlayson, Jenny Godber, Sue Smith and Penny Doig who have continued to work on the new routines.

In line with the release of the Test 3 update the ACF has approved the Examiner recommendation to modify the assessment of Test 3. Test 1,2 **AND** 3 will be assessed with a classification only. Classifications for Tests will be extended to include Pass, Pass Plus, Commended, Highly Commended, Credit, Credit Plus, Honours.

All of the Grades (Grade 1 to 4) will receive a mark and a classification with a 60% pass required **IN EVERY SECTION** in order to achieve success.

Standards will continue as they have always been with a 60% overall pass required. Standards do not qualify for solo requirements but are available for candidates who seek self improvement but do not wish to enter solo competitions.

Medal candidates must achieve 60% for each individual movement and routine.

Medals continue to be reviewed annually with syllabus available for candidates who register for medal examination. Please contact your state/territory administrator when you require a copy to ensure it is the latest version.

Examiner accreditation

Congratulations to Alex Otzen (VIC), Deanna Papalia (SA), Michelle Symons (SA) and Danae McGregor (SA), Barbara Van Heythuysen (NT) who have successfully completed their examiner training and Eileen Deveney (VIC) who has successfully completed upgrading to Grade 2. A warm welcome is extended to Narelle Drake who has joined the program as a trainee examiner in NSW. There will soon be a qualified examiner in every state and territory which is a major achievement.

Training involves involvement with prep classes, observing exams to write mock exam papers and officiating at an exam with a qualified mentor examiner present. Every assistance is provided for trainees to develop their Examining skills in a supportive environment.

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. Further information is available on the ACF website.

Medals

Congratulations to Caitlin Gleeson from South Australia who achieved her Gold Medal Honours in August 2007. This award recognises a Lifetime of commitment and achievement at the highest level of the Calisthenics Skills programme and is probably best summed up by Caitlin's comments ***"This I have to say would have to be one of my greatest achievements so far and a very rewarding accomplishment for myself. The calisthenic skills programme I found was a very helpful and successful one. I feel it has made me a more confident dancer and able to pick up routines quickly. I don't think I would be where I am at today if I hadn't been involved in the programme."*** And in a thank you card she wrote "It was the best night, receiving honours". Well done, Caitlin.



Another milestone occurred during 2007 in Northern Territory where Gemma Kennedy became the first medallist for NTCA.

Gemma has kindly offered this reflection.

"Calisthenics has been a major part of my life for the past 12 years. Starting in a rec class, I soon fell in love with this unique sport and the people involved. Joining a comp class as a last year junior, I quickly discovered the joy of performance and competitions.

In order to further develop my technique and skills, I began my exam journey in Grade one, travelling through to Grade four with little stress. It was therefore a disappointment when I was unable to qualify for my Bronze medal on my first attempt. While upsetting at first, it allowed me to understand the challenge and privilege it is to achieve this exam, and through ballet tuition the support for many people within my club, the NTCA and calisthenics community I was able to resit my Bronze exam and pass with Honours in 2007. Reaching this milestone has given me a greater respect for what the Calisthenics Skills program offers and how it has develop me as a calisthenics student over the years. I sincerely thank those people who have helped me reach this next step in my goal of hopefully one day achieving my Gold Medal."

Administrators

As always mention must be made of our hardworking State/Territory administrators recognised in 2007 with EAB newsletter No.8

an ACF letter of thanks. Your efforts are always appreciated, our sincere thanks to: Liz Hickey (VIC), Diane Winterling (SA), Lillian Kluge (WA) ,Lynette Marsh (ACT) (outgoing), Sarah Chalmers (QLD) , Karen Mellor (NT), and Jenny Buchanan (NSW) without who exam rosters, Examiner appointments, database updating, distribution of certificates and badges would not occur. It is important to remember that Administrators must follow national guidelines when establishing exam periods in their own state or territory.

Examiners Advisory Board

Sharon Bates (VIC) has filled the vacancy that occurred on the EAB with the resignation of Liz Hickey. Sharon brings to the position a wealth of experience both through Calisthenics and professionally.

Calisthenics: As a member of a Championship Calisthenics college for 21 years, Sharon presented for all Pupil Skills examinations, culminating in her Gold Medal achievement. Sharon competed in both Calisthenic and Graceful solos for many years, including RSSS Graceful Girl for seven years. Sharon also competed as a team member and soloist in the National Titles many times as a member of the Victorian State team. This love of performing translated into a love of coaching both team and solo pupils, which continues today. Sharon is also a qualified Adjudicator and holds positions on numerous Committees and Boards including the CVI Committee of Management as Director of Planning.

Professional: Sharon studied Chemical Engineering and Foreign Languages at Melbourne University and has since completed several post graduate qualifications, including a Masters in Business Leadership. Having worked previously in the Manufacturing industry, Sharon now enjoys the challenges of the Banking and Finance industry, working in Strategy, Design, and Operational Effectiveness. Despite significant business travel, Sharon is always careful to ensure time is made for her beloved calisthenics back at home in Melbourne!

Many thanks to Liz Hickey for her invaluable contribution as a member of the EAB; Liz will continue to administer the skills program for CVI.

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

ACF Director of Skills ;Diane Winterling

Good luck to all candidates and coaches of Calisthenic Skills for 2008.