



Australian
Calisthenic
Federation

Annual Report

**1 January 2010 –
31 December 2010**



Australian Government
Australian Sports Commission

Table of contents

Content	Page
2011 AGM agenda	3
Minutes of the 2010 AGM	4
President's report	8
AAB annual report	11
EAB annual report	14
Planning annual report	21
Competitions annual report	22
ACFCC annual report	24
Finance report	25



Australian
Calisthenic
Federation

ACF Annual General Meeting

Sunday 20 March 2011

Commencing at 9.00 am

Quality Hotel Melbourne, 265 Mickleham Rd Tullamarine

Phone 03 9338 3222

Agenda

1. Welcome by President, Lynne Hayward
2. Apologies
3. Acceptance of Minutes of previous AGM
4. Annual Report – presentation of report by President
5. Finance Report – presented by Director of Finance
6. Fees
7. Election of Directors
 - i. Director of Planning – Nomination received for Kerry Fullarton
 - ii. Director of Competitions – Nominations received for Elizabeth Kratzel
 - iii. Director of Marketing – No nominations received
8. Appointment of Directors
 - i. Director of Adjudicating – Barbara Nickless
 - ii. Director of Skills – Diane Winterling
9. Appointment of Auditor
10. Appointment of Solicitor
11. Special Resolutions
No nominations received for Life Membership, Certificate of Recognition or Letter of Thanks.
12. Next Meeting

MINUTES OF THE AUSTRALIAN CALISTHENIC FEDERATION Inc

ANNUAL GENERAL MEETING
Held at the Airport Motel & Convention Centre, Quality Hotel Melbourne, 265
Mickleham Road, Tullamarine

21 March 2010 at 9.10am

1. PRESENT

Lynne Hayward	President (Chair)
Marilyn Crossley	Director of Finance
Elizabeth Kratzel	Director of Competitions
Diane Winterling	Director of Skills
Barbara Nickless	Director of Adjudication
Meredith Phillis	Director of Coaching
Shirley Pettitt	Director of Planning
Carmel Bates	Executive Officer
Delegates:	
Helen Alexander	ACT
Maree Prencel	ACT
Tara Sullivan	NSW
Narelle Drake	NSW
Denise Ryan	NT
Anita Roser	Qld
Donna Douglas	SA
Joy Smith	Vic
Trish McLeod	Vic
Lynne Jones	WA
Sandra O'Keefe	WA

2. APOLOGIES

Darren Emes	SA
Kerry Fullarton	WA

3. MINUTES OF PREVIOUS MEETING

Moved: **Seconded:**

That the minutes from the previous AGM be accepted.
Qld /Vic(Motion carried unanimously)

4. ANNUAL REPORTS

The Annual Report (which included the President's and other Directors' reports) was presented to the meeting by the President.

Moved: President

Seconded: Vic

APPOINTMENT OF DIRECTORS

Director of Coaching

A letter from the ACFCC nominating Meredith Phillis for the position was received. The appointment of Meredith to this position was ratified by the Council.
(Motion carried unanimously)

8. APPOINTMENT OF AUDITOR

Moved: Director of Finance **Seconded:** NT

That the meeting ratify the appointment of Matthew Vandelaak (FCA) as the Auditor for 2010

(Motion carried unanimously)

9. APPOINTMENT OF SOLICITOR

Moved: President **Seconded:** Qld

Lander & Rogers be appointed as the solicitor for the Federation

(Motion carried unanimously)

10. SPECIAL BUSINESS

Special resolution moved:

Moved: VIC

Seconded: Qld

That a Certificate of Appreciation be awarded to Lee Shaw for his backstage work at Nationals.

(Motion carried unanimously)

Special resolution moved:

Move: VIC

Seconded: ACT

That a Letter of Thanks be awarded to Judi Baird for development work on the Dance technique DVD

(Motion carried unanimously)

Special resolution moved:

Move: President

Seconded: ACT

That a Letter of Thanks be awarded to CAWA for the production of the new TV advertisement.

(Motion carried unanimously)

Special resolution moved: (outside the meeting)

Moved: SA

Seconded: NT

That Life Membership be awarded to Diane Winterling.

(Motion carried unanimously)

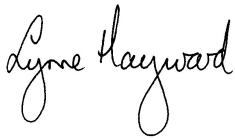
Awards to be presented at the Nationals in July 2010

11. NEXT MEETING

The next meeting will be held Sunday, 20 March 2011 at 9:00am in accordance with the Constitution and members will be advised accordingly of the venue.

Meeting closed 9:59 am

Signed



.....
President



Australian
Calisthenic
Federation

President's Report

I am proud to table the ACF annual report for 1 January 2010 – 31 December 2010. As you read through the reports in this document, you will appreciate the achievements and hard work of all members of the Committee of Management. They work continually to improve calisthenics for all to enjoy. Saying 'thank you' seems insufficient given the work they do in an honorary capacity. This hard working team comprises:

Director of Planning	Shirley Pettit
Director of Finance	Marilyn Crossley
Director of Competitions	Liz Kratzel
Director of Adjudication	Barbara Nickless
Director of Coaching	Meredith Phillis
Director of Pupil Skills	Diane Winterling
Secretary	Carmel Bates
Director of Marketing	Vacant

Carmel Bates resigned in November 2010 after holding the Secretary position for seven years. We are very grateful to Carmel for her exceptional organisation skills, friendship and dedication and wish her all the best in her new career.

Participation numbers

As at 10 October 2010, we had the following participation membership rates:

State	2006	2007	2008	2009	2010
Victoria	7186	7297	7388	7603	7443
South Australia	3065	2902	2776	2833	2423
Western Australia	1033	970	1035	1036	1131
Northern Territory	250	273	310	255	318
Queensland	409	428	355	348	339
New South Wales	106	65	92	120	110
ACT	564	550	522	551	488
Total:	12,613	12,485	12,478	12,746	12,257

It was disappointing to see a 4 per cent decrease in participation numbers across Australia from last year, with a decrease in all states except Northern Territory and Western Australia. Commitment was made to conduct a national attrition survey in 2011.

Awards and recognition

The following awards were decided for 2009, and presented at the National competitions in Queensland in July 2010:

ACF Life membership	Diane Winterling	SA
ACF Certificate of Appreciation	Lee Shaw	VIC
ACF Letter of Thanks	Judi Baird	VIC
ACF Letter of Thanks	CAWA	WA

Official of the Year 2009	Dawn Chester	WA
Coach of the Year 2009	Danae McGregor	SA
Volunteer of the Year 2009	Trish McLeod	VIC

Coaching Excellence Award

A new award was added to the suit of ACF awards. The criteria requires that the coach has:

- been the principal coach for a state team for at least 4 years
- won the aggregate in at least 75% of the competitions contested
- presented a team that performs at a consistently high level across all items of the competitions
- not experienced coach related penalties in any item
- conducted herself in a highly professional manner at the competitions.

The inaugural award was presented to Nikki Iannunzio, a very deserving recipient from SA.

Diamond Coach Award

ACF also introduced the Diamond Coach Award for retired coaches who had made significant contribution to calisthenics over time. Inaugural recipients were:

- Enid Feltham VIC
- Julie Waites VIC

Congratulations to recipients of all awards.

Meetings

The ACF AGM was held 21 March 2010.

The ACF Council met twice:

- 20-21 March 2010
- 9-10 October.2010

The ACF Committee of Management met:

- 20 Feb
- 19 March (before Council)
- 26 June
- 31 July
- 8 October (before Council).

Trial of TokBox

As an attempt to save travel costs and time, the Committee of Management trialed TokBox, a visual computer link up process, as a replacement to face to face meetings. It had some success and could be used to discuss a specific issue but not replace a day meeting.

Summary of major achievements throughout 2010

Adjudicators' Advisory Board

- National membership numbers remain relatively constant at 63.

Examiners' Advisory Board

- 2521 candidates participated in the skills program

- 1 gold medalist, 3 silver and 8 bronze medalists
- 28 examiners and 3 trainee examiners
- Trial of 'class examinations' for Test 1 and 2
- An administrators meeting was held in ACT in July 2010.

Planning

- Communication policy reviewed
- Decision making Policy reviewed
- Revised Member Protection Policy

National Competitions

- 22nd National Championships were held at the Canberra Theatre in the Australian Capital Territory

Australian Calisthenic Federation Coaching Council

- 1110 level 1 coaches
- 14 level 2 coaches
- Diamond Coach award was introduced to acknowledge long serving coaches
- General Principles Course for Level 2 completed and awaits approval from ASC.
- Revamp of Cadet Coaching course completed and trialed.
- Strength and Conditioning Coach Education Module being written by Lynne and Stephanie Hayward.
- Revamp of Level 1 course on-going and near completion.

Development projects

Thanks to Donna Douglas for managing the following ACF funded projects throughout 2010:

- NSW - coach mentoring
- NSW – interstate coaching support for their Intermediate state team
- VIC - Age grouping review
- NT - coach development
- ACF - TV advertising
- ACF - Shopping cart and dvds on ACF website
- ACF - Update of banned movements dvd
- WA – support for coaches, adjudicators and examiners to attend the coaching/adjudicating conference in Melbourne in 2012.
- NT – support for coaches, adjudicators and examiners to attend the coaching/adjudicating conference in Melbourne in 2012.
- QLD - Support for coaches to attend the coaching/adjudicating conference in Melbourne in 2012.

Television advertising

WA developed a TV advertisement on behalf of ACF and with ACF financial support, was screened in every state for two weeks in January 2010. It generated mixed results throughout the states and unfortunately had limited impact overall on enrolments.

ACF website

We added video footage of calisthenic items to the website this year to display our sport. Many thanks to Carmel Bates for being the website custodian.

Many thanks to all members of the ACF Council and Committee of Management for their involvement, support and friendship and I look forward to another fulfilling year in 2011.

Lynne Hayward

President, ACF.

Adjudicators' Advisory Board (AAB)

The AAB met twice during 2010 (Melbourne, 15-17 January and Canberra, 4-6 July).

The ASCA delegates who attended the meetings in 2010 included:

- Western Australia: Dawn Chester and Margaret Bourne
- South Australia: Karen Hicks and Rhonda Ryan & Jenni Feutrill (for R Ryan in Jan)
- Victoria: Kerry Waddell and Shirley Pettitt
- Director of Adjudicating: Barbara Nickless

TABLE 1: A.S.C.A Membership numbers and accreditation levels 2010

December 2010	South Australia	Victoria	Western Australia	Total/level
Advanced 2 Maintenance	6	18	6	30
Advanced 2	-2	-	2	4
Advanced 1	-	4	-	4
Advanced	4	6	1	11
Year 4, 5, 6	-	4	1	5
Cadets	-1	3	1	5
DE Cadets	-	1	-	1
Retired year end	-	2	-	2
Leave of Absence	-	-	1	1
TOTAL Members	13	38	12	63

TABLE 2 ; ASCA Membership numbers and accreditation levels 2009

December 2009	South Australia	Victoria	Western Australia	Total/level
Advanced 2 Maintenance	6	17	6	29
Advanced 2	1	-	3	4
Advanced 1	1	5	1	7
Advanced	4	8	-	11
Year 4, 5, 6	-	4	1	5
Cadets	1	2	2	5
DE Cadets	-	2 (ACT) & (DUBAI)	-	2
TOTAL Members	13	38	13	64

TABLE 3: A.S.C.A Members Resignations 2010

	South Australia	Victoria	Western Australia	Total/level
Resignations	-	-	-	-

Accreditation Courses

Seminars undertaken in 2010 as part of the Adjudicators Accreditation program included:

Preparation of Music & DLP's
 Dance Trends
 Graceful Solos
 Adjudicator Ethics & Responsibilities / Elements of Handbook

Progress/Achievement of Strategic Priorities

Table 4: Progress/achievement against Strategic Plan (Adjudicators)

Priorities	Strategies adopted in 2008
To increase the recruitment and retention of adjudicators	<p>The promotion of adjudicating on the ACF website included:</p> <ul style="list-style-type: none"> • an overview of the training and education requirements of the Cadet Adjudicator Program and the Advanced Adjudicator Program, • information about the adjudicating process, • dates of upcoming events • profiling of an adjudicator <p>Adjudicators presented at coaches meetings and seminars</p> <p>Mentoring of Cadets, D.E. and Year 4, 5 and 6 adjudicators by experienced adjudicators</p>
To improve the adjudication process	<p>On-going discussion at ASCA State and AAB levels on the Adjudication Mark-up.</p> <p>Feedback from adjudicators on ACF National Rules</p> <p>On-going monitoring and discussion of new movements seen in performances</p> <p>Adjudicators are invited to present their Research Papers at State A.G.M. meetings.</p>
To improve the adjudicator's performance	<p>Conducted consensus moderation after each sports specific seminar to improve consistency.</p> <p>Accreditation seminars are being recorded for use by Distance Education adjudicators</p> <p>Continued the use of a Marking Guide (benchmarking tool) to improve consistency of marking between adjudicators</p> <p>Liaised with and encouraged State Calisthenic Associations and competition personnel to extend adjudicating invitations to Interstate Distance Education adjudicators.</p>

Key Activities of the AAB

AAB policies updated

Feedback from members sought on ASC Accreditation based Seminars.

- Monitoring new movements
- On-going monitoring of the Mark-up
- On-going monitoring of Rules in readiness for review of ACF National Rules.
- On-going suggestions for Banned Movements in the future.

Key Issues and Challenges

- ~ Updating 12 Seminars for 2013's next ASC Accreditation
- ~ Banned and Dangerous Movements DVD Input
- ~ Ongoing monitoring of competitor safety
- ~ On-going support for Distance Education adjudicators
- ~ Recruitment of adjudicators
- ~ The establishment of an archive of AAB files and resources
- ~ Updating of Adjudicator training resources
- ~ Preparing the Activities for Friday night at the 2012 Conference
- ~ Four ASCA Seminars to be held at the 2012 Conference
- ~

Thanks to ACF

Our sincere thanks to ACF over the past year for the Development funds for Seminars given in SA and WA and for the Vic Dance Trends Seminar.

Thanks also for the smooth acceptance and implementation of the 2010 critiques by all competitions Nationally.

The President of ACF Lynne Hayward has shown excellent leadership with the review of the Banned Movements DVD and the ACFCC for the acceptance of Strengthening Modules in their courses Nationally.

The advancement of Adjudication has lifted the bar in 2010 with thanks to ACF.

Barbara Nickless

Director of Adjudicating

Examiners Advisory Board (EAB)

Table 1 identifies the number of participants in skill programmes 1st January to 31st December 2010 and compares the last 4 years.

State / Territory	2007	2008	2009	2010
ACT	105	117	154	199
NSW	10	19	60	19
SA	145	440	464	506
VIC	1166	1298	1360	1309
WA	299	256	235	303
QLD	113	86	85	87
NT	65	83	96	98
TOTAL	1903	2299	2454	2521

Skills programs and exams were conducted in all states and territories including:

- February – South Australia (Adelaide)
- March – WA (Narrogin, Perth)
- May/June – Victoria (Geelong, Melbourne, Mildura, Wodonga)
- November/ December – ACT, Northern Territory, Victoria (Ballarat, Portland, Shepparton/Mooroopna, Melbourne), South Australia (Adelaide, Mount Gambier, Whyalla) QLD (Gold Coast, Sunshine Coast, Maryborough), New South Wales, WA (Perth, Mandurah)

Table 2: Examination levels conducted

State / Territory	Levels Examined
ACT	Test 1 to bronze
NSW	Test 1- Grade 3
SA	Test 1 to silver medal
VIC	Test 1- silver medal
WA	Test 1- silver medal
QLD	Test 1 to silver medal
NT	Test 1 – Grade 4

Table 3: Number of participants at each level per state/territory in 2010

	ACT	NSW	SA	VIC	WA	QLD	NT
Test 1	33	7	95	147	59	10	9
Test 2	22	5	95	214	70	16	22
Test 3	37	4	97	239	57	24	41
Standard 1				3			
Grade 1	40	2	72	265	51	5	11
Standard 2							
Grade 2	38		98	231	22	19	8
Standard 3							
Prep 3	9		4	25	18	3	
Grade 3	8	3	36	106	19	6	2
Standard 4							
Grade 4	10		27	75	5	2	3
Bronze Medal	2		1	3	1	1	
Silver Medal			1	1	1	1	
Gold Medal			1				
Gold Medal Honours							
TOTAL	199	21	506	1309	303	87	98

Table 4 Statistics for the exam period 1st January – 31st December 2010

	Test 1	Test 2	Test 3	Stand 1	Grade 1	Stand 2	Grade 2	Stand 3	Prep 3	Grade 3	Stand 4	Grade 4
Number Presented	334	439	495	4	446		416		51	169		120
Honours	10	37	51		72		104		14	55		42
Credit Plus	39	49	89	1	96		93		14	43		25
Credit	49	76	108	1	112		90		12	31		29
Highly Commended	7	91	108		75		69		7	24		11
Commended	55	63	81	1	45		28		2	8		4
Pass Plus	21	37	31		19		15		1	1		
Pass	30	18	17	1	5		3					
Satisfactory	77	69										
Unable to Qualify			4		23		14		1	2		2

	Bronze Medal	Silver Medal	Gold Medal
Number Presented	8	4	1
Honours		2	
Credit Plus	4	1	1
Credit	2		
Highly Commended	2		
Commended			
Pass Plus			
Pass			
Unable to Qualify		1	

Table 3: Distribution of examiners and status

Several Trainees have been welcomed to Examining

	2010	Status
South Australia	9 examiners 1 x Trainee	3 x Test 3 2 x Grade 2 1 x Grade 3 1 x Gold Medal 2 x Upgrading to Grade 2
Western Australia	3 Examiners	2 x Test 3 1 x Grade 3
Victoria	13 Examiners 2 Trainees	1 x Test 3 5x Grade 2 1 x Grade 3 2 x Grade 4 1 x Gold Medal 1 x Upgrading to Bronze medal 1 x Upgrading to Grade 2 1 x Upgrading to Grade 3
Queensland	1 Examiner	1 x upgrading to Grade 1
Northern Territory	<i>Trainee to be confirmed</i>	
New South Wales	<i>Trainee – status to be confirmed</i>	
Australian Capital Territory	1 Examiner	1 x upgrading to Grade 3
Total	28 Examiners 3 Trainees	

The strength of the ACF Calisthenic Skills program continues to gain momentum as the calisthenic fraternity recognises the long term benefits are far greater than a requirement for a solo.

- personal growth and development in skill level
- a record of personal achievement
- personal comparative of achievement on a national level through the work examiners under take on national benchmarking
- longevity in our sport due to a decrease in injuries caused by incorrect technique
- benefiting the technical performance of team work
- coaches can spend more time choreographing rather than instructing in technique
- our future coaches are well prepared

2010 saw the trial of the 'class examination' for Test 1 and 2 which may help clubs to introduce the skills program to their participants at club level and encourage them to continue through the program.

Work continued on the updating of the syllabus throughout 2010 with editing of the video. Many examiners have been involved across South Australia and Victoria to develop Test 1 through to Grade 2 for distribution in 2011.

The annual Examiner seminars continue to provide the opportunity for examiners to ensure national standards and approaches when examining.

The Administrators meeting was held in ACT in July 2010 just prior to the Nationals to take advantage of the travel arrangements made by many administrators to attend the ACF Championships. This meeting provides invaluable networking and sharing of successful procedures around Australia.

The Key Activities and Issue for States/ Territories 2009 /10

	Key Activities 2010	Issue for 2011 and beyond
South Australia	Continued increase in participants. Resit opportunities provided. Introduction of Grade 4 Honours ceremony and medal incentive program Stay in Step distributed electronically and contained the Skills success register as well as examiner feedback	Review of the November exam period to allow the opportunity for participants to acquire skills requirements prior to CASA solo/duo comp
Western Australia	Transition period in WA changing Administrators	Recruitment strategies for local Examiners

	Encouraging more local coaches to facilitate prep classes	
Victoria	<p>CVI Grade 4 Honours presentation introduced</p> <p>Calisthenic Skills conducted in Mildura for the first time in many years</p> <p>Video assessing used for the first time in Wodonga</p> <p>Further venues sourced for Melbourne exams</p> <p>Updated and maintained skills information on VCCA, CVI websites and in newsletters</p> <p>Continued to support training and upgrading of examiners</p>	<p>Responded to request to coaches for coaching assistance particularly in country locations.</p> <p>Rotation of country venues – Geelong/ Horsham/Ballarat-Bendigo</p> <p>Review of administrative workload due to high numbers of candidates presenting</p>
Queensland		Trialling two exam periods on 2011. Grade 2- medals in July and Test 1- Grade 1 in November
Northern Territory	<p>Our exams were held in early November and our examiner was Roberta Dwyer-Smith from Victoria. Our candidate numbers increased again this year, having record numbers in Test 3. Results in the Tests were average and we should be working on trying to build the skills in candidates at this level.</p> <p>Prior to the exams we arranged</p>	

	<p>for Michelle Symons from SA to come to Darwin to train with and coach our Grades. Our results for all tests and grades were again pleasing and showing continued growth and improvement in our skills development. 2 candidates achieved Honours in Grade 4 which can be attributed to the hard work these girls put in and also to the assistance of the lovely Michelle Symons from SA.</p> <p>We have a trainee examiner Kaye Baldock who undertook her first step to becoming an examiner by participating in exam sessions with Roberta.</p>	
<p>New South Wales</p>		<p>Difficulty appointing examiners of higher grades</p> <p>Need to review timing of exams</p>
<p>Australian Capital Territory</p>	<p>Several clubs prepared their own participants for examination in November.</p> <p>ACT were thrilled to have two candidates continue to Bronze Medal</p>	<p>Recruitment of Examiners to allow more flexibility in the timetabling of exams</p> <p>A 'split' exam period will be trialled this year for the end of November 2011 and January 2012 with feedback requested to determine the success of this model.</p> <p>Dance technique needs strengthening , Roberta Dwyer Smith presented a session at the</p>

		Coaches Kickstart day to assist in this area.
--	--	-----------------------------------------------

Table 4: Progress/achievement against strategic plan

Progress / achievement of strategic priorities against the EAB strategic plan	
Update the syllabus and coaching tools regularly to ensure alignment with correct terminology, technique and additional movements.	<i>Test 1 to Grade 2 has been edited and checked against the written syllabus. Proposed release date 1st July 2011 Standard 3,4 ,Grade 3,4 ,Prep 3 about to commence preparation for recording</i>
To ensure all state/territory Administrators recognise the importance of their role at a national level	<i>In 2010 this was linked to the Nationals. Difficulty due to distance in 2011 & 2012. Review of proposed annual meeting for these two years to take place.</i>
Continue to monitor financial aspects of the calisthenic skills programme.To ensure the programme is viable.	<i>Consolidated spreadsheet produced annually. EAB meeting includes evaluation of expenditure and income. Increase of exam fees in 2011 in line with CPI.</i>
Develop a process for candidates to be examined should the non availability of a suitably accredited examiner become an issue.	<i>Video examining available where an examiner can conduct the exam pre set by a qualified examiner to that level.</i>
Facilitate the ongoing accreditation process for all Examiners	<i>2012 Annual Examiner seminar and meeting to be conducted as part of the ACF National conference</i>
Continue to encourage Examiner recruitment and succession planning	<i>Ongoing</i>

Monitor medal syllabus and ensure relevance to current skill level among calisthenic participants	<i>Ongoing</i>
Encourage Examiner upgrading	<i>Ongoing - 7 examiners commenced upgrading in 2010</i>



Australian
Calisthenic
Federation

The Key Activities for the Examiners Advisory Board in 2010

- Test 1,2, Grade 1,2, Standard 1,2 edited
- Grade 3 recorded
- Continual review of examination costs
- Production & Distribution of the annual EAB newsletter (March 2010)
- Preparation of the annual budget for 2010/11
- Providing opportunities for all Examiners to travel interstate to officiate at exams.
- Conduct National Administrators meeting – ACT July 2010
- Continual review of Medal syllabus
- Invite and support examiners to upgrade
- Continue to Support Administrators
- Provide presenters for interstate prep classes as required
- Provide presenters for calisthenic skills workshops and seminars as required
- Ensure accuracy of information uploaded to the ACF website
- Support Grade 4 to medal initiative
- Preparation & presentation of the annual examiners seminar and meeting
- Updating of Examiner handbook
- Updating of Guidelines for Candidates and Coaches
- Providing technical expertise as requested through ACF

Key Issues 'continued ...'

- Continuing Examiner Education while balancing commitments to Adjudicating and/or Coaching
- Recruiting "Trainee Examiners"
- Retaining accredited Examiners
- Ensuring the principles of the program are maintained on a National Basis.
- Continuing to raise awareness of the value and necessity of the Calisthenic Skills Programme in relation to Duty of Care
- Maintaining communication to and from all members
- Presenting the long term benefits of the Calisthenic Skills program to the Calisthenic fraternity
- Planning for and implementing succession of key personnel
- Development of EAB Administration manual as part of succession planning

Diane Winterling

EAB Coordinator /ACF Director of Skills

Planning

In 2010 continuing updating of policy documents continued. Unfortunately, there has been little support received from Landers and Rogers and ASC when seeking information on pertinent points that I have felt require a more legal input other than that of our collective knowledge of Calisthenics as a group. This has left one major aspect of the Member Protection Policy still to be completed – Sexual Relations (6.4). However, with time behind us, I feel that the requirements that will suit ACF best will be to take the safe, less uncomplicated avenue - Version 2 (no disciplinary action). I will leave this with the new Director of Planning, with my best wishes.

Policy Updates

Policies reviewed during the past 12 months as part of the 3 year Cyclic Review included:

Communication Policy, Decision Making Policy and Member Protection Policy (still to be ratified). As a late addition Anti-Discrimination ruling for the inclusion of males in Calisthenics has been drafted and is still requiring adoption

Future Plans

Several Policy updates were “forced” upon us in 2010 which meant the deferral of others. In 2011 the following Policy should be reviewed under the 3 year cyclic plan: Disability Policy, Infection Control Policy and the Recreational Calisthenic Policy.

As I am electing not to re-nominate for the position of Director of Planning in 2011 (due to my role as President of the Victorian Branch of the Australian Society of Calisthenic Adjudicators) I would like to express my best wishes to the Council and Committee of Management of the ACF for the ongoing success and continued good management of the future of calisthenics as a whole. I have enjoyed immensely my short time in this role and, whilst I am sure my decision is the correct one for me at this time, I will miss the professionalism of the Committee of Management, the drive and enthusiasm of the President, Lynne Hayward. I hope to reacquaint this membership at some future time. However, in the meantime, I wish ACF COM and Council, my very best wishes for future success.

Shirley Pettit

Director of Planning

Competitions

National Championships

The 22nd National Championships were hosted by Calisthenics ACT Inc (CACTI) and were held at the Canberra Theatre in the Australian Capital Territory.

The Championships comprised Calisthenic Solo, Graceful Solo, Calisthenic Duo and Team Events. The following is a précis of the program

Solo Events

Section	No of compet'rs	Item	States Represented	Results
Junior	21	Graceful Solo	ACT, NT, Qld, SA, WA, Victoria	1 st place Hannah McKenna (Vic) and Harleigh Stanton (SA) (Open Div) 1 st place Calli Dickson - Queensland (Closed Div)
Junior	11	Calisthenic Duo	ACT, NT, Qld, SA, WA, Victoria	1st place Carmen Buccini and Emily Sutherland – South Australia
Intermediate	23	Graceful Solo	ACT, NSW, NT, Qld, SA, WA, Victoria	1 st place Elyse Pavan – South Australia (Open Division) 1 st place Bianca Johnson - Queensland (Closed Division)
Intermediate	12	Calisthenic Solo	ACT, NT, Qld, SA, WA, Vic	1 st place Sophie Gosch – Victoria
Senior	21	Graceful Solo	ACT, NSW, NT, Qld, SA, WA, Victoria	1 st place Megan Roughana – Victoria (Open Div) 1 st place Jessica Chalmers – Queensland (Closed Div)
Senior	6	Calisthenic Duo	Qld, SA, WA, Victoria	1 st place Kate Paine and Jessica Broughan - Victoria

In the Graceful Solo competition two divisions are offered –
Closed Division – Northern Territory, New South Wales and Queensland.
Open Division – Australian Capital Territory, South Australia, Victoria and Western Australia.

In the Calisthenic Solo/Duo competition only Open Division is contested.

Calisthenic Team Events (All States compete in Open Division)

Section	Items	States Represented	Results
Sub-Junior	Figure March, Free Exercises, Club Swinging, Aesthetic, Song & Dance	ACT, South Australia, Victoria & Western Australia	1 st South Australia (30pts) 2 nd Western Australia (17pts) 3 rd Australian Capital Territory (9pts)
Junior	Figure March, Free Exercises, Rod Exercises, Club Swinging, Aesthetic, Stage Medley	ACT, Northern Territory, Queensland, South Australia, Victoria & Western Australia	1 st South Australia (34pts) 2 nd Victoria (26pts) 3 rd Western Australia (14pts)
Intermediate	Figure March, Free Exercises, Club Swinging, Aesthetic, Dance/Rods,	ACT, NT, South Australia & Victoria	1 st Victoria (34pts) 2 nd South Australia (26 pts)

	Rhythmical Interpretation		3 rd Australian Capital Territory (9pts)
Senior	Figure March, Free Exercises, Club Swinging, Rod Exercises, Aesthetic, Dance Arrangement	Northern Territory, South Australia & Victoria	1 st Victoria (32pts) 2 nd South Australia (28pts) 3 rd Northern Territory (11pts)

Adjudicators for the Nationals were:

- Brenda Green (Vic)
- Bronwyn Lloyd (Vic)
- Karen Hicks (SA)
- Gaye Parker (WA).

Entries in the Calisthenic Solo and Duo were limited to two per state. Competitors were eligible to enter only one of the Solo/Duo & Graceful sections. Closed Division was offered in Graceful Solos only. The Solo and Duo Sections offered one Division, awarding five places.

Overall, it was a very successful week! Thank you to all States for their contribution and Congratulations to CACTI for hosting a successful National Championships.

ACF Awards

In 2006 the ACF Council introduced awards of recognition for Coach of the Year and Official of the Year. In 2007 ACF expanded the awards with the recognition of the ACF Volunteer of the Year Award. These awards will continue to be recognised in future years.

In 2010, ACF introduced the Coaching Excellence Award. This will not be annual award, but awarded on a merit basis.

National Rules

The next Rules Forum will be held in Melbourne in February 2011.

Future of National Championships

The number of items available at the National Championships has increased over the past few years, with the introduction of Calisthenic Solos and Duos. These sections have been well received and should continue into the future on a rotational basis, thus allowing all aspects of our sport to be enjoyed at a national level.

In 2011 the rotation of items for Solo/Duo events includes Junior Calisthenic Solo and Graceful Solo, Intermediate Calisthenic Duo and Graceful Solo and Senior Calisthenic Solo and Graceful Solo.

Liz Kratzel

ACF Director of Competitions
8 March 2011

Australian Calisthenic Federation Coaching Committee (ACFCC)

State	Level 1		Level 2	
	2010		2010	
ACT	75		2	
NSW	22			
NT	21			
QLD	43			
SA	248		2	
VIC	615		7	
WA	86		3	
TOTAL	1110		14	

The figures from the ASC Sports Accreditation Online Website are a snapshot of the Current Coaches. Coaching numbers show an increase as compared with 2009.

Projects Underway or having been **completed** in the past year include,

- **General Principles course for Level 2.** This project is now complete and awaits approval from the ASC.
- **Revamp of Cadet Coaching Course** has been completed and successfully trialed.
- **Strength and Conditioning Coach Education Module** being written by Lynne and Stephanie Hayward.
- Revamp of the **Coaching Pathways Brochure** to be aimed at Intermediate age Calisthenic Participants
- Revamp of the style of **presentation of Level 1 modules** is nearing completion ready for submission to the ASC.
- Ongoing task to improve the **numbers of Level 2 coaches** around the country. Exciting changes are in the making to deliver Level 2 modules to as many coaches as possible.
- **Next ACF Calisthenic Conference** date set for 20 -22 January 2012 in Melbourne. Etihad stadium has been booked as the venue. Conference planning is well under way thanks to Renae Gow for all hard work in getting the next Conference Off the Ground. The conference theme is "Calisthenics United, The Sky is the Limit". Adjudicators, Coaches and Examiners are coming together "united" in their quest to keep improving the quality of coaching and the knowledge of our Officials of the sport.

As Director of Coaching I would like to thank Lorraine Spencer (ACFCC Registrar) for once again giving of her time to keep the ACFCC on track and of course dealing with the ASC when required. I would also like to thank Jodie Morton for all her support and input especially with the ACFCC Newsletter

Our committee once again has worked together as a great team in 2010 and I thank:
 Amanda Hardy NSW Denise Spencer and Ann Craig (ACT)
 Deidre Logie NT Sarah Chalmers (QLD)
 Christine Polglaze (WA) Carolyn Fortune and Heather Zandegu (SA)
 Renae Gow and Sharon Flecknoe (VIC)

I would like to say thank you to Lynne Hayward and all members of the ACF committee of Management for their support of the endeavors of the ACFCC.

Meredith Phillis ACF Director of Coaching

Finance Report



Australian
Calisthenic
Federation