



ACF National Calisthenic Conference 20th/21st/22nd January 2012



Brought to you by the Australian Calisthenic Federation Coaching Committee

'Calisthenics United—The Sky's the Limit'



Countdown to Conference

With just over two weeks to go, presenters are confirmed and last minute plans are underway for an EXCITING weekend of networking, handy tips and the beginning of new friendships.

BUT, have you done the following:

- Sent in a copy of a DVD for our funniest Calisthenics Videos? Great prize on offer (see below)
- Let us know if you have attended all 3 of the previous conferences?
- Booked your dinner ticket?



Please note that the conference committee is working hard to accommodate the 320 delegate requests for seminars. Your preferences are being taken into account and your final individualized program will be provided to you on Friday night at registration

What will be Happening?

Friday night:

- Registration will take place between 5pm and 6pm at Etihad Stadium (map attached).
- Following registration, canapés will be served from 6.00pm. Please note that you will need to buy your own drinks.
- We have an exciting opening and **outstanding** keynote speaker planned – make sure you are there in time so that you don't miss out!

Day program:

- On the Saturday and Sunday, seminars will be held in a range of rooms (see map)
- Saturday morning starts at 8.30am for level 2 Modules and 9.00am for all other sessions.
- Closing time for Sunday will be approximately 4pm.

Come dressed in smart casual but ready to "move" (ie track or dance pants if necessary)

Saturday night:

- Tickets will continue to be available for the Conference Dinner on the Saturday night till the 13th January.
- A three course meal and soft drinks will be provided, alcoholic beverages will be at your own cost.
- Pack your dancing shoes – this promises to be a fantastic night – we have rave reviews about our DJ!

What will I wear? We are asking delegates to dress in smart casual (but no jeans). Feel free to dress up a little.



Want to win a video camera? Funniest Cali video closing date extended!

As you have registered to attend the 2012 Calisthenics Conference you are eligible to enter the Funniest Calisthenic Video Competition. We are looking for those hilarious oopsies and delightful once only performances that didn't go exactly as the coach planned. Teams, graceful (or not so graceful), solo's and duo's are welcome. Wardrobe malfunctions are OK, but please be respectful of the "Stars" and the audience. Winning entries will be shown on the big screen at the official opening. So come on dig out all those old clips and see what you can find. Entry forms and a flyer have been attached to this newsletter. Please obtain permission from those featured in the clip, before sending it in, and clips are to be no longer than 1 minute long. There will be great prizes to be won, so come on, get those videos out and dust them off, we can't wait to see them.



We have had few submissions to date....your chances of being the successful entry are pretty high!!



Getting excited about the Friday night? We are!

We are extremely privileged to have secured Jenny Williams as our keynote speaker. Jenny has spoken to smaller groups of calisthenics coaches in the past with feedback such as:

"I could have listened to her all day"

"I learnt so much – I didn't want her seminar to end"

And...

"I am so glad I came. I would have been kicking myself if I missed this"

What's so good about Jenny?

Jenny Williams is an Organisational and Performance Psychologist, a qualified teacher, an advisor to State Ministers and a published author. On top of all that, she is an excellent communicator and engaging speaker.

That's pretty talented...what does she know about coaching or sports in general?

Jenny Williams has represented (either as an athlete or coach) both State and National teams in five different women's sports (including Lacrosse, Soccer, Touch, Cricket and AFL). Rather multitasking! She is the holder of Gold, Silver and Bronze medals for World Champion Lacrosse, has won 13 National titles across the five sports. In addition, Jenny was awarded the AFL Football Woman of the Year in 2003 and the Australian Sports Medal in 2004!!! Jenny has exceptional leadership skills, evident through her ability to coach teams from grass roots to mastery and her election to team captain at an international level. On top of all that, she is the sister of Mark Williams (AFL Port Adelaide Coach who took his team to 5 grand-finals) and is engaged in research into elite level coaching and personality profiles!!

Want more? You will have to wait until Jenny's presentation on Friday night!

Jenny will be speaking to us on topics including:

- Personality factors and performance
- Mastery and overcoming anxiety.
- The making of a great coach
- Motivating those in your group



Don't miss it – you will be kicking yourself!!

Are you hoping to do a Rods or Clubs seminar at the conference?

If so....you will need to know the following:

Pack your clubs if you chose this as an option
BUT

If you are travelling by plane **DO NOT** pack a rod – we will provide one as they are often difficult to get on the plane.



Buy, Swap or Sell?

Are you looking for a costume/prop or piece of music? Alternatively, do you have something you are willing to rent out or sell? If so, you may wish to place an advertisement on our Buy/Swap/Sell board at the conference.

Simply use the attached half page form to advertise what you are looking for or trying to sell. You may wish to insert a photo. Print the advert out and bring it to the conference. Maybe you will be lucky!



Weather Up-Date

Melbourne weather during January is normally extremely hot, however this can change over night so please be prepared for both extremes of weather. Read our "What to Wear" article as well to see what is appropriate for when.





Planning on driving to the conference?

If you are planning to park at Etihad Stadium, you will need to enter Carpark A (see attached map). Costs are as follows:

Friday evening- enter after 5pm- \$11.00

Weekend Parking Saturday or Sunday- \$11.00 per day

Getting to and from Melbourne airport

A shuttle bus (known as Skybus) leaves from Melbourne airport and travels direct to Southern Cross Station. From the station, it is just a quick walk across to Etihad Stadium (see attached map). It couldn't be easier!



Purchase your ticket at the booth at the airport. A return ticket is \$26.00

Navigating your way around Melbourne: Trains & trams

You will need to purchase a Metcard ticket from local convenience stores, 7/11s or train stations with a blue Metcard flag. Alternatively, you may use coins on board a tram or can purchase a Myki (electronic train pass) at an additional cost.

Metcard tickets costs are:

Daily - unlimited travel Full \$7.60 Concession \$4.00

2 hr-unlimited travel Full \$4.00 Concession \$2.60

City Saver- one way within Melbourne CBD only- Full \$3.10 concession \$1.80

Sunday Saver \$3.50- purchased from premium stations.

Check out the Metlink website for further details.

Do You Have Questions About the Conference?

If you have questions regarding this wonderful, exciting conference, please do not hesitate in contacting your State Representative on ACFCC:

ACT Denise Spencer: spencerld@netspeed.com.au

NSW Jodie Morton: jodiegoodban820@hotmail.com

QLD Sarah Chalmers: calisthenics@bigpond.com

SA Heather Zandegu: calsac@adam.com.au

VIC Renae Gow: coachedvcca@bigpond.com

WA Christine Polglaze: capolglaze3@bigpond.com

NT Deirdre Logie: Deirdre.Logie@nt.gov.au

They will be only too pleased to help with enquiries



Dress Code

Wondering what to wear? Maybe this will help:

The overall dress code for the entire conference is smart casual, however, keep in mind...

You may wish to wear something a little more comfortable for the seminars that require movement.

And for our dinner on Saturday night, it's not as dressy as formal wear but a little more dressy than jeans.



How committed are you?

The ACFCC committee is trying to gauge how many of you have been to all of the ACF Calisthenics conferences so far

- Melbourne in 1998
- Canberra in 2004
- Adelaide in 2008

If you think you have attended all conferences so far, please email coachedvcca@bigpond.com – who knows....there might be something in it for you!

Time to get out all your old Cali videos & DVD's and enter the

FUNNIEST CALISTHENIC VIDEO COMPETITION

As you have registered to attend the 2012 Calisthenic conference at Etihad Stadium you are eligible to enter the Funniest Calisthenic Video competition. Winning entries will be shown on the big screen at the official opening.

We are looking for those hilarious oopsies and delightful once only performances that didn't go exactly as the coach planned.

Teams, graceful (or not so graceful!), solo's and duo's are welcome.

Wardrobe malfunctions are OK, but please be respectful of the "stars" and the audience.

Before sending entries in please obtain permission from those featured to allow the clip to be shown publicly.

Only send in clips of around 1minute or less highlighting the funniest Cali moment.



PLEASE COMPLETE THE ATTACHED FORM AND SEND IN WITH DVD FOOTAGE. PLEASE NOTE THAT THE ENTRIES WILL REMAIN THE PROPERTY OF THE ACFCC UNLESS A STAMPED SELF-ADDRESSED PACKAGE IS SUPPLIED FOR RETURN.

ENTRIES MUST BE RECEIVED NO LATER THAN 13TH January 2012, and must be sent to

CALSAC
65 Angas St
Adelaide, 5000

FUNNIEST CALISTHENIC VIDEO COMPETITION

ENTRY TITLE _____

NAME _____

CLUB _____

CONTACT NUMBER _____

I have obtained the appropriate permission to use this video clip and have it shown publicly at the Australian Calisthenics Conference at Etihad Stadium in January 2012

- o verbal (if participant is over 18)
- o written (from guardian if participant is under 18)*

Signed _____

*Please attach a copy of written permissions

Send entries to:

CALSAC
65 Angas St
Adelaide, 5000

CALISTHENICS UNITED
The Sky's the Limit!



BUY, SWAP, SELL

NAME: _____

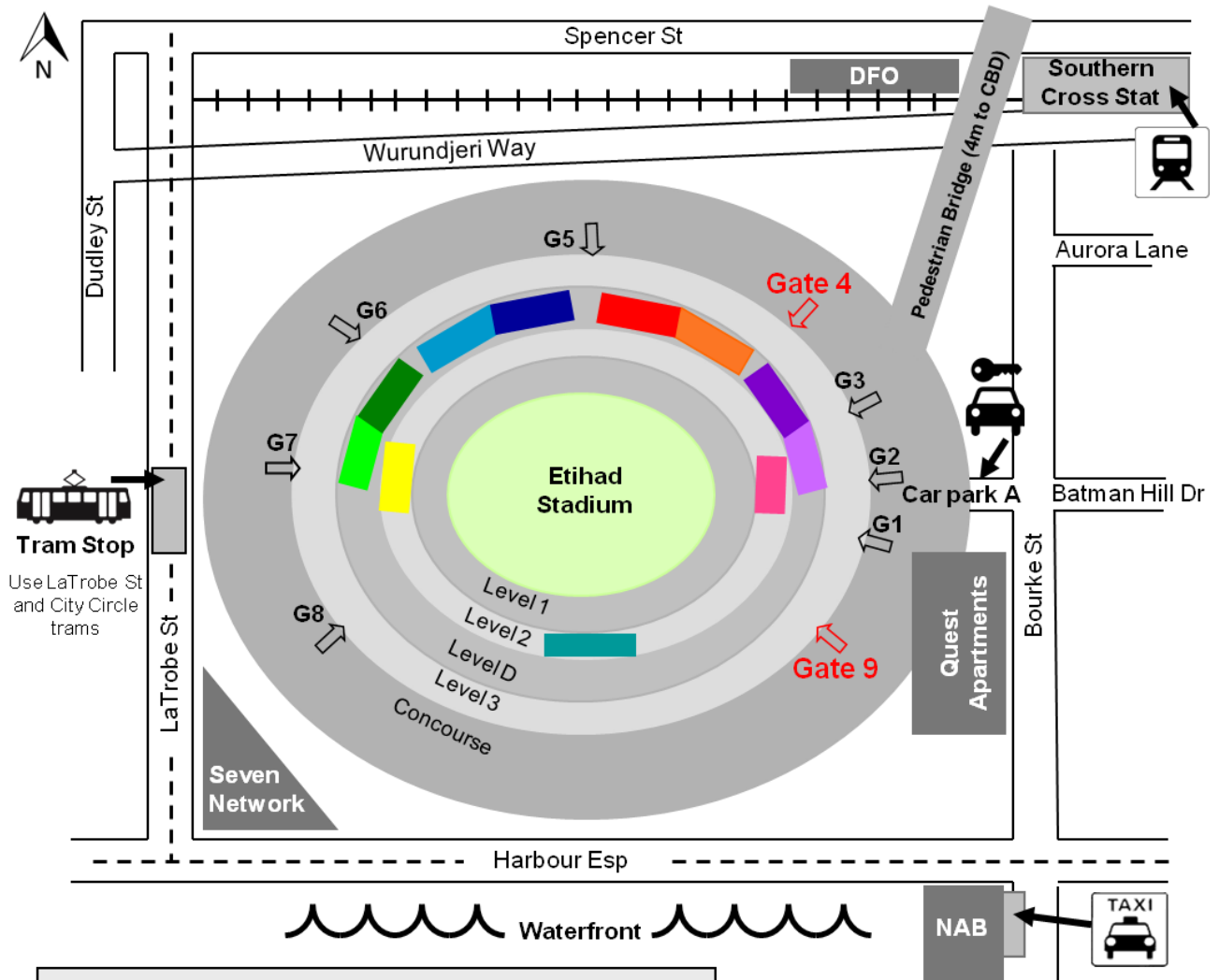
CONTACT NUMBER: _____

CONTACT EMAIL: _____

WANTED TO BUY

WANTED TO SWAP

WANTED TO SELL



Friday Night



Our Friday night activities will be held in the Medallion Club.

-  Medallion Brasserie

You will need to enter via **Gate 9** and take the lift to **Level 2**

Saturday and Sunday Seminars

Seminars will be held in the following rooms (see map):

- | | |
|---|--|
|  Accolade Room 1 |  Limelight Room 1 |
|  Accolade Room 2 |  Limelight Room 2 |
|  Laureate Room 1 |  Endeavour Room 1 |
|  Laureate Room 2 |  Endeavour Room 2 |
|  Crest Room |  The Studio |

You will need to enter via **Gate 4** and take the lift to **Level D**

Saturday Night – Optional Dinner

Our dinner will be held in the Medallion Club.

-  Medallion Brasserie

You will need to enter via **Gate 9** and take the lift to **Level 2**

Getting there...

By Car: Enter Etihad Stadium car park via Bourke Street. Park in Car Park Entry A (left ramp). Cost of parking for delegates is \$11 after 5pm on Friday and \$11 all day Saturday and Sunday

By Taxi: Ask the taxi to stop on the Harbour Esplanade side of the venue

By Train: Cross the Bourke St Pedestrian Bridge from Southern Cross Station

By Tram: Take a LaTrobe St and City Circle Trams

Queries before the conference?

Email Renae at:

coachedvcca@bigpond.com