



Australian
Calisthenic
Federation

Patron: Ms Frances Bedford JP MLA

Correspondence:

ACFEAB
PO Box 66
Belair SA 5052
0409 521990

skills@calisthenicsaustralia.org

Examiners Advisory Board

EAB Newsletter

March 2017

The Calisthenic Skills Program encourages individuals to improve and refine their calisthenic skills and recognises their efforts and achievements as they do so. Correct technique of calisthenic skills underpins the success and well-being of calisthenic participants nationally. Congratulations to the Coaches and Candidates who have contributed to the strengthening of skill development through the Skills Program over the last twelve months. Appreciation is also extended to the Examiners, State Administrators and Supervisors throughout Australia for their commitment to the Program and their desire to see the ongoing improvement of skills in all participants.

2016 proved to be a successful year for the Calisthenic Skills Program. The growth of the Program is reflected in the high number of candidates registered across Australia and in the “first times” – the first Silver medallist in Northern Territory and the first Bronze medallist in New South Wales.

Four candidates achieved Gold Medal Honours. This award is the pinnacle of the Calisthenics Skills Program and the dedication and sheer hard work required by these talented candidates and their coaches must be applauded.

May they be an inspiration and encouragement to all candidates who aspire to achieve their very best in their Calisthenic Skills examinations.

Medals

Congratulations to our inspiring Gold Medal Honours recipients for 2016:

Jessica Bouloukis (Vic), Tara Douglas (SA), Tarryn Kluge (WA), Amy Smith (Vic)

Jessica Bouloukis

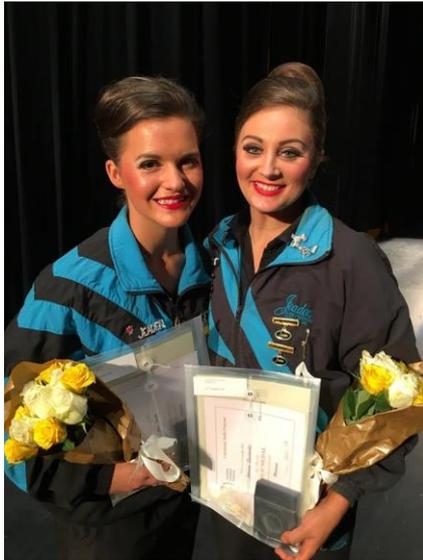
Jessica has been competing at the Jeaden Calisthenics College for 18 years and assists in the Sub Junior and Intermediate sections.

Jessica was inspired to complete the Medal Program from her previous success of achieving honours in the ACF Skills

Programme and for achieving an almost perfect score of 99 for both Grades 1 and 4.

With this personal success and encouragement from her coach, Lucinda Williams, Jessica completed the Bronze Medal exam in 2014 and Silver Medal exam in 2015.

Jessica said, "My previous results made me want to challenge myself to strive this year to achieve Gold Medal with Honours, and I was very excited to showcase my performances on stage during the Intermediate Championship section."



Amy Smith (L) and Jess Bouloukis (R)

Amy Smith

Amy Smith has been involved in calisthenics for 15 years, is a Senior at Jeaden Calisthenics College and a qualified Level One coach.

Achieving her Gold Medal was important as it completes the technical side of her calisthenics training. Amy credits and thanks her coach, Lucinda Williams, for all her training throughout the medal program, along with Jeanne Sorich and KIRRILLY WOOTTON for their never-ending support.

Amy loved being able to share this Gold Medal experience with her teammate, Jessica Bouloukis, and congratulates Meg Gentner on her Gold Medal achievement.

Amy said, "The Skills Program – particularly the medals, offers the opportunity for participants to master their technique which is a critical component of our sport."

Tara Douglas



Tara originally commenced calisthenics at Highbury Calisthenics. She has been competing for 19 years and represented SA at the ACF National Championships in all age sections.

It has been an ongoing passion of Tara's to achieve at the highest level of the Calisthenic Skills program and she believes her training through the skills program has been integral to her overall Calisthenic achievements.

Tara said "The medals program allowed my coach and I to work together to highlight my strengths and work hard on my weaknesses, challenging me to keep improving."

Tara considered it a great honour and privilege to present for Gold Medal Honours at the ACF National Championships at the Festival Theatre in Adelaide.

Tarryn Kluge



Tarryn began Calisthenics at a very young age, joining Carine Calisthenics Club. Tarryn's love of Calisthenics stems from the exceptionally talented women she has had the privilege of working with, being coached by, and learning from.

Tarryn's 'Medal' journey began in 2014.

She writes:

We are so privileged here in WA to have a tight-knit community of individuals who share one common thing – a mutual respect for Calisthenics. It's unique. It's genuine, and it's something I feel incredibly blessed to be a part of. I can't thank everyone enough for their ongoing encouragement and belief.

It would be remiss of me not to thank my exceptional Medals coach – Karen Quinn. Your commitment and appreciation of the Calisthenics Skills Program is something I admire beyond words. Completing my Bronze, Silver and Gold Medals has been one of the most challenging and equally rewarding experiences of my life. I will be forever grateful to you for not only passing on and inspiring me with your enthusiasm, knowledge and technical expertise, but for our friendship and the lifelong memories we've created that I'll always cherish.

Gold Medal:

Megan Gentner (Vic).

Silver Medal:

Caitlin Hughes (NT) Kathryn Andrews (Vic), Olivia Bouloukis (Vic), Julia Doig (Vic), Rachel Dowling (Vic), Simone Phelan (SA), Honoria Roffey (Vic), Emily Smith (Vic), Maddison Smith (Vic), Chelsea Treseder (Vic).

Bronze Medal:

Josephine Chabi (NSW), Jazlyn Goldsworthy (NT) Caitlin Carroll (SA), Paige Dineen (SA), Bianca Eglinton (SA), Jenae Fox (SA), Tessa Hall (SA), Jessica Harding (Vic), Kellee Hards (SA), Jessica Hawley (SA), Lisa Horwood (SA), Kamara Henricks (Qld), Charlotte Lord (Vic), Melissa Parkhurst (Vic), Nicole Stojceviski (Vic).

Grade 4 Honours:

Chloe Olajos (NT), Paige Banning (SA), Jemimah Canning (ACT), Lauren Castricum (Vic), Jamila Christensen (Vic), Sarah Connell (Vic), Christina Copeland (Vic), Tahlia Crossley (Vic), Paige Davey (Vic), Bree Davey (Vic), Alyssa Deavin (SA), Kelsea Fox (SA), Danica French (Qld), Brooke Harrison (Vic), Peyton Jarman (SA), Zoe Lancaster (Vic), Taylah Lesluie (Vic), Willow Ofosu-Amah (Vic), Gabriellke Pigatto (Vic), Tyler-Rose Shattock (Vic), Rebecca Spencer (Vic), Katherine Thomas (ACT), Dekoda Turner (Vic), Jemma Twelftree (SA), Scout Vos (Vic), Stephanie Watson (Qld), Annabelle Wilson (Vic).

Grade 4 Honours With Distinction:

(achieved with a mark of 95+)

Ashlee Adams (WA), Jaimee Adams (WA), Brooklyn Ballard (WA), Katherina Baset (Vic), Emily Broadbridge (WA), Caitlin Cosgriff (Vic), Stephanie Dowsey (Vic), Renee Flynn (WA), Ashley Ford (Vic), Claudia Jenkinson (Vic), Torie Killender (Vic), Nikkita Koertzen (WA), Cassandra Lardner (WA), Tarryn Leslie (ACT), Rebecca Perry (Vic), Alexandra Renkin (Vic), Brooke Sanstrom (Vic), Amelia Stutterd-Walsh (Vic), Chelsea Summers (Vic), Valeria Volkova (ACT), Sharne Wakefield (WA), Adele Wawra (Vic), Eliza Wittison (Vic), Hayley Yuill (Vic), Erin Armstrong (SA), Marlee-Rose England (SA), Paris Mazzachi (SA), Hayley Thomas (SA), Sarah Worsman (SA)

With apologies for omission from 2016 newsletter:

Grade 4 Honours (2015):

Grace Collard (Vic), Sarah James (Vic), Shona O'Brien (Vic), Samantha Stewart (Vic).

Grade 4 Honours with Distinction (2015):

(achieved with a mark of 95+)

Renae Augerianakis (Vic), Molly Davies (Vic).

Examiner Updates and Accreditation:

Congratulations to Deborah Centonza (Vic) and Stephanie Horton (ACT) who have both recently completed their examiner accreditation.

Congratulations also to Dianne Nicholls (SA) and Lucinda Williams (Vic) who have upgraded to Grade 1.

Welcome to Kayla Kearney (SA) and Jessica Reilly (Qld) who are commencing examiner training.

If you have any queries about examiner training please review the information on the ACF website at <http://www.calisthenicsaustralia.org/>

Special Note:

Congratulations to Kelly Finlayson who was awarded CVI Coach of the Year. Kelly is a Calisthenic Skills Examiner and has been a committed skills coach for many years. Well done, Kelly!

New Medal Syllabus

Thank you to Lucinda Williams and Julie Fox for all their work on the medal upgrade. The video recordings are now on the ACF website. The syllabus can be requested by the administrator from the Director of Skills once the medal exam fee has been paid. This will ensure candidates receive the latest version when preparing for an exam.

Please note the medal syllabus will be re-dated annually. Coaches and candidates will need to check they are using the syllabus which corresponds to the year in which the exam is being attempted.

Administrators

Our marvellous Administrators work tirelessly to ensure halls are booked, timetables compiled, examiners appointed and all candidates are accommodated. Thank you Elizabeth Hickey (Vic), Chris Mulraney (SA), Sarah Chalmers (Qld), Jacqueline Reber (ACT), Jenny Buchanan (NSW), Stephanie Humphreys (WA) and Karen Mellor & Ann Marie Hughes (NT) for the time and effort you have given to the Calisthenic Skills Program.

Best wishes to all coaches and candidates as you train and prepare for the 2017 exams. We wish you every success.

The ACF Examiners Advisory Board