



Seminars 2011

Version 2

The Seminar Program for 2011 will be released in two stages. Due to many coaches not attending seminars that they had booked and paid for in advance this year we are trialling a new system where only the first month of seminars be released now and the rest of the year will be released at the start of February.

Some seminars held at Hawthorn Youth Club, **241 Auburn Rd Hawthorn** (Phone: 9882 2047) Please check times, dates, costs and venues carefully. Other venues will be used depending of hall and presenter availability.

Cost of seminars Coaches -\$25.00(inc GST)
Cadets- \$15.00 (inc GST)
(NO attendance NO refund)

Level 2 Seminars Coaches- \$55.00 (inc GST)

Registration time ¼ hour prior to advertised starting time

Update Points 2 hours – two points, please bring update books to seminars for signing.

If you would like to obtain update points for non-calisthenics presented seminars then please complete the application form located on the VCCA website under Coach Education/ External Seminars. The application form needs to be sent in six weeks prior to attending a seminar. Once approved you are requested to obtain the presenter sign the form and return with your logbook so points can be granted.

Please check the closing date for all modules. No late applications will be accepted.

<p>Sunday 6th March 2010</p>	<p>VCCA-AGM HOW TO KEEP YOUR TEAM MOTIVATED!</p> <p>PRESENTER: Anne Sargeant- Former Australian Netball Captain TIME:-9.30-11.30 Venue: Kel Watson Theatre</p> <p>Come along and listen to Anne Sargeant, on tips of how to keep your team upbeat when all seems against you. Anne, a former netballer and coach will provide the inspiration and motivation to get your team up and going for 2011. She will share her experiences and provide great leaderships tips for all coaches. A great opportunity to listen to a wonderful</p> <p>No Cost to VCCA Members Please register your indication to attend to the VCCA Office. 1 point</p>
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<p>Sunday 6th March 2010</p>	<p>STRENGTH AND CONDITIONING: Planning for the best results in minimal time.</p> <p>PRESENTER: Lauren Whelan TIME: 12.30-2.30pm VENUE: Sterling Calisthenics – 21 Melverton Drive, Hallam</p> <p>Innovative ideas from circus, gymnastics and obviously Calisthenics. For Calisthenics specific training ideas to gain better results for all ages and abilities, achieving the flexibility and strength for the skills you want in your items. With visual footage of skills, break down and understanding of biomechanics and building blocks for common and more difficult skills. Bring comfortable clothing as some will be practical.</p> <p>CLOSING DATE: Friday 18th February 2011 2 POINTS</p>
<p>Sunday 20th March 2011</p>	<p>LEVEL 2 CLUBS PRESENTER: SHIRLEY PETTITT TIME: 9.00am – 1.00pm VENUE: Hawthorn Youth Club COST: \$55</p> <p>How to breakdown advanced swings for ease of coaching. How to choose appropriate music and swings for each age group and level. An assessment paper to be completed. A great way to extend coaches theory and practical knowledge of correct club technique. Clubs Module requires a compulsory purchase of a L2 Clubs DVD before the seminar. Purchase from the VCCA office.</p> <p>CLOSING DATE: Friday 4th March 2011 8 Points</p>
<p>Sunday 20th March 2011</p>	<p>AROUND THE WORLD!- In Folk Dance Style</p> <p>PRESENTER: Judi Baird TIME: 1.30-3.30pm VENUE: Hawthorn Youth Club</p> <p>It's not that hard!!! Dance steps, patterns and ideas to make your routine authentic and interesting.</p> <p>CLOSING DATE: Friday 4th March 2011 2 POINTS</p>

<p>Sunday 3rd April 2011</p>	<p>NATURAL STAGE MAKE-UP FOR YOUNGER PUPILS.</p> <p>PRESENTER: Samantha Ince TIME: 9.30-11.30am VENUE: Hawthorn Youth Club</p> <p>This seminar will be presented by Samantha Ince who has a wide background in make-up. It will focus on the younger performers who don't necessarily require "the look" of older sections. From Tinies through to Juniors, Samantha will show you techniques and different looks for these ages. Please bring a model to work on ,note pad & pen and your make-up kit.</p> <p>CLOSING DATE: Friday 4th March 2011 2 POINTS</p>
<p>Sunday 3rd April 2011</p>	<p>HELPERS AND ASSISTANTS COURSE</p> <p>PRESENTER: Andrea Philipsen - Course Developer for ACF TIME: 12.00pm – 2.00pm VENUE: Hawthorn Youth Club</p> <p>An informative, fun short training course for class helpers and assistants. It is designed for people who have not yet undertaken the Cadet course. Participants will receive a certificate to add to their calisthenic resume. We rely on Coaches and Club secretaries to spread the word and support this very well received programme.</p> <p>CLOSING DATE: Friday 4th March 2011 No Cost- VCCA Members to contact the office to enrol candidates. 2 POINTS</p>
<p>Monday 18th April 2011</p>	<p>IN THE ADJUDICATOR'S CHAIR.....</p> <p>PRESENTER: Kerryn Waddell- ASCA Adjudicator TIME: After VCCA Forum VENUE: Ashburton Uniting Church Hall</p> <p>This seminar will aim to provide an understanding of: The adjudicator's preparation for competitions The assistance provided by the Writer The process involved when writing critiques & allocating points for items. It will also provide the opportunity to analyse an item and write a critique.</p> <p>No cost: VCCA Members to contact the office to register. 1 POINT</p>

<p>Sunday 22nd May 2011</p>	<p>ASTHMA & ANAPHYLAXIS: How To Care For Your Participants.</p> <p>PRESENTER: Dr. Belinda Hibble (MBBS. Emergency Registrar TIME: 12.00-2.00PM VENUE: Kel Watson Theatre</p> <p>Learn about these two important health topics. What to do if your participants have an asthma attack and calisthenics management of this throughout the year. Understand the in's and out of Allergies and Anaphylaxis.</p> <p>CLOSING DATE: Friday 6th May 2011 2 POINTS</p>
<p>Sunday 22nd May 2011</p>	<p>MASTERS IN CALISTHENICS- THINK TANK</p> <p>FACILITATED BY Judi Baird And Kristen Skinner TIME: 12.00-2.00pm VENUE: Kel Watson Theatre/Foyer</p> <p>A general discussion on the future of masters Calisthenics to gain insight from coaches and participants on the development of masters in the future and beyond. A chance for all involved to bring out specific issues relating to Masters including items, coaching the older athlete, costumes, competitions, the impact of recreational and competitive masters on our community and the use of adults of all abilities.</p> <p>CLOSING DATE: Friday 6th May 2011 2 POINTS</p>
<p>Sunday 29th May 2011</p>	<p>LEVEL 2 SPORTS INJURY</p> <p>PRESENTER: FRANCINE ALEVIZOS TIME: 9.00am – 12.00pm VENUE: Hawthorn Youth Club COST- \$55</p> <p>This module will enable the coach to prevent, identify and treat minor injuries. The causes of injury, the care required and methods of how to prevent all types of injuries will be covered in detail.</p> <p>CLOSING DATE: Friday 29th April, 2011 6 POINTS</p>

<p>Thursday 14th July 2011</p>	<p>SNAPSHOTS- Collegial Coaching</p> <p>TIME: After VCCA Forum VENUE: Canterbury Street Stables, 49-53 Canterbury Street Flemington Melways 28 J11.</p> <p>Come and Listen to some great new ideas about all aspects of coaching. We all have great stories to share and provide insight to. Watch the newsletter for more details on this topic.</p> <p>No cost: VCCA Members to contact office to register. CLOSING DATE: Friday 1st July 1 POINT</p>
<p>Sunday 27th November 2011</p>	<p>MUSIC AND CHOREOGRAPHY</p> <p>PRESENTERS: Genine McCorkell and Vivienne Gannon TIME: 9.30am - 3.00pm VENUE: TBA</p> <p>Want to improve your calisthenic skills with Music and Choreography? Then come and learn from the experts. The workshop will be broken down into how to create a map for your item, from choosing the music to creating an interesting arrangement with appropriate movements for your team.</p> <p>CLOSING DATE: Friday 23rd September, 2011 5 POINTS</p>