



*VCCA* 2009 ANNUAL REPORT



**Victorian Calisthenic Coaches  
Association**

**Annual Report**

**2009**

**51<sup>st</sup> year of operation**



## Table of Contents

<b>Section</b>	<b>Page</b>
President's report	3
Secretary's Report	6
Membership Registrar's Report	7
Coach Education Report	10
Country Report	13
Graceful Solo Competition Report	15
Treasurer's Report	18
Life Members	28
Minutes of 2009 AGM	29



## President's Report

It has been my pleasure and honour to be President of the VCCA throughout 2009 which represents the 51st year of VCCA. I would like to acknowledge the achievements of the VCCA in this report.

The Association is run by volunteers who collectively devote thousands of hours to assisting calisthenic coaches be the best they can.

### Committee of Management

Position	Incumbent
President	Lynne Hayward
Vice President and Director to CVI	Bronwyn Poole
Secretary	Emma Hammet
Treasurer	Sarah Carthew
Registrar	Alex Otzen
General Committee Member	Jeanne Sorich
General Committee Member	Sharon Flecknoe
General Committee Member	Jennie Baxter
Coach Education Convenor	Judi Baird
Competition Liaison Officer/Delegate to CVI	Bev Gaudion
Delegate to CVI	Anne Johnson
Country Liaison Officer	Pam O'Donnell-Parris

I would also like to personally thank the following VCCA Life Members who continually and enthusiastically support the Committee of Management meetings:

- Gwenda Lucas
- Barbara Elliot

Their contribution and insights have always proven valuable and highly respected.

We also acknowledge the hard working convenors of VCCA sub committees:

Position	Incumbent
Cadet Coordinator	Jeanne Sorich/Sue Smith/Vicki Flecknoe
Level 1 Administrator	Roberta Dwyer-Smith /Rhonda Just



Position	Incumbent
Level 2 Administrator	Rhonda Just
ACFCC Delegates	Renae Gow Sharon Flecknoe
Asst Secretary	Barb Elliot
Assessing Coordinator	Kim Dunstan
Mentor Coordinator	Margaret Herrod
VCCA solo convenor	Bronwyn Poole
Bellaraine Sub branch secretary	Pamela Dorward
Northern Sub Branch Secretary	Astrida Stuberovskis
Westernport Sub Branch Secretary	Naomi Armstrong
VCCA newsletter editor	Emma Hammet
Office	Bronwyn Lloyd (Jan – Aug) Joscelyn Brown (Jan – Aug) Donna Rankin (Sept – Dec)

Thank you to Bronwyn Lloyd and Joscelyn Brown for their assistance in the office for several years. We welcomed Donna Rankin as a fulltime employee in the office in September 2009.

I would also like to acknowledge the endless support CVI offers to the VCCA in administration, information, skill sharing and friendship capacities.

### Major achievements for 2009

- We have a total membership of 759 as at December 2009. This represented an increase of 9 per cent over 2008 and is the first time the VCCA has completed a year with over 700 members.
- An additional 59 coaches gained their Level 1 accreditation.
- An additional 61 participants gained their cadetship.
- The highly successful VCCA graceful solo competition was conducted with 273 entrants which represent a 9 percent increase on 2008.
- Coach Education produced and launched the dvd – Dance Skills in Calisthenics – A technical guide
- The quality and volume of material in the VCCA newsletter has increased with the majority being sent out through email. Our newsletters were the main form of communication of information to coaches.
- There has been a major change to the conduct of the forums to include participation, discussions and ideas sharing.
- An in-depth review of Level 1 is continuing with the aim of offering a wide an innovative suite of courses in 2010. The VCCA conducted a detailed survey on development needs of coaches and the suite of update seminars has been developed in response to the outcomes.
- The ACF approved the VCCA request to increase the pre-requisite for cadets to Grade 3. This will be effective from 2011.

### Awards



Congratulations to the following worthy recipients of the 2009 VCCA awards:

Award	Recipient
Long Service Award	Wendy Webber
Solo Coach Award	Carla Biagi
Service to VCCA	Kim Dunstan

### Retiring Treasurer

Sarah Carthew has undertaken the Treasurer's role for eight years and has decided to retire to pay more attention to her family, her business, state team and her class. Sarah transferred 'the books' from a manual system to a computerised system and has steered the VCCA to an extremely strong financial position.

Sarah first started on the VCCA committee when she was 16 and has devoted 15 years over time to VCCA duties. We are very grateful for all the time she has devoted to the VCCA activities and we wish her all the best for the next chapter of her life.

### Retiring President

After three years in the role, I am also retiring. I have thoroughly enjoyed working with the enthusiastic VCCA committee and wish the VCCA and all committee members the greatest of success in the forthcoming years.

A handwritten signature in cursive script that reads "Lynne Hayward".

Lynne Hayward, President VCCA



## Secretary's Report

It has been a pleasure to undertake the role of VCCA Secretary in 2009.

During the year, the number of VCCA members taking advantage of receiving their VCCA correspondence via email increased again as it seems to be the most convenient way of keeping up to date with VCCA news. I would like to thank you for the enthusiastic response in receiving information in this way.

Members received the following documents by email:

- VCCA Newsletters
- Information regarding Country seminars
- Reminders for upcoming forums and calls for volunteers
- State team application form
- VCCA Questionnaires
- ACF rules & syllabus information
- Solo and Team Grading lists
- Seminar information forms

'New-look' newsletters were designed and contained a plethora of information for members. As Member Forums have become 'less formal', newsletters have become the main form of up-to-date communication to members.

Once again 2009 saw a large volume of inwards and outwards correspondence handled by the Secretary and VCCA Office. I would like to express my thanks to the outgoing office staff, Bronwyn Lloyd and Joscelyn Brown for their administration and assistance. I would also like to welcome Donna Rankin as the new full time VCCA Office Administrator.

The VCCA website – [www.vcca.asn.au](http://www.vcca.asn.au) is still an ongoing project. Feedback is greatly encouraged on how the site works for you and how it can be improved.

Best wishes for the Calisthenic year!

VCCA Secretary



## Membership Registrar's Report

As I complete my fifth year as Membership Registrar, it is with pleasure that I submit this report to the AGM.

At the end of 2009 we had a total of 759 financial members of our Association up 67 on 2008, the first time VCCA has finished a year above 700 members. This included a total of 89 new cadets, 1 interstate transfer to Victoria and 28 rejoining members. At year end our membership comprised 53 Associate Members (up 19 from 2008 retired members), 187 Cadets (up 75 from previous), 1 Recreational Coach and 513 Category 1 members and 5 of our elite Category 2 members.

Once again the Committee was faced with the unhappy task of de-registering members who failed to fulfill their membership requirements during 2009. These included 29 members for failing to pay membership fees by the AGM (up 8 from previously), 2 members for failing to maintain a valid background check, 3 members for failing to maintain a valid first aid certificate and 11 members for failing to attend two meetings in 2009. The number of deregistrations does not include appeals which were upheld or extensions which were granted to members so there was a considerable amount of work to manage members who were simply unable to complete their membership requirements due to their own reasons. These numbers are much lower than 2008, primarily due to more members choosing correspondence via email and thereby receiving early notification of problems.

In 2009, we had 6 members choose to permanently resign from the VCCA, 25 members suspend their membership to take time away, and 2 members transfer interstate.

All members were offered a 9% discount in 2009 if they chose to receive membership via email, reducing Associate and Cadet members by \$3pa, and Category 2, 1 and R members \$9pa. A total of 586 members were receiving correspondence via email by YE (77% if membership) which reduced our envelope mailouts by volunteers by 7% from 2008. Due to this excellent response, and the resulting benefits to office and volunteer reduced effort, the discount has been maintained through to 2010.

Continuing with the use of email for communication, we also offered members the opportunity to receive their 2010 membership renewals via email. We had 255 members (34% of membership) take up this option and they received their renewals within 24 hours of having 2010 insurance costs advised to VCCA – this was over one week earlier than those receiving renewals by mail because of the constraints of getting printing completed at Officeworks and envelopes mailed over the New Year period.

The most significant change from 2009 was the introduction of new Category titles and membership responsibilities following an overhaul from 2008. This resulted in the following membership categories being available in 2009:

- 2 – Active Coach with Level 2 ASC qualifications
- 1 – Active Coach with Level 1 ASC qualifications
- R – Active Recreational Coach
- C – Cadet member, or active assistant with expired Level 1 or 2 qualifications.
- A – Associate member who is not current coaching and has current or expired Level 1 or 2 qualifications.

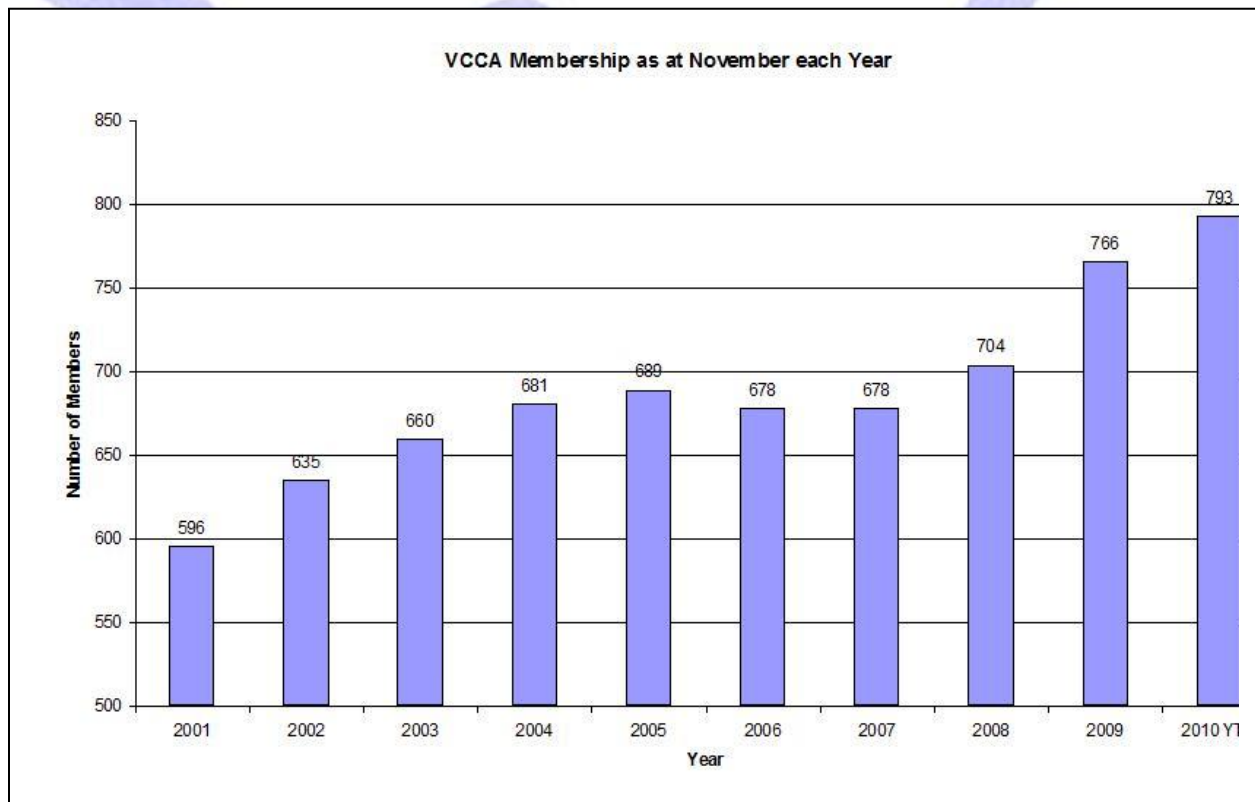
This has opened up greater flexibility for qualified coaches to become Associate Members while they are taking time away from calisthenics – previously your Level 1 or 2 qualification had to be expired before



you could be an Associate Member and was highly successful based on the large number of Associate Members in 2009.

The streamlining of VCCA through electronic correspondence and the transformation of membership categories has been highly successful in VCCA having the largest membership base of its history. The management of the membership registry to assist in keeping this many coaches as approved members is only possible through the improved communication via email. I look forward to supporting VCCA through another 12 months of my appointment.

Figure 1: Identifies significant growth in membership since 2007.





### Forum meetings

Date	Location	Attendance
8/02/09	Melbourne	186
11/02/09	Westernport	13
15/02/09	Bellarine	34
15/03/09	Melbourne	183
18/03/09	Westernport	12
15/03/09	Bellarine	25
15/03/09	Northern	17
15/03/09	Border District	8
20/04/09	Northern	14
26/04/09	Northern	13
27/04/09	Melbourne	67
29/04/09	Westernport	11
24/05/09	Melbourne	98
27/05/09	Westernport	22
12/06/09	Bellarine	25
22/06/09	Westernport	15
20/07/09	Melbourne	100
09/10/09	Northern	6
9/11/09	Melbourne	215
12/11/09	Westernport	45
18/11/09	Bellarine	35
30/11/09	Northern	13

*Alex Otzen*, Registrar



## Coach Education Report

2009 was another year of achievements for Coach Education

Again, many members contributed to the administration, presentation and supervising required to facilitate our programmes.

Our presenters were again generous with their time and expertise and we really appreciate their ongoing support in delivery of our courses and seminars. We thank Rhonda Just, Katrina Berryman, Stephanie Hayward, Lynne Hayward, Jeanne Sorich, Andrea Philipsen, Lauren Whelan, Sarah Carthew, Brooke Synnott, Jenny Baxter, Karen O'Donnell, Paula Hessey, Genine McCorkell, Vivienne Gannon, Lucinda Wootton, Sally Durham, Bronwyn Poole and Margaret Lingham.

A major achievement for Coach Education was the production of the DVD – Dance Skills in Calisthenics – A Technical Guide, developed by Brianna Lee and Brooke Synnott. This will be a valuable resource for coaches.

### Helpers and Assistants' Course

This was an outstanding success in 2009 with over 100 participants, ably guided by Andrea Philipsen (course developer) and Bronwyn Poole in their introduction to the coaching side of calisthenics. We thank Andrea and Bronwyn for their contribution.

### Cadets

The March course saw 19 participants completing all 4 modules with another 12 completing 2. In July, 15 undertook Cadet training in Wodonga over a weekend. In November, 18 registered for the morning programme of 2 modules and another 18 for the 2 modules in the afternoon. 15 completed the full day.

Feedback about the length of the day and the volume of information to be absorbed prompted a committee decision to change the format to 2 days of 2 modules (offered in March and November) with full day attendance only offered in exceptional circumstances.

During the year, Jeanne Sorich stepped down from the co-ordinator role. We are grateful to Jeanne for her input when it was most needed. Sue Smith and then Vicki Flecknoe took on this responsibility and their time and contribution is most appreciated.

### Level 1

The February/March course was held over 4 Monday nights and 1 Sunday, while the June/July course ran over 2 Sundays and 1 Saturday. The variation was to offer options to fit in with participants' other commitments and will be continued

21 registered for the early course and 20 for the mid year.

In addition, 8 cadets took the opportunity to attend and complete a course in Wodonga in July and 3 completed Level 1 by distance education (with one recreational coach as well)



Roberta Dwyer-Smith led this programme into 2009 but stepped down and Rhonda Just accepted the responsibility again. I thank Roberta for her time and contribution, and Rhonda for stepping back into the role.

Thanks go too, to Diane Lukey, Anne Johnson and Tania Paes for their contributions and special thanks to Bronwyn Lloyd and Joscelyn Brown, and now Donna Rankin, all working from the VCCA office..

## **Level 2**

Three modules were offered this year but response was not sufficient to justify running them. New incentives have been put into place to encourage better participation in 2010

## **Assessing**

Again we thank coaches who have opened their classes for the benefit of cadets and we are indebted to our dedicated team of assessors working in the field to evaluate new coaches.

Kim Dunstan continues to oversee this area and her input is very much valued and appreciated.

15 cadets from 2008 were assessed successfully, together with 30 from 2009. There are 3 on support plans and 18 still outstanding.

## **ACFCC**

Renae Gow and Sharon Flecknoe continue to represent Victorian coaches at the National level. We thank them for their continued commitment. They are a key to our communication with changes and developments in coaching. The current focus is on the 2012 Conference.

## **Professional Development**

Again this year, coaches' stated preferences dictated the seminars offered and feed back was very positive. The seminars offered were:



Seminar	Presenter
Figure March for Beginning Coaches	Sarah Carthew
Advanced Figure March	Sarah Carthew
Folk and Character Dance	Alida Segal
Jazz for Juniors	Brooke Synnott
Jazz and Contemporary Dance for Intermediates and Seniors	Brooke Synnott
AGM – The Dancer as an Athlete	Colin Peasley
Singing	Paula and Alan Hessey
Solos	Lucinda Wootton and Sally Durham
Asthma and it's management	Frances Bremner
Bullying within your team	Karen O'Donnell
Correct eating for good performance	
Bibs and Bobs for costume decoration	
Music and Choreography upgrade for new Level 1s	Genine McCorkell and Viv Gannon

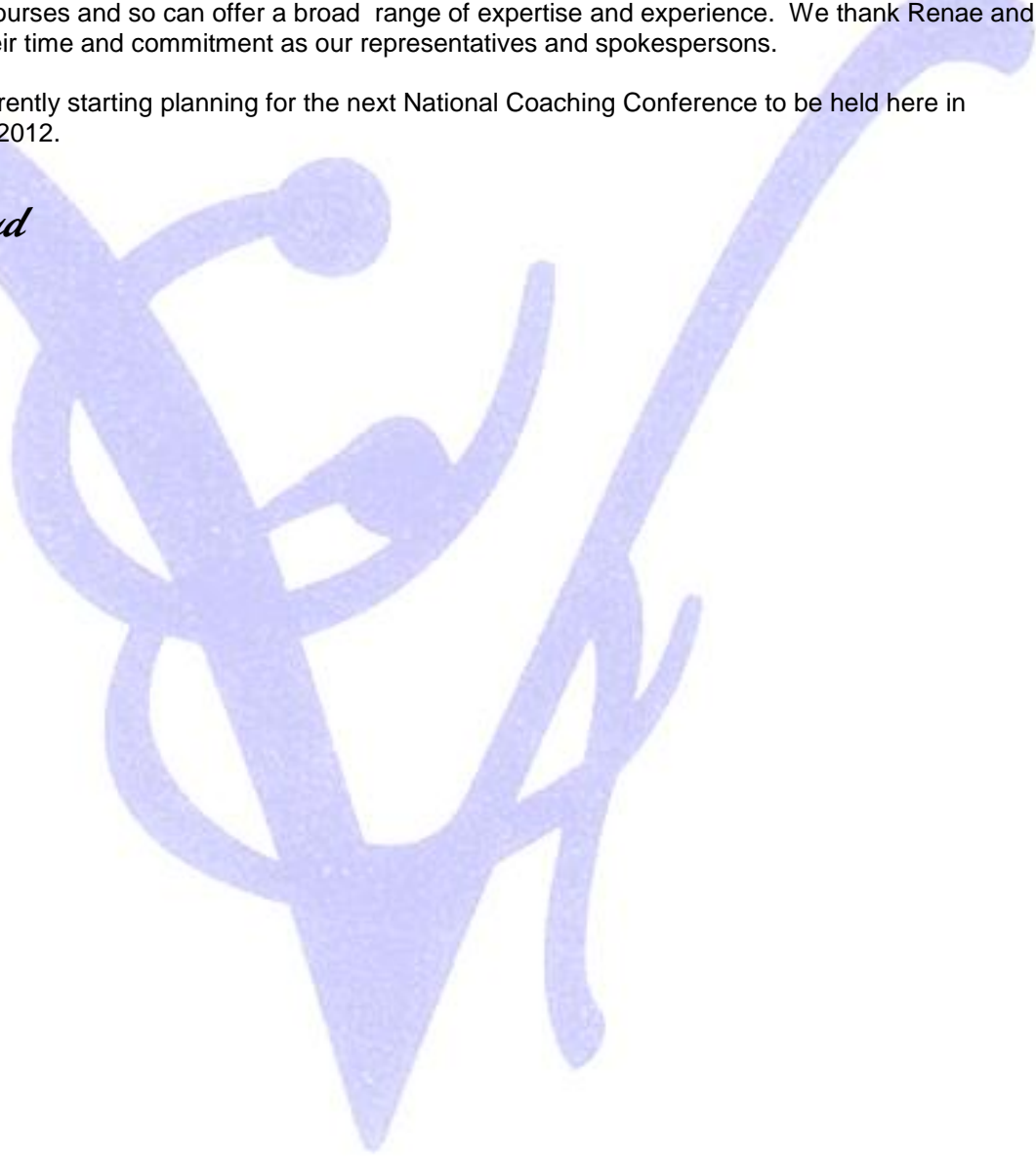


### ACFCC

Sharon Flecknoe has accepted the challenge to join Renae Gow as Victorian delegates to this National representative forum. Pam O'Donnell Parris has stepped down and we thank her sincerely for her input in this role. Sharon and Renae attend two meetings each year where current coaching issues and courses are discussed with coaches from all around the country. Victoria has large numbers in Cadet and Level 1 courses and so can offer a broad range of expertise and experience. We thank Renae and Sharon for their time and commitment as our representatives and spokespersons.

ACFCC is currently starting planning for the next National Coaching Conference to be held here in Melbourne in 2012.

*Judi Baird*  
Convenor





## Country Report

The Country Liaison Administrator:

- Supports country regions by telephone, Email and attendance at Sub Branch meetings.
- Receives and reports Sub Branch minutes and Seminar dates to the VCCA.
- Responds to enquiries and directs them to the appropriate person for assistance.
- Provides assistance for Sub branch Seminars and links suitable Presenters.
- Assists Coach Education in arranging training.
- Attends VCCA Committee of Management meetings and addresses needs according to sub branch minutes and requests for assistance.

### Visits in 2009

#### **Penola S.A.**

Where a partnership with S.A. resulted in assessing a Distance Ed. Victorian coach

#### **Warrnambool**

Assessment of mature age re training of Distance Ed. Coach

#### **Echuca**

Networking with coaches and clubs that attended the Eisteddfod

#### **Hamilton**

Sub branch meeting attendance

#### **Portland**

Visit by request, for coach assistance

#### **Korrumburra / Wonthaggi**

Assessment of a new coach

Attendance at the combined annual concert

#### **CVI Championships**

Two visits to support a combination of country clubs.

### Sub Branches

Sub branches operate autonomously and meet for discussion and coach training.

Minutes are recorded and any issues arising from the meetings are brought to the VCCA COM by the Country Liaison Administrator. Sub branches are financially supported by the Association and annual financial statements are forwarded to the Treasurer.

#### **Westernport**

Westernport Sub Branch holds their meetings on the Wednesday after every Melbourne meeting.

They are held at the Langwarrin Hall, Cnr of Warrandyte Road and Cranbourne Road in Langwarrin.

They all commence at 1.30pm. This year they will continue to have seminars and they will be on the VCCA website, when dates are confirmed. Coaches may attend the meetings with children. They welcome all members even if you have nominated Melbourne Meetings on your registration, you can still attend.

There are lots of opportunities to attend 2 meetings a year.

#### **Barwon**

The Barwon sub branch held 4 meetings and the AGM in 2009 with a total attendance of 144 members. We also held 2 seminars at the sub branch, Left, left, keeping the beat & using rules creatively with an attendance of 38 members. The Barwon sub branch has 76 members on our



register and many more members from around the Melbourne region attend our meetings. Our meetings have an excellent attendance record and all members participate in all meeting discussions and support the seminars which are held in Geelong.

### **Northern**

Meetings alternate between Shepparton and Bendigo. March was choreography and make up and November lighting and stage craft. A Level 1 and Cadet training weekend was held in Wodonga in July to accommodate a pressing need for coach assistance. A grant was sought, but the application was unsuccessful. VCCA met the shortfall.

### **Border District**

This branch accommodates our interstate coaches from S.A. and meets in Hamilton. Now in its second year of operation. The March meeting had the new Level 1 choreography and music units presented. Unfortunately the December meeting was cancelled as the Presenter was unable to attend.

### **Distance Education**

For country coaches, Distance Education continues to be an option. It is now administered by the office.

Wonthaggi, Ovens Valley and Warrnambool took advantage of this in 2009.

### **Country survey**

The VCCA are currently conducting a survey of all country coaches to ascertain if the service currently provided is sufficient to meet their needs.

Feedback is welcome and the VCCA is looking forward to receiving the pre paid questionnaires to see if anything more can be done to assist them.

*Pam O'Donnell-Parris*

Country Liaison for the VCCA



## Graceful Solo Competition Report

The VCCA again hosted a successful Graceful Solo Competition in 2009.

The competition was held on April 18 & 19 at the Kel Watson Theatre, Forest Hill College, East Burwood.

We had 273 competitors in the program, which was an increase from the past couple of years – and we only had 1 late entry! There were 13 withdrawals over the weekend. Following are the *number of competitors in each section*:

	Novice	Open Res.	Open	Total
<b>11 Years</b>	26			26
<b>12 Years</b>	24		5	29
<b>13 Years</b>	29		10	39
<b>14 Years</b>	27		13	40
<b>15 Years</b>	18		10	28
<b>16 Years</b>	17		15	32
<b>17 Years</b>	40	20	19	79
				<b>273</b>

The competition ran smoothly with all sections keeping to schedule. Many thanks to the coaches, competitors, adjudicators and writers for their co-operation in moving swiftly through the timetabled program, as they seem to do year after year.

Following the tradition started in 2008, in celebration of the 50<sup>th</sup> Anniversary of the VCCA, the Competition Committee agreed to again acknowledge and present the coach of the winning competitor in every section in 2009. This tradition will continue in 2010.

The winner of the 2009 Miss Hopton Memorial Trophy (16 Years Open winner) was Elise Drummond of Jeaden. Else was coached by Jeanne Sorich. Congratulations to both ladies on what was a beautiful performance and well deserved win.

There were many volunteers who enthusiastically gave their time to assist over the weekend of competition – several for the first time and they seemed to really enjoy their experience. There are various small things that need to be done to keep the competition running smoothly, so any time donated is greatly appreciated. So, a big thank you to all who assisted in making the 2009 VCCA Graceful Solo competition a great success.

The VCCA Competition Committee comprises: Jan Camm, Barb Elliott, Bev Gaudion, Jenni Halliwell, Rosie King, Bronwyn Lloyd, Joan Lloyd and Gwenda Lucas. Once again a huge thank you to these ladies on behalf of the VCCA for their support and contribution towards the success of this competition.

Winners of all sections are displayed over page.

*Bronwyn Poole*

VCCA Solo Competition Convenor



## Results 2009

**11 Years:** *Coach of Winner – Penny Doig*

1<sup>st</sup> E Whitford      2<sup>nd</sup> H McKenna      3<sup>rd</sup> I Barton      HM = M Holden & C Condon  
HC = C Yole, E Guastella, B Toy, G Heath & B Robinson

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**12 Years – Novice:** *Coach of Winner – Diane Lukey*

1<sup>st</sup> M Frederico      2<sup>nd</sup> M Kearsley      3<sup>rd</sup> M de Koning      HM S Heath  
HC A Bignell      SM = A Smith & V Marquardt

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**12 Years – Open:** *Coach of Winner – Cara Ludbrook*

1<sup>st</sup> M Toy      2<sup>nd</sup> S McCrorie      3<sup>rd</sup> S Gosch

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**13 Years – Novice:** *Coach of Winner – Kirrilly Wootton*

1<sup>st</sup> L Dodson      2<sup>nd</sup> A Maiolo      3<sup>rd</sup> G Bifano      HM = S Royes, L Miller & L  
HC = A Thomas & Z Kleeberg      Crawford

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**13 Years – Open:** *Coach of Winner – JoAnne Pearson*

1<sup>st</sup> M Shami      2<sup>nd</sup> A Smith      3<sup>rd</sup> I Crabb      HM C Reed  
HC = A Stuart & A Labra

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**14 Years – Novice:** *Coach of Winner – Christine Tredrea*

1<sup>st</sup> G Russo      2<sup>nd</sup> E McMahon      3<sup>rd</sup> P Giles      HM M Arnephy  
HC = E Lacey & K Johnstone

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**14 Years – Open:** *Coach of Winner – Mellany Drew*

1<sup>st</sup> R Reeves      2<sup>nd</sup> B Price      3<sup>rd</sup> J Doig      HM B Bucello  
HC = E-L Gibbs & C Lord

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**15 Years – Novice:** *Coach of Winner – Melanie Edmonds*

1<sup>st</sup> V Murdoch      2<sup>nd</sup> R Edwards      3<sup>rd</sup> B Farley      HM T Walker  
HC = M Shami & K Tepper

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**15 Years – Open:** *Coach of Winner – Lucinda Wootton*

1<sup>st</sup> N Salton      2<sup>nd</sup> T Reed      3<sup>rd</sup> E Cooper      HM S Stokol  
HC K Kelly

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**16 Years – Novice:** *Coach of Winner – Hayley Cameron*

1<sup>st</sup> M King      2<sup>nd</sup> C Moore      3<sup>rd</sup> C Ponchard      HM J Stewart  
HC = A Ross-Jackson & S Payne

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**16 Years – Open:** *Coach of Winner – Jeanne Sorich*

1<sup>st</sup> E Drummond      2<sup>nd</sup> E Smith      3<sup>rd</sup> A Rohloff      HM E Winters  
HC C Murphy

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**17 Years – Novice Part 1:** *Coach of Winner – Tiffany Drew*

1<sup>st</sup> T Downing      2<sup>nd</sup> S Lukey      3<sup>rd</sup> B Craig      HM = J Poulter & A Carmody  
HC = M Smith, A Phillipson & M Capolicchio

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**17 Years – Novice Part 2:** *Coach of Winner – Andrea Phillipson*

1<sup>st</sup> L Neely      2<sup>nd</sup> R Lorenzi      3<sup>rd</sup> M Clarke      HM L Hall  
HC E Salpietro



**17 Years – Open Reserve:** *Coach of Winner – Lucinda Wootton*

1<sup>st</sup> M Nugent                      2<sup>nd</sup> A Burton                      3<sup>rd</sup> S Bayley                      HM E McAra  
HC = B Moore, S Anderson & E Fullwood

**17 Years – Open:** *Coach of Winner – Jeanne Sorich*

1<sup>st</sup> S Alway                      2<sup>nd</sup> M Newman                      3<sup>rd</sup> A Bickford                      HM = N Parkhurst & M Cousin  
HC = M Knight & A Whitford

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