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Next Edition Cut Off

25th March, 2011

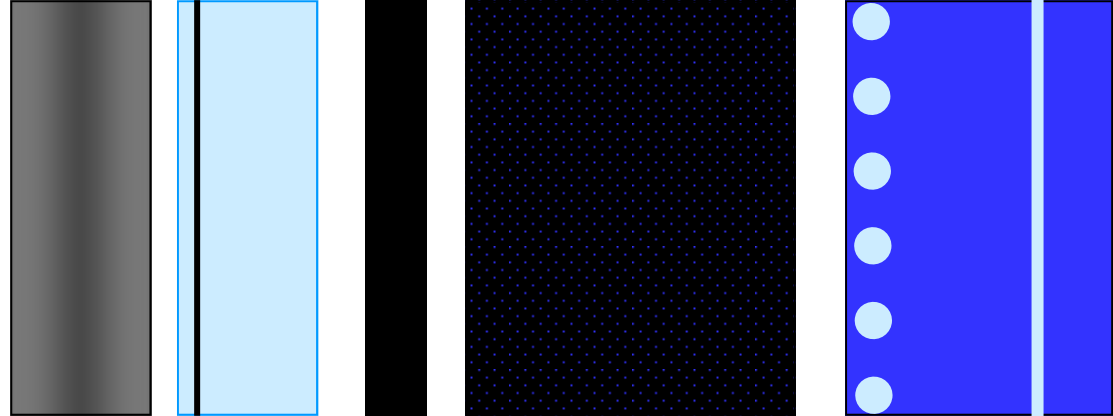
If you would like to share your stories or advertise in this newsletter, please contact the VCCA Office, or email your submissions to the editor, Emma Hammet, at ehammet@gmail.com

Next 2011 Forum

6th March - AGM

Venue to be advised.

Remember to arrive early to sign in.



VCCA

February 2011 || Volume 50

Welcome to the New Year!

Welcome to the New Year everyone!

I hope you managed to get a bit of a break after Skills, Solos and preparation for 2011.

It promises to be an interesting year with the trial here in Victoria of slightly reduced times for core items and the voting on proposed age group changes. This will only be progressed if 75% of Victorian coaches' agree with all or some of the options.

Most of us do not like a lot of change - there is comfort in the familiar. Sometimes however, we need to look at

what we are doing and it's overall impact on our sport and this is what our administrators are looking at with suggestions for change.

Please take the time to look at the responses overleaf to your competition queries/comments which were put forward at the end of last year.

You do have a voice and while we do not always get the answers we want, we do get an explanation of why things happen the way they do.

Your rules suggestions were also passed on and will be considered by

the Rules Committee.

Thank you all for your continued input and best wishes for the 2011 Calisthenic season.

VCCA President

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Visit us at www.vcca.asn.au

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Competition Feedback

November Coaches' Forum 2010

Local Competitions

Comment	Response
*Concern re the safety of the steps at Westside	*Above 3 points referred back to Westside & Northern Districts – remember however, good venues are hard to find!
*Concern re Westside as a venue for Tinies – stairs an issue and barriers a worry.	
*Poor toilet facilities at Penola (and Westside?)	
Smoking at competitions – near dressing rooms at Penola. during Subbies div 10/11 – most unpleasant. Isn't a school a smoke free zone? Also many seniors smoking at senior comp at St Bernards and noticed by younger girls there to support their clubs.	The comments will be passed on to Westside. All venues should have a "smoke free zone" well away from doors and dressing areas. We all agree that the sight of Seniors, Coaches and parents smoking outside venues is not a good image for Calisthenics, and we encourage all Coaches and Clubs to address this especially with their members.
At Longbeach, coaches had to pull the back reveal – no gloves either. Male doing music said he was not allowed to do it (OH&S)	Referred back to Longbeach.
Div 10/11 Subs at Bayside too small – comp lasts only 2 hours even with breaks.	Referred to Bayside. However, this problem of small sections should be addressed this year with Grading and the new competition structure.
Is it possible to encourage local and CVI comps healthy eating options?	At many venues, competitions have no say in the food on sale at canteens.
Could a sound check be done for music to stage as well as to hall prior to start of comps?	At CVI, sound levels are set and checked by the technicians regularly. This will again be brought to the attention of other competitions, although it is our understanding that this is part of their procedure.
**All Div 3 sub-junior local comps (for this team I assume) were in the month of August – one each weekend – far from ideal. Also, this meant a 6 week break before Ballarat – a long time for little ones	** We try and address these scheduling issues when the Combined Competition Convenors meet to compare timetables in May, but it is very difficult to move sections, as it creates a "domino" affect across the board.
**Div 5 Juniors ended up with 4 comps in 4 weeks. We understand difficulties of schedules but this was not ideal.	
Accepting the arduous task of scheduling, Champ Inters had a 6 week break between comps – too long.	This happened in 2010 because the Arts Centre did not have enough available dates in August.
Prefer no comps on Grand Final day – If it MUST happen please alternate divisions and sections.	These concerns have been noted and will be considered when the timetable is done. It depends on whether all sections can be scheduled within the dates available from the venues.
Great to get a participation medal for Tinies at Westside - places for tinies?	??? Placings are given – it is only Aggregates which are not awarded for Tinies.
School holiday comps for lower grades can be a problem - children pulled out of teams.	For years, CVI has been criticised because competitions for lower graded teams were held during the earlier part of State Championships in August. The only way we can overcome this problem is to run during the school holidays. All Clubs were notified early last year that this would occur.
Can current rule of no music backstage be either properly enforced or removed as it is unfair at the moment for clubs who abide by the rule when other so	Signage is prominent in every dressing room and in passageways, and all coaches should be aware that it is not permitted backstage . CVI staff constantly enforce

not?	this rule when we know it is happening, but we can't patrol the dressing rooms at all times. It is really up to coaches to obey the rules.
Music should be allowed in dressing rooms, provided it is not loud – this prepares pupils better.	Can you imagine 4 teams using the dance studio, and each playing their own music???
Is it possible to have more mirrors in dressing rooms – trips to toilets to fix headgear not ideal	CVI provided mirrors for many years, but they were damaged and broken, and eventually thrown out. Do you realise that CVI staff have 15 minutes to set up the dressing rooms before each session?? Dress racks, curtains, chairs, boxes, programs on walls, and then dismantle at the end of the night.
5 adjudicators instead of 3 to eliminate top and bottom mark? (1 st , 3 rd and 7 th for same item show subjectivity)	We do not have enough adjudicators in Victoria to have 5 on a Panel; and it would add significant costs to the running of these sections. If you're not happy with the current system, we can always go back to single adjudicators.
***Can Masters grades be reduced to ensure comps go ahead? Low entries caused cancellation of 2 comps (for this club)	***Masters will not be graded until April this year, by which time we hope they have decided if they are going to be "competitive" or "recreational".
***Can Masters sections be increased? Small numbers disappointing (another club comment)	
Can concessions be considered for families with children in more than one section? – families being lost due to expense.	We understand the cost pressures on families with several children in Calisthenics; and all competitions try and keep prices at a reasonable level, while also trying to cover the increasing costs, especially of venues. We all want the best facilities, but they don't come cheaply. It would be impossible to administer a concessions ticket system.
Could a reduced ticket cost be considered for children 10 and under and a different cost for 11 to 16yrs?	Children under 6 years are "free", and children from 6 to 16 years only pay \$6 which hasn't been increased for many years, and won't be this year although adult & concession prices will rise,
Mid week comps for teams who travel are a problem – 2 Friday nights and a Wed comp plus RSSS meant 4 days off school.	Unfortunately, we do not have enough weekends to accommodate all age groups. Weekends are generally reserved for Tinies, Sub Juniors, some Juniors, and Country Clubs where possible.
Please ask committees to allow time for the last team of Tinies to pack up and leave dressing rooms. – we were harassed after 5 minutes this year.	Clubs are asked to vacate dressing rooms 15 minutes after a session ends. Unfortunately, some people stand around chatting and don't understand that another session is waiting to come in. This is when officials start asking parents and pupils to leave, and people feel harassed.
Does anyone else want to see Senior Song and Dance scrapped? Can't we move to something more interesting?	This request would have to come with the support of the majority of coaches.
*Problems noted but not expected to be fixed are insufficient warm-up time at comps and insufficient dressing room space for teams with large numbers	*Warm up time is provided at most competitions – often on the stage area or in the prop bay (CVI) when not full of props. Space is an issue at every venue, both for dressing areas and warm up areas. Venues are not built with Calisthenic requirements in mind, unfortunately
*Younger divisions really need a run-through area at Besen	
Can comps with only 5 teams perform in same order across comp to allow maximum time for changing?	This could be considered, however when the draw is done for the program, organizers try to give each Club the opportunity to be first and last in a section.
Can it be made clear which comps provide a DVD service?	As far as we are aware, CVI and Ballarat are the only competitions which offer DVD/Video service for all sections. Some competitions may offer it for some higher

grade sections, but this information would be provided with your schedule.

Country Competitions

Comment	Response
Greater Valley stage blackout between items caused entry problems for young competitors	This will be referred to Greater Valley, but may have been a venue problem.
Rich River – great that Inters were allowed to compete in senior section (due to no inter section) but could higher div inter teams be penalized rather than seniors simply because they were seniors?	This issue has been resolved with the complainant, and will be dealt with at the Sub Branch meeting.
Would love to see more teams compete at Horsham, Rich River and Greater Valley to ensure viability of these comps.	CVI would like to see more teams support these competitions, details of which are advertised on CVI website each year. They are open to all Clubs interested.

CVI Competition

Comment	Response
Div 10 Tinies CVI – Break time allowed far too short for little ones to get around to the foyer, eat, and return to dressing rooms. They need the break as they were up very early to travel have makeup done etc. Comp finished an hour early, so more time could be allowed! **Also we were pressured to hurry and clear the dressing area – not easy with Tinies.	A 20 minute break is allowed at meal times, and organizers are conscious that Tinies parents don't want long competitions. It sounds as though the session moved through more quickly than scheduled if it finished early. **Refer to the answer to the point above re: pressure to leave dressing area.
Could interstate adjudicators be considered for CVI Champ panels? – So many adjudicators 'know' the pupils involved	We could not afford to bring interstate adjudicators to Melbourne for CVI Panels. Yes - many adjudicators "know" the competitors, just as coaches do (we are all part of the Calisthenic community), but that doesn't mean that it influences their judgement when adjudicating.
Concern that there was one Div 10 team in with Div 11 Subbies at CVI	4 Div. 10 teams entered, 2 withdrew; therefore, their section was combined with the 4 Div. 11 teams, otherwise they wouldn't have had a competition.
Compared to all comps we attend CVI often seems overly serious and unaccommodating – please more smiles.	Referred to State Championships Committee
Higher grades Masters would appreciate and earlier competition rather than CVI being the first.	This will be referred to competitions when setting timetables.
Junior Div 5 at CVI – great to have 2 divisions but disappointed so few places given (when they do not impact on aggregates) One team was half a point behind HM but not given HC.	These awards are at the Adjudicator's discretion, and would depend on the number of teams in the section.
Div 4 Seniors (CVI) had technical error with mid-curtain in revue – could this be a re-start (we possibly lost the State title through this.	If it was a technical error, the curtain operator would have advised the M.C. who would have advised the adjudicator. Perhaps the error was made by the person cueing the curtain?? Technical Faults are defined in the ACF Rules.
Could local radio be accessed for more advertising for CVI State Champs? (eg RRR is supportive of community events)	CVI have made numerous attempts to get air time and advertising on all forms of radio, along with newspapers and TV. We have had some success, but there are many other high profile sports, especially with

	international connections, who get more invitations.
Mum not allowed to take 2 year old into dressing room with her (no option but to have little one with her) so 6 year old very upset that she could not see Mum.	I am presuming this occurred at State Championships?? It is up to each Club to allocate dressing room passes for State Championships. Mums bring the pupils into the dressing rooms; they are permitted in during <u>meal</u> breaks, and collect them at the conclusion. Young siblings would not be restricted at these times. This new system has been praised by coaches, Clubs and CVI staff.

Positive Feedback

Lots and lots of compliments about comps running smoothly, officials being helpful etc etc together with lots of thanks for the same and acknowledgement of the job that convenors and volunteers do.

Thanks to all who give their time to enable the Calisthenics year evolve. Our feedback is not meant as criticism, rather suggestions for improvement.	All positive feedback passed on to the relevant Competitions.
Very positive feedback re Northern, Mountain District and Westside comps – thanks to organizers. Special thanks to Westside for making Masters so warm and friendly. Inters and Seniors enjoyed Langwarrin too.	
Thanks for all the hard work getting comps up and running – we really do appreciate it!!	
Div 2 Inters (CVI part 2) bus caught in heavy traffic – huge thankyou to Bev Gaudion, Bev Reddie and volunteers who were particularly helpful and understanding!	
Westside comp absolutely fabulous when several purses were stolen – provided refreshments, support and travelling money!	
Great time at Mt District, Longbeach, Bayside, Westernport and Northern comps – thanks to all.	
All comps for us this year very close – congrats to Grading committee – spot on!	
Best canteen is Northern with great prices	
Best ideas is Westside with kids meal pack – really great for Mums.	
As a new club, (Div 12) fantastic having CVI late in year. A little disappointed that only 4 clubs from 10 competed.	
Separate adjudication for second and third teams great and most appreciated.	
Later CVI scheduling for lower divs FANTASTIC!	

Competition Feedback

November Coaches' Forum

RSSS Competitions

Comment	Response
No passes for competitors appearing in one half of a split section – had to buy a ticket.	No passes are issued to competitors as they are identified by costume – wear tracksuit and go into theatre with some of competing girls..
Can competitors' parents be allocated 2 reasonable tickets for purchase for Graceful Girl final?	Both clubs and individual parents applied for tickets. Known parents' requests were given preference – suggest parents apply for tickets early, explaining their interest.
Feeling that competitors and coaches of Graceful final should not have to buy tickets to go into theatre during section.	Previously tickets have been made available for coaches but not used. Competitors can go into the back of the Dress Circle (40 allowed to stand) and pass outs for same area can be given to coaches – ask at RSSS office.
Could GG final be on a different weekend to Seniors? (pref Inter)	No – for a variety of reasons
Adjudication slow (also backstage in some sections)	RSSS has no control over adjudicators. Some grades have fewer backstage helpers and are therefore slower.
Is it possible to have a clearer more detailed explanation of what is required for the JSEA form? (issue with small beach balls with abrupt advice they could not be used)	Trying to get theatre to simplify these (a generic form from OH&S) Examples of how to fill them out is on RSSS website.
McDonalds sponsoring calisthenics?? Is this a good thing?	All a matter of getting sponsorship – harder each year
Several separate comments re unfriendly and sometimes rude staff	To address this, it needs to be clear if they were theatre staff or volunteers.
Div 6 – lighting was an issue with no opportunity to plot lights – told I would 'get what you get', some cues missed and some parts left off. My Div 4 team had a plotting session but again I found technicians rude.	Because lower sections could not plot due to time constraints, some clubs put in too many cues and it was impossible for tech. to get them all in. Theatre tech manager has complained about this so situation will be reviewed.
Concern re Div 4 Sub–Juniors – an error in calculating finishing times (which I pointed out 3 weeks before comp) resulted in a 15 minute break only – not enough when comp went for several hours.	Session finished ½ hour late – adjudicator was slow. Next session started ¼ hr later to provide a 30 minute lunch break.
Paid for lighting plotting session but tech did not show – no lighting for whole aesthetic section!	Lighting tech not rostered on in error – blackouts and full lights given to all teams. Refunds where applicable being attended to.
Spoke to Ballarat Council about parking and possible permits for purchase. They were interested but said request had to come from RSSS.	RSSS have approached Council before and were turned down. If passes were granted, who would get them? Even volunteers complain they cannot get parking.
Are all the breaks necessary? I feel the break between Song and Dance and Revue was not needed and	Techs require a break and the theatre requires it for the Candy Bar

extended an already long day.	
Time between fancy items very long, even at Div 6 level.	As mentioned before, not enough experienced help backstage
A Masters section would be great (in the future)	Not currently being considered
Div 6 & 7 Sub-juniors – combined section. Comp running from 9.30am to 5.15pm – too long – not competitors fault – they were backed up in the green room.	Div 7 did not have enough entries to run separately so combined section necessary.
My girls found side stage plasma very distracting - very noticeable in dark wings.	This is required for OH&S as techs need a clear view of stage and side curtains block this.

Other points to be addressed

Problem with school holidays next year being addressed	
Huge numbers of flowers for Graceful Girls presented big problem – this is being looked at.	
Techs request that a dedicated USB be used for Data projection – more on this later.	
Lighting sheets are being looked at – too much variety at the moment	
*** Coaches do not have to take sand bags to RSSS – the theatre has plenty!	

Positive Feedback

South street was a positive experience and I would like to thank all the volunteers for a well run and stress free competition.	
Great having a marshall at stage door – all staff were friendly for such a long programme.	



VCCA Administration

WELCOME

... to our new
VCCA members!

Chantelle Ayres, Natalie Bencraft, Amy Bickford, Rebekah Bruce, Michaela Crosbie, Jessica Duffield, Debra Grima, Melissa Hall, Olivia Peldys-Linane, Erynne McCrorey, Kirsty Meulblok, Lucy Quinlan, Ambika Scott-Jodrell, Marissa Shami, Nicole Sheridan, Jemma Supicic, Stephanie Supicic, Megan Weidner, Alicia Woolcock,

... to our new Level 1 Coaches!

Jennibeth Aguilar, Adrienne Brande, Jessica Campbell, Amanda Carpenter, Katelyn Chapman, Hayley Cook, Jacquie Costelloe, Mimi Craig, Jessica Dickenson, Brianna Evans, Sarah Fraser, Kylee German, Hayley Gray, Rebecca Hubbard, Bernadette Maguire, Catherine Mayne, Jessica Mitchell, Hayley Pritchard, Bronwyn Ryan, Sandy Segota, Leah Street

... back to the VCCA!

Cynthia Bird, Stacey Cardenas, Belinda Davis, Stephanie Kerr, Margaret Lewry, Rebecca Lewry, Louise Spalliera, Rebecca Williams, Corinne Wilson

... Congratulations to our re-accredited Level 1 Coaches after time away from Calisthenics or as Recreational Coaches!

Sharon Keys

VCCA Committee of Management Elections 2011

Have you considered joining the VCCA Committee of Management? Be a part of the decision making process...

The positions available for election/re-election at the VCCA AGM March 6th, 2011 are:

1. Vice-President
2. Secretary
3. Registrar
4. General Committee member (x 1)

If you would like to run for any of these positions, please complete the attached Office Bearer form and return to the VCCA office by the end date.

Member Meetings

Attendance at **two meetings per year** is a State requirement to maintain your coaching accreditation. We have had some coaches who come very late and others who leave very early but still claim their attendance, and this practice negates the purpose of the requirement.

Please ensure that you:

- are at the meeting on time as the sign in sheets will be removed 15 minutes after the start of the meeting, and
- stay until the end of the meeting or your attendance record may be cancelled.

Also, please, please, please stay to the completion of guest speakers presentations. We find leaving the room in the middle of a guest speaker's session embarrassing and disrespectful for whatever reason.

VCCA will do all it can to start the meetings on time and conclude them on time.

Gone Missing...

If anyone knows the current contact details of Gail Robertson, one of our esteemed Life Members, could you please contact the office.

Our information is out of date and we want to keep in contact with all our members!





VICTORIAN CALISTHENIC COACHES' ASSOCIATION INC.

Inc. No. A0024275Z

ELECTION OF OFFICE BEARERS FORM 2011 A.G.M.

Please complete this form and return by 21st February, 2011 to:

V.C.C.A. Inc. Secretary
PO BOX 8085
East Oakleigh 3166

Email: vcca@bigpond.com

I hereby nominate: _____

for the position of: _____

Proposed: _____

Seconded: _____

Nominee: _____

Date: _____

POSITIONS FOR RE-ELECTION:

- VICE PRESIDENT
- SECRETARY
- REGISTRAR
- GENERAL COMMITTEE MEMBER x 1

Coach Education News



Course Dates for 2011

CADET COURSE

- Sunday March 27th
- Saturday November 26th

LEVEL 1

- Monday January 31st
- Monday February 7th, 14th, 21st
- Sunday March 6th
- Sunday May 15th, 29th
- Sunday June 5th

LEVEL 2

- Sunday February 27th – Stage Craft
- Sunday March 20th – Clubs
- Sunday May 29th – Sports Injury

ASSISTANCE REQUIRED

We are always looking for help –COORDINATORS, SUPERVISORS, ASSESSORS, and MENTORS!!

The position of **Cadet Coordinator** is currently vacant. We require an enthusiastic person to coordinate our cadet courses along with assistance from the office.

If you have great organisational skills and excellent communication skills we would love to hear from you.

The majority of this role can be completed from home using telephone and email to organise the cadet course. Attendance at the cadet course is required.

Please contact the office if you would like to take on this position. The position description can be found on the VCCA website under Coach Ed/Cadet.

In order for our seminars to be conducted smoothly we require a supervisor at each seminar as well as all our

course days. If you are happy to assist at our seminars and course days please contact Anne Johnson via the office. Update points and remuneration are available.

As part of our accreditation process our Level 1 trainees require assessment before they are qualified. We are currently seeking new assessors to help with this. If you have been coaching for 10 years or more then we need you. Please refer to the article on assessors to find out more.

Please contact Kim Dunstan via the office for more details.

Mentoring our Level 1 trainees is a vital part in ensuring they receive all the help, support, guidance and knowledge that is needed to become a great coach. If you feel you would like to offer your assistance to young coaches then please contact the office.

This role is not supposed to be onerous but one that is very rewarding.



UPDATING

It is important that we all continue to update our knowledge and maintain our accreditation.

YOU ARE NEVER TOO OLD TO LEARN!! It is easy to obtain update points- Check out the latest Level 1 and Level 2 Update sheets on the VCCA website/Coach Ed/Level 1 or Level 2.

Reminder that if you don't return your log book with 24 points in it by the due date you are no longer qualified to coach until you do send it in. Don't leave it to the last minute to make sure that you have 24 points. You are able to gain more than 24 points if you wish.

YOU NEVER STOP LEARNING!!

SEMINARS

The seminar attendance rate was very poor in 2010. Many coaches enrolled in each seminar and did not turn up on the day.

On one particular seminar we had 26 coaches enrol in the seminar and only 9 coaches turned up. This is very disappointing for the presenter who has spent many hours preparing for the seminar and also quite embarrassing for VCCA.

Please ensure you attend the seminar you have enrolled in. Confirmation letters will be sent out at least one week prior to the seminar.

If you are unable to attend then please contact the Office.

No refunds will be given for Non attendance

Coach Education News



CADET

The National Cadet course is compulsory and is designed so that cadets undertake the course and then have 12 months to implement their knowledge. There is no prior recognition for the cadet course.

CADET COURSE IN MARCH IS FULL - NEXT COURSE WILL BE NOVEMBER SATURDAY 26TH 2011.

Get your application in early. Cadets will undertake two modules at a time to ensure retention of information.

LEVEL One

The Level 1 course is designed to take up to 12 months to complete from the start of the course to becoming fully qualified. All cadets must undertake 40 hours of practical coaching and then be assessed when an assessor is available.

Level 1 dates and closing date, we need the application form on the website too.

Level 1 coaches who qualified during 2007 must complete an audit self analysis before requalifying this year. This is a great process to look at your coaching style and make some improvements- No one is perfect.

Costs is \$5 and send to the office to obtain self analysis audit. **You will not be re-accredited and therefore not qualified if this is not performed.**

LEVEL Two

Qualified coaches are able to attend Level 2 modules if they wish too. A registration form will need to be filled out but the registration fee is not payable until all modules and the general principles course is complete and you wish to be accredited as a Level 2 coach. You can obtain 2points per hour for Level 2 modules for your Level 1 accreditation.

Level 2 dates for 2011:

Sunday 27th February
Stagecraft **7 points** (Closing Date 11th February)

Sunday 20th March
Clubs **8 points** (Closing date Friday 4th March)

Sunday 29th May
Sports Injury & Prevention
6 points (Closing Date Friday 29th April)

The Level 2 modules are a great way to obtain update points and also learn something new.

Level One Assessment

Once cadets have started the level one course their 40hrs starts. Each cadet should then make sure they have submitted all the paperwork required to the office. Please remember you have 12 months to complete the assessment part of the Level One course.

Every year we have 60-80 cadets in Victoria who enrol in the Level One course either at the beginning or in the middle of the year. Our assessors are all coaches themselves with busy calisthenics and personal lives and they all try to fit in as many assessments as they can. During July to October it is usually very hard to get assessed due to the workload the assessors have.

Whilst some of you know these ladies they are not just coaches, they work on VCCA committees, competition committees and some are cadet adjudicators (which once they are finished their training we lose them as assessors.) These ladies are very valuable to our organisation & their knowledge and euphemism in assisting our young coaches is what makes Victorian coaches the most supported and qualified coaches to my knowledge.

New assessors are recruited every year, they must complete a training course and then they are added to the list. If you can recommend a coach you think would be interested in being an assessor please send their details to the VCCA office. This person must have over 10 years experience coaching, has been in charge of multiple teams or sections and is someone that is available. Class nights that are in high demand are Tuesday's and Saturday's so if you know someone who doesn't coach those days in particular please let us know?

Supervising coaches – please let your cadet take some classes prior to her assessment. Many cadets feel very nervous on the day of assessment because they haven't been in charge before. Let them take control of the entire class, with you guiding them it will feel less overwhelming. Watch them yourself and ask yourself are they ready? Please don't just push them to be assessed if they are not confident or ready.

We are trying to enlist the help of coaches who are willing to have cadets come and view a class. The more insight cadets get into different coaching styles the wider their knowledge which will only help our development of coaches in Victoria. Some coaches have already opened their classes which have been great for those cadets that have attended. If you are interested please let Donna at VCCA know your details.

Supervising coaches and club administrators should not be chasing for urgent assessment. The cadet should be doing this herself. If a cadet is requiring urgent assessment an email to the office stating the details from the cadet is what is required.



NATIONAL CALISTHENICS CONFERENCE 2012 run by ACFCC

Etihad Stadium, Melbourne
20-22nd January 2012

A great opportunity for all coaches to attend and network with fellow coaches. Come along to gain more knowledge about all aspects of coaching and have fun doing it. A newsletter will go out shortly to all coaches detailing all the information about the conference. Coaches will receive 12 update points for attending!!

Registration will be \$300, so start saving, or ask your club to sponsor you so that you can attend. This conference is a fantastic opportunity to gain some new knowledge and will benefit your coaching career.

If you haven't been to a coaches conference then now is the time to attend. It is a great place to meet fellow Victorian coaches and also interstate coaches where you can share ideas, obtain some new music or acquire costumes or props that you may need.

As Victorian is the host state there are plenty of jobs to do to ensure this conference is great in every aspect. If you would like to help out then please contact Renae Gow or Sharon Flecknoe via the office. We have many jobs available, from organising entertainment at the dinner to sourcing sponsorship, arranging transport of interstate presenters to producing leaflet with maps and information.

If you are thinking that you would like to stay close to Etihad Stadium and make a real weekend out of it, then please start looking at accommodation in the city. But be early! Accommodation will get booked out due to school holiday time and the Australian Open is also scheduled during this time.

LOG BOOKS

- Please ensure you fill out your log book with as much information as possible.
- Please put name of club you coached at and not just the section.
- Please fill in location in terms of suburb or venue name and add in any additional information that you can provide.
- Please write the full date with day/month/year.

To obtain update points for skills classes please ensure your name is on the entry form.

ASC Sports Online



All coaches have the ability to register with the ASC to receive monthly newsletters to gain further information regarding sporting issues.

There is plenty of information on the website from local community sport to elite athletes at the AIS. Keep up to date with what's happening in Australian sport - visit <http://www.ausport.gov.au>

BACKING TRACKS

Accomplished musician and calisthenics mum offering professional sounding backing tracks at affordable prices!!

All sections & items catered for.

No job too big or too small. Prompt service.

Call Leanne - 0413 457 701



Country News



"Training goes to the Country"



With the financial assistance of the Ballarat Solo Committee the newly appointed VCCA Coach Education Administrator Renae Gow was able to arrange a combined Cadet and Level 1 training weekend in Ballarat. Thank you to the Ballarat Solo Committee for providing funds to assist with coach training including travel and accommodation for our presenters.

There were 8 Cadets and 9 Level 1 trainees that participated in a very successful weekend. Several qualified coaches attended as update modules. We thank our presenters, Karen O'Donnell, Katrina Berryman, Beth Sheehan and Sally Durham who gave generously of their time and expertise to travel Ballarat for the weekend course. Thank you to Pam O'Donnell Parris who supervised the entire weekend.

Trainees came from various areas in the country and from as far as Mildura and Swan Hill to take part in their coach education training.

Testimonials

- "Fantastic weekend, something coaches should do every few years to reinspire, network and generate new ideas"
- "Great opportunity to hold course in one weekend and small numbers assisted with one on one discussion and being able to network"
- "I have learnt heaps and will be putting all I have learnt to use."



Technique Corner

Your Technical Guide provides the correct technique of basic calisthenics movements. Check your Technical Guide to ensure you use correct technique and terminology in class.

Basic Rod Technique



BACK TWIST
UNDER/BOTTOM GRIP ONLY

The twisted hand is in the centre of the back, with the fingers extended along the rod or gripping the rod. The untwisted arm is straight to the side at shoulder level, holding the rod between the **thumb and the first finger**, keeping the fingers and wrist straight.



FLASHING OF THE ROD
SINGLE/MULTIPLE
UNDER/BOTTOM GRIP
e.g. to the Left side

Slide the right hand along the rod to meet the left, pointing the long end of the rod downwards. Swing it as many times as desired in a circle parallel to the body. The left hand turns the rod and is continuously changing grip in a circular movement. The **rod is gripped in front of the waist** and the right hand remains on the rod.



TOP GRIP FORWARD RAISE TWIST

The hand of the extended arm is stretched out flat and facing upward, and the hand of the squared arm is gripped, without dropping the elbow.



CVI State Championships

"Happy New Year" to all VCCA members. As the new Calisthenic year begins, CVI wishes you all a very happy, exciting and rewarding year.

There are quite a few changes happening this year, and here are a few reminders for you as you prepare your work.

Gwenda Lucas

Director of Competitions - CVI

TIME LIMITS

TRIAL for 2011. *ALL CORE ITEMS, including Minimal Rules, plus SOLOS & DUOS will be 30 seconds shorter.*

This change only affects VICTORIAN teams at Victorian Competitions. INTERSTATE teams competing at any Victorian Competitions will adhere to ACF Time Limits.

Time Limits for all items are available on the VCCA website.

RULES 2011

Special Victorian Rules for Teams, Solos and Country Competitions are available to download from the VCCA website.

Please make sure you read these carefully. Club Secretaries have copies in their Administration Folders from CVI.

COMPETITIONS

Clubs may only enter 5 Competitions, INCLUDING Country Competitions and Royal South Street, Ballarat in 2011.

Because some sections have been re-distributed between competitions, you may find that some of your sections may not be available at the competitions you usually attend, but they will be offered elsewhere.

Only 2 grades will be permitted to combine at any competitions (excluding Country Competitions). If a competition cannot accommodate your entry in any age group, you will be notified immediately entries close, and your Club will have an extra week to seek entry into another competition, without payment of a late entry fee.

MASTERS

Grading applications for Masters teams will close on 1st April.

This later grading date will allow Masters teams to decide whether they will be competitive or recreational, and determine the number of grades needed for Masters.

ACF DIAMOND COACH Coaching Hall of Fame

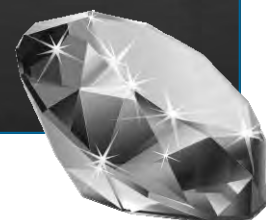
This initiative of the ACF recognizes coaches who have coached for a minimum of 25 years; have been retired from active coaching for at least 3 years; and meet the criteria as set out on the nomination form.

Last year, the inaugural awards were presented to Enid Feltham and Julie Waites, both very worthy recipients. There are several retired coaches in the Victorian Calisthenic community who would qualify for this prestigious award.

If you would like to nominate someone this year, please go to the ACF website and download the Nomination Form and criteria, or contact Gwenda Lucas at glu50965@bigpond.net.au for information.

Supporting statements will be required from either a club official, State Association, coach, administrator, parent or another person closely involved with the nominee's work.

Nominations close on 14th March 2011.



ACF News - Skills Corner



The 2010 Victorian Skills Exams produced excellent results with a high pass rate. Congratulations to all candidates (and their coaches) that entered.

IMPORTANT DATES FOR 2011

May 28th to June 22nd 2011

The next Skills Examination period in Melbourne & Geelong

Tests 1-3, Standard Grades 1-4, Prep 3, Grades 1-4, and Medals

Entry cut-off date - Friday March 25th, 2011

May 22nd 2011- Hawthorn Youth Club, Hawthorn Pupils Preparation Classes 'Higher Grades Prep 3, Grades 3 & 4'

Limited Syllabus (clubs, aesthetics, dance)

INFORMATION, ENTRY FORMS & APPLICATION FORM AVAILABLE @ CVI WEBSITE

<http://www.calisthenics.asn.au>

Every section of the Entry Form to be completed with email address information printed clearly.

RESOURCES AVAILABLE @ ACF WEBSITE

<http://calisthenicsaustralia.org/calisthenic-skills-resource.asp>

CVI Skills Convenor

Mob: 0419 222771 (voicemail)

Email: Skillsvic@bigpond.com

Skills Coach of the Year Award - 2010



The 2010 CVI-VCCA Skills Coach award is presented to Lucinda Williams of Jeaden Calisthenic College.

The coaching of skills syllabi at Jeaden CC was inherited by Lucinda about six years ago and her expertise has continued the trend of a sustained high pass rate by Jeaden candidates (about 25 girls annually) who present for exams from Test One to Gold Medal. Their average marks range between Credit to Honours.

Lucinda - a Gold Medal 'Honours' achiever herself - has coached at all levels (tests and grades) plus three bronze medals, two silver medals and one gold medal.

This year CVI introduced recognition of Grade 4 Honours. Of the 17 girls who achieved 90+ for Grade 4 in 2009, 4 were Jeaden pupils, and this included the highest achiever.

The self improvement plus technical knowledge gained by individual Jeaden pupils, enhances team work and lays good foundations for excellent coaches in the future.

Candidates outside of Jeaden have also benefited from Lucinda's coaching both at the Victorian Skills Prep Classes, and interstate on behalf of the ACF Skills Program.

Lucinda's award is recognition of sustained excellence in our national skills program.

Congratulations to Lucinda and the achievements of her pupils.

Bulletin Board



COACHING VACANCY

BORONIA CALISTHENICS COLLEGE are urgently seeking applications from an enthusiastic Level 1 coach for the Senior section in 2011.

We are a well established, friendly, forward thinking college and would be very interested in receiving your application.

Email applications to ebrande@bigpond.net.au, phone enquiries to Liz on 0418 822 200 .



Where in Victoria are we all??

Did you know that on the coast our Western-most club is in Portland, in the North-West we go all the way to Mildura, directly North of Melbourne we make it to Yarrawonga and Wodonga and yet going East we only get as far as Korumburra (about as far east as Warragul).

Think of all those children in central and east Gippsland who are yet to experience our spectacular sport! And imagine being the only calisthenics coach/club recruiting in an area or even an entire town - ah, the opportunities...

TAPES & ICE PACKS AVAILABLE

15 minutes tapes for competitions and Icepacks are now available.

Tapes - \$1.50 (GST inc)
Ice packs - \$3.30 (GST inc)

Contact Anne Johnson
Ph: 03 9796 8535



Dates for your Diary



VCCA Melbourne Forums

Sunday March 6th (AGM)

Venue to be advised

9am arrival for 9.30am start

Monday April 18th

Ashburton Uniting Church

7.00pm arrival for 7.30pm start

Sunday May 22nd

Kel Watson Forest Hill

9am arrival for 9.30am start

Thursday July 14th

Canterbury Street Stables,

49-53 Canterbury Street, Flemington

Melways: 28 J 11

7pm arrival for 7.30pm start

Sunday November 6th

Kel Watson Forest Hill

9am arrival for 9.30am start

Barwon Sub-Branch

Bellaire Primary School,
Larcombe Street, Highton

Sunday 6th February, 10am

Sunday 20th March, 10am

Friday 3rd June, 7pm

Sunday 13th November, 10am

Westernport Sub-Branch

Langwarrin Hall,
Cranbourne Road, Langwarrin

Wednesday 9th February, 1:30pm

Wednesday 9th March, 1:30pm

Wednesday 20th April, 1:30pm

Wednesday 25th May, 1:30pm

Wednesday 20th July, 1:30pm

Wednesday 9th November, 1:30pm

Border District Sub-Branch

Various in South Western Victoria
Usually 10am start

6th February (AGM)

1st May

Northern Sub-Branch

Various in North-Central Victoria

Late March (AGM), Bright

September, tbc

November, tbc



Keep checking the website and newsletters for details – these dates should be used as a **guide only**.

And remember you are always welcome to attend any sub-branch forums as those dates and times may suit you better.

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