

Newsletter #1
February 2011



Australian
Calisthenic
Federation

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'

Come one, Come All—To our 2012 National Conference

Welcome to our first 2012 National Calisthenic Conference Newsletter. Your ACF Coaching Committee has been working hard on organising this wonderful event and this newsletter is full of important information, so grab yourself a cuppa and sit down for a good read.

The conference is 11 months away, however with the busy schedules we all lead as calisthenics coaches, adjudicators and examiners, we really need to get onto booking flights and arranging accommodation, so please read on further for some accommodation ideas. It's really worth your while to try and find someone to bunk in with, to save on some costs and it's also a good excuse to get together with friends who may live interstate.

Travel Arrangements

ACCOMODATION: For those of you traveling to Melbourne for the conference, please book your accommodation now!! The Australian Open will be on at the same time and it will be very hard to find close accommodation if you leave it too long. Quest apartments (see below) are located directly opposite the venue and have offered us a very good deal for bookings made before the end of October, 2011. When booking, you will need to mention that you are attending the conference at Etihad Stadium—cheaper rates have been put aside for this purpose. Get in quick as these rooms are going fast:

Quest Apartments (right opposite Etihad Stadium)

Ph: 03 9630 1000

Email: questdocklands@questapartments.com.au

Contact name: Nicole



If you choose not to go with Quest Apartments, there are plenty of other accommodation options available. For example, Travelodge Docklands, Dockland Apartments Grand Mercure, Docklands Private Collection of Apartments, Apartments @ Docklands, Docklands Star Accommodation and Harbour Escape Dockland Apartments are all approximately 500m from the venue. Of course, other accommodation (including budget and backpackers) are also available but just a little further from the stadium—check out the Internet or start ringing around. Despite the abundance of nearby venues, BOOK EARLY or you WILL miss out. Some motels are already booked for these dates.

FLIGHTS: Please make sure you book your flights ASAP, particularly if you want to get cheap ones! It's easy access from Melbourne airport to Docklands (where Quest apartments and Etihad Stadium are located). Just catch the Skybus from the airport to Southern Cross Station and take the bridge/walkway to Quest or Etihad. It's so very simple to get to.

Cost & Registration Details—Registration forms out in March!

The cost of the conference registration is listed below. Due to complications in previous years, we are not accepting deposits. Instead, the fee will need to be paid in full and there will be a non refundable portion of \$50 if you withdraw from the conference once registered:

Early Bird Registration paid by 31st August—	\$300
Paid after 31st August but before 30th September—	\$350
Paid after 30th September—	\$400



This fee includes all seminars/workshops, morning tea/lunch/afternoon tea and nibbles on Friday night before the Opening. Registration will be between 5pm & 6pm on Friday night. A satchel with conference information will be given to you at registration. This will have a map and directions to each workshop, and some other goodies.

The conference dinner will be an extra \$50. This will be a wonderful night full of fun and festivities as well as an excellent opportunity to get to know more of your fellow calisthenic coaches....so start saving your pennies now or ask your club whether they would be in the position to sponsor you!



Guest Speaker—Jenny Williams

The guest speaker for our 2012 conference will be Jenny Williams Dip. T. B.Ed., M. Psych, B BSc (First class Hons),

Jenny Williams has represented, captained and coached Australia's champion lacrosse team, winning a World Championship in 1986 as a player and a Silver medal in 1997 as a coach. She captained SA in Lacrosse for 12 years winning 11 National Championships, Captained SA in Touch Football, and also represented her State in Soccer and Cricket. (National Champions 1982). Jenny was awarded the AFL woman of the year in 2003 and an Australian Sports Medal for her services to lacrosse.

She has worked as a Physical Education Senior, Women's Advisor to the Minister of Recreation and Sport and as a Research and Education Officer with Sports Medicine Australia (S.A.) Jenny is married to Mark Ralfe, mum to daughter Ellen and now works as the Psychological consultant for Best on Ground Performance with sporting clubs (eg port Adelaide Football club and Garville Netball Club) and corporate organizations.

For fun, Jen enjoys playing touch and lacrosse with her family, coaching junior basketball and tennis and is currently writing a series of interactive children's books in conjunction with her brother, Mark Williams.

New and Exciting Mini Sessions

To provide even more opportunity for coaches to gain knowledge, plans are underway to hold several mini-sessions. These sessions will provide "snapshots" of a range of subjects and are an opportunity for to share in a 10 minute talk (followed by question time). Examples of topics could be tips for teaching teenagers, hints for teaching clubs or rods, how to deal with a particular incident at class – with participants sharing their experiences and seeking/providing advice we are bound to learn more than we would otherwise. This all sounds like a lot of fun, so don't miss out. Book your place at our conference now!

Strapped for cash?

Here are some things to consider:

- If you put away just \$10-20 a week between now and the conference, it would go a long way to covering the total costs of the weekend (and in some cases provide you with some play money for shopping!)
- Ask your club if they are in the position to fully, or partially sponsor your attendance.
- If you are taxed on your calisthenic coaching, you will be able to claim costs associated with registration, accommodation and flights!
- Share a room or apartment with others. It doesn't matter if you don't know them overly well—what a great opportunity to make new friends!

Updating is easy!

Feeling a little low on update points? ASC registration just around the corner? Pressed for time and unable to get to multiple seminars? Never fear, the conference is here!!!

By attending the conference you will gain 12 update as a Level 1 coach, 24 update points as an accredited Level 2 coach, !! That's half of what you need over the four year period in just one weekend!

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 details are below:

ACT	Denise Spencer: spencerld@netspeed.com.au
NSW	Amanda Hardy: mandymoo_85@hotmail.com
QLD	Sarah Chalmers: calisthenics@bigpond.com
SA	Heather Zandegu: calsac@adam.com.au
VIC	Renae Gow: coachedvcca@bigpond.com
WA	Chris Polglaze: capolglaze2@bigpond.com
NT	Deirdre Logie: Deirdre.Logie@nt.gov.au

They will be only too pleased to help with enquiries



Logo Design

Our Motto for 2012 is "Calisthenics United—The Sky's the Limit"

This logo ties in the concepts of Etihad being an airline along with the potential we can achieve if we work together...that is, "united" as adjudicators, examiners and coaches from all around the country!

Our logo for 2012 has been designed by a very clever Victorian Coach—Taryn Crow. We are currently having the logo digitised. Watch this space.....