



Australian  
Calisthenic  
Federation

## NATIONAL CALISTHENICS CONFERENCE January 2012



28<sup>th</sup> April 2011

Dear Coach, Adjudicator, Examiner

### The National Calisthenics Conference is fast approaching!

As previously communicated in the ACFCC's newsletter, the next Australian Calisthenic Federation National Calisthenics Conference is being held in Melbourne from 20<sup>th</sup> – 22<sup>nd</sup> January 2012 at Etihad Stadium (740 Bourke St, Docklands, Victoria). Please find your registration and workshop preference forms attached to this letter.

For the first time next year, seminars will specifically be run for coaches as well as adjudicators and examiners. Consequently, with the amalgamation of coaches, adjudicators and examiners from across the nation, there is sure to be an enormous amount of learning and sharing taking place! As a result, the theme for this conference will be:

**CALISTHENICS UNITED- The Sky's the Limit!**



### Who can attend?:

The conference is open to all **Level 1** and **Level 2** coaches, and any **Level 1 Trainees** who are **18 years and over as at January 20 2012**. We are excited to open the conference to all **Adjudicators** and **Examiners** and make this an all inclusive conference for all involved.

### Signing up for workshops:

There is an extensive list of Level 1 workshops that will be offered at the conference. As well as all the Level 1 workshops we will be offering three Level 2 modules, an Examiner run session and four Adjudicator run sessions. Coaches can attend Adjudicator & Examiner sessions and Adjudicators & Examiners can attend Coach sessions. There will also be some fun social activities to keep you entertained throughout the weekend.

In order to accommodate the needs of coaches, adjudicators and examiners, ACFCC is asking you to nominate the seminars that you are interested in attending, in preference order (there are 50 choices – you will need to nominate your top 10). Workshops will then be allocated to you based on availability, timing of your application and full payment, maximum numbers per workshop and potential clashes of scheduled times (i.e. the same system as the previous conference). The final selection of sessions to be run will be based on demand and feasibility. Remember, **First in, First served! If you wish to attend the Level 2 modules please put them first on your list**. If you intend to register for any of the Level 2 modules please ensure that your State Level 2 registration number is on your conference registration form. As the Level 2 modules run for four hours you will be attending less workshops due to the program timetable.

**Accommodation** – There are many different forms of accommodation available within a reasonable distance to Etihad Stadium. It is up to individual coaches to make their own arrangements regarding accommodation. If you are not familiar with Melbourne, we suggest you look on the Internet for a variety of accommodation styles and special deals. There are several hotels including Quest Apartments and Travelodge Hotel, both of which are within walking distance to the conference venue. There are plenty of other accommodation options located on Spencer St.



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We suggest that you start to look for your accommodation ASAP. ***Our conference coincides with school holidays, the Australian Open and many other events operating in Melbourne at the time.*** As a result, places will be hard to find at the last minute.

**Meals** – Full catering will be provided at the conference on both Saturday and Sunday. This includes morning tea, lunch and afternoon tea, each being served in one of the conference foyers. Meal times will be a great chance to mingle with fellow coaches, adjudicators and examiners.

Finger food will also be provided at the Happy Hour on Friday evening, prior to the official opening. The Conference dinner (additional cost, but LOADS of fun) held on Saturday evening will be a three course meal served with non-alcoholic drinks. Alcoholic drinks will be available for purchase from the bar.

**Flights-** The conference is scheduled to start at 5pm on the Friday evening (for registration) and will conclude at 4pm on Sunday afternoon. Please book flight times according to the conference schedule. Book your flights soon to maximize your chances of getting a cheap deal and avoiding expensive flights.

**Transport** –Coaches will need to make their own way to their accommodation and the conference. Delegates flying into to Melbourne may wish to take the Skybus from the airport to to Southern Cross Station or their hotel if desired.

**Tax** – If you declare your income from calisthenics remember to keep all your receipts as you can claim the cost of the conference on your tax return.

**Email addresses-** If you wish to receive information and updates (conference newsletters etc.) by email, please write your email address clearly on the registration form – if email is not your preferred method of communication **do not** put an email address down.

**Merchandise** – Once your conference registration has been received you will receive information about the available merchandise. We will have T Shirts available in a large range of sizes which can be pre-ordered and collect on the Friday afternoon at registration.

**Conference Newsletter-** Please ensure you read the conference newsletter for additional information.

**Contact for questions** – If you need information or have any questions relating to the conference please contact Renae Gow on PH: 03 9543 3757, or email: [coachedvcca@bigpond.com](mailto:coachedvcca@bigpond.com)

Looking forward to seeing you at the conference.

Renae Gow and Sharon Flecknoe  
Conference Conveners  
2012 ACF National Calisthenics Conference



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# PROPOSED TIMETABLE NATIONAL CALISTHENICS CONFERENCE 2012

Time	Friday			Saturday			Sunday				
		Level 1	Level 2	Adjudicator/Examiner	Level 1	Level 2	Adjudicator				
8.30am			L2 Module	Adjudicator		L2 Module	Adjudicator				
9.00am		Session 1			Session 5						
9.30am											
10.00am											
10.30am		Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea				
11.00am		Session 2		Examiners	Session 6						
11.30am											
12.00pm											
12.30pm		Lunch			Lunch						
1.00pm											
1.30pm		Session 3	L2 Module	Adjudicator			Adjudicator				
2.00pm					Session 7						
2.30pm											
3.00pm		Afternoon Tea	Afternoon Tea								
3.30pm		Session 4			Conference Close						
4.00pm											
4.30pm											
5.00pm	Registration Meet N Greet Happy Hour Opening Ceremony										
5.30pm											
6.00pm											
6.30pm											
7.00pm	Pre Dinner Drinks Dinner										
7.30pm											
8.00pm											

Details of Exact Timetable subject to change at ACFCC's discretion



# 1. REGISTRATION FORM



## ACF NATIONAL CALISTHENICS CONFERENCE 2012 ETIHAD STADIUM Bourke St, Docklands, VIC

The registration form may be filled in electronically and emailed back or printed and posted. If posting the form, *please use blue or black pen only.*

I wish to register for the National Calisthenics Conference - Friday 20<sup>th</sup> to Sunday 22<sup>nd</sup> January 2012

Name:					
Address:					
State:		Postcode:		Mobile No:	
Phone:	Home:	( )	Work:	( )	
Email:					

I will be attending the conference as:

- A Coach  
 An Adjudicator  
 An Examiner

ASC Number:

To fill in electronically, double click on the checkbox, change the "default value" bullet to "Checked" and then press OK to select your preference.

**Registration fees are to be paid in full and include a non-refundable administration fee (\$50).**

Registration includes: All Conference Sessions  
Conference Satchel & USB stick containing conference notes  
Morning tea, Lunch & afternoon tea  
Friday night activities and Opening Ceremony  
Friday night Happy Hour (*drinks at own expense-finger food provided*)

Optional: Conference Dinner on Saturday night  
Three course meal including non-alcoholic drinks  
(alcoholic beverages available for purchase from the bar)

**Session preferences will be allocated only when full payment has been received.**

### Payment Schedule:

Early Bird Registration: 7 <sup>th</sup> April until 31 <sup>st</sup> August	\$300.00
Registration: from 1 <sup>st</sup> September -30 <sup>th</sup> September	\$350.00
Late Registration: from 1 <sup>st</sup> October – 31 <sup>st</sup> October	\$400.00
Optional Conference Dinner ticket	\$50.00



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**Payment Details:**

Payment can be made either by Electronic Funds Transfer or cheque/money order.

**Please include Surname and State as the EFT Reference or written on the back of the cheque. ACF will not take responsibility for electronic transactions which cannot be ascribed due to a lack of information from the delegate. Make sure you provide your details!**

EFT Payment

**BSB:** 085-397  
**Acc No:** 87-426-0364  
**Reference:** Surname & State

Please email the Registration Form and Preference Sheet and payment details to:

**ACF National Calisthenics Conference**  
**C/- calsac@adam.com.au**

**OR**

Cheque/Money Order Payment:

Cheque to be made payable to: **Calisthenic SA Assoc Inc. ACF National Conference**

Please include cheque/money order with the Registration Form and Preference Sheet to:

**ACF National Calisthenics Conference**  
**C/- 65 Angas Street, Adelaide, SA 5000**

Registrations will be acknowledged within approximately 4 weeks. If this does not occur please contact Heather Zandegu on (08) 8232 5891 or email calsac@adam.com.au

**Receipt Options**

- No Receipt Required
- Please mail receipt  Stamped/Self Addressed Envelope Enclosed
- Please email receipt  TO:

**Catering:**

Please list any Dietary Requirements:


**Workshop Preferences:**

Please indicate your top ten preferences for the conference. Every effort will be made to give delegates their preferences, however, workshops will be programmed according to demand.

**The attached Workshop Preference Sheet must be returned with your Registration.**

**Privacy Statement:**

1. I authorise the information provided on this form to be used by ACFCC for the administration of the 2012 National Calisthenics Conference and I agree to ACFCC sending me information relating to the conference.
  2. I acknowledge and consent to photographs and video footage being taken of me during the 2012 conference. I acknowledge and agree that ACFCC may use the photographs or video footage for training (including but not confined to training of adjudicators, coaches and skills examiners) and promotional purposes without my further consent being obtained. Further, I consent to ACF using my name, image, likeness and any performances by me at the 2012 conference to promote the sport of calisthenics or the ACF by any form of media.
- I agree to the Privacy Statement.



## 2. PREFERENCE SHEET



### ACF NATIONAL CALISTHENICS CONFERENCE 2012 ETIHAD STADIUM Bourke St, Docklands, Vic

Name:			
Mobile:		or Home Phone:	
Email:			

You must complete a Registration Form and send it with this form.

I will be attending the conference as:  a Coach  an Adjudicator  an Examiner

**For Level 2 Modules (coaching):**

Level 2 State Registration Number:

**PREFERENCES**

Please list your preferences (from the attached sheet) in order of priority from 1-10

**Coaches can attend Adjudicator and Examiner sessions,  
Adjudicators and Examiners can attend Coach sessions.**

	Type C, A, E*	WORKSHOP NUMBER & TITLE
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

\*C= Coach, A = Adjudicator, E=Examiner





## **COACH- LEVEL 1 WORKSHOPS**

### **1. Developing good Cali kids - Getting the best out of children**

- Keeping young pupils engaged throughout the lesson
- Ways of ensuring that you are heard, Using the "hands on" approach
- Constant praise reaps rewards
- Making all participants feel special - selecting team members for demonstrations
- Celebrating all milestones - no matter how small.

### **2. Child Psychology**

- Understanding that not all children learn the same way
- The different developmental stages between young children and adolescents
- Treating all participants equally but catering for their differences
- Getting the best out of all your team members.

### **3. Sports Psychology**

- Have you ever wondered how to control those nerves, those butterflies in the stomach?
- This seminar will help you mentally prepare your students for competition.
- Helping your students deal with disappointment
- How to win and be gracious about winning.

### **4. Managing Medical Issues at Class**

- We've all done first aid, but how prepared are we to handle medical issues in our classes?
- How should you best manage asthma and anaphylaxis at calisthenics?
- How to deal with difficult people including attention deficit disorder
- Understand Teenage Health Issues and how to support your participants.

### **5. Train the Trainer - Presenting skills**

- Can you learn the X factor?
- Practical session to enhance your skills in public speaking and engaging with your audience
- Learn how to prepare an amazing presentation
- Use of the latest technology.

### **6. Time efficient learning - Planning towards a successful year**

- Goals for the team - improvement, strength/flexibility or competition success?
- Goals for the coach - organisation, suitability of items/music
- Planning a calendar of classes, events and social occasions
- Class helpers - utilising them well
- Team managers - a coach's right hand.

### **7. Getting the best from assistants and cadets**

- What are your expectations of an assistant/cadet? How can you convey these expectations to them?
- Maximising the use of your cadet/assistant in class time and at competitions
- How do I to ensure my cadets are working rather than just sitting up the front at class
- How can my cadet/assistant support me as a coach?
- What will my cadet learn from the cadet course and how can I help her develop as a cadet/coach?

### **8. Marketing Calisthenics**

- Great ideas and strategies to bring new people through the door and keep them!
- What will make them feel welcome and keep them coming back?
- Establishing your club in the community, building your brand.
- The best forms of advertisements and how to do it effectively.



## 9. Masters

- What's all the hype about?
- How is Masters different to seniors?
- Will my team want to compete?
- How can I maintain their interest if they don't compete?
- Could I hurt them? Recognising the abilities and limitations of Master participants.

## 10. Recreational Calisthenics

- What is the value of recreational calisthenics?
- What is a recreational class and how do I conduct one?
- How much "artistic licence" can I take with a recreational class?
- How can I make rec class "fun" while still coaching calisthenics?
- What does society want and what are the benefits for my club?

## 11. Cyber bullying and the effective use of social networking

- How does social networking impact on your team at calisthenics?
- When does the use of social networking become "inappropriate"?
- How can I encourage appropriate social networking amongst my team?
- How have mobile phones, email, Facebook and Twitter changed calisthenics?
- What are the obstacles and benefits for the future?

## 12. Nutrition & Body Image

- Develop your team's beauty and confidence from the inside
- Good nutrition ideas for class and competitions
- How to ensure all participants have a healthy body image
- Tips to cater for all, inclusive costuming.

## 13. Calisthenic Rules

- Interpretation of rules
- New rules/changes and the impact this has on your items
- Avoiding common breaches of rules
- Eliminating those troublesome grey areas.

## 14. The Legal Ramifications of Coaching

- Understand when are you legally accountable for an injury,
- Delineate a real injury from one that is fulfilling the need for more attention or less work
- What are the procedures for dealing with an injury on stage - what are the ramifications?
- Review current procedures on injury management and legal issues on coaching.

## 15. Costumes

- Designing age/body shape appropriate costumes - leg lines, neck lines etc.
- Great costumes on a budget - revamp/remake
- Block colours, metallics or patterns for stage "wow"?
- Piecing or appliqué - Is one better than the other?
- Where do I hire/purchase ready-made costumes?
- Lists of fabric/embellishment suppliers - best deals/service, best selection of product.
- Some costume do's and don'ts

## 16. Prop making

- Your guide to effective props and stage dressings
- Inexpensive ways to construct props including flat packing
- Safe props for all performance stages
- Use of different materials to create different effects.



### **17. Make Up & Hair**

- Natural and age appropriate use of make-up to enhance the beauty and "WOW" factor of your items
- Generating quick character faces
- Get the latest styles and trends in hairstyles and what is suitable
- What type of makeup to use and other products?
- Does your team look beautiful on and off the stage?

### **18. Music- Sourcing and Digitally Editing**

- Find out the latest programs that are best recommended for sourcing and editing music
- Learn the fundamentals of music editing, sourcing and downloading music,
- Learn how to cut, blend and use and/or remove dialogue.
- Source music and accessing DVDs for music and dialogue.

### **19. Music, Rhythms, Beats.....**

- Understand your music and use the rhythms to enhance your choreography
- Learn how variety in rhythm can be utilised to give light and shade, impact and interest
- Appropriate selection of music for age and ability of team.
- Use of beats, melodies and harmonies in your music.

### **20. Theatre Technology and Stage Lighting**

- What is DLP?
- Find out how to create, where to find images and make a DLP presentation
- Correct Etiquette at side stage and understand the technical jargon that the tech's use
- Develop your Stagecraft.

### **21. Choreography of Lighting**

- The effective use of lighting to enhance your item
- How to create mood and impact
- Match your lighting with your music and choreography.

### **22. Creating Poise and 'That Look'**

- An item can be transformed when the team has poise and "that look" – but how do I teach it?
- My centre front has "it"...so why doesn't everyone else?
- How do I create uniformity of style across the team – teaching all of your participants to have the same look.

### **23. Techniques for uniformity in execution and timing**

- My team are all performing the same movement – why do they look slightly different?
- Learn how to get great team uniformity and improve your execution mark
- Transform your work from "similar" to "exact".

### **24. Preparation, Strengthening & Conditioning**

- Practical session on ways to improve the strength of your participants for better, safer performances.
- Incorporating Strength & Conditioning into your class plan and the benefits for your team
- Exercises for Juniors and older age groups to do at home
- How to develop a core strength routine.

### **25. Warm-Up, Stretch and Flexibility**

- How to present a warm up to include all components including aerobic, stretching & strength work
- Learn exercises to improve flexibility while understanding the importance of developing strength
- How to improve flexibility in your team and learn which muscles are required for certain movements
- Understand how to prevent injury within your team and management of injuries.

### **26. Walkovers and their Lead up**



- Learn the correct way to prepare for, coach and correct those challenging gymnastic movements.
- Obtain knowledge in strength and flexibility drills to conduct at class.
- Understand how to assist pupils and spotting practice.
- A practical seminar that will assist coaches undertake more advanced movements in their class.

### **27. So you think you can Dance? Classical**

- Learn how to incorporate correct technique for ballet steps into your routines.
- Use of elevated steps, turns, travelling steps and linking movements to improve dance items.
- Putting together sequences of dance steps to utilise movement across the stage.
- Ways to improve technique amongst all team members.

### **28. So you think you can Dance? Modern/Jazz**

- Learn basic jazz technique and how to use it in a range of items
- Utilise building steps and combinations to create interesting dance arrangements
- Create innovative dance movements your participants will love.

### **29. So you think you can Dance? Any style**

- Understand the many different types of genres of dance that can be used in calisthenics
- Learn how to change styles for lots of basic steps
- Learn how to tweak your choreography so that it suits the style of music chosen
- Make dance interesting and fun for all involved.

### **30. Figure March**

- The tricks to teaching good march technique
- Some choreography do's and don'ts
- Create an interesting item with effective patterning and Creating impact with small numbers
- Using interchange effectively with big numbers.

### **31. Free Exercises**

- Creating interest and impact in your item
- Use of choreography to enhance level of flexibility in team
- Allowing time for recovery for all movements and Including variety of movements
- Develop a checklist to ensure all basic movements are used.

### **32. Free Exercises for Beginners**

- Incorporating non flexible movements to make an interesting and valuable set
- Understanding how to utilise your teams abilities and choreograph around your team members
- Using formations, floor and standing work to create impact when you have mixed abilities.
- Introducing flex to non-flexi participants and breaking down the movements
- Learn about the challenges that you face and positive ways to deal with beginners.

### **33. Club Swinging for Beginners**

- How to make clubs fun and interesting
- Teaching correct technique including fingering
- Choice of tempo and music selection
- Learn great fun tips to help with technique and planeing.

### **34. Aesthetic**

- The intricate journey from first thoughts to breathtaking performance
- Music selection - light and shade, mood/theme
- Choreography - movement to develop your mood/theme
- Interpretation - expression, eye rhythm and uniformity
- Including lighting in choreography.



### 35. Rhythmical Aesthetics

- How does rhythmical aesthetics compare to traditional aesthetics or rhythmic?
- What are the adjudicators looking for?
- Incorporating creative themes choreography and costumes to enhance the item,
- What movements should I include and how can I best teach them.

### 36. Singing

- Selecting the right songs for your age group
- Learning the correct breathing techniques, warm-ups for vocal chords and voice projection
- Combining movement and dance steps with singing
- The tricks to become a confident singing coach!

### 37. Song & Dance

- Achieving the WOW factor in your song and dance through costuming and music
- Learn how to develop an evenly balanced item
- Finding suitable music and backing tracks
- Working with contemporary dance styles to create a new and trendy item
- Optimum fitness for both singing and dancing.

### 38. Calisthenics Revue

- What is a calisthenics revue? How is it different to Spectacular, Medley and Stage Presentation?
- Clarification of Mark-up - what does it mean?
- What makes a successful Revue: DVDs and examples
- Is it all about the theme? How do I pick a "good" one?
- Ideas to increase creativity.

### 39. Character & Folk Dance

- What is the difference between Character & Folk Dance; Clarification of Mark-up
- Music selection and resources
- Choosing steps to suit your age group/theme/country
- Dressing your item - costumes, props
- DVDs and examples.

### 40. Calisthenic Graceful Solo

- How to choose appropriate music and choreography for a graceful solo
- Learn how to make your graceful look graceful through expression, poise and movement
- Developing great stage presence and techniques to diffuse the nerves
- Create interesting and inspiring routines to develop skills of the participant.

### 41. Calisthenic Solo and Duo

- Choosing appropriate music for different personalities
- Understand how to utilise your competitor's abilities and choreograph around their strengths
- Learn how to effectively use the stage and move the competitor/s around it.
- Developing stage presence and projection of personality
- Improving uniformity in duos and ideas for partner work.

### 42. Calisthenics Skills- Grade 3- Medals

- How best to prepare candidates for the exam
- Ensure the correct technique is developed in all areas
- Understand and interpret the syllabus to achieve the best result.



## COACH- LEVEL 2 MODULES

### **43. Advanced Communication**

- Enhance coaches communication skills through various communication techniques
- Provide knowledge of and ability to apply various communication techniques
- Build a level of self awareness regarding personal communication styles
- Increase coaches' skills and confidence in dealing with conflict and difficult situations.
- Effective communication tools and techniques to appropriately respond to all circumstances.

### **44. Club Swinging**

- Breaking down advanced swings for ease of coaching.
- Extend coaches theory and practical knowledge of correct club technique.
- How to choose appropriate music and swings for each age group and level.
- Enhance choreographic skills with emphasis on medium to advanced movements.

### **45. Rods**

- Demonstrate technical components of medium to advanced movements.
- Use correct terminology and apply to notation.
- Demonstrate an ability to coach movements for different age groups and level of ability
- Choreograph showing variety, good balance and aesthetically pleasing combinations of movement.

## ADJUDICATOR SESSIONS

### **46. How To Adjudicate Children With Disabilities**

- Scenarios to be presented and discussion on adjudicating children with a disability.
- Incorporating obvious injuries preventing individuals performing like the rest of the team.
- Discussion regarding pro's and con's of identifying item number to adjudicator prior to competing.
- Educate all adjudicators to think and act accordingly with regards to the current ACF policy.

### **47. Rhythmical Aesthetic, Character/FolkDance, Calisthenic Revue.**

- Analyse and discuss the Mark-up and Interpretation for these three items
- View and discuss a prepared DVD of each item.
- Participate in a practical adjudication session of these items as an adjudicator and a writer.
- Conduct a consensus moderation activity to highlight the similarities and/or differences of marks allocated between adjudicators.

### **48. Current Trends in Children's Movies & Music**

- An overview of current Children's movies from the past 2 years.
- Incorporating brief story lines and themes to provide clarity.
- Listening to musical selections from these movies that may be used in Calisthenic items.
- Highlighting awareness of main characters relating to each movie.

### **49. Dance Rods**

- An overview of the structure of the item
- Understanding the critique
- Completing critiques from DVD presentations
- Discussion of items with critiques and consensus moderation.

## EXAMINER SESSION

### **50. Updated Syllabus: Test 1 to Grade 2**

- The updated syllabus will be released on the 1<sup>st</sup> July 2011 after three years of editing & production.
- This session will give an overview of the updated syllabus
- Learn how to access resources and interpret the examiners assessment paper.