

CALISTHENICS  
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VOLUME 51

MARCH 2010

[www.calisthenics.asn](http://www.calisthenics.asn)

## Presenting Amy Bickford, 2009 RSSS Ballarat Most Graceful Girl Winner

"I felt as though I had practiced all I could and that I was the most ready that I could ever be. With so much support from my team mates and the wider Calisthenics community, I was eager to get on such a breathtaking stage.

I sat in the greenroom with Jenny before my performance, and before I knew it, my turn had finally arrived. My music started and I felt happy and relaxed and only wanted to think about each step when it arrived.

I remember feeling the relief of finishing my Ballarat

performance and hearing the applause and cheering, knowing that I had fulfilled my ambition of performing to the best of my ability. Hearing my number called in first place, I felt overwhelmed and couldn't believe I had won such a prestigious award.

Having my name printed as part of history, at the end of the Ballarat winners list, with such talented company, is an honour that I hope many budding graceful girls persist at. I will treasure these memories and my solo years as some of the most rewarding and thrilling experiences and am thankful to be a part of such a unique, sensational and impressive sport that we all love."

*Read more from Amy and her Coach, Jenny Godber, on the next page*



2010 CUT OFF  
DATE FOR  
PUBLICATION  
IN THE MAY  
EDITION IS THE  
30TH APRIL

The CVI Annual General Meeting will be held on Sunday 16th May 2010. More details will be posted on the CVI website shortly. All welcome

**Calisthenics - Something for Everyone!**

## Amy Bickford

Just being selected to grace the stage at one of the most special and prestigious nights in the Calisthenics world, was an experience that will remain with me forever.

Becoming the Royal South Street most graceful girl in 2009 was a dream come true and was the culmination of my hard work & dedication, since I began Calisthenics at the age of 4.

I commenced with my local Raieburn Calisthenics Club, making friends along the way, and after 5 years moved to Robynmore Calisthenics College as a first year Junior. I am now beginning my 13th year at Robynmore and have enjoyed many laughs and successes, as well as the company of calisthenics professionals and entertaining personalities, making classes a weekly event we all enjoy!



During the past 18 years, my love for the sport grew and I was able to experience performing 10 graceful girl solos - winning 2 CVI State Championships, representing Victoria in 5 National teams (winning 4 Championships and placing Runners Up once), representing Victoria 3 times as a soloist, (placing every year) and competing in 3 consecutive Royal South Street Graceful Girl Competitions, (placing 3rd in 2008 and winning in 2009.)

I am extremely lucky to have an exceptionally talented coach in Jenny Godber. Her creative and innovative choreography has always resulted in beautiful solos, but also given me the drive to perfect challenging moves. I can't begin to imagine the countless hours of practicing and thinking that we have done together, relating to costumes, music, competition days and the emotional journey Calisthenics has taken us on. I feel that the experiences we have shared have given us both the opportunity to explore and grow as a performer and Coach, and also given me a true understanding and insight as to the qualities an elite Coach should possess.

The week leading up to the Ballarat Competitions was exciting, yet hectic - with extra classes for both team and solo work. Many hours were spent finalising my dress, with fitting after fitting, whilst getting enough sleep so I could be ready for the big day!

## Jenny Godber

"The winner of the Royal South Street, Peace and Quiet Graceful Girl is Number 24, Amy Bickford."

Words cannot describe to anyone who has not been there, the feeling when that announcement was made. Immense relief, pride, excitement, disbelief, all these emotions rolled into one.

You dream about that moment, especially the months leading up to Ballarat. The months of rehearsals culminating on that Friday night. Everything has to come together, the costume, the lighting, all the natural feelings and expressions needed to portray the music and finally, all those combinations of steps that need perfect technique, timing and balance. Then in 4 minutes to take command of the stage to produce the performance of your life.

I have taught Amy for 10 years in solos, 4 of those years as Coach at Robynmore. There has been 10 solos, 10 costumes, 10 choices of music, all taking endless hours to produce special routines to suit Amy's talents. She has never been to a ballet class; what she has achieved is through her own natural ability, hard work and determination. This was only her 3rd year competing at Ballarat. In 2007 she did not place, achieving 3rd in 2008 and finally "winner" in 2009.

