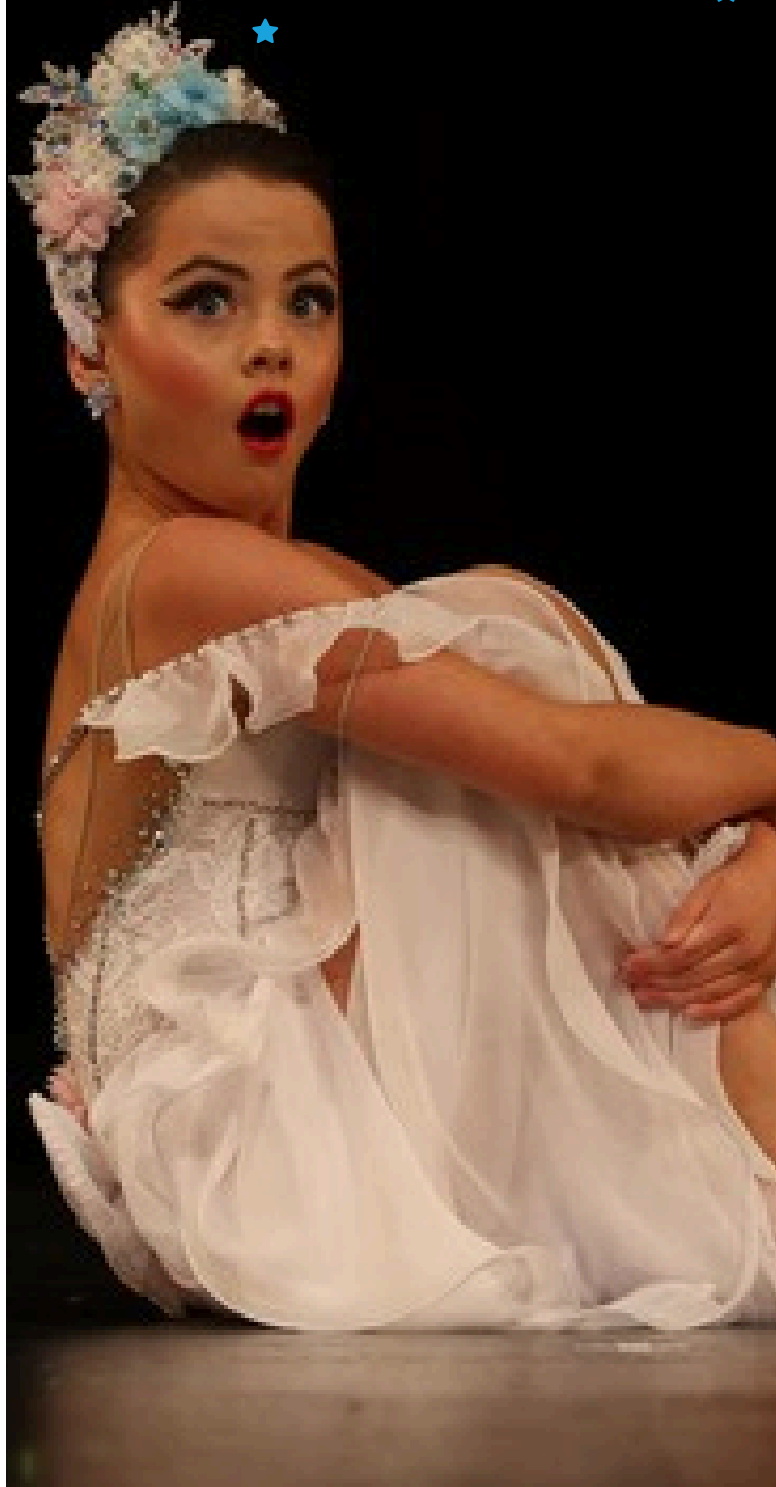


SOLO & DUO COACHES

★ 2027 ★
Solo Season



HOW TO SELECT A SOLO/DUO COACH



To make it a fair process for all students and coaches the following process is used to match coaches and students at Bentleigh Calisthenics. **Under no circumstances is a parent or student to approach a coach to request a coach.**

A coach may suggest that a student is ready to participate in solos (either competitive or recreational) however they will not offer to coach a particular student.



1 In September, the **Solo Information** is distributed, this includes a list of Bentleigh coaches available for coaching along with the link for the request for Solo/Duo Coach form.

2 Please speak to your student's **Section Coach** to ascertain if they are ready to participate in a competitive solo.

3 Parents/Guardians will complete the **Request for Solo/Duo Coach registration** specifying their three (3) coaching preferences.

4 You are required to make the following payments to participate in solos:



Registration fee of \$20 (per item). This fee includes the administration costs for the assignment of Bentleigh solo coach, invoicing of studio hire & solo coaching hours and administration of payment of coaches.



Choreography/music fee \$60 (per item). This is paid directly to the solo coach to contribute to some of the time it takes to prepare the choreography and to contribute to the cost of music preparation.

Please take time to check the coach's availability, preferred age/style and availability for solo class.

Please note: solo coaching is not available to students with any outstanding fees owing to the club.

5 The Secretary will then, based on student's preferences, email solo coaches with their list of students who have requested them as a coach. Coaches will then communicate with the Secretary their availability.

6 Coaches will take into account the following:

- ✓ Their availability
- ✓ What is the best fit for the student
- ✓ Attendance record of students in their team classes.
- ✓ Number of competitions the student wants to participate in

7 The Secretary emails each soloist with the coach they have been assigned.

COMPLETE FORM SOLO/DUO COACH



Complete the application for solo coach form by
Sunday 13 September (new gradings are also
due this day)

Tinies Solo Coach Application

<https://www.trybooking.com/DPAXQ>



Sub-Juniors Solo Coach Application

www.trybooking.com/DPDYL



Juniors Solo Coach Application

<https://www.trybooking.com/DPPYK>



Inters Solo Coach Application

<https://www.trybooking.com/DPQUO>



Seniors Solo Coach Application

<https://www.trybooking.com/DPQTX>



Masters Solo Coach Application

<https://www.trybooking.com/DPQTC>



Apply for the
section you will
be participating
in 2027



2027

BENTLEIGH

SOLO COACHES

Alison Seamer

Angelique Mylonas

Bianca Milosavljevic

Caitlyn Arhontissas

Chloe Macaulay

Claudia Jenkinson

Dellayne Patterson

Erica Leach

Gabriella Heylbut

Georgina Sossi

Jessica Griffiths

Jo-anne Doran

Kristen Ilsley

Lara Brown

Liv James

Maddie Vella

Mia Workman

Michelle Simkhayeva

Natalie Jenkinson

Natasha Kennelly

Natasha Simone

Olivia Bridger

Quinn Foley

Sam Cattermole

Sienna Syphers

Steph Sarritzu

Vitia Thorn

Zara Foley



Bentleigh
Calisthenics

SOLO COACH 2027

Solo Season

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COACH NAME:

Alison Seamer

I love working with students and developing their skills in a fun and safe environment. I've been part of calisthenics my entire life as well as a solo and team coach for over 10 years, and love creating items, watching my students of all ages learn and grow and watching them shine in class and on the stage.

I find it very rewarding for both myself and the girls to work one on one and see their growth not only in calisthenics but within themselves at the end of the season.

I work as a manager of a big event business and love being creative, part of which I bring into my work trying new ideas and helping my students to express themselves.

COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☒ Recreational

AGES

- ☒ Tiniies
- ☒ Sub-Juniors
- ☒ Juniors
- ☒ Inters
- ☒ Seniors
- ☒ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☐ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
- ☒ Yes, I maybe able to accept new students
- ☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☒ Weekdays
- ☐ Weekends
- ☒ Flexible depending on Studio availability

AVAILABILITY TO START CLASSES

- ☐ October
- ☒ November
- ☒ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☐ I will be able to attend all competitions
- ☒ I will attempt to attend all competitions
- ☐ I will attend 3-4 competitions
- ☐ I will attend 2
- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

1-2

Together We Inspire Performers

SOLO COACH

2027

Solo Season



COACH NAME:

Angelique Mylonas

Ange has been a calisthenics performer for 18 years and is currently the Section Co-Coach for Juniors and currently competes as a Senior at a Championship club. "I love everything about Calisthenics and love to work one on one and see each performer grow over the years! I have an eye for technique and footwork and love to challenge my soloists to try new movements and dance combinations out of their comfort zone. Having done solos for 13 years, I have learnt a number of skills that I wish to pass on to my soloists."

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COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☐ Recreational

AGES

- ☐ Tinies
- ☐ Sub-Juniors
- ☒ Juniors
- ☒ Inters
- ☐ Seniors
- ☐ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☐ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
- ☒ Yes, I maybe able to accept new students
- ☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☒ Weekdays
- ☐ Weekends
- ☐ Flexible depending on Studio availability

AVAILABILITY TO START CLASSES

- ☒ October
- ☐ November
- ☐ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☐ I will be able to attend all competitions
- ☐ I will attempt to attend all competitions
- ☐ I will attend 3-4 competitions
- ☒ I will attend 1-2 competitions
- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

5

Together We Inspire Performers



COACH NAME:

Bianca Milosavljevic

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Bianca has been with Bentleigh since she was 3 and is in her 35th year of calisthenics! Bianca qualified as Level 1 coach in 2012 and this is her 15th year of coaching solos. Bianca was a successful soloist herself and a member of the Victorian State team twice. Bianca enjoys coaching all ages and styles.

COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☐ Recreational

AGES

- ☐ Tinies
- ☐ Sub-Juniors
- ☐ Juniors
- ☒ Inters
- ☒ Seniors
- ☐ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☐ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
- ☐ Yes, I maybe able to accept new students
- ☒ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☒ Weekdays
- ☐ Weekends
- ☐ Flexible depending on Studio availability

AVAILABILITY TO START CLASSES

- ☒ October
- ☐ November
- ☐ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☐ I will be able to attend all competitions
- ☒ I will attempt to attend all competitions
- ☐ I will attend 3-4 competitions
- ☐ I will attend 1-2 competitions
- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

5-6

SOLO COACH

2027

Solo Season

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COACH NAME:

Caitlyn Arhontissas

I've been performing calisthenics for 18 years and have finished my journey as performing in 2025. i've been coaching since 2016 and have coaches ranges of students.

I love coaching solos as they let me connect with the students and keep the passion alive for me. i enjoy portraying my creative ideas and love seeing them come to life and when the girls have fun it makes the year so much more enjoyable.

COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☐ Recreational

AGES

- ☐ Tinies
- ☐ Sub-Juniors
- ☒ Juniors
- ☒ Inters
- ☒ Seniors
- ☐ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☐ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
- ☐ Yes, I maybe able to accept new students
- ☒ Yes, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☒ Weekdays
- ☒ Weekends
- ☐ Flexible depending on Studio availability

AVAILABILITY TO START CLASSES

- ☐ October
- ☐ November
- ☒ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☐ I will be able to attend all competitions
- ☒ I will attempt to attend all competitions
- ☐ I will attend 3-4 competitions
- ☐ I will attend 1-2 competitions
- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

3-4

Together We Inspire Performers



COACH NAME:

Chloe Macaulay

Chloe has been involved in calisthenics for 23 years (currently part of the Bentleigh Seniors team) and has followed in her mother and grandmother's footsteps, coaching for the past 12 years. Chloe has coached from tots/tinies up to masters, currently part of the Bentleigh Inters coaching team. "I love celebrating the little wins and achievements of the performers, making sure they feel their best on stage to build their confidence and watching them thrive in a positive environment while developing their skills."

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COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☐ Recreational

AGES

- ☒ Tinies
- ☒ Sub-Juniors
- ☒ Juniors
- ☒ Inters
- ☒ Seniors
- ☐ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☐ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
- ☒ Yes, I maybe able to accept new students
- ☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☐ Weekdays
- ☐ Weekends
- ☒ Flexible depending on Studio availability

AVAILABILITY TO START CLASSES

- ☒ October
- ☐ November
- ☐ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☒ I will be able to attempt to attend all competitions
- ☐ I will attend all competitions
- ☐ I will attend 3-4 competitions
- ☐ I will attend 1-2 competitions
- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

4-6



SOLO COACH 2027

Solo Season

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COACH NAME:

Claudia Jenkinson

Claudia has taught ballet at several calisthenics clubs, been a guest coach at various summer schools, and has over 20 years of calisthenics experience, including representing Victoria at Nationals in State Team. Claudia trained in full-time dance and musical theatre for 3 years at the Joffrey Ballet School (New York), and Jason Coleman's Ministry of Dance (Melbourne). Claudia has coached solos across all age groups, disciplines and levels, including the ACF Calisthenics Nationals competition. "I enjoy creating personalised routines to highlight the performer/s, and enjoy encouraging students who are passionate about reaching their full potential"

COMPETITIVE / RECREATIONAL

- ☒ Competitive
☐ Recreational

AGES

- ☒ Tinies
☒ Sub-Juniors
☒ Juniors
☒ Inters
☒ Seniors
☐ Masters

ITEMS

- ☒ Cali Solo
☒ Graceful
☒ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
☒ Yes, I maybe able to accept new students
☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☒ Weekdays
☐ Weekends
☐ Flexible depending on Studio availability

AVAILABILITY TO START CLASSES

- ☒ October
☐ November
☐ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☐ I will be able to attend all competitions
☒ I will attempt to attend all competitions
☐ I will attend 3-4 competitions
☒ I will attend 1-2 competitions
☐ I cannot attend competitions

NUMBER OF SOLOISTS

7-10

Together We Inspire Performers



SOLO COACH

2027

Solo Season

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COACH NAME:

Dellayne Patterson

I'm a Bentleigh girl through and through, with many years of experience coaching calisthenics solos across all age groups and divisions.

My coaching philosophy is simple – every solo should reflect the child performing it. I take pride in creating routines that highlight

COMPETITIVE / RECREATIONAL

- ☒ Competitive
☐ Recreational

AGES

- ☒ Tinies
☒ Sub-Juniors
☒ Juniors
☒ Inters
☐ Seniors
☒ Masters

ITEMS

- ☒ Cali Solo
☒ Graceful
☒ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
☐ Yes, I maybe able to accept new students
☒ Yes, I am accepting new students

CLASS AVAILABILITY

- ☒ Weekdays
☐ Weekends
☒ Occasional weekend

AVAILABILITY TO START CLASSES

- ☒ October
☐ November
☒ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☒ I will be able to attend all competitions
☐ I will attempt to attend all competitions
☐ I will attend 3-4 competitions
☐ I will attend 1-2 competitions
☐ I cannot attend competitions

NUMBER OF SOLOISTS

2-5

Together We Inspire Performers

SOLO COACH

2027

Solo Season



COACH NAME:

Erica Leach

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I have been coaching for over 30 years and enjoy coaching new and inexperienced soloists to develop their skills and confidence.

COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☒ Recreational

AGES

- ☐ Tinies
- ☐ Sub-Juniors
- ☐ Juniors
- ☐ Inters
- ☒ Seniors
- ☐ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☒ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
- ☐ Yes, I maybe able to accept new students
- ☒ Yes, I am accepting new students
- ☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☐ Weekdays
- ☒ Weekends
- ☒ Flexible depending on studio availability

AVAILABILITY TO START CLASSES

- ☒ October
- ☐ November
- ☐ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☐ I will be able to attend all competitions
- ☒ I will attempt to attend all competitions
- ☐ I will attend 3-4 competitions
- ☐ I will attend 1-2 competitions
- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

4 - 6

Together We Inspire Performers



COACH NAME:

Gabriella Heylbut

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I have been an assistant coach for many years and have thoroughly enjoyed learning about coaching and helping young kids. This has taught me so much in taking on responsibility and learning to communicate with little minds. I have taught from tots to subbies and would love to have the privilege of coaching a solo for an amazing girl to perform on stage.

COMPETITIVE / RECREATIONAL

- ☒ Competitive
☒ Recreational

AGES

- ☒ Tinies
☒ Sub-Juniors
☒ Juniors
☐ Inters
☐ Seniors
☐ Masters

ITEMS

- ☒ Cali Solo
☒ Graceful
☐ Duo

ACCEPTING NEW STUDENTS

- ☒ Yes, I am accepting new students
☐ Yes, I maybe able to accept new students
☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☐ Weekdays
☐ Weekends
☒ Flexible depending on studio availability

AVAILABILITY TO START CLASSES

- ☒ October
☐ November
☐ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☐ I will be able to attend all competitions
☒ I will attempt to attend all competitions
☐ I will attend 3-4 competitions
☐ I will attend 1-2 competitions
☐ I cannot attend competitions

NUMBER OF SOLOISTS

1-3

SOLO COACH

2027

Solo Season

COACH NAME:

Georgina Sossi

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George has participated in calisthenics at Bentleigh for 15 years and is currently a member of the Bentleigh Seniors team.

George has competed as a soloist in Cali, Duo, Trio & Graceful items since 2012.

"I am passionate about all aspects of calisthenics and love helping everyone to achieve their calisthenics goals and assisting soloists develop their skills throughout the solo season."

COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☐ Recreational

AGES

- ☒ Tinies
- ☒ Sub-Juniors
- ☒ Juniors
- ☒ Inters
- ☒ Seniors
- ☐ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☒ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
- ☒ Yes, I maybe able to accept new students
- ☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☒ Weekdays
- ☐ Weekends
- ☒ Flexible depending on Studio availability

AVAILABILITY TO START CLASSES

- ☒ October
- ☐ November
- ☐ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☐ I will be able to attend all competitions
- ☒ I will attempt to attend all competitions
- ☐ I will attend 3-4 competitions
- ☐ I will attend 1-2 competitions
- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

5-7

Together We Inspire Performers



SOLO COACH

2027

Solo Season

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COACH NAME:

Jessica Griffiths

Jessica has been involved in calisthenics for almost 20 years, with a background as a past soloist and a current competitor with Bentleigh Seniors. In recent years, she has also assisted across various sections at Bentleigh, supporting performers of all ages. With her experience as both a competitor & coach, Jessica brings knowledge, passion, and care to guiding soloists through their season.

"I love seeing performers grow, achieve their goals, and give their absolute best on stage. Being part of their solo journey and celebrating their progress is the most rewarding experience."

COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☐ Recreational

AGES

- ☐ Tinies
- ☒ Sub-Juniors
- ☒ Juniors
- ☒ Inters
- ☐ Seniors
- ☐ Masters

ITEMS

- ☒ Cali Solo
- ☐ Graceful
- ☒ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
- ☒ Yes, I maybe able to accept new students
- ☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☒ Weekdays
- ☐ Weekends
- ☐ Flexible depending on Studio availability

AVAILABILITY TO START CLASSES

- ☒ October
- ☒ November
- ☒ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☐ I will be able to attend all competitions
- ☒ I will attempt to attend all competitions
- ☐ I will attend 3-4 competitions
- ☐ I will attend 1-2
- ☐ I cannot attend

NUMBER OF SOLOISTS

2-4

Together We Inspire Performers

SOLO COACH 2027

Solo Season



COACH NAME:

Jo-anne Doran

Jo-anne has extensive experience in all aspects of calisthenics, having previously coached teams and solos in all age groups. Jo-anne is currently the Section Coach of the Bentleigh Wednesday Sub-Juniors. Jo-anne bring a wealth of experience to her performers solo season.

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COMPETITIVE / RECREATIONAL

☒ Competitive

☐ Recreational

AGES

- ☐ Tinies
☒ Sub-Juniors
☒ Juniors
☐ Inters
☐ Seniors
☐ Masters

ITEMS

- ☒ Cali Solo
☒ Graceful
☒ Duo

ACCEPTING NEW STUDENTS

- ☒ Yes, I am accepting new students
☐ Yes, I maybe able to accept new students
☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☒ Weekdays
☒ Weekends
☒ Flexible depending on Studio availability

AVAILABILITY TO START CLASSES

- ☐ October
☒ November
☐ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☐ I will be able to attend all competitions
☒ I will attempt to attend all competitions
☐ I will attend 3-4 competitions
☐ I will attend 1-2 competitions
☐ I cannot attend competitions

NUMBER OF SOLOISTS

4

Together We Inspire Performers

SOLO COACH

2027

Solo Season



COACH NAME:

Kristen Ilsley

Kristen is an experienced coach who has coached solos for 30 years. All ages, groups and levels.

"I prefer the little ones as I love seeing them develop into strong team members. It's a privilege to be part of their journey and a great opportunity to bond."

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COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☐ Recreational

AGES

- ☐ Tinies
- ☒ Sub-Juniors
- ☒ Juniors
- ☐ Inters
- ☐ Seniors
- ☐ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☒ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
- ☒ Yes, I maybe able to accept new students
- ☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☒ Weekdays
- ☐ Weekends
- ☒ Flexible depending on studio availability

AVAILABILITY TO START CLASSES

- ☒ October
- ☐ November
- ☐ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☐ I will be able to attend all competitions
- ☒ I will attempt to attend all competitions
- ☐ I will attend 3-4 competitions
- ☐ I will attend 1-2 competitions
- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

4

SOLO COACH 2027

Solo Season



COACH NAME:

Lara Brown

I am a qualified passionate development coach who is looking to learn lots and further my experience with coaching.

Lara currently is the Assistant Coach in the Thursday Juniors team.

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COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☐ Recreational

AGES

- ☒ Tinies
- ☒ Sub-Juniors
- ☒ Juniors
- ☒ Inters
- ☒ Seniors
- ☒ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☒ Duo

ACCEPTING NEW STUDENTS

- ☒ Yes, accepting new students
- ☐ Yes, I maybe able to accept new students
- ☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☒ Weekdays
- ☒ Weekends
- ☐ Flexible depending on Studio availability

AVAILABILITY TO START CLASSES

- ☒ October
- ☒ November
- ☐ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☐ I will be able to attend all competitions
- ☐ I will attempt to attend all competitions
- ☐ I will attend 3-4 competitions
- ☒ I will attend 1-2 competitions
- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

1-5



COACH NAME:

Liv James

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My name is Liv and I'm 16 years old. I've done calisthenics for 11 years, currently competing with Emmanuel Calisthenics. I have a strong passion for the sport and want to pass down my knowledge to the younger generation and help improve their natural abilities and enhance technique. I have spent 4 years helping sections at Bentleigh ranging from tinies-juniors and have extra experience with kids from previous jobs which allows me to effectively work with kids. I'm hardworking and dedicated and would be fully committed to organising classes, attending most comps and communicating effectively creating a working relationship.

COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☐ Recreational

AGES

- ☒ Tinies
- ☒ Sub-Juniors
- ☒ Juniors
- ☐ Inters
- ☐ Seniors
- ☐ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☒ Duo

ACCEPTING NEW STUDENTS

- ☒ Yes, I am accepting new students
- ☐ Yes, I maybe able to accept new students
- ☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☒ Weekdays
- ☒ Weekends
- ☐ Flexible depending on studio availability

AVAILABILITY TO START CLASSES

- ☐ October
- ☒ November
- ☐ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☐ I will be able to attend all competitions
- ☒ I will attempt to attend all competitions
- ☐ I will attend 3-4 competitions
- ☐ I will attend 1-2 competitions
- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

1-3

SOLO COACH 2027

Solo Season



COACH NAME:

Maddie Vella

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Maddie competes at Regent Calisthenics Club and has been doing calisthenics for 16 years. Maddie recently received her 15 year award at Bentleigh.

COMPETITIVE / RECREATIONAL

☒ Competitive

☐ Recreational

AGES

- ☐ Tinies
☒ Sub-Juniors
☒ Juniors
☐ Inters
☐ Seniors
☐ Masters

ITEMS

- ☒ Cali Solo
☒ Graceful
☐ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
☒ Yes, I maybe able to accept new students
☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☐ Weekdays
☐ Weekends
☒ Flexible depending on Studio availability

AVAILABILITY TO START CLASSES

- ☒ October
☒ November
☐ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☐ I will be able to attend all competitions
☒ I will attempt to attend all competitions
☐ I will attend 3-4 competitions
☐ I will attend 1-2 competitions
☐ I cannot attend competitions

NUMBER OF SOLOISTS

1-3

Together We Inspire Performers

SOLO COACH 2027

Solo Season



COACH NAME:

Mia Workman

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I have been at Bentleigh since I was 5, and have loved the club ever since. I have competed in cali solos since the age of 10 and took a break from cali solos after I turned 15. I started graceful solos when I was 13 and now I am 18, still competing in graceful competitions. I am eager to expand my coaching knowledge in 2027.

COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☒ Recreational

AGES

- ☒ Tiniies
- ☒ Sub-Juniors
- ☒ Juniors
- ☒ Inters
- ☐ Seniors
- ☐ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☒ Duo

ACCEPTING NEW STUDENTS

- ☒ Yes, I am accepting new students
- ☐ Yes, I maybe able to accept new students
- ☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☐ Weekdays
- ☐ Weekends
- ☒ Flexible depending on studio availability

AVAILABILITY TO START CLASSES

- ☐ October
- ☒ November
- ☐ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☐ I will be able to attend all competitions
- ☒ I will attempt to attend all competitions
- ☐ I will attend 3-4 competitions
- ☐ I will attend 1-2 competitions
- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

5-10

SOLO COACH 2027

Solo Season



COACH NAME:

Michelle Simkhayeva

Michelle started at Bentleigh in 2008 and it has been a major part of her life throughout the years since, not only as a performer but also as a coach. She is currently a member of the Seniors team and has also competed as a soloist for the last few years. She has been a Solo coach for the past 8 years across all age groups in two different clubs. She loves coaching solos every year and seeing her soloists grow from the start of the season to the end and celebrate their successes big or small along the way.

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COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☐ Recreational

AGES

- ☒ Tinies
- ☒ Sub-Juniors
- ☒ Juniors
- ☒ Inters
- ☒ Seniors
- ☐ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☒ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
- ☒ Yes, I maybe able to accept new students
- ☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☒ Weekdays
- ☐ Weekends
- ☒ Flexible depending on Studio availability

AVAILABILITY TO START CLASSES

- ☒ October
- ☐ November
- ☐ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☐ I will be able to attend all competitions
- ☐ I will attempt to attend all competitions
- ☐ I will attend 3-4 competitions
- ☒ I will attend 1-2 competitions
- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

7-9

Together We Inspire Performers

SOLO COACH

2027

Solo Season



COACH NAME:

Natalie Jenkinson

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Nat has been involved with calisthenics for over 20 years and competed at the highest elite level in both teamwork and solos, representing Victoria in the National State Team and Australia in the United States.

Nat has coached at Bentleigh for over 5 years, working with the Thursday Subbies, Monday Juniors and various soloists.

"I love to share my passion for calisthenics with younger performers and enjoy seeing my students grow in confidence, while reaching their full potential"

COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☐ Recreational

AGES

- ☐ Tinies
- ☒ Sub-Juniors
- ☒ Juniors
- ☒ Inters
- ☐ Seniors
- ☐ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☒ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, I am accepting new students
- ☒ Yes, I maybe able to accept new students
- ☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☒ Weekdays
- ☐ Weekends
- ☐ Flexible depending on studio availability

AVAILABILITY TO START CLASSES

- ☒ October
- ☒ November
- ☐ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☐ I will be able to attend all competitions
- ☐ I will attempt to attend all competitions
- ☐ I will attend 3-4 competitions
- ☒ I will attend 1-2 competitions
- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

8



SOLO COACH 2027

Solo Season

COACH NAME:

Natasha Kennelly

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Natasha has been involved in Calisthenics for 39 years. She has competed herself from Juniors to Masters in the graceful section. Natasha has had experience coaching tinies through to seniors, Div 1 to championship including several noice/open solo, graceful and duos. Natasha loves designing / decorating costumes and headpieces.

COMPETITIVE / RECREATIONAL

- ☒ Competitive
☐ Recreational

AGES

- ☒ Tinies
☒ Sub-Juniors
☒ Juniors
☐ Inters
☐ Seniors
☐ Masters

ITEMS

- ☒ Cali Solo
☒ Graceful
☐ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
☒ Yes, I maybe able to accept new students
☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☐ Weekdays
☒ Weekends
☐ Flexible depending on studio availability

AVAILABILITY TO START CLASSES

- ☒ October
☒ November
☐ December

AVAILABILITY TO ATTEND COMPETITIONS

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☐ I will attend 3-4 competitions
☐ I will attend 1-2 competitions
☐ I cannot attend competitions

NUMBER OF SOLOISTS

5

Together We Inspire Performers



COACH NAME:

Natasha Simone

Nurturing
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Natasha has been a member of Bentleigh Calisthenics for 20+ years.

Natasha has had extensive experience in coaching all ages and abilities.

Natasha is currently the Assistant Coach in the Masters Sapphires team.

COMPETITIVE / RECREATIONAL

- ☒ Competitive
☐ Recreational

AGES

- ☐ Tinies
☐ Sub-Juniors
☒ Juniors
☒ Inters
☒ Seniors
☒ Masters

ITEMS

- ☒ Cali Solo
☒ Graceful
☒ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
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☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☐ Weekdays
☐ Weekends
☒ Flexible depending on Studio availability

AVAILABILITY TO START CLASSES

- ☐ October
☒ November
☐ December

AVAILABILITY TO ATTEND COMPETITIONS

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☐ I cannot attend competitions

NUMBER OF SOLOISTS

2



COACH NAME:

Olivia Bridger

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I've loved performing in calisthenics for over 25 years, work as a theatre nurse, love a good craft project and spend my spare time with my cat and two very spoiled pups!

COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☐ Recreational

AGES

- ☐ Tinies
- ☐ Sub-Juniors
- ☒ Juniors
- ☒ Inters
- ☒ Seniors
- ☒ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☒ Duo

ACCEPTING NEW STUDENTS

- ☒ Yes, I am accepting new students
- ☐ Yes, I maybe able to accept new students
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CLASS AVAILABILITY

- ☐ Weekdays
- ☐ Weekends
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- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

1



COACH NAME:

Sam Cattermole

I have been doing Calisthenics for 16 years, and my favourite items are rods and dance arrangement. I have just moved to Bentleigh this year with the new Bentleigh Balmoral Seniors team. I love coaching solos and have coached a range of ages and abilities and look forward to being apart of the Bentleigh coaching team in 2027.

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COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☒ Recreational

AGES

- ☒ Tinies
- ☒ Sub-Juniors
- ☒ Juniors
- ☒ Inters
- ☒ Seniors
- ☐ Masters

ITEMS

- ☒ Cali Solo
- ☐ Graceful
- ☒ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
- ☒ Yes, I maybe able to accept new students
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CLASS AVAILABILITY

- ☐ Weekdays
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NUMBER OF SOLOISTS

1-3

SOLO COACH 2027

Solo Season



COACH NAME:

Sienna Syphers

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Sienna is a newly qualified solo coach who will be mentored by our more experienced coaches.

"I am a strong working calisthenics student. I am 15 years old I go to McKinnon Secondary and I have been doing calisthenics for 12 years."

COMPETITIVE / RECREATIONAL

- ☐ Competitive
- ☒ Recreational

AGES

- ☒ Tinies
- ☒ Sub-Juniors
- ☒ Juniors
- ☐ Inters
- ☐ Seniors
- ☐ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☒ Duo

ACCEPTING NEW STUDENTS

- ☒ Yes, I am accepting new students
- ☐ Yes, I maybe able to accept new students
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CLASS AVAILABILITY

- ☒ Weekdays
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- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

2

SOLO COACH

2027

Solo Season



COACH NAME:

Stephanie Sarritzu

Steph has been involved in Calisthenics for over 17 years. She is an experienced soloist and currently competes as a Senior with a CaliChamp club. Steph has coached solos and duos across all age groups and is currently the Assistant Coach for a Champ Reserve Sub-Junior team.

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COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☒ Recreational

AGES

- ☒ Tiniies
- ☒ Sub-Juniors
- ☒ Juniors
- ☒ Inters
- ☒ Seniors
- ☒ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☒ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
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- ☐ I will attend 1-2 competitions
- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

5-7



COACH NAME:

Vitia Thorn

I am a new coach this year currently assisting with Wednesday Tinies and helping with Saturday Tinies and Subbies.

Looking to get some experience in coaching solos!

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COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☒ Recreational

AGES

- ☒ Tinies
- ☒ Sub-Juniors
- ☐ Juniors
- ☐ Inters
- ☐ Seniors
- ☐ Masters

ITEMS

- ☒ Cali Solo
- ☐ Graceful
- ☐ Duo

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- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

1-3

SOLO COACH

2027

Solo Season



COACH NAME:

Quinn Foley

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Quinn has participated in calisthenics for 14 years, performing in teams, solos and duos. Quinn has participated in the Victoria Development team.

"I love what calisthenics gives to everyone individually. I have learnt so much over the years and I can't wait to keep learning more. I am so grateful for all the opportunities I have had through the sport and I hope to give so many more people the same and more opportunities."

COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☒ Recreational

AGES

- ☒ Tinies
- ☒ Sub-Juniors
- ☒ Juniors
- ☒ Inters
- ☒ Seniors
- ☐ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☒ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
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CLASS AVAILABILITY

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AVAILABILITY TO ATTEND COMPETITIONS

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- ☐ I will attend 1-2
- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

5 - 10



SOLO COACH

2027

Solo Season



COACH NAME:

Zara Foley

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Zara has been a Bentleigh student for 14 years and is currently a Bentleigh Seniors team member as well as Co-Coach for Saturday Sub-Juniors and Assistant Coach in Inters.

"I have been performing solos since I was in Juniors. Every year I look forward to the solo season, I think it's a great way to start the year"

COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☒ Recreational

AGES

- ☒ Tinies
- ☒ Sub-Juniors
- ☒ Juniors
- ☒ Inters
- ☒ Seniors
- ☐ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☒ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
- ☒ Yes, I maybe able to accept new students
- ☐ No, I am only able to coach the students I have previously coached

CLASS AVAILABILITY

- ☐ Weekdays
- ☐ Weekends
- ☒ Flexible depending on studio availability

AVAILABILITY TO START CLASSES

- ☐ October
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- ☒ December

AVAILABILITY TO ATTEND COMPETITIONS

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- ☐ I will attend 3-4 competitions
- ☐ I will attend 1-2
- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

4 - 8



SOLO COACH

2027

Solo Season



COACH NAME:

Quinn & Zara Foley

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Quinn & Zara will be working together to co-coach solos as well as coaching individually.

Please note: they will share the coaching fee.

COMPETITIVE / RECREATIONAL

- ☒ Competitive
- ☒ Recreational

AGES

- ☒ Tinies
- ☒ Sub-Juniors
- ☒ Juniors
- ☒ Inters
- ☒ Seniors
- ☐ Masters

ITEMS

- ☒ Cali Solo
- ☒ Graceful
- ☒ Duo

ACCEPTING NEW STUDENTS

- ☐ Yes, accepting new students
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CLASS AVAILABILITY

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- ☐ Weekends
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AVAILABILITY TO START CLASSES

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- ☒ November
- ☒ December

AVAILABILITY TO ATTEND COMPETITIONS

- ☐ I will be able to attend all competitions
- ☒ I will attempt to attend all competitions
- ☐ I will attend 3-4 competitions
- ☐ I will attend 1-2 competitions
- ☐ I cannot attend competitions

NUMBER OF SOLOISTS

4