

This Girl Can

Briony Dimasi – Mildura Calisthenics Club

Calisthenics has played a huge role in my life. It has helped shape me as a person. Given me confidence, strength, drive, support, guidance and some beautiful friendships I will cherish forever.

I still remember my very first competition when I was 8 years old with the fun bus trips, the hotel room hangs with our group. The excitement as we are about to go on stage! The support of our mums and the club was something that was just so magical! I've been a part of the Mildura Calisthenics Club for almost 9 years now personally and three with my darling daughter. It is truly the most rewarding sport a girl can have.

As I finally return after having almost 15 years break to have my gorgeous three children, it's almost like nothing has changed. I still get so very excited for class each week, to hang out with the girls who feel like a second little family. Class is like a little get away for me as a Mum to do something that I love. To have time with the girls, get to dance and a giggle whilst getting some exercise in too which is rare these days!

The best part of it all coming back to Calisthenics after all these years is to be able to share this joy with my daughter, Ariana who is currently in Sub-juniors and thinks its wonderful Mummy can do the same thing as her! I'm so excited for our trips away for competitions and to share the stage and the nerves with her and create some beautiful memories along the way.

