



2024

Club Handbook

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# Welcome to Bentleigh Calisthenics

Dear Members, Parents and Friends,

On behalf of Bentleigh Calisthenics I warmly welcome you to our club. A friendly, happy and inclusive club; we hope you choose to make BCC your place of fun, friendship and fitness for 2024 and many years ahead.

Bentleigh Calisthenics College is a community not-for-profit club run by a dedicated volunteer committee of management. As a large club, we strive to live up to our club values of **'Nurturing Confidence, Wellbeing and Excellence'** in all of our actions, processes and products on offer.

Our club is made up of students across seven age groups, section coaches, assistant coaches, cadet coaches and class helpers. Our club has been providing calisthenics classes to the community since 1955.

At Bentleigh Calisthenics College, our community of students, parents and coaches share a common vision for the future of our thriving club. Our overarching vision is for a club that continues to nurture our students - building their confidence, fostering resilience, fitness and teamwork and enabling them to reach their full potential. We will continue to be a club that strives for excellence in all we do, whilst maintaining a sense of fun, friendship and family.

We are so proud to have a team of 22 amazingly talented and passionate coaches, dedicated to guiding and nurturing each student. All our coaches are highly qualified, undertake regular professional development and are registered with Calisthenics Victoria. Our section coaches are supported by a wonderful broader team of foundation coaches, helpers and solo coaches. We are now in our 69th year and we are so grateful to all those over the years who have contributed towards making our club what it is today.

In the true spirit of the Bentleigh Calisthenics - we are a club where everyone is valued and belongs. We look forward to an exciting and fun year ahead supporting and celebrating what our students love doing best - growing in confidence and skills together and then performing!

I look forward to seeing you all at our practice hall.

Best wishes,

Erminia Foley - President

Bentleigh Calisthenics College Committee

## About Our Club

Bentleigh Calisthenics currently holds a Leading Club Gold accreditation with Calisthenics Victoria. We are one of only a few clubs in Victoria who hold this level of accreditation. The Calisthenics Victoria Leading Club Program is about 'Good Governance, Great Clubs'. It is a quality assurance program endorsed by Sports and Recreation Victoria and VicSport. It is designed to assist Calisthenics clubs to identify, prioritise and implement effective management strategies to meet the changing demands on sporting groups. Our club's Gold level accreditation is testament to the professionalism of our committee and our commitment to running a well-governed, efficient and successful club for the benefit of our students and families.

## Our Coaches

Our coaches are highly valued at Bentleigh Calisthenics College. They put in many hours of dedication to the sport of calisthenics and this includes the many hours required each year attending courses and conferences in order to maintain their qualifications and registration with the Calisthenics Victoria

### Coaches

All our Section & Assistant coaches hold the following qualifications:

- Development Coach Accreditation with Calisthenics Victoria
- Level 2 First Aid certificate
- Working with Children Check (or current Victorian teacher registration)
- Yearly Child Protection Training

### Foundation Coaches

Our over 16 year old foundation helpers hold the following qualifications:

- Calisthenics Victoria Foundation Coach Accreditation
- Working with Children Check (or current Victorian teacher registration) if over 18 years of age.

### Class & Competition Helpers

Each section has helpers that assist the students under the coach's guidance. All helpers volunteer their time and attend 'helpers courses' throughout the year. Helpers over the age of 18 years are required to have a Working With Children Check (WWCC).

Helpers are required to assist at all classes and competitions, unless it clashes with their own competition.

## Committee

Committee members can be contacted via email through [secretary.bentleighcalisthenics@gmail.com](mailto:secretary.bentleighcalisthenics@gmail.com) or [treasurerbentleighcalisthenics@gmail.com](mailto:treasurerbentleighcalisthenics@gmail.com)

President – Erminia Foley

Vice President – Stephanie Millar

Secretary – Amy Carr

Assistant Secretary – Melinda Jackson-Sossi

Treasurer – Tracy Ryan

Assistant Treasurer – Linda Dubinsky

Coaches Representative – Bianca Milosavljevic

## Communication

There are many ways that you can keep up to date on what is happening at Bentleigh Calisthenics College (BCC). Please ensure that you are active in seeking out information - there is always someone available to answer any of your questions. During competition season please ensure that you know the dates and venues for all your comps.

Please familiarise yourself with the club Social Media Policy (available in the members section of our club website).

### Website

[www.bentleighcalisthenics.com](http://www.bentleighcalisthenics.com)

Check the members section for current club policies, forms and newsletters (password: bettertogether). Our website is a great resource so please take the time to familiarise yourself with it.

### Email

[secretary.bentleighcalisthenics@gmail.com](mailto:secretary.bentleighcalisthenics@gmail.com) or [treasurerbentleighcalisthenics@gmail.com](mailto:treasurerbentleighcalisthenics@gmail.com)

### Facebook

<p><b>Public Facebook page - Bentleigh Calisthenics College Inc</b></p>	<p>Please encourage all your family and friends to “Like” our public page, so they can keep up to date with all the exciting news from Bentleigh Calisthenics.</p> <p><a href="http://www.facebook.com/BentleighCalisthenicsCollege">www.facebook.com/BentleighCalisthenicsCollege</a></p>
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<b>Closed group – Bentleigh Calisthenics College</b>	<a href="https://www.facebook.com/groups/BentleighCalisthenicsCollege">www.facebook.com/groups/BentleighCalisthenicsCollege</a> In the search field type Bentleigh Calisthenics College and request to “join”. The Facebook group is updated often during the year; join the Facebook group to keep up to date on competitions and other activities at the club.
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**BAND** - Platform that can also be used for communication and sharing practice videos.

**Instagram** - Bentleighcalisthenics

**Newsletters** - Each section issues newsletters periodically. Please remember to check your child’s calisthenics bag. Newsletters can also be found on the noticeboard at the hall.

**Physical Address** - 11 Walter Street, Moorabbin

**Noticeboards** - Please check the notice boards located in the foyer for updates and event calendar.

## Fees

For more information on Bentleigh Calisthenics College fees, please refer to the *Fees Policy* available on the club website.

There is the option to pay the first instalment of the section fees on revolutioniseSPORT during registration. If this option is not taken up then an invoice for the first instalment of section fees will be sent via email. Each family will receive an invoice for the 2nd instalment of the section fees via email.

Please ensure that we have your current email address. You can update your email address through revolutioniseSPORT at any time as well as check your invoice status. You can also email [treasurerbentleighcalisthenics@gmail.com](mailto:treasurerbentleighcalisthenics@gmail.com) with any contact detail changes.

We are a not for profit community organisation and our budgets are set assuming all members pay their fees in full by the due date.

## Registration fees

Registration fees are due by 14th February 2024 for Solos and 1st March 2024 for other members and consist of the family administration levy and the Calisthenics Victoria registration and insurance fee.

- **Family Administration Levy** – \$90 payable by each family – this payment assists with the administration costs of running our club

- **Volunteer Levy** - \$60 payable for each member, the volunteer levy is refundable once you volunteer for South Eastern Solo Competition or Studio Cleaning rosters. Refer to the Fees Policy for more information.
- **Calisthenics Victoria Registration and Insurance** – \$90 this must be paid each year to our governing body Calisthenics Victoria (CaliVic) and no student is permitted to participate in class or competitions if this has not been paid. This fee is payable at the time of registration via revolutioniseSPORT and MUST be paid by the due date.

## How do I pay my fees?

When registrations open you will be emailed a link to register through revolutioniseSPORT. You will be required to pay the family administration levy (one per family), volunteer levy, CaliVic Registration for insurance (per student) at time of registration.

You have the option to pay 1st instalment on registration and/or you will be invoiced for the section fees separately prior to due dates. Payment plans can be arranged if necessary. Please contact Treasurer to discuss options via email [treasurerbentleighcalisthenics@gmail.com](mailto:treasurerbentleighcalisthenics@gmail.com)

Payment of the above fees are due before the following dates:

- 1st Payment - 30 March
- 2nd Payment - 30 July

Prompt payment is appreciated as it is always awkward for club volunteers to have to chase up payments from members. For more information on fees please refer to the *Fees Policy* (available from the website). There is a 10% discount on the tuition component for the younger members of the same family. Preferred method of payment is by credit / debit card through RevSPORT using the link included in the invoice email.

Other costs not included in fees:

- Camp (compulsory for Sub-Juniors, Juniors, Inters & Seniors) - Cost is approx \$80.00 per student
- Club Uniform: Bentleigh Club Jacket & leggings to be worn at all competitions, approximate cost \$140 for both. Club uniform is available to purchase through an online shop. Optional extras are also available. Eg. T-shirt, hoodies and club bags. The club also has a Facebook group where members can list second hand uniform items.

<https://www.facebook.com/groups/bentleighcalibuyswap>

## Club governance

Our committee of management are all volunteers. Any member of the club is able to be elected to one of the following positions:

- President
- Vice President
- Secretary
- Assistant Secretary
- Treasurer
- Assistant Treasurer
- General member
- General Member

*\*Note: The Coaches Representative is also part of the committee representing the coaches.*

Our AGM is held in May of each year to elect committee positions. For more information on volunteering at the club please refer to the documentation available from the Members Section of the website.

Please refer to our Club Constitution available from our website for more information. Our AGM date will be published on Bentleigh Facebook Page inviting all members to attend.

All our committee of management hold the following accreditations:

- Australian Sports Commission – Complaint Handling Certificate, Child Protection, Harassment & Discrimination Certificate
- Working with Children Check

## Policies

At Bentleigh Calisthenics we have a number of policies to help govern and administer our association. Copies of all our policies can be found on our website in the members section. In particular, we encourage all members to familiarise themselves with the Australian Calisthenics Federation Member Protection Policy and our Club's Code of Conduct for Parents.

Our child safety policies align with the Victorian Child Safe Standards. These policies are designed to ensure the safety and welfare of all children and young people under the age of 18 at our club. All coaches and club volunteers sign a Child Safe Code of Conduct each year and are required to hold a Working with Children check. We also encourage all parents to obtain a Working with Children check. This is mandatory for all parents who will be entering student's dressing rooms at calisthenics competitions.

It is important that all members familiarise themselves with these policies on our website. If you have queries or concerns regarding child safety, please contact one of our Child Safety Officers in person or by emailing: [bcc\\_childsafety@gmail.com](mailto:bcc_childsafety@gmail.com). The officer for 2024 is:

- Erminia Foley



## About Calisthenics Classes

Please ensure all your belongings (including uniform) are clearly named.

What to bring to each class	What to wear to class
<ul style="list-style-type: none"> <li>Clubs (not Tinies)</li> <li>Rod (rod covers are compulsory for safety purposes) - can be brought through REVSPORT shop.</li> <li>Aesthetics practise skirt</li> <li>Drink bottle</li> <li>Snack</li> <li>It is recommended that you purchase a club bag or backpack to keep all your equipment together.</li> </ul>	<ul style="list-style-type: none"> <li>Hair to be tied back off face (this is a safety requirement)</li> <li>No jewellery except for sleepers or studs</li> <li>Tinies can wear a coloured leotard</li> <li>Sub-Juniors to Seniors must wear black leotards, bare legs or black footless or stirrup tights.</li> <li>Masters – leggings and tight fitting shirt</li> <li>Pupils may wear BLACK crossovers, leggings or long sleeve t-shirt in the winter. <i>Note: Leggings or tights should not have any holes or rips</i></li> <li>Dance pants, onesies and hoodies are ONLY ALLOWED during warm-up and pupils will be asked to remove these items during practice. No loose tops are allowed in class.</li> </ul>

## CLASS UNIFORM



**COMPULSORY OR WEAR  
OWN BLACK LEOTARD  
CLUB LEOTARD**



**OPTIONAL  
SHORTS**



**OPTIONAL  
T-SHIRT**



**OPTIONAL  
PUFFER VEST**



**RECOMMENDED  
CLUB BACKPACK**



**OPTIONAL  
HOODIE**

## Other information about class

- Parents are more than welcome to video the work for their children to practise at home. Coaches encourage this; please ask them which weeks would be most beneficial. These videos are not to be posted on your own social media. Coaches post class work videos during the year and in their sections private Band or Facebook group. Please seek permission from the coach before doing so due to privacy.
- All students are expected to attend all classes, extra classes, competitions and functions.
- All students are required to advise the class rep or coach if you are not attending a class. If possible give the Section Coach as much notice as possible so that they are able to plan their classes in advance.
- Punctuality is required for arrival and pickup. Students should be at the studio approximately 10 minutes before the start of class so they are ready to participate in the warm up. Quick exit from the hall is requested at the end of the class.

## Collecting children

Parents must come into the studio and collect their children.

- Coaches will not allow children to meet parents outside due to safety restrictions. Please do not put our coaches in the position of unnecessary worry and concern for your child's safety when leaving the studio.
- Please ensure that you do NOT park in the coach parking area or in any of our neighbours parking.
- Please ensure that you are **punctual** with your pickups as it is unfair to expect coaches to remain at the hall after class time to wait with students.
- A late fee may be invoiced if a child is not collected within 15 minutes of class finishing (unless prior notification is given and agreed with the coach). This also applies to late pick ups at competitions. If you are running late for any reason, please notify the class rep or coach.

## Team Selection

It is solely the coach's responsibility to select the teams (when there is more than one team in a section) and positions on stage. The selection criteria differs for each item and section.

Graceful acceptance of selection or non-selection is to be encouraged as part of the development of the individual. Teams are picked on ability, reliability and many other factors. Coaches may ask that students

audition to determine team selections. If a student was in one team the year before, it does not guarantee the student will be in that team again.

Please do not ask to be put in the same team as a friend as this is not always possible for varying reasons. All teams are selected by coaches to help each student develop at their own pace. Remember that calisthenics is about enjoying and participating in the sport and having fun. Teams may also be altered, for varying reasons, throughout the year at the coach's discretion. For more information please refer to the *Team Selection Policy*.

## Equipment List

Item	Description
Backpack	It is recommended that pupils purchase a club backpack and bring it to class weekly and also to competitions. It ensures that the practice skirt and clubs are not lost or damaged.
Bodysuit or dance underwear	At competitions all students must wear either a beige bodysuit or dance underwear.  These can be purchased from dance wear stores, for example, Energetics or Bloch.
Clubs	Club hire is included in the fees. Your coach will assign each student with a set of clubs. If clubs are lost or damaged a replacement fee will be payable. They must be returned at the end of the year. Replacement cost is \$30. Not required for Tinies.
Competition Uniform	All students are expected to wear competition uniforms to all competitions. This includes the club jacket and club leggings.
Costume Bag	Each student requires a costume bag to keep costumes clean and together for dress rehearsal, comps and concert. A suit bag can be used or you can purchase a Bentleigh Calisthenics bag.

Item	Description
Hoodie	<p>Club hoodies are an optional uniform item and are great to wear to and from class as well as to support other sections in the audience.</p> <p>They are great for class and camp. On cold days they can be worn to a competition <b>under</b> the club jacket. They do not replace the requirement to wear the club jacket if a competitor.</p>
Leg tan	Sub-Juniors to Masters wear leg tan for all competitions. Refer to your coach for further information. Leg tan can be purchased through Priceline, Chemist Warehouse etc...
Leotard	All students are required to wear a black leotard or club leotard to class. Leotards can be purchased from Target, K-Mart, Energetics or Bloch.
Practice skirt	Practice Skirt Is to be neat and in good condition. It is a flimsy see-through piece of material made as a full circle and a 1/2. All students must have a practice skirt. Aesthetics skirts can be purchased from the club - best to order longer length so they can use for a long time and they can wear under their armpits when small and on waist when they grow.
Rod	A rod is measured from the nose, when looking to the front, to the tip of the middle finger plus 25mm when the arm is extended out to the side. Rod hire is included in the yearly fees however a charge will be incurred for replacement if rod is lost or damaged. Replacement cost is approx: \$30.

## Use of the Studio

Please respect our club space; this includes removing rubbish and not damaging anything. The club would appreciate your assistance with this. If you have any concerns relating to the studio please let someone from the committee know. **Please do not park in the coaching parking space at the front of the studio or in our neighbours car parking.**

## Competitions

Bentleigh is a competitive club. The competition season begins in July and continues through to October.

Dates and venues of competitions will be announced as soon as they become available, generally the dates and details are released by Calisthenics Victoria in May. Subbies – Seniors participate in the Royal South Street (Ballarat) competition. Masters may choose to participate in the RSSS Ballarat competition if this is offered and Masters Games Panpacs, if offered, but this will be an additional cost to the section fees.

Please be sure to put these dates in your diaries as soon as possible, and take this into consideration when planning holidays. If you are going to be away during the competition season, please have the courtesy to advise your coach of this possibility in order to minimise disruption to the team, the student's position onstage may be set so an absence will not affect the overall team performance. Should a coach have to change choreography due to absence at competition, the right is reserved to maintain this choreography even if the student is available at subsequent competitions.

Calisthenics is a unique team sport because each member has a specific role to perform and cannot be easily substituted like at a football or netball match. All team members need to understand the commitment they make to the team for the whole year. If a team member decides to withdraw from the team throughout the year, when routines have been choreographed, it penalises all other team members because they cannot be easily replaced.

Please advise, as early as possible, if you are planning any long family holidays, especially just before or during competition season to enable the coaches to make sure they have teams covered. It is very important to communicate to the coach as early as possible if a student is unable to compete due to illness or injury as late withdrawals cause much stress and worry to the whole team.

***Please note: Calisthenics Victoria State Championships are scheduled for the September school holidays.***



## Competition Uniform

All students must arrive and leave the competition venue (including solo competitions) in the correct competition uniform. At the end of a competition all competitors either come into the theatre and sit in the audience for results or are presented on stage. It is important that all students are in full competition uniform. Full competition uniform is also worn for photo day and presentation night.

For more information on competition uniforms please see your class rep. All students will be notified when the new uniform shop is open via our supplier to order new uniforms. Second hand uniform is also available from the club Buy, Swap and Sell Facebook group.

<https://www.facebook.com/groups/bentleighcalibuyswapcell>

For more information refer to the club *Uniform Policy* available from the members section of the club website.

## COMPETITION UNIFORM



## Competition Medals and Trophies

A trophy will be awarded to participants in sections that have won an aggregate or reserve aggregate. Only students who perform at the competition receive a trophy. All Tinies receive a participation trophy at the end of year presentation. *NB: trophies will only be presented if club fees are up to date at time of presentation*

Families can also opt in to purchase individual item medals for competitions. Calisthenics medals are earned for 1st, 2nd, 3rd, HM (4th) and HC (5th) places at each competition in each item. Information on purchase costs will be made available via class reps mid-year prior to competitions. If a student does not attend a competition, then they will not receive any medals for that competition.

Presentations are also made of service awards for those students who have been at Bentleigh Calisthenics College for 5, 10, 15, 20, 25 & 30+ years.

For more information refer to [www.bentleighcalisthenics.com/honour-roll](http://www.bentleighcalisthenics.com/honour-roll)

## Competition Makeup & Leg tan

All students wear similar makeup and leg tan/body tan when competing. Make up details are distributed closer to competition time. Please speak to your Section Coach if you have any questions. Makeup items (foundation, eyeshadow, mascara and lipstick) can all be purchased at very reasonable prices through the club. Speak to your class rep regarding purchasing competition makeup.

Club RevSport shop is available here <https://www.revolutionise.com.au/bentleighcc/shop/>

The Tinies section does not need to wear leg tan and wear only very basic stage makeup.

Leg tan/body tan is to be applied at home; it must not be applied at competitions. Ask your class rep for details as to where these items may be purchased.

## Costumes



Costumes are a very important part of calisthenics competitions; everyone loves to have a great costume to wear on stage. To ensure that everyone has a great costume for every item takes a bit of time and effort from everyone in the club.

At the start of each year the coaches have picked the music and theme for each item and will have started the costume design.

Each year each section is given a costume budget by the committee, the coaches then decide how

they use this budget to costume everyone in their section. Generally the budget allows for a couple of new sets of costumes and the redesign of others. The re-use of previous sets is needed to ensure that each section stays within the costume budget. Every effort is made to re-use costumes and ensure minimal sewing by parents; however, costumes are also based, not only on music choice, but also depending on the size of the team (numbers in team and as well as body size of each individual). We may want to use a costume from the costume cupboard but they just don't fit. The hire of all the costumes for each item is included in your yearly fees.

## Why are costumes so important?

Everyone loves going on stage in a great costume and at Bentleigh we try to make this happen for each and every student. Costumes/presentation is worth 10 marks on a critique at competitions. So we want to give our teams the best chance possible to do well at competitions.

Sometimes parents may wonder why it is important that the costumes look exactly the same, the adjudicators are looking for both neat presentation and uniformity across the team, this why it is very important that everyone looks the same, costumes must be uniform along with leg tan, hair, makeup. This is also why everyone needs to be well groomed and presented – that is, hair done, makeup, no runs in tights, no holes in costumes and leg tan applied (leg tan doesn't apply to Tinies).

### **Why do we re-use costumes?**

Current budget requirements do not allow for new costumes to be made for each item. Over the years we have managed to build up a great range of finished costumes. To make new costumes can be quite expensive and depends on if we have volunteers to assist with the sewing of a new set of costumes or if they need to be outsourced. Did you know that to have a new set of aesthetic dresses professionally made it costs approximately \$200-250 per dress?

### **My child's costume needs washing**

During the competition season the students work hard in their costumes on stage and they may need a bit of a wash. Please just hand-wash costumes using mild soap gently in cold water and drip dry. Be very careful with red costumes as red runs very easily. Sometimes a quick underarm and crotch wash is all that is needed between competitions. **Do not** put them in the washing machine or dryer.

### **Caring for the club's costumes**

Please remember you are hiring the costumes and do not own them. The club asks you to please take care of them while they are in your care. Costumes are to be hung up in a costume bag and not be used for school activities or dress-ups. We also recommend that leg tan is applied the night before a competition to avoid staining the costumes.

Please teach your student how to hang up their own costumes back in the costume bag after they have finished wearing it on stage. It really helps the whole team if the dressing room is tidy.

### **How can I help?**

Everyone can help by firstly getting their costumes completed and ready by dress rehearsal/photo day so that everything is in order for the competition season. Unfinished costumes are stressful for the whole team! If you are unsure what is required please ask your section Costume Coordinator.

If you are willing to do some extra help the coaches and Costume Coordinators are most appreciative. Speak to your Section Coach and they may have some jobs that need to be done, these could include stripping a set of old costumes, covering rods and clubs, making headpieces. Any extra help is much appreciated by the coaches and the whole team!



We also need volunteers at the end of the year to take sets of costumes home to wash and then return to the club to put away.

## **Royal South Street Society- Ballarat Competition**

Bentleigh Calisthenics College is invited to compete at RSSS Competition as our Subbies, Juniors, Inters and Seniors are in high enough divisions to be eligible. Not all calisthenics clubs qualify to compete at Ballarat. It is an exciting time for all the students and coaches with extra time spent on perfecting the routines, and preparing lucky charms for team mates. It is a fantastic experience to perform in Her Majesty's Theatre in Ballarat (<http://www.hermaj.com/>) and one that all calisthenics competitors remember and reminisce about for years after.

Once each section's competition dates are announced it is up to each individual family to organise and pay for their own accommodation. Depending on your section, you may need to organise your own accommodation when the time comes, otherwise your class rep may source accommodation and organise as a group. Your class rep will let you know as soon as the dates have been released.

## **South Eastern Solo Competition**

Each year Bentleigh Calisthenics runs the South Eastern Solo Competition; this is run by a dedicated committee of members who need all members' assistance to make this a successful event. This is the club's major fundraiser of the year and without it the fees would rise considerably. So at the start of the year a roster is organised and each family is expected to assist with a volunteer shift.

## **Camp**

Sub Juniors, Juniors & Inters all attend day/weekend camps at the Studio.

Please note that camp is **COMPULSORY** as this is an important opportunity for the students to learn and refine their routines for competition.

Camp is the perfect opportunity for coaches to have intensive practice/coaching sessions and it is great if parents can attend working bees during this day/weekend so that costumes & headpieces to be altered or gemmed. It is also a great way for families to get to know each other better as well. More information regarding the camp will be given by class reps and/or coaches closer to the date.

## **Calisthenics Exams**

CaliExams is an exam program designed and administered by Calisthenics Victoria to increase student's knowledge of calisthenics technique, presentation and terminology. Students complete preparation

classes run by the club where they learn movements and routines set CaliVic. Students then sit a half hour examination with one other student, as a group or online depending on exam level. A qualified examiner critiques and scores their performance.

All students are examined on an individual basis. Coaches encourage all students to participate in the skills program as it is a valuable asset to the students team routine. The skills program is an extension in technique learning and is taught in small groups by a qualified coach. If you intend to do a solo you need to check with your coach what level requirement is needed. See below for further information.

Natasha Kennelly is our CaliExams Coordinator and will advise all concerned as to when classes will be available. Exams and solos are strictly the parents and child's decision and responsibility. All club fees must have been paid in full for pupils to participate.

## Solos/Duos/Trios

Calisthenics is a team sport however team members can compete individually as soloists or in a duo or Trio. Solos are a great way to develop confidence and performance skills as well as extending the skills learnt in team items.

During the year a list of coaches qualified to teach solos and their availability is distributed. Students then complete the Application for Solo Coach form listing their coaching preferences. You are then notified by late November to which solo coach your student has been assigned.

The following criteria needs to be met to be eligible to apply to participate in solos:

- All monies owed to the club are up to date.
- The student has a minimum 90% attendance rate at class..

It is the responsibility of the student/parent to enter competitions. A list of all solo competitions and how to enter each is available on the CaliVic website.

For more information on Solo/Duo competitions, coaching and fees please refer to the following:

- Solo/Duo Coaching Policy – available from the member section of the club website.
- CaliVic website [www.calisthenics.asn.au](http://www.calisthenics.asn.au)

## Volunteering

Bentleigh Calisthenics is a community not for profit club and we love volunteers, if anyone has any spare time and are happy to volunteer we can always find a task for them.

Some of the jobs we appreciate help with include:

- Studio maintenance - there is always small maintenance jobs to be done around the studio.
  - Mowing, whipper snipping around the front and side of the studio.
  - Maintenance - including painting, small handyman jobs.
  - Cleaning - monthly cleaning roster.
- Taking props to competitions – if there are no volunteers to take props to comps then they cannot be used on stage.
- Helping with marketing the club – if you are able to place an advertisement for us in your kinder, child care or school newsletter or Facebook page we would really appreciate your help. (Email [secretary.bentleighcalisthenics@gmail.com](mailto:secretary.bentleighcalisthenics@gmail.com) )
- Volunteering any expertise you may have eg. marketing, printing, grant writing, sponsorship.

We would especially love dads or grandads to get involved in some prop making etc. See your class rep or section coach if you are available to help out. It doesn't matter if you don't know what to do –someone will show you. Many hands do make a huge difference and even if it is just one thing, any help is much appreciated. For more information on volunteering with Bentleigh Calisthenics please refer to the "*Volunteer Involvement Policy*" available from the website.

## CLUB SONG

Yo! We are from Bentleigh

We wear the black and blue

And if you want to join us

You can be a winner too

BBBBBBBBBBBBBBBB Bentleigh

Did you get it?

No!

BBBBBBBBBBBBBBBB Bentleigh

YO!