

2023



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# FINDON CALISTHENICS CLUB HANDBOOK



*Belong, Perform, Achieve at Findon CC*

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The information in this booklet was correct at the time of sharing. Information may alter from time to time and all changes will be advised through the Clubs Newsletter or by Group Representatives.

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# WHAT IS CALISTHENICS?

Calisthenics is the sport with performing at it's heart! We offer a unique combination of dancing, singing and gymnastics, developing strong and confident leaders through friendship and teamwork. With classes from age 3 right through to adults, there is something for everyone at Findon!

Located in Epping, we are:

- a uniquely Australian sport
- confident and disciplined
- proud and passionate
- modern and versatile
- fun and welcoming



At Findon, we pride ourselves on catering for all ages and abilities, and encouraging all of our participants to reach their full potential, with a focus on developing friendships and having fun. All of our fully qualified Level One coaches work to ensure that every member of the Findon family are the best calisthenics participants they can be.

## ABOUT FINDON

Established in 1986, Findon Calisthenics Club is a not for profit Club, based in Epping.

We pride ourselves on being a friendly and welcoming club, and cater for children of all ages and abilities. Whilst we are a competitive club, we believe that our pupils should have fun at classes and competitions and that winning is a bonus. In 2022 we were nominated for Calisthenics Victoria's "Club of the Year" award.

We have a fantastic team of coaches who are dedicated to helping their participants reach their full potential. Our coaches are all Level 1 or Level 2 Accredited coaches and registered with the Australian Sports Commission. Most of our sections have two qualified coaches, along with class helpers so our participants have plenty of support to help them achieve their goals.

We are proud to be an accredited Good Sports club! Good Sports helps us build on our strong club culture, so we can be champions of positive change, and continue to be a thriving, safe and family-friendly club.

## COMMITMENT TO FINDON

Findon Calisthenics Club is a competitive club, members need to make a serious commitment to attend all classes and all competitions. Competitions are compulsory and held across Melbourne and regional Victoria e.g. Ballarat, Bendigo and Shepparton. Some competitions may fall on weekdays.

Calisthenics is a team sport which requires the support, commitment and assistance of pupils, parents, family members and coaches. It requires a year long commitment.

Pupils are expected to practice routines out of class and notify their coach as soon as possible if they will be absent from a class.



## CALISTHENICS VICTORIA (CV)

Calisthenics Victoria (CV) is the parent administrative body responsible for the development and promotion of Calisthenics within Victoria. Findon Calisthenics is a registered member of CV and complies with all CV policies, procedures and guidelines. Every participant must be registered with CV in order to be covered by Personal Accident and Public Liability Insurance and to be eligible to enter competitions. Registration involves a once off yearly fee which is set by CV (see fees) and covers participants at class, competitions and at the end of year concert. The link for CV performer registration is provided on our website under the registration tab <https://www.revolutionise.com.au/findon/home/>

Each performer must log in via the link and register themselves by the 30th March 2023. If you are a new member to the club this MUST be done after your trial classes conclude.

## CLASS INFORMATION

All classes are held at our studio 1/18 Buch Avenue Epping. Occasionally through the year coaches may ask to have an extra practice. Prior notice will be given and the cost of these class are included in your fees.

### ATTENDANCE

As calisthenics is a team sport, it is very important that all participants attend every class for the year. Classes continue right through the school holidays. Punctuality is also important – please arrive at your class on time. If for any reason you are unable to attend a class, please notify your coach prior to the class.

Pupils may commence with a calisthenics club from the age of three. Age groups are calculated by the age of the competitor as at 31st December each year. For example, pupils turning eight by the 31st December, 2023 will be in the Sub-Junior section.

Age Group	2023 Coaching Team	Training Day	Training Times	2023 Start Dates
<u>Tinies</u> 3-7 years old	Coach: Zara Walles Foundation Coach: Paige Wilson	Saturday	9.00-10.15am	11/02/2023
<u>Sub Juniors</u> 8-10 years old	Coach: Sarah Kimpton Assistant Coach: Zara Walles	Saturday	10.15-12.45pm	11/02/2023
<u>Juniors</u> 11-13 years old	Coach: Bec Hoyle Foundation Coach: Olivia Grossi	Thursday	5.00-7.30pm	09/02/2023
<u>Intermediates</u> 14-17 years old	Coach: Sarah Kimpton Coach: Taylah Grambau	Monday	6.00-8.30pm	06/02/2023
<u>Seniors</u> 18 years +	Coach: Elissa Armit	Tuesday	7.00-9.30pm	07/02/2023
<u>Masters</u> 26 years +	Coach: Elissa Armit Coach: Bec Hoyle	Thursday	7.00-9.30pm	09/02/2023

### DROP OFF AND PICK UP OF PUPILS

Pupils are to be present at the studio and under parent supervision 10 minutes prior to the commencement of their class. Parents are required to collect pupils from inside the studio at the completion of each class.

Children cannot leave the studio to meet parents in the car park. Children are not to be left unattended outside the studio. Please message your coach if you will be late for pick up or drop off.





## CLASS ATTIRE

Please note for safety reasons, the following class attire is compulsory. Pupils are expected to come to class appropriately attired, with correct equipment ready to start on time.

### TINIES TO SENIORS:

- Black leotard or fitted black shirt/long sleeve shirt.
- Black or flesh tights.
- Plain black long sleeve top or crossover (for the colder months).
- Practice skirt (please speak to your coach about where to get a skirt).

### MASTERS:

- Black tight fitting activewear & a practice skirt.

Baggy jumpers etc are not safe to practice in as your rod or clubs can get stuck, causing injury.

Leotards can be purchased from Kmart, Target or dance wear shops. We also have a club leotard available for purchase in our uniform shop.

Please ensure rods, clubs, practice skirts and a drink bottle are bought to class every week.

## APPARATUS

Rods and Clubs can be hired through the club and the cost is included in your fees. If you break or lose these items it is your responsibility to replace them out of your own pocket. As they were originally the clubs they will still be owned by the club even though you replaced them. Hired apparatus must be returned at the end of the year or if you leave the club. If you choose to purchase your own clubs or rods please speak to your group representative or coach about the correct size and where to purchase these.

You will need to source a practice skirt. Please talk to your coach about where to get one or about a pattern to make your own.



## CLUB FEES

We ask that where possible, all payments to Findon are made online using electronic funds transfer. An invoice will be issued to you via email.

Our fees include tuition, hall hire, and costume hire. There will be some additional costs along the way and these depend on the age group eg. rods and clubs, club jacket and t-shirt, practise aesthetic skirt, dressmakers fees for costumes if required, competition makeup and stockings, etc.

Age Group	Class Fees	Services and Amenities Levy	Competition Entry	Costume Levy	Apparatus Levy	Total Fees
Tinies	\$288	\$311	\$104	\$60	\$10	\$773
Sub Juniors	\$390	\$311	\$192	\$100	\$15	\$1008
Juniors	\$390	\$311	\$192	\$100	\$15	\$1008
Inters	\$390	\$311	\$192	\$100	\$15	\$1008
Seniors	\$390	\$311	\$192	\$100	BYO	\$993
Masters	\$390	\$311	\$192	\$100	BYO	\$993

### PAYMENT DETAILS.

**Reference:** Pupils Name and Section

**Account Name:** Findon Calisthenics Club **BSB:** 033087 **Account Number:** 371154

### PAYMENT OPTIONS

We have options for a payment schedule (weekly, monthly, by term or yearly), important instructions about setting up a direct debit, late payment fees, and your responsibilities are in the Member Payment Agreement on our website. If you have any questions about these, please contact Catriona at [treasurer@findoncalisthenics.com.au](mailto:treasurer@findoncalisthenics.com.au)

When registering with Findon, you will need to indicate how you will choose to pay your fees. Failure to have all fees paid by October 30th will result in your child not being eligible for individual awards and their medal pack will not be given. A late payment fee may also be applied.

### REGISTERING WITH CV

All participants are required to register with Calisthenics Victoria. This is in addition to the fees attached above. The registration fee for 2023 is \$90 + transaction fee, and this is payable directly to Calisthenics Victoria upon registration. All returning participants must be registered by the 30th of March. If you are new to the club you must register after your free trial to be covered in case of injury at class. For more information and to register, please go to <https://www.revolutionise.com.au/findon/registration/>

# CLUB STRUCTURE

## COMMITTEE

Our club is a committee run club. This is where our day to day decisions are made, and fundraising ideas are discussed. Meetings are held as needed, generally once a month. All new members are welcome and committee meetings are open to all club members. Keep an eye on our Facebook page for meeting dates.

2023 Committee:

**President:** Rosa Cornwell

**Vice President:** Natalia Grossi

**Secretary:** Alison Wilson

**Treasurer:** Catriona Herz

**Fundraising Co-ordinator:** Nicole Dindevski

**Costume Co-ordinator:** Sarah Kimpton

**Head Coaches:** Elissa Armit and Sarah Kimpton

## COACHES

All Coaches at Findon are fully trained, qualified and hold a current “working with children check” in accordance with the Australian Coaching Council. Coaches are required to continually update their skills, including first aid, as well as attending meetings and seminars conducted by the Victorian Calisthenics Coaches Association (VCCA).

2023 Coaches:

**Tinies:** Zara Walles

**Sub Juniors:** Sarah Kimpton

**Juniors:** Bec Hoyle

**Inters:** Sarah Kimpton & Taylah Grambau

**Seniors:** Elissa Armit

**Masters:** Elissa Armit & Bec Hoyle

## GROUP REPRESENTATIVES

Each section has a group representative. They will answer or direct your queries to the appropriate person and are your first point of call if you have a problem.

Please Remember, committee and group representatives are volunteers and are doing this along side their day jobs to support our club and children.

2023 Group Representatives:

**Tinies:** Ashlee Marston

**Sub-Juniors:** Nicole Steel

**Juniors:** Amanda Wilson

**Inters:** Sarah Kimpton & Taylah Grambau

**Seniors:** Elissa Armit

**Masters:** Lis Rossitto





## COMMUNICATION

We believe strongly in letting you know what's going on. You will receive newsletters and regular communication through our member only Facebook page and your section Facebook page. If you do not have Facebook please discuss this with your coach so we can organise an alternative form of communication. Practice videos, important dates, fundraising, uniform and costume information plus lots more are all communicated through these avenues.

## TEAM SELECTION

Calisthenics is a team sport and every team member's participation is vital to the over all result achieved. As in all teams, each individual member has the ability to contribute and bring various qualities to the team performance. Depending on the number of pupils in the class, there may be a requirement to split into separate teams for certain items. The coach of the team is best placed to identify and comprise the best possible team to work together to achieve the best overall performance. Team selection is therefore the exclusive privilege of the coach. Questions regarding how individual participants may improve their skill level are encouraged, and should be addressed through their coach after class time.

## FUNDRAISING

Findon Calisthenics Club is a not for profit club so we rely heavily on fundraising to cover additional costs (advertising, extra equipment, stationery etc) and keep fees and costs as affordable as possible. We may occasionally ask for a small monetary donation to go towards supplies for a fundraiser. Fundraising activities may require us to call on members to give their time e.g. BBQs, Findon solo competition and annual concert. We may sometimes ask for donations e.g. Easter or concert raffle and/or seek a donation from a business.

## INJURIES

If a pupil has an injury from Calisthenics or other activities it is important to inform the coach prior to participating in a class or competition. The pupil's parent and coach will need to make an assessment together whether the pupil should participate fully, partially or not. Following advice from a medical professional.



# COSTUMES

Whilst some new leotards and costumes are made each year, Findon Calisthenics Club endeavours to minimise costs and work with club members by re-using costumes where possible. All leotards and costumes must be carefully stored by individuals as soon as they are sent home and returned at the end of year concert. Costumes need to be transported in a costume bag to and from all competitions. If you need to wash costumes at any stage please speak to your group representative or coach regarding how to do this.

## SEWING COSTUMES

It is the responsibility of parents/carers to sew and sequin the necessary costumes required. Fabric, trimmings, sequins etc are purchased by the coach and sewing instructions and pictures are supplied. It is essential that these are carefully adhered to.

Ensure you direct any queries or uncertainties with the Club's costume coordinator or coach prior to cutting/sewing.

## NON- SEWERS

If you do not sew, you are advised to make arrangements with a dressmaker or another parent in the club who is capable of sewing. Any sewing arrangements and cost made between club members must be negotiated on an individual basis. All costumes are owned by the club whether you pay someone to make them or not as all materials are supplied by the club and included in your fees.

## SEWING TIMELINES

In order to complete your costumes, it is advised to start them as soon as you are given materials it is vital that completed costumes are brought to class when requested for necessary checks to ensure consistency of lengths, designs, sequins and trims etc.



# COMPETITIONS

## PARTICIPATION AND SCHEDULING

Findon is a competitive club and participates in approximately four to five competitions each year. As Calisthenics is a team sport, teams will be deducted points or unable to compete if team members are missing. Therefore competitions are compulsory for all team members. We understand there are extraordinary situations that arise, so please inform your coach if you have a problem with any of the competition dates as soon as possible, so alternative arrangements can be made to minimise the disruption to the team.

Competitions are usually held on Saturdays and Sundays and sometimes on a week night. Competitions may also be scheduled during Victorian school holiday periods. Competitions usually do not commence until late July and conclude at the end of October. Competition dates are usually given out mid May.

It is expected you arrive at the competition venue at the time specified by your coach (usually 1.5 to 1 hour, before start time).

## COMPULSORY CLUB UNIFORM

Pupils are to arrive at and depart from competitions in full club uniform. The compulsory items for competitions are our club jacket and club t-shirt. All other items you purchase from the uniform shop are optional and not to be worn by pupils to competitions. Between items and in auditoriums, pupils are required to wear club uniform, ensuring legs and feet are covered.



If your section wears leg tan it must be applied at home prior to arrival at competition venues. Some sections may wear tights instead of leg tan. Base make-up and specified hair grooming must be done at home prior to arrival at competition venues. If you need help with any of these please speak to your group representative or another parent to assist you if needed.

# COMPETITIONS

## WHAT TO EXPECT AT COMPETITIONS

Entry fees are charged at all competitions and must be paid by everyone. Competing pupils do not pay. Entry fees are set by competition organisers each year to cover venue costs. Admission tickets or wristbands must be worn the entire competition. Most competition venues have a canteen available please check with your group representative or the competition Facebook page to see if they have one. Photographing and videoing in the auditorium is banned. If you take any photos of your child back stage etc, please be mindful of pupils changing in the background and permission from other parents to include their child in your photos. Adjudicators decisions are final and not for parent comment. Under no circumstances are you to speak to the Adjudicator during the competition, even if you know them.

## DRESSING ROOMS

Males older than 6 years of age are not permitted in the dressing rooms at competition, dress rehearsal and concert venues. If we have any males participating in our club their own dressing area will be provided by the venue. Our pupils are entitled to maintain their modesty and feel comfortable whilst dressing and undressing without having to be concerned about who may be present and watching. If a pupil attends a competition with their father only, then it will be necessary for the parent to inform the Group representative so that the pupil can be assisted as required in dressing rooms. Only parents/guardians with a valid Working With Children Check are permitted in dressing rooms and must have their WWCC card on them at all times. Often there is a limit on how many parents can be in the dressing room at a time. Group representatives may put together a roster for who is to be in the dressing room at a time.

## CHEERING

Parents are asked to advise family members that it is not allowed according to competition rules and etiquette to call out a team's name or team member's name whilst cheering. Adjudicators are not given the names of competing clubs in order to maintain an objective view. Cheering individual pupils detracts from the club's name and reputation



# COMPETITION ETIQUETTE

Calisthenics Victoria Competition Etiquette is as follows:

- Act respectful towards team members, other clubs, volunteers & officials
- Be mindful; language or behaviour that you perceive as acceptable may offend others.
- Wear your club uniform, jacket and leggings and socks/shoes in theatres and foyers
- Do not wear costumes in theatres unless covered.
- Obey theatre rules on where you can eat and drink.
- Do not talk or move around theatres while teams are performing.
- Give recognition to all performers, whether first, second or third teams.
- Competitors must not sit in the first two rows of theatres.
- Do not verbally criticise fellow competitors or adjudicators.
- Be quiet around the stage area.
- Be courteous and remain in theatres for all speeches and aggregate presentations.
- Leave dressing rooms clean and tidy at the completion of competitions
- Flashlights, videos, cameras, mobile phones, iPads, laptops, tables and pagers are not to be operated in theatres or dressing rooms.
- Observe all Smoke Free designated areas.

## FINDON COMPETITION ETIQUETTE

- Aim to sit together with other team members as representatives of our club.
- Be mindful, your conduct and comments at competitions and any public forum influence public perception of our club.
- Do not engage in critical/negative talk about individual team members, coaches, parents, our teams or other competing clubs.
- Celebrate all wins and mentions with appropriate applause.
- Accept defeat graciously and refrain from making comments.
- Remain seated and quiet during every club's performance.
- Polite applause is expected for every club's performance.
- Show respect for the volunteers who help run competitions and obey their instructions.
- Observe all 'Smoke Free' designated areas.
- Respect participants and fellow audience members by not talking whilst a team is on stage.
- Clean and tidy dressing rooms at the completion of competitions.





# DISPUTES AND GRIEVANCES

## DISPUTES

If a dispute arises, please see your coach or group representative immediately. If the matter still cannot be resolved, please contact the President, Secretary or Treasurer. The matter will be treated either by them as the executive committee or in consultation with the other coaches and/or committee. All issues will be handled respectfully and by the appropriate people.

## GRIEVANCES/COMPLAINTS

If you have a complaint or grievance:

Put it in writing.

Forward it to the Secretary so that it can be addressed at the next committee meeting or by the executive committee members. Clearly set out your complaint/grievance, with reference to dates, times and the people involved.

Findon Calisthenics Club has a zero tolerance policy for bullying or negative talk of pupils, parents, committee members and coaches. The Committee will address inappropriate behavior.

For further information please see our grievance policy.



# END OF YEAR CELEBRATIONS

## COMPETITION WINNINGS

At the end of every competition year we have a presentation night where pupils are presented with any places they received through out the year. Medals are awarded for first, second and third places earned at competitions. Ribbons are given for Honourable Mention and Highly Commended. If a pupil misses a competition or does not compete in a particular item, they do not receive a medal if the team is placed in that item. If a pupil is injured at a competition and is unable to compete in an item that is awarded a place as a result of the injury, their entitlement to a medal will be reviewed by the Committee.

Our presentation night is a great family event and a great opportunity to celebrate our club all together.

## ANNUAL CONCERT

At the end of the competition season we have an annual concert. This is a great way to watch our entire clubs items and celebrate our wonderful club. In order to cover costs and attract new members to our club, it is important that each family invites as many family members and friends as possible. At our concert all costumes and apparatus that were hired through the club is to be returned. Some families may be asked to take home costumes to wash with detailed laundering instructions on the bag.

## INDIVIDUAL AWARDS

At our end of year concert coaches will give out 3 individual awards per section. Not every team member will receive one of these awards. These awards are, most improved, most determined and most consistent. Please respect the coaches decision in their choice as this is usually a very tough process for them.



## PUPIL SKILLS

Pupil skills are an examination system set by the Australian Calisthenics Federation (ACF). Students are required to learn set routines using correct technique and knowledge of the terminology used within the Calisthenics syllabus. Pupil skills are beneficial to all pupils, as the aim is to improve overall Calisthenics technique. We strongly encourage participation in pupil skills exams – if you are interested, please see your coach.

## SOLOS

Calisthenics is predominantly a team sport, however pupils can compete individually as soloists in a separate competition season. This usually takes place in March and April and requires additional fees separate to the fees mentioned on our fees page. If you are interested in competing in a solo item in the future, please see your coach.

## POLICIES

Findon Calisthenics club has the below policies in place. For more information please view them on our website or ask your class representative:

Code of Conduct

Privacy and Confidentiality Policy

Member Protection Policy

Member Payment Agreement

Child Safe Policy

Social Media Policy

Grievance Policy

Payment Schedules and Member Payment Agreement

You can find them here <https://www.revolutionise.com.au/findon/policies/> and <https://www.revolutionise.com.au/findon/registration/terms/>

