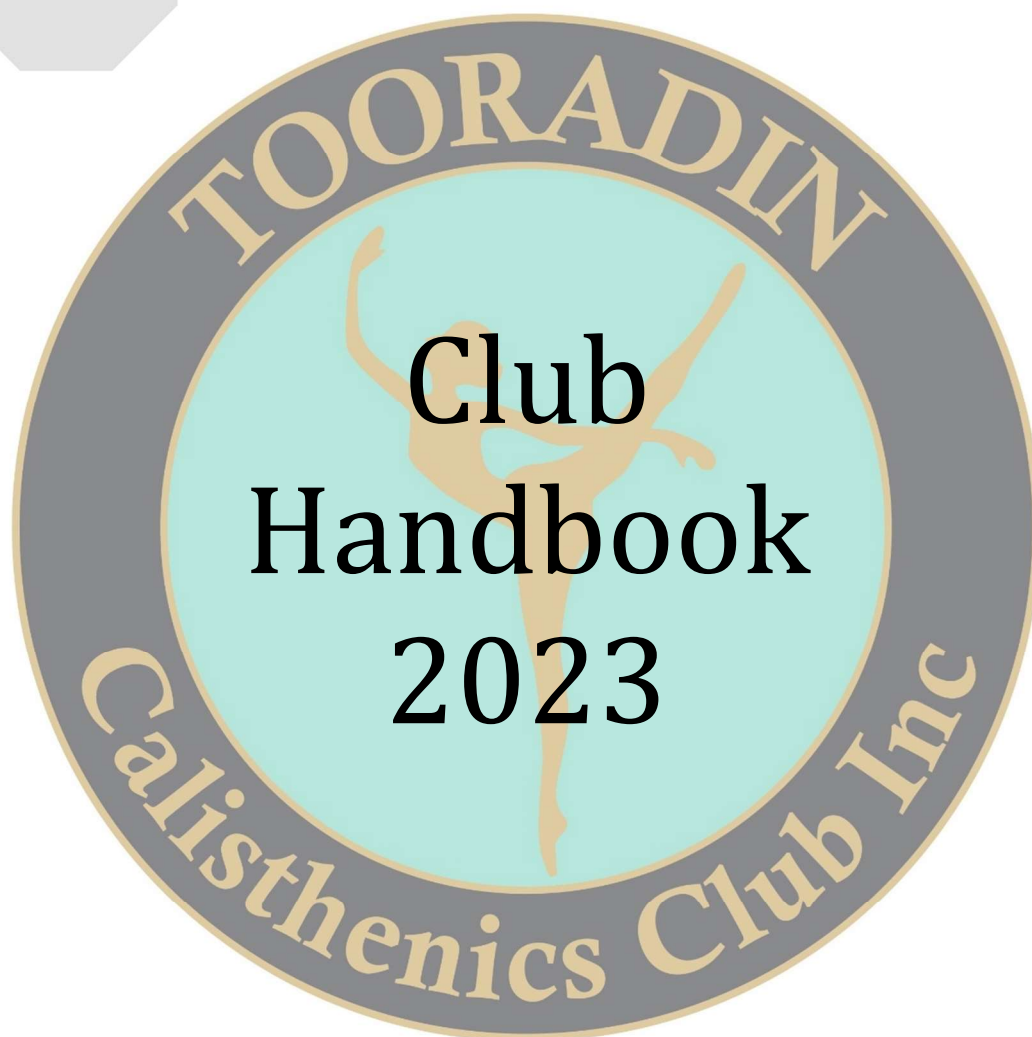




# TOORADIN

CALISTHENICS CLUB INC



*Teamwork - Commitment - Confidence*

Welcome to

# Tooradin Calisthenics Club!



## VISION

To promote fun, fitness and develop lifelong friendships; to coach with enthusiasm and integrity; to be competitive without compromising the above goals

## MISSION

To inspire enthusiasm, passion and respect for Calisthenics in every member; to encourage Teamwork, Commitment and Confidence in every member

## QUALIFICATIONS

Tooradin Calisthenics Club Inc. coaches are required to hold:

ASC Recreational, Level 1 or Level 2 coaching qualification; ASC Child Protection & Safeguarding certification; ASC Harassment and Discrimination certification; SIA Child Safeguarding in Sport Induction certification; Working with Children Check; Level 2 First Aid certification

Our cadet coaches are undertaking the appropriate foundation and coach training programs with the Victorian Calisthenics Coaches Association

## CLASSES

### Tooradin Public Hall - 11 Tooradin Station Rd, Tooradin

Tinies through to Seniors will commence classes on Monday 30 January 2023.

\*Recreational Masters may commence classes in March 2023.

Class allocation is based on the age of the member at December 31<sup>st</sup> 2023

<u>Tinies</u>	3-7 years	Wednesday	4.30 – 6pm	<u>Coach</u>	Lisa Oates
<u>Sub Juniors</u>	8-10 years	Tuesday	4.30 – 6.30pm	<u>Coach</u>	Keeley Stoll
<u>Juniors</u>	11-13 years	Monday	4.30 – 7pm	<u>Coach</u>	Corinne Wilson
<u>Intermediates</u>	14-17 years	Thursday	5.30 – 8.30pm	<u>Coach</u>	Melinda Mondon
<u>Seniors</u>	16+ years	Tuesday	6.45 – 9.45pm	<u>Coach</u>	Robyn Rynaard

## RESPONSIBILITY

The welfare of your child is your responsibility until the commencement of the scheduled class time. Parents are required to sign their child/ren in and out of class each week and are asked to pick up their child/ren punctually at the scheduled finishing time of class.

## ATTENDANCE

Attendance to classes is compulsory and we ask that you please be punctual. Any absences due to extenuating circumstances, such as illness or injury must be reported to your coach or team manager prior to the commencement of class. Any planned holidays/absences must be reported to your coach for approval as soon as possible. These absences can potentially disrupt competition schedules.

Classes are also held during the school holidays and times will be advised by the coach as soon as is practicable.

Season 2023 runs from **Saturday 29<sup>th</sup> January** to **Saturday 5<sup>th</sup> November 2023**.

## CLASS ATTIRE

Pupils are to attend class in a leotard or exercise wear. Black is the preferred colour. Leggings and cross overs are optional extras. Hair must be tied back neatly at all times. No loose t-shirts, jumpers or shorts are to be worn during class. This must strictly be adhered to for safety reasons.

The club has branded uniform options available that are appropriate to wear in class.

Personal drink bottles must be at each class for health reasons.

## FEES

# PARTICIPATION

Participation fees include class fees, competition costs, costume levy etc. Participation fees are payable regardless of absences from class, as fees are based on a full years' attendance. For a full list of inclusions please see the Treasurer or an Executive Committee member.

Fees are charged per annum. However, we offer flexible payment options. Please see below for regular payment breakdowns.

We ask our members to be please up to date with their fees at the completion of each term and highly recommend setting up an automatic direct debit payment schedule.

All invoices must be finalised prior to costume return day.

We offer a 10% family discount on the youngest member registered.

	<u>Per Year*</u>	<u>Per Term**</u>	<u>Per Week"</u>
<u>Tinies</u>	\$640	\$160	\$16
<u>Sub Juniors</u>	\$740	\$185	\$18.50
<u>Juniors</u>	\$800	\$200	\$20
<u>Intermediates</u>	\$880	\$220	\$22
<u>Seniors</u>	\$1000	\$250	\$25

\* 5% year discount if paid in full during the first 2 weeks of the year

\*\* 5% term discount if paid in full by the end of the first week of the term

"weekly amount is only relevant to setting up automatic payments, it is NOT the actual cost of a week

*Whilst we aim to keep our fees as low as possible, external/supplier increases may cause an increase to our participation fees from time to time.*

# REGISTRATION

Payment of the registration fee of **\$90** to Calisthenics Victoria ensures that the pupil is covered for insurance purposes whilst being part of authorised Calisthenics classes, competitions, special performances and concerts. This fee is due at our annual registration day, paid directly to Tooradin Calisthenics Club. We then forward your payment to CaliVic.

*Pupils are unable to participate in any Calisthenics activities is payment of the above registration amount has not been made following their second week of participation.*

# PAYMENTS

Payments may be made via cash or eftpos at classes. Pin Payments may be made directly through our Revolutionise system. Direct deposits may be made to the following club bank account.

**BSB:** 633 000

**Acc No.** 147 874 952

**Acc Name:** Tooradin Calisthenics Club Inc.

*Members will be issued invoices numbers for use as reference.*

*Please give your Team Manager all details of direct deposits for record purposes.*

## EXPECTATIONS

# ENROLMENT

The enrolment and medical information you complete as part of your registration are required by Calisthenics Victoria for each member of Tooradin Calisthenics Club.

Lodgement of this information also indicates that parents/guardians agree to follow the guidelines and policies set out in this information booklet.

All of this information must be completed correctly via our Revolutionise system for our members to be covered by insurance.

# COMPETITIONS

Tooradin Calisthenics Club is a competitive club and our Tinies through to Seniors compete in 3-5 competitions per year. The competition season generally runs from **July** to **October** and attendance is **compulsory** for all members. Any planned holidays/absences must be reported to your coach for approval. Failure to attend a competition without prior approval of the coach will incur a penalty fee.

The competition schedule is published by Calisthenics Victoria mid-year and we forward these dates to you as soon as we can. Competitions are usually held on weekends. State Championships also run during the September school holidays, and Royal South Street Society (Ballarat) runs throughout October, usually on weekdays.

Admission to competitions is charged for spectators and costs approximately **\$25 - \$35**. This is set by the competition convenors and is outside of our control.

Solo competitions run through **February** to **May**. Please keep an eye on social media pages for more information.

# COSTUMES

Costumes are organised through the club. However, some trimming and sequinning may be required from time to time. Please speak with your Team Manager regarding any concerns or help required with costumes. Costumes are handed out prior to the start of the competition season and remain the property of Tooradin Calisthenics Club.

Costumes must be returned at costume return day. Instructions on laundering and roster (colour batching) will be advised prior to return date. All costumes must be returned in the same condition as received, any damages may incur a fee. If you are unable to return costumes on the required day, please make prior arrangements.

Costume sewing bees may be held throughout the start of the year where members can learn aspects of sewing and how to sequin. We strongly encourage participation in these events. If you are a seamstress or proficient in sewing and are keen to offer your assistance, please speak to our Costume Coordinator, Tracie Reichelt.

## EXPECTATIONS

# POLICIES























The Australian Calisthenics Federation and Calisthenics Victoria have developed policies in line with current Australian legislation with the aim of keeping all young people and members within our sport safe.

As members of Tooradin Calisthenics Club, you are beholden to all of our governing bodies' policies, codes of conduct, by laws and rules.

In addition, Tooradin Calisthenics Club has developed policies and procedures tailored to the needs of our club. You are required to be familiar with and abide by these policies.

All policies and procedures for the club can be found in hard copy at the Tooradin Hall and are available for download via our Revolutionise system.

Please ensure that you take the time to read through the following policies.

-  ACF Member Protection Policy incl Codes of Conduct
-  Child Safe Policy
-  Coach Duty of Care
-  Coach Selection Policy
-  Competition Etiquette
-  Complaints Handling Policy
-  COVID-19 Policy
-  Dressing Room Policy
-  Financial Management Policy
-  Good Sports Policies
-  Health Management Policy
-  Marketing Policy
-  Media & Communication Policy
-  Performance Review Policy
-  Privacy & Confidentiality Policy
-  Recruitment & Retention Policy
-  Scholarship Policy
-  Section Age Policy
-  Solo Duo Trio Policy
-  TCC Child Safe Code of Conduct
-  Team Selection Policy
-  Own Rules for an Incorporated Association (Tooradin CC Constitution)

## EXPECTATIONS

# COMMUNICATION

Tooradin Calisthenics Club official membership database, revSPORT, can be found at [www.revolutionise.com.au/tooradincc/](http://www.revolutionise.com.au/tooradincc/) please make sure you have a shortcut saved to your phone home screen for ease of access.

Tooradin Calisthenics Club official website is [www.tooradincalisthenicsclub.com](http://www.tooradincalisthenicsclub.com)

Official communication from the club will be distributed electronically and at times, physically. Notices may be handed out in person by our Team Managers where necessary.

You must provide the club with a current email address and notify us as soon as is practicable of any changes. You will have full access to your personal revSPORT profile where you can update your details at any time.

The club also engages in regular use of various social media platforms, including an official Tooradin Calisthenics Club Facebook page, 'private' Facebook groups for each section and members, and Instagram. Members must at all times adhere to our social media and communication policy.

It is the responsibility of the member to read all communication sent by the club. To make sure you do not miss out on any important information, please make sure you are registered to the Revolutionise system, have 'liked' our Tooradin Calisthenics Club Facebook page and have been added to the TCC Members Facebook group.

The private team Facebook groups are used for our coaches to upload videos of the team routines so our participants are able to practice at home. Some communication may occur through these pages.

Remember, **Perfect Practice makes for Personal Improvement**; we encourage all parents, guardians and friends to provide **positive encouragement** to our participants when practicing at home.

## IMPORTANT

Members who leave a team after March 31 but before the conclusion of the season, will be required to finalise all outstanding invoices including the full levy for competition entry and costumes etc.

The executive committee will ensure the appropriate credits are applied to the participation fee invoice for all remaining classes after cessation etc.

Please see the executive committee members for further details.

Members are unable to transfer between Calisthenics clubs if there are any outstanding invoices with another club, until those invoices have been paid in full.



## EVENTS & FUNDRAISING

# CLUB EVENTS

In addition to classes and competitions, we host several club events and fundraisers throughout the year. Some of these are volunteer based functions such as performances, promotional stalls, team barbeques and more. We strongly encourage participation in these events as fundraising helps to keep our fees as low as possible.

We also hold compulsory events each year that participants must attend. The dates for these events are published at the commencement of the Calisthenics year and in this handbook as outlined below:

CaliCamp	Saturday 20 & Sunday 21 May
Stage Rehearsal	Saturday 24 June
Photo Day*	August - October
Presentation Night	Friday 27 October
Annual Concert	Sunday 29 October
Costume Return Day**	Sunday 19 November
Tooradin Foreshore***	Friday 15 December

\*Date to be confirmed upon release of the competition schedule

\*\*Members must attend to reconcile final fee payment, return costumes and receive their concert DVD/photos

\*\*\*This date is subject to change as it is set according to the tides

# FUNDRAISING

A fundraising levy of \$50 was introduced in 2020. Members will earn a \$10 credit each time they volunteer at a fundraising/club event during the year. A minimum of 2 hours attendance at these events will be required to receive the credit. Any remaining balance on the fundraising levy is due by Tuesday 31 October 2023.

# BUNNINGS BBQ

Each year, we run barbeques at Clyde North Bunnings to raise much needed funds. BBQ's will be organised by the committee and manned by certain teams each time. If you are available to attend more than one BBQ, please let us know.

This year, our BBQ's will be held 21 January, 18 February, 18 March, 22 April, 13 May, 4 June, November and December.

Please keep an eye out for which month your team will man the BBQ. Please speak with your Team Manager for schedule times and other details.



## EVENTS & FUNDRAISING

# CALI CAMP

In 2021, we introduced an exciting opportunity for our members and families to participate in CaliCamp. The camp is for all our members and will focus on team bonding activities, meeting other members from our club and refining some of our calisthenics items prior to competitions. This will also provide an opportunity to assist in creating the costumes. This year, camp will be held on **Saturday 20 May** and **Sunday 21 May** with the option of staying over on the Saturday night.

The camp will be held at **Briars Outdoor Education Camp, 450 Nepean Highway, Mount Martha.**

The price of the camp includes all meals and snacks for that day, and activities.

Tinies through to Intermediates will participate in activities through Saturday and Sub Juniors through to Intermediates on Sunday. We ask the Seniors and Masters to offer their assistance in running activities and helping in the kitchen.

Parents are more than welcome to stay to help in the kitchen, supervise activities and help with sewing, or to simply spend time with other parents. Credits towards your fundraising levy can be earned here.

We will also run a small social event on the Saturday night, so encourage members to stay as long as possible.

Pricing for Cali Camp will be confirmed as soon as possible.

# STAGE REHEARSAL

This date is set aside to provide teams and coaches an opportunity to rehearse their items on stage to see costumes, patterns and fix any potential issues before the competition season begins. It is also an invaluable session for new participants, helping to orientate them to theatres and backstage situations.

Stage Rehearsal is a compulsory event held on **Saturday 24 June** at **Cranbourne Community Theatre, Brunt St Cranbourne**, Section times will be made available closer to the date.

## EVENTS & FUNDRAISING

# PHOTO DAY

Official photographs will be taken of all teams, individual students and the coaching staff during **term 3 or 4** at the **Tooradin Hall**. This date is subject to the release of the competition schedule from CaliVic.

Photos are purchased through your Team Manager and are a great way to remember the year.

Team photos are not compulsory to purchase but the individual/duo/family photos taken, **must** be purchased.

We advise the photo day is a **compulsory** event and all members must be present. All coaches and assistants must also be present for coaching photos.

Members may be photographed in their club uniform for our records and advertising purposes and as such will not be compulsory to purchase.

*\*If CaliVic run the photo program during State Championships then our photographs will be taken during the competition.*

# PRESENTATION NIGHT

Presentation Night is on **Friday 27 October** at **Tooradin Sports Club**.

Registered members will receive any medals won during the year on this night. All team awards and club thank you gifts will also be presented.

Tickets will be made available through the Revolutionise system and details will be provided at a later date.

Registered participants are **FREE**.

Ticket prices will include a 2-course meal and coffee/tea facilities.

Other drinks at bar prices.

### Tickets:

Adults:    **\$35**

Kids:      **\$15**

Under 3:   **Free**

## EVENTS & FUNDRAISING

# ANNUAL CONCERT

The annual end of year concert will be held on **Sunday 29 October** at **Cranbourne Community Theatre, Brunt St Cranbourne**.

Information on ticket pricing and sales will be available through the Revolutionise system at a later date.

The concert is a fantastic way to showcase the amazing work and achievements of our whole club. Further information will be made later in the year.

All registered families receive one **FREE** concert DVD. Additional concert DVD's may be purchased through Revolutionise for **\$35**

## COSTUME RETURN DAY

Costume return day will be held on **Sunday 19 November** at the **Tooradin Hall**.

All costumes, hired items, hand props and head pieces must be returned on this day unless otherwise organised with our Costume Coordinator, Tracie Reichelt.

Please adhere to washing instructions to avoid damaging the costumes.



**Costumes are to be hand washed separately in warm water**



**Do NOT soak!**



**Do NOT mix colours!**



**Please scrub the costumes underarm areas and around the leg holes**

Coaches will, at the conclusion of the annual concert, allocate full sets of costumes to individual members for washing. If you would like to wash more than one set, please let your coach or team manager know.

Photos and concert DVD will be available for collection on this day once costumes have been returned and all outstanding fees are paid.

## EQUIPMENT & MERCHANDISE

# EQUIPMENT

Pupils require a rod, practice skirt\* and clubs\*\* to participate in Calisthenics

Rod – cut to measure	\$5
Clubs – new	\$40
Clubs – used	\$20
Practice skirt – small	\$25
Practice skirt – large	\$35

\*Please note: All practice skirts are made to order

\*\*Clubs are not required for Tinies

# MERCHANDISE

Official club uniform must be worn at all competitions and formal club functions; this includes Club Jacket, black pants, and closed toe shoes.

All official merchandise can be purchased through the club. Please see your Team Manager or the merchandise section on Revolutionise for a full list of available items, sizing and pricing details.

Some of the items we have available include:

Club jackets	T-shirts	Shorts	Leggings
Vests	Costume bags	Competition folders	Rod covers
Tracksuit pants	Jumpers	Hoodies	Body boards
Onesies	Sports bags	Backpacks	Drink bottles

## SKILLS & SOLOS

# SOLOS, DUOS & TRIOS

All students wishing to compete in the solo/duo/trio program must email their intention to compete via [tooradincalisthenicssec@gmail.com](mailto:tooradincalisthenicssec@gmail.com) prior to entering any competitions. Approval to compete will only be given if ALL conditions, according to the solo/duo/trio policy, are met.

Tooradin Calisthenics Club does not provide a solo coach, it is the responsibility of the member to select and employ a level 1 qualified coach. However, the club is happy to provide advice and assistance with administration.

It is highly recommended that members and coaches sign a contract agreeing to fees, costumes, copyright, classes, payments, competitions and any extra terms and conditions.

It may also be a prerequisite to complete the appropriate level of CaliSkills education according to the ACF and CaliVic rules each year. This program is designed for students to individually develop their skills across all aspects of Calisthenics abilities.

Information on the CaliSkills program can be found on the CaliVic website. The club will provide the appropriate materials to begin the program and pupils will be required to learn their skills at home. Workshops are available to attend outside of the club.

**Sunday 27 August** is generally the cut-off date to register for the Nov-Dec skills examination.

## MENTAL HEALTH

As TCC prides itself on being a child safe club, mental health is an important topic to us. With our members still recovering from the effects of Covid-19 we believe it is important to be able to recognise when someone may need help and how to respond to that recognition.

This year, Tooradin Calisthenics Club is holding a Mental Health - Recognise and Respond seminar for all coaches, committee, assistants and any other person that would like to attend.

The seminar will be held on **Wednesday 29 March** at the **Tooradin Public Hall** by Carey Cole from Anglicare.

Arrival time is **6.15pm** for a **6.30pm** start. Tea/coffee facilities will be available.

If you would like to attend this FREE seminar, please contact Lisa Van Den Boogaard or Melinda Mondon or send an email to [tooradincalisthenicssec@gmail.com](mailto:tooradincalisthenicssec@gmail.com)

## CONTACTS

# COMMITTEE

President	Corinne Wilson	<a href="mailto:tooradinccpresident@gmail.com">tooradinccpresident@gmail.com</a>
Vice President	Sherree Reid	<a href="mailto:viceprestcc@gmail.com">viceprestcc@gmail.com</a>
Secretary	Lisa Van Den Boogaard	<a href="mailto:tooradincalisthenicssec@gmail.com">tooradincalisthenicssec@gmail.com</a>
Treasurer	Melinda Mondon	<a href="mailto:tooradincctreasurer@gmail.com">tooradincctreasurer@gmail.com</a>
Costume Coordinator	Tracie Reichelt	<a href="mailto:costumestcc@gmail.com">costumestcc@gmail.com</a>
Complaints Handling Officer	Tayla Edgar	<a href="mailto:complaintstcc@gmail.com">complaintstcc@gmail.com</a>
Coaching & Skills Coordinator	Keeley Stoll	<a href="mailto:coachcoordtcc@gmail.com">coachcoordtcc@gmail.com</a>
Media & Marketing Coordinator	Tiarna Kilgour-Owen	<a href="mailto:mediacoordtcc@gmail.com">mediacoordtcc@gmail.com</a>
Fundraising & Events Coordinator	Melanie Hurst	<a href="mailto:tooradinccevents@gmail.com">tooradinccevents@gmail.com</a>
General Members	Karin Frost Katherine Higgs Alycia Jobson	Nicole Loveridge Brittany Stanley
Covid Safety Officer	Melinda Mondon	
Child Safe Officers	Corinne Wilson Melinda Mondon	Sherree Reid Lisa Van Den Boogaard
MPIO	Corinne Wilson	

### Find us at:



[tooradincalisthenicsclub@gmail.com](mailto:tooradincalisthenicsclub@gmail.com)



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



[www.revolutionise.com.au/tooradincc/](http://www.revolutionise.com.au/tooradincc/)



0425 732 278



PO Box 54, Tooradin, 3980



11 Tooradin Station Rd, Tooradin



[www.facebook.com/TooradinCalisthenicsClub/](https://www.facebook.com/TooradinCalisthenicsClub/)



[www.instagram.com/tooradincc/](https://www.instagram.com/tooradincc/)



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

## KEY DATES

# TERMS

Term 1:	Mon 30 January – Sun 9 April
Term 2:	Mon 10 April – Sun 18 June
Term 3:	Mon 19 June – Sun 27 August
Term 4:	Mon 28 August – Sun 29 October

Please note that our term schedules do **NOT** coincide with Victorian School Holiday terms

# CLUB DATES

Registration Weeks	Mon 30 January – Thursday 9 February
Bring a Friend weeks	Mon 6 February – Thurs 23 February
TCC AGM	Wed 1 March
Trivia Night	Sat 4 March
50/50 Raffle	March through May (announce at CaliCamp)
Easter Raffle	Thurs 6 April
Love Your Sister week	Mon 1 May – Thurs 4 May
Cali Camp	Sat 20 May – Sun 21 May
Stage Rehearsal	Sat 24 June
Kids Disco	Sat 8 July
Chocolate Drive	July
Competition Season	Mid July – October
Photo Day*	August – October (TBC)
Open classes	Mon 23 October – Thurs 26 October
2024 Committee Vote	Wed 25 October
Presentation Night	Fri 27 October
11th Annual Concert	Sun 29 October
Costume Return Day	Sun 19 November
Christmas on the Foreshore	Fri 15 December (TBC)

Bunnings BBQ's	21 January, 18 Feb, 18 March, 22 April, 13 May, 4 June, November & December TBC
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