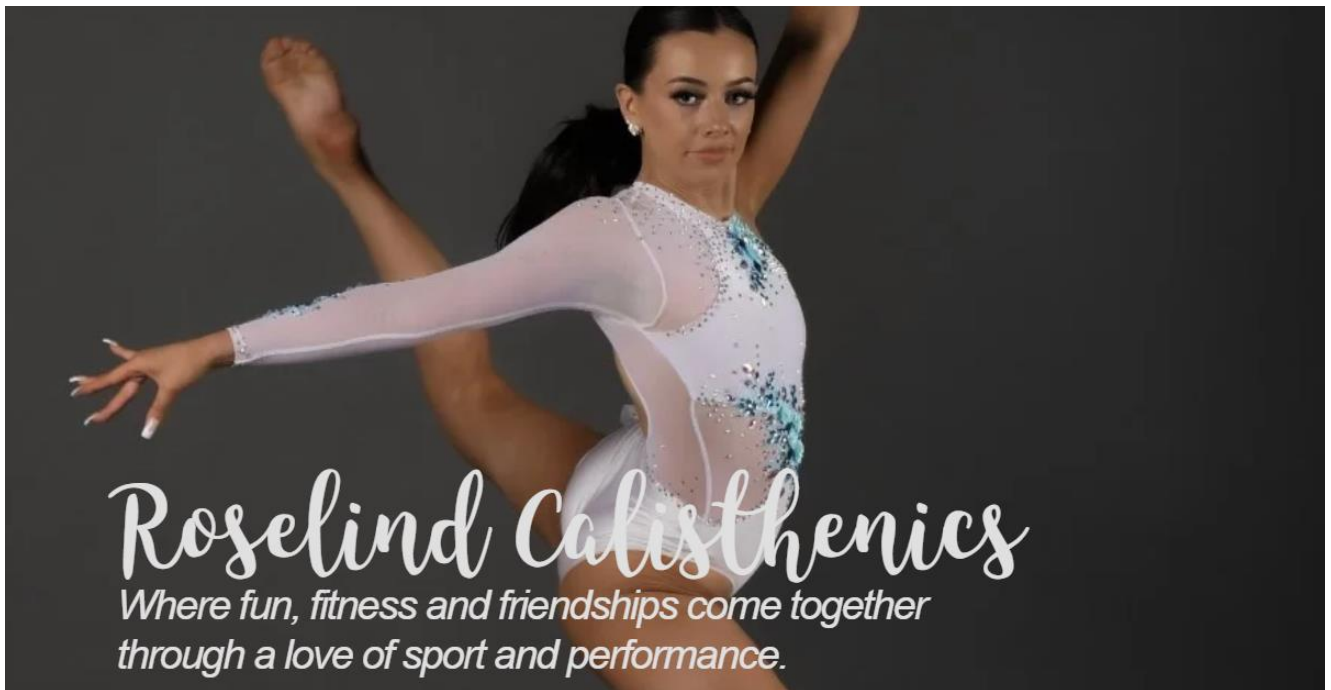




Information Handbook 2024



Roselind Calisthenics

*Where fun, fitness and friendships come together
through a love of sport and performance.*

www.roselindcalisthenics.com.au

Welcome

Hello and welcome to Roselind Calisthenics. We would like to offer a special welcome to all of our new team-mates and thank you for choosing to join Roselind.

Roselind aims to perform as well as we can in our chosen sport, whilst at the same time having a lot of fun and enjoying the wonderful attributes calisthenics has to offer. One of the special features of any sport is the opportunity to socialise and make new friends. We look forward to getting to know you over the coming months. It is the people who participate in a team that make a happy club and add so much to the shared good times.

We hope this booklet will give you an insight into how Roselind Calisthenics operates, however if there are any further questions, please don't hesitate to speak to your coach.

Once again, welcome.

What is Calisthenics

Calisthenics is a sport with performing at its heart.

We offer a unique combination of dancing, singing, gymnastics and technical skills for girls, boys and women throughout Victoria. Calisthenics develops strong and confident performers through teamwork. Discipline and technique, grace and poise are fostered in a friendly club environment, where families can connect and performers can develop skills and friendships that last a lifetime.

Our performers learn skills that inspire them to take centre stage at competitions, and in life. Each unique team based item improves the overall health, fitness, strength and flexibility of performers, as well as offering skills and benefits to take into everyday life.

Calisthenics Victoria (CV)

Calisthenics Victoria (CV) is the parent administrative body responsible for the development and promotion of Calisthenics within Victoria. Roselind 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 of \$90.00 which is set by CV and covers participants at class, competitions and at the end of year concert.

Performer registration and registration fee payment with CV must be done directly through their membership portal – RevolutioniseSPORT. The link for CV performer registration is provided on our website under the news and information tab. **Go to www.roselindcalisthenics.com.au**

Each performer must log in via the link and register themselves by the 31st March 2024

Coaches for 2024

All Head Coaches at Roselind 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.

Tinies	Head Coach – D’Arcy Curtis, assisted by Sarah James, with class helpers Ellysha, Nina and Chloe
Subbies	Head Coach – Alyssa Baxter, assisted by Tyla Soltan, with class helpers Isabel, Claire and Erin
Juniors	Head Coach – Kathryn Marshall, assisted by Tamara Oldcastle with class helpers Louise and Cobi
Inters	Head Coach – Lorin Williams, assisted by Lindy Rose with class helper Nina
Seniors	Head Coaches – Melanie Hatch and Sheri Mathias, assisted by Lindy Rose with class helper Kristin
Masters	Head Coaches – Taryn McLeod and Bec Wallace

Class Times/Venue

All classes are held at Sunbury Heights Primary School, Charter Road, Sunbury beginning in the first week of February.

GROUP	AGE	DAY & TIME
Tinies	7yrs & under*	Thursday 4.30pm – 6.00pm
Sub-Juniors	10 yrs & under*	Wednesday 4.15pm –6.15pm
Juniors	13 yrs & under*	Tuesday 4.45pm – 7.00pm
Intermediates	16yrs & under*	Wednesday 6.30pm – 9.00pm
Seniors	16yrs & over*	Thursday 7.00pm – 10.00pm
Masters	26yrs & over*	Tuesday 7.15pm – 9.30pm

*Ages as at 31 December 2024

Classes will run through the school holidays unless otherwise advised

Attendance

As calisthenics is a team sport, it is very important that all participants attend every class for the year. 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.

Working With Children Check

It is advised that all parents/guardians hold a current Working With Children Check. If COVID restrictions allow at the time for parents/guardians to be backstage and/or in dressing rooms during competitions, you will need one to be able to enter dressing rooms. These can be easily obtained online at:

<https://www.workingwithchildren.vic.gov.au/individuals/applicants/how-to-apply-1>

If you already have a Working With Children Check Card, please send details to your coach.

Class Attire & Official Club Uniform

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. Pupils not dressed correctly will not be able to participate in that class.

CLASS ATTIRE - INTERS, SENIORS AND MASTERS

- Black Leotard
- Black or skin colour tights (no jazz pants)
- Black Crossover / fitted top for cooler nights (optional, but must not be loose)
- Hair must be tied back off the face
- Minimal Jewellery
- Warm clothes to wear while travelling to and from class (including shoes and socks)

CLASS ATTIRE - TINIES, SUBBIES AND JUNIORS

- Leotard - any colour
- Tights - any colour (no jazz pants)
- Crossover / fitted top for cooler nights (optional, but must not be loose)
- Hair must be tied back off the face
- Minimal Jewellery
- Warm clothes to wear while travelling to and from class (including shoes and socks)

FOR COMPETITIONS

- Roselind official Club Tracksuit top (compulsory)
- Black T-shirt (Roselind official T-Shirt available but not compulsory)
- Black leggings (Roselind official leggings available but not compulsory)
- Runners

We have lots of fantastic official Roselind class attire and merchandise available for purchase including leotards, t-shirts, singlet tops, crop tops, leggings and shorts, as well as personalised backpacks and costume bags. These can be viewed at the news and information section of our website under merchandise list. Online orders will be open early in 2024 and more information on how to do this will be available early in the year.

FEES

Term Fees

Our term 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 tracksuit and t-shirt, practise aesthetic skirt, dressmakers fees for costumes if required, competition makeup and stockings, etc.

If at any time payment is a problem, please speak to your coach so an alternative payment plan can be organised.

Tinies:	\$160 Term 1, 2 and 3 and \$80.00 Term 4
Subbies:	\$185 Term 1, 2 and 3 and \$92.50 Term 4
Juniors:	\$200 Term 1, 2 and 3 and \$100.00 Term 4
Inters:	\$210 Term 1, 2 and 3 and \$105.00 Term 4
Seniors:	\$220 Term 1, 2 and 3 and \$110.00 Term 4
Masters:	\$200 Term 1, 2 and 3 and \$100.00 Term 4

Competition Entry Fees

Competition entry fees are charged by Calisthenics Victoria, and are calculated on how many competitions are entered as well as how many items are performed at each competition. **The competition entry fee for each performer will be included on your Term 1 fees invoice.**

Tinies	\$160.00 per student (5 competitions, each with 4 items)
All other Groups	\$240.00 per student (5 competitions, each with 6 items)

Fundraising Levy

The running costs for Roselind Calisthenics far exceed the fees charged and we rely heavily on fundraising to break even. However, we also understand the constraints of time and resources to families throughout the year. Therefore we have a fundraising levy requiring no further fundraising activities to be undertaken. **The fundraising levy is included in your Term 2 invoice.**

One student	\$80.00 Levy per student
Two or more students from one family	\$100.00 Levy per family

PLEASE NOTE:

- Roselind uses an electronic accounting system. We ask that where possible, all payments to Roselind are made on-line using electronic funds transfer. We will however still accept cash payments at class if that is your preferred payment method.
- An invoice will be issued to you via email and hard copy handed out at class each term. Fees will then be due and payable by the end of that term.
- We will offer a 10% discount off your fees if you pay your entire years fees in full, in one single transaction **during term 1**. This lump sum payment **must** include all four term fees plus fundraising levy (note: we are unable to include the competition entry fee into this discount as those fees are set by CV). If you wish to take advantage of this discount, please email roselindcalisthenics@outlook.com and an updated invoice for the full yearly amount minus the discount will be emailed to you.
- Our account details for direct deposit and internet transfer are:
Account Name: Roselind Calisthenics BSB: 013822 Account Number: 900445961

Competitions

Competitions assist in developing confidence and solidify what it means to be, and work as part of a team. It is also a reward for many months of practice and rehearsals. The competitions are held between July and October, with exact times and dates to be advised around late May to mid June.

IMPORTANT: *Please note competitions can, and often do, fall in school holiday times in September.*

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 always 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.

At Roselind Calisthenics we promote the 'Fun' aspect of performing at competitions. Pupils are encouraged to do their best, improve, and grow in confidence over the calisthenic year. Above all, they are encouraged to enjoy what they do.

At competitions participants are representing Roselind Calisthenics, so at all times they must be neat and presentable in the official Club uniform, and of course be well behaved. A Competition Code of Etiquette will be handed out prior to competitions beginning.

Costumes

Costumes are organised through the Club for participants on a hire basis, the fee for this is included in your term fees.

Where possible, sewing at Roselind is kept to a minimum and costumes are reused as much as we can. However, some costumes will require alterations or additions such as sequins or trimming, while some may need to be made from scratch. In this case, you will be given a set of instructions on what needs to be done along with all the materials and trimmings required.

All costumes remain the property of Roselind Calisthenics and will be collected at the end of year concert. Costumes must not be worn for any other reason other than Calisthenics events. In the event that a costume is damaged or lost a replacement fee will be charged.

Please check with your coach BEFORE laundering of costumes is attempted!

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 girls in the class, there may be a requirement to split them 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.

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. Solo competitions are divided into four categories:

1. Graceful Solo
2. Calisthenic Solo
3. Duo
4. Trio

Solo information is sent to club members in Term 4 for the following year. If you are interested in competing in a solo item in the future, please see your coach.

Policies

Roselind Calisthenics has the following policies in place, for more information please view them on our website or ask your class representative:

- Privacy Policy
- Code of Conduct
- Member Protection Policy
- Social Media Policy
- Child Safe

WE HOPE YOU ENJOY YOUR YEAR AT ROSELIND CALISTHENICS.

WE APPRECIATE ANY FEEDBACK TO ASSIST THE GROWTH OF OUR CLUB SO
PLEASE FEEL FREE TO CONTACT OUR COACHES AT ANY TIME.

WITH ALL OF US WORKING TOGETHER AS A CLUB WE ARE SURE THAT 2024 WILL BE
FUN AND REWARDING FOR EVERYONE INVOLVED. THANK YOU.