

Doncaster

CALISTHENICS CLUB

Information Booklet 2024



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Table of Contents

PAGE	SECTION
3 – 5	What is Calisthenics? <ul style="list-style-type: none">• Calisthenic syllabus• What to expect at class
6 – 7	Club Structure <ul style="list-style-type: none">• Coaches• Committee• Club Policies• Child Safe Code of Conduct Statement
8 – 9	Class Times and Venues <ul style="list-style-type: none">• Age groups• School holidays/Additional classes• Day Camps• Additional classes• Absence from class• Arrival / safety information• Viewing classes
10 – 11	Fee Structure <ul style="list-style-type: none">• Registration• Class fees• Costume Levy• Fundraising Levy• Introductory offer for new students• Family discount• Payment information
12-13	What to Wear to Class & Competitions <ul style="list-style-type: none">• Class attire• Club jacket / uniform• Equipment
13	Costumes
14	Stage Rehearsal
14 – 15	Competition Information
16	End of Year Annual Display
16	DVD of Annual Display
16	Team Photo Day
17	Presentation Night
17	Club Communication
17	Important Contact Phone Numbers

Doncaster CALISTHENICS CLUB

WHAT IS CALISTHENICS?

Calisthenics is a unique Australian artistic sport that combines elements of:

- Gymnastics and apparatus (rods & clubs)
- Ballet and dance (modern & folk)
- Singing and drama
- Marching in formations

All routines are choreographed to music and performed as a team.

Some of the many benefits include:

- Physical development
- Core stability and strength
- Flexibility
- Deportment and coordination
- Rhythm and musical appreciation
- Self-confidence and self-discipline
- Team spirit and commitment



Doncaster CALISTHENICS CLUB

There are a number of different items in the calisthenic syllabus that the pupils may learn.

Free Exercise	<i>A creative series of strength and flexibility movements developing core strength, flexibility, deportment.</i>
Rods	<i>Manipulation of a metal rod with movement developing technical skills, hand-eye coordination, multi-tasking.</i>
Song & Dance	<i>Singing with movement, expression and dance steps developing confidence, vocals, listening, communication, performance skills.</i>
Clubs	<i>Circular swings with wooden clubs developing fine motor skills, hand eye coordination, multi-tasking</i>
Aesthetics	<i>Graceful movements technically placed and interpreted developing musical appreciation, grace, poise, emotional expression.</i>
Rythmical Aesthetics	<i>Graceful movements technically placed and interpreted with the addition of elevated dance steps</i>
March	<i>Marching to create complex patterning developing spatial awareness, core strength, rhythm, deportment.</i>
Dance Arrangement	<i>Evolution of dance steps learnt in Song & Dance.</i>
Calisthenic Revue	<i>A creative performance to tell a story developing performance skills, acting, creative expression, confidence.</i>

The items that participants learn are based on the section and age group they are in. Please view the chart below to see which items will be taught at Doncaster Calisthenics in 2024.

ITEMS	TINIES	SUB-JNRS	JUNIORS	INTERS	MASTERS
MARCH		✓	✓	✓	✓
FREE EXERCISE	✓	✓	✓	✓	✓
RODS	✓	✓	✓	✓	✓
CLUB SWINGING		✓	✓	✓	✓
AESTHETICS	✓	✓	✓		✓
RHYTHMICAL AESTHETICS				✓	
DANCE ARRANGEMENT				✓	
SONG & DANCE	✓	✓			
CALISTHENIC REVUE			✓		✓

Doncaster CALISTHENICS CLUB

WHAT TO EXPECT AT CLASS

All classes start with warm-up exercises. Routines are taught by the teams coach each week, and it is expected that participants also practice at home several times a week. New sections of the routines are taught each week so it is important not to miss a class.

The routines are performed on stage as a team, both at competitions and our club's end of year annual display.

At classes coaches will also teach new skills so that these can be incorporated into routines in the future.

Here at Doncaster Calisthenics Club, emphasis is placed on enjoyment of our sport and achieving personal goals, striving to do your best, experiencing the excitement of being part of a team, making new friendships and having fun!



Doncaster CALISTHENICS CLUB

CLUB STRUCTURE

COACHES FOR 2024

Tinies	Magenta Creed
Sub Juniors	Michelle Allen
Juniors	Michelle Allen
Intermediates	Natalie Lane
Masters	Natalie Lane

Our coaches are fully accredited with the Victorian Calisthenics Coaches Association (VCCA) and hold a National Level 1 Qualification in coaching with the Australian Calisthenics Federation (ACF). Qualifications are continually updated, and new skills learnt through attendance at both VCCA and external meetings, seminars and workshops. This ongoing training ensures that Doncaster coaches are able to continually deliver high quality classes for all pupils. As part of their accreditation, our coaches also hold current First Aid qualifications (Level 2) and Working with Children checks.

COMMITTEE FOR 2024

The Doncaster Calisthenics Club is a 'not for profit' incorporated sporting group, run by a volunteer committee of parents, coaches and life members.

The committee meets 6 times a year and our annual general meeting is held early in the year. All financial members of the club are welcome to attend the AGM (held in January each year) and have the right to vote.

If you would like to be more involved in the club, new general committee members are always welcome. Being an active general member gives parents the opportunity to offer suggestions, voice their concerns and bring in fresh ideas to the club. This year's committee members are:

President: Natalie Lane
Vice-president: Christine White
Secretary: Columbia Fitzell
Treasurer: Miranda Starkey
Registrar: Gayle Rossell
General committee: Michelle Allen, Magenta Creed, Faye Robinson, Jenni Haliwell & Cat Zach-Babbage

Doncaster CALISTHENICS CLUB

CLUB POLICIES:

Please follow the link below to view our club policies including:

- Club Safe Code of Conduct
- Child Safety Policy
- Covid Safe Plan
- Privacy Policy

DCC Policies

CHILD SAFE CODE OF CONDUCT

This Code of Conduct outlines appropriate standards of behaviour by adults towards children. All children who are a part of the Doncaster Calisthenics have a right to feel and be safe. The welfare of the children in our care will always be our first priority and the Club has a zero tolerance to child abuse. Doncaster Calisthenics aims to create a child safe and child friendly environment where children feel safe and have fun and the Club's activities are always carried out in the best interests of the children.

The Code of Conduct aims to protect children and reduce any opportunities for abuse or harm to occur. It also helps staff and volunteers by providing them with guidance on how to best support children and how to avoid or better manage difficult situations. This Code of Conduct applies to all people involved in Doncaster Calisthenics Club activities, including coaches, officials, volunteers and parents.

Our nominated Child Safety Officers are:

Child Safety Officer:	Natalie Lane	Ph:0439 635 107
Grievance Officer:	Aaron Fitzell	Ph:0420 449 599
Email:	doncastercalisthenicsclub@gmail.com	

Doncaster CALISTHENICS CLUB

CLASS TIMES AND VENUE

Weekly classes are held during school terms – February through to November each year - at the following times and locations:

There may also be some extra classes in the school holidays.

SECTION	DAY & TIME	VENUE
Tinies 4 yrs to 7 yrs *	Tuesday 4.30pm – 5.30pm	Templestowe Baptist Church, 103 - 105 Anderson Creek Rd Doncaster East
Sub Juniors 10 yrs & under *	Tuesday 5.15pm – 7.15pm	Templestowe Baptist Church, 103 - 105 Anderson Creek Rd Doncaster East
Juniors 13yrs & under *	Wednesday 5.00pm – 7.00pm	Templestowe Baptist Church, 103 - 105 Anderson Creek Rd Doncaster East
Intermediates 17yrs & under *	Wednesday 6:45pm- 9pm	Templestowe Baptist Church, 103 - 105 Anderson Creek Rd Doncaster East
Masters 26yrs & over *	Tuesday 7.45pm – 9.45pm	Templestowe Baptist Church, 103 - 105 Anderson Creek Rd Doncaster East

*Ages as at 31st December in the year of competition

Tinies must turn 4 years by Dec 2024 (ie: **DOB 2017, 2018, 2019, 2020**)

School Holidays / Additional classes

TERM 1 – March/April School Holidays*	Tinies to Inters - 1 class only	Date & time to be advised (may differ to normal term class time)
CLUB CAMP DAYS – May	Tinies to Masters	Will be held on Sunday(s) – date/times & venue to be advised
TERM 2 – June/July School Holidays*	Tinies to Masters – Stage Rehearsal at Kew High School	Date to be confirmed – Tinies session scheduled for the early morning
TERM 3 – September/October School Holidays	Tinies to Masters	Coach will advise closer to the time if an additional class is needed during these holidays.

**Note - MASTERS TEAM will have normal classes both weeks of April & July school holidays unless otherwise advised.*

DAY CAMPS

As we aim for calisthenics to be fun and not just competitive, we will provide you with many opportunities to get to know your teammates – inside and outside the hall in Doncaster. For the betterment of the team, it is expected all team members will attend practice camp as a lot of work is covered.

Doncaster CALISTHENICS CLUB

Day Camp for each age group is generally held on a Sunday – date and venue to be advised. No overnight stay is required.

*Note – Tinies Day Camp will be for half a day, morning to lunch time.
Subies to Masters Day Camp will be for a full day, morning to late afternoon.

Additional Classes

As competition season draws near, your coach may request additional classes and although every effort will be made by your coach not to clash with other commitments your child/family may have, please bear in mind that the coach will have made the request for a reason, so attendance is required. On some occasions a small fee may be requested to cover the extra hall hire costs.

Absence from Class

It is very important for your child to come to class each week so they do not miss out on learning new work and can continue building their calisthenic skills. If you feel your child is not physically well enough to join in the class but well enough to watch, please bring them along as a lot can be learnt by observing.

If your child is going to be absent from class please let your Group Manager know via text or email as soon as possible.

Arrival/Safety information

For their own safety, all children must be dropped off in the foyer at the commencement of class and picked up from the foyer at the end of class. Children are **not** permitted out into the car park on their own.

To facilitate this process, there is a 'sign in/out' book that must be completed by a parent/carer at the beginning and end of **every** class.

When you arrive for pickup, please remain in the foyer area until you are called in, so as not to distract the children before the end of their class. **Please keep siblings away from the doorway while class is running as this can be very distracting.**

Viewing Class

Understandably, at the beginning of each year there is usually a 'settling in' period and so for the first 2 weeks of class, parents/carers are more than welcome to remain inside the hall in the "games room" to watch their child if they wish. After the first few weeks however, classes will be closed to parents except for the Group Manager (and Costume Rep closer to competition season).

Coaches may also schedule "viewing sessions" periodically.

Doncaster CALISTHENICS CLUB

FEE STRUCTURE

Our DCC Fee Structure consists of Class Fees, Costume Levy and Fundraising Levy. Calisthenics Victoria (CV), our State governing body, charges a separate annual registration fee for each calisthenic participant.

CV Registration

All participants from Tinies through to Masters are required to pay an annual non-refundable fee of \$90.00 plus service/processing fee. This Registration fee covers pupil registration and insurance (for any injury that may occur) and is payable to our governing body Calisthenics Victoria (CV). To register for the 2024 year please click on the following link <https://www.revolutionise.com.au/doncastercali/registration/>

Class Fees

Class fees cover expenses such as hall hire, coaches' salaries, apparatus hire, team competition entry fees, trophies/medals/awards, storage costs and other general administration costs. They do not cover day camp for Sub-Juniors through to Masters. This is an extra fee to be advised.

Class fees are due in three instalments and invoices will be emailed out:-

TINIES:	3 instalments of \$185 (total of \$555 per year)
SUB-JUNIORS	3 Instalments of \$212 (total of \$636 per year)
JUNIORS:	3 Instalments of \$235 (total of \$705 per year)
INTERMEDIATES	3 Instalments of \$238 (total of \$714 per year)
MASTERS	3 Instalments of \$264 (total of \$792 per year)

Costume Levy:

The costume levy is a 'one off payment' and covers costume hire, purchase of fabric and trims for the current year.

TINIES \$44 costume levy
SUB-JUNIORS through to MASTERS \$75 costume levy

Fundraising Levy

To help our club keep fees to a minimum, each family will be asked to pay a compulsory \$33 fundraising levy. This levy is payable in Term 2 (per family, not per club member).

In addition, 2 or 3 fundraising events are held during the year, but are not compulsory to participate in, only if you wish to. These events raise much needed money for our club so any participation is greatly appreciated.

Doncaster CALISTHENICS CLUB

Introductory Offer to New Students ONLY:

If your child has never participated in calisthenics before, the FIRST 2 CLASSES ARE FREE. Then if you are still undecided, you are welcome to just pay \$20 via direct bank transfer to cover the next 2 classes. If you then decide to continue the \$20 will be deducted from your first instalment which will be due prior to your 5th class.

Family Discount:

Note that a 12% family discount (off class fees only) is offered to all families with more than one child participating from the same household.

Fees Payable By	
Fourth class attended	Class fee first instalment* (less \$20 if applicable), rod cover if new student & CV registration fee**
May	Class fee second instalment, costume levy and fundraising levy
August	Class fee third instalment

**Invoices will be emailed to members for Instalment only.*

***CV registration is to be paid separately direct to CV via below link*

<https://www.revolutionise.com.au/doncastercali/registration/>.

Please note that no loan apparatus or practice skirts will be permitted to be taken home until the first fee instalment & registration is paid.

PREFERRED payment method:

Direct Bank Transfer Details

Bank: Bendigo Bank, East Doncaster
A/c: Doncaster Calisthenics Club
BSB: 633000
A/c No: 124994278

(Fortnightly direct deposit arrangements are available upon request. Please email the club treasurer at doncastercctreasurer@gmail.com.) We cannot accept cash payments.

Doncaster CALISTHENICS CLUB

WHAT TO WEAR TO CLASS & COMPETITIONS

Class Attire

Girls:- Black Leotard*** (for safety purposes **STRICTLY NO SKIRTS** please)
Footless Tights or Black Leggings (optional)
Tights with feet in them will **not** be permitted.
Long sleeved cross over or fitted tops can be worn over leotard in winter time
Hair is to be tied back, out of the child's face. Long hair **must** be worn in a ponytail, bun or plait.
Please ensure short fringes are pinned back to avoid developing the habit of brushing hair from the face or an elasticized headband may be worn.
Minimal jewellery (definitely no dangly earrings)

*** Masters & Intermediates will be permitted to wear tight fitting gym wear (preferably black)

Boys:- Black bike shorts or track pants and close fitting T-shirt or sports singlet.
Footwear:- Shoes are not required as team members generally work in bare feet



Doncaster CALISTHENICS CLUB

Club Jackets / Uniform

Our Club Uniform consists of our Club Jacket and black pants/leggings. These are to be worn at competitions, the end of year annual display and any other designated/official Club Event e.g. Team Photo night.

The club has a set of jackets which will be hired out in third term at no cost. Distribution is the week prior to first competition and return is on the day of the annual display.

These hire jackets are **only** to be worn to competitions/annual display/designated official Club Event. They are **not to be worn to class** or any other time. Please take care of your hire jacket as a replacement fee will be charged if lost or damaged.

For those who wish to purchase their own club jacket so they can be worn to class and competitions, orders can be placed with your group manager at the end of term 1.

New club jacket **Cost: approx. \$45/\$50**

Equipment

All participants, **once having paid their first fee instalment and registration**, will receive from the club **ON LOAN**, their required apparatus (depending on age-group) and practice skirt, both of which must be brought to class each week. The rod **MUST** be carried inside the rod cover. These items are the property of the club and must be labelled with your name and looked after carefully as a **replacement fee** will be charged if either is lost or broken/damaged. All loan equipment must be returned to the club at the concert at the end of the year.

*For safety purposes a rod cover (\$10) must be purchased prior to receiving the rod.

IMPORTANT!!! Please remember to bring the rod, clubs (if applicable) and practice skirt to class each week as well as:

- a named **water bottle**
- your child's asthma medication or epipen if medically required

NB: All DCC Coaches have current First Aid Certificates.

COSTUMES

Costumes are organized through the club for use at competitions and the annual display. Every effort is made to reuse and recycle costumes, but parents may be required to decorate costumes by hand sewing. Instructions will be issued for each costume that may need re-decorating and help is never far away – just ask.

All costumes belong to the club and are hired to you each year via the costume levy. Costume

Doncaster CALISTHENICS CLUB

working bees will be organised to demonstrate sequinning or hand sewing if there is a need for it.

STAGE REHEARSAL:

Once again this year we will be holding a rehearsal on a theatre stage prior to the competitions for all teams. This will be held during the school holidays at the Renaissance Theatre at Kew High School on **Tuesday 27th June**. Please keep this date free. (Tinies will be scheduled in the morning). Your child is to be dropped off and collected from the theatre at the designated session times.

COMPETITIONS:

Participation in competitions helps develop confidence and reinforces what it means to be part of a team. It is also a reward for many hours of practice – both at class and at home.

Parents and friends are encouraged to come to competitions to show their support and it is also a good way to get to know other parents in the club.

COMPETITIONS ARE COMPULSORY AND ALL TEAM MEMBERS ARE EXPECTED TO ATTEND.

As a general rule, competitions are scheduled between the end of July and mid October. For the younger groups they are usually during the day on a Saturday or Sunday. The Intermediates and Masters can be scheduled on a Friday, Saturday or Sunday night as well.

As we receive firm competition dates from the competition organizers, the information will be passed onto you. This information usually comes to hand around late May/early June.

**Tinies, will enter up to three competitions in the year.
Sub-Juniors, Juniors, Intermediates and Masters will enter up to four competitions in the year.**

MOST IMPORTANTLY – SOME COMPETITIONS MAY BE SCHEDULED ON A WEEKDAY IN THE SEPTEMBER/OCTOBER SCHOOL HOLIDAYS.

**ATTENDANCE BY ALL TEAM MEMBERS AT OUR COMPETITIONS IS VITAL SO PLEASE, AVOID BOOKING HOLIDAYS DURING THIS ONE SCHOOL HOLIDAY PERIOD IF AT ALL POSSIBLE.
THANK YOU.**

If for some reason you have to be away or know you will be absent from a particular competition, it is absolutely essential that you advise your coach as soon as you become aware of this fact. This may allow the coach time to plan for the absence.

At competitions, there is an entrance fee at each venue for all audience members (including children). Competitors are free. Depending on the venue, the charge is approximately \$25 to

Doncaster CALISTHENICS CLUB

\$30 for adults. Children and concession card holders are less.

A video or still photo via camera or mobile phone or any other electronic means of any stage performances at competitions is not permitted. This rule will be strictly enforced by the competition venues and anyone found in breach will be removed from the venue and our Club will also be penalised.

Items Required for Competitions

- All Groups** - A flesh coloured body suit is to be worn underneath costumes in place of ordinary underwear at competitions. Information on where to purchase this item will be sent out separately in Term 2.
- Foundation** - The colour of the face foundation needs to be at least 1 shade darker than normal skin colour.
- Mascara** - Black mascara is required to be worn.
- Lipstick** - Your coach will have a preferred colour. Purchase **MUST** be made directly from the club prior to competitions.
- Cost approximately \$4
- Stirrup Tights** - Skin coloured tights must be purchased from the club.
- Cost approximately \$17 (child size) or \$20 (adult size)



Doncaster CALISTHENICS CLUB

END OF YEAR ANNUAL DISPLAY

Our 58th Annual Display will be held on an afternoon in late October/early November, the date & venue are yet to be confirmed. This is a perfect opportunity for parents, grandparents and friends to see what the participants have learnt during the year as all age groups from the Doncaster Calisthenics Club will showcase their items at the annual display.

ANNUAL DISPLAY DVD

A professional DVD of the entire end of year Annual Display will be available and distributed at the end of year break-up party.

Please note that audience members are not permitted to take video or still photos of any part of the annual display as this breaches the club's contract with the videographer.

TEAM PHOTO DAY

Each year the club holds a team photo day. This involves a professional photographer taking photos of each team in their various costumes. Parents are not permitted to take their own photos of the teams at this photo shoot, as this breaches the copyright agreement.

Photos will be on sale in the weeks following the shoot for approximately \$9.00 each plus postage, but purchase of your child's team photos are not compulsory.

You can also request a solo/duo photo of your child(ren) in specific costume(s) but as you have requested them, purchase of these photo(s) will be compulsory.

*Dates of photo day(s) are yet to be determined.



Doncaster CALISTHENICS CLUB

PRESENTATION NIGHT

Prior to our end of year Annual Display the club holds a presentation night where participants are presented with any medals they have earned at competitions, year awards and other coaches' awards. It is also when the club volunteers are acknowledged for their hard work. The date and venue for this event will be confirmed closer to the time.

COMMUNICATION

Club communication is primarily via email, but also via paper copy if and when required. Our website is also a very important source of information as it is kept current at all times, so should be checked regularly. If you cannot find the information you require, a text or phone call to your Group Manager (who is a parent representative) is your first point of call – also if your child will be absent for a class. If they are not able to assist, you are welcome to also contact your coach. In addition, any of the executive committee will be happy to help you with any general queries.

IMPORTANT CONTACT PHONE NUMBERS

Coach of Tinies:	Magenta Creed	0415 830 806
Coach of Sub-Juniors:	Michelle Allen	0435 425 439
Coach of Juniors:	Michelle Allen	0435 425 439
Coach of Intermediates:	Natalie Lane	0439 635 017
Coach of Masters:	Natalie Lane	0439 635 017

Group managers' contact details will be advised after classes have resumed.



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