

WEST COAST CALISTHENICS CLUB



INFORMATION BOOKLET 2010

www.westcoastcali.com.au

Enquiries - Judy Donegan (9409 8494)

Sponsored by the City of Joondalup

Supported by Andrea Mitchell MLA

Welcome to the West Coast Calisthenics Club!

Our club has been in existence for over 30 years and caters for children (4 - 17 years) and adults.

CLASSES

Details of the classes are as follows:

2010 West Coast Classes	Starting Day	Time	Venue
Tinies (4 & 5 yr olds)	Sat 6 th Feb	9:00 – 10:00am	Padbury Community Hall Caley Rd, Padbury
Sub-Junior 2 (6 & 7 yr olds)	Sat 6 th Feb	10:00 – 11:30am	Padbury Community Hall Caley Rd, Padbury
Sub-Junior 1 (8 & 9 yr olds)	Sat 6 th Feb	10:30 – 1:00pm	Sorrento/Duncraig Recreation Centre, Warwick Rd, Duncraig
*Juniors (10 – 12 yr olds)	Thurs 4 th Feb	4:30 – 7:00pm	Greenwood Senior High School gym Coolibah Dve, Greenwood
Intermediates (13 – 16 yr olds)	Wed 3 rd Feb	5:00 – 8:00pm	Wanneroo Senior High School gym Quarkum St, Wanneroo
Seniors (17 yrs and over)	Thurs 4 th Feb	7:00 – 9:30pm	Greenwood Senior High School gym Coolibah Dve, Greenwood

*** Depending on numbers, the Junior class may be split into two groups (Junior 1 and Junior 2) which would result in the Junior 2 class being held at another venue (possibly on a different day eg Tuesday) If you have any queries, call Judy 9409 8494.**

Some of the class times may also change due to other commitments at the venues. All classes are conducted by fully qualified Coaches with Assistants (Cadet Coaches) and Helpers who are at various stages of qualifying.

All coaches will endeavour to have an organized meeting with parents to provide information and to enable parents to ask questions. For any incidental queries or questions that arise throughout the year, it is preferable that you approach your Liaison Mother rather than the coach, as she will be busy with the class. Any matter, which cannot be resolved by the Liaison Mother, will be referred to the coach.

FEES

At our AGM in December 2009, the fees for 2010 were set as shown below:

	Tinies	Sub-Juniors	Juniors/Inters/Seniors
Annual Fee	\$252	\$360	\$360
CAWA Affiliation Fee	\$33	\$55	\$55
Wardrobe Fee Includes - costume/headgear hire (\$40 - \$100) - make-up fee (\$5 - \$10) - storage levy (\$25)	\$60	\$125	\$140
Fancy Costume Deposit Remainder to be paid in September	\$20	\$45	\$45
Total Fees	\$365	\$585	\$600

Full payment of fees can be paid at the start of the year otherwise there is the term by term payment option as shown below:

Tinies (4 & 5 year olds)

- 1st term \$115 includes Fees, CAWA Affiliation and Wardrobe Fees
- 2nd term \$115 (as above) plus \$20 Fancy Costume Deposit
- 3rd term \$115 (as above) plus the remainder of the Fancy Costume amount
- 4th term Free

Sub-Juniors (6 – 9 year olds)

- 1st term \$180 includes Fees, CAWA Affiliation and Wardrobe Fees
- 2nd term \$180 (as above) plus \$45 Fancy Costume Deposit
- 3rd term \$180 (as above) plus the remainder of the Fancy Costume amount
- 4th term Free

Juniors/ Inters/ Seniors (10 yrs and above)

- 1st term \$200 includes Fees, CAWA Affiliation, Wardrobe Fees and Fancy Costume deposit
- 2nd term \$200 (as above)
- 3rd term \$200 (as above) plus remainder of the Fancy Costume amount.
- 4th term Free

ONCE FEES ARE PAID, WE REGRET THAT NO REFUNDS ARE AVAILABLE.

Fees are due to be paid before your child commences class each term. However, we do not wish to cause hardship to families, especially those with more than one girl involved in calisthenics. So if necessary, a written agreement, involving regular part payments, can be made with the Treasurer. For fee enquiries, call Kaye 9447 6872

If your child is new to calisthenics, they are welcome to attend 3 classes before full payment is required. The first class is free and then a fee of \$15 (\$10 for 4 & 5 year olds) per session will apply for the following 2 classes. If your child decides to continue beyond the 3 weeks, these payments will be deducted from the term fees which must be paid on the 4th week. As competition time approaches, coaches may extend their training and/or call a second training at no extra cost.

CLASS REQUIREMENTS

Tinies

Each child needs to wear their own leotard (or shorts and top). There will be a class supply of aesthetic skirts.

Parents usually stay and watch the class.

Sub-Juniors, Juniors, Inters and Seniors

Each participant requires:

A) **Training leotard** (preferably black for older competitors) and **aesthetic skirt**. These may be purchased second hand depending on availability (contact Lee-Erin Goodfield 0409 883 459) or if you wish to have a new leotard (\$15 - \$50) and/or aesthetic skirt (\$20 - \$50) made, then please call Chris Hardwick 9302 3420, Jenny Atkinson 9409 6448 or Jody Dorotich 9206 0614

B) **Rods and clubs** (your child will be measured early in the year to determine club and rod size). You may be given the option to purchase second hand equipment (depending on availability) or you may have to purchase new ones (\$3 for rods, \$34 for clubs). For equipment enquiries, call Cath Clarke 9242 8415.

C) **Water bottle**

Early in the year parents are welcome to watch the classes, however this may change after Term 1. The classes may become closed sessions due to a lack of hall space and to enable the participants to concentrate. Parents will still be able to watch at the end of each class and for the last class of each term.

For safety reasons, please ensure that your child is not left alone waiting for personnel/coaches to arrive and that they are collected on time from training.

CLUB PERSONNEL

Our club is run by a **committee of parents**, who meet on the fourth Tuesday of every month. All parents are most welcome and encouraged to attend. West Coast is a big club and more parents are needed on the committee. Please consider helping!! No offers of help are ever refused. Please see the Liaison Mum at your group for details of committee meetings.

Within the committee, each class has a

(A) **LIAISON MOTHER** - a “cali mum” who collects money (in a marked envelope with details), writes receipts, liaises with parents and coaches, and notifies parents by e-mail/note of all club and coach requirements. Please direct any queries to your liaison mum who will be pleased to help you.

(B) **WARDROBE MOTHER**, who liaises with the coaches as to costume requirements for each class, fits the girls with leotards for competitions and organises any sewing bees that may be required to make costumes.

Please give your full support to these ladies as they work very hard in a voluntary capacity to ensure that things run smoothly for us all.

WARDROBE EXPENSES

The following items are performed at competitions and/or concerts:

Free Exercise

March

Aesthetic

Clubs

Rods

Fancy

For all these items (except the **Fancy**) the performers wear leotards/headgears that are hired out by the club.

The **Fancy** item varies for each group every year (eg Folk Dance, Calisthenics Spectacular, Song and Dance, Song with Movement etc) and this costume is purchased by you. The cost (approx \$40 - \$100) and making of this costume is the responsibility of the parents ("sewing bees" may take place - help is available for non-sewers). If another mum does most of the sewing of your child's Fancy costume, then a making fee (\$20 - \$40) will be added to the overall cost. The final cost of the Fancy costume is not known until the costume is made, therefore a deposit is required and when the costume is completed, the remainder owing will be itemised on an account and sent to you.

Incidental Expenses

There may be extra incidental expenses for the competing girls that are not part of the payment schedule. These may include:

Purchasing or hiring wiglets and/or jazz shoes

Purchasing lipstick, false eyelashes, fake tan products etc.

CALISTHENICS ASSOCIATION OF WESTERN AUSTRALIA

The Calisthenics Association of WA (CAWA) has their purpose built complex at Midvale. Known as the Swan Park Theatre (Gray Drive, Midvale), it was built in 1990 by a group of volunteer parents. It consists of a 600 seat theatre, fully light and sound operational, with 16 separate dressing rooms to accommodate teams. There is also a smaller training room, committee room and kiosk.

Part of West Coast's commitment to CAWA involves providing volunteers to help in the kiosk, to assist backstage with curtains / props or to act as door ushers.

The Midvale theatre is also hired out to dance and community groups and this revenue helps to pay for the cost of running the complex.

All families (excluding Tinies and Sub-Junior2) will be required to do a two hour kiosk roster during competitions at Midvale.

SUMMARY OF EVENTS

More details will be given prior to each event.

Competitions

All children (except Tinies) are expected to attend these two competitions.

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| A) | August Competitions
(Mini Comps) | Run by the Calisthenics Association of WA (Friday night, Saturday or Sunday). Usually held early to mid August at Midvale. |
| B) | State Competitions
(Main Comps) | Run by the Calisthenics Association of WA (Friday night, Saturday or Sunday). Usually held latter half of September. |

Our club competes against other clubs in WA. These other clubs include Athena, Carine, Phoenix, Hills District, Applecross, Riverton, Thornlie, Quinns, Narrogin and Mandurah.

The CAWA charges an entry fee of approximately \$10 per adult to watch all competitions (school children are free).

All classes, except Tinies, are required as part of training to travel to the Calisthenics Association complex at Midvale for 2 stage practices prior to competitions. Car-pooling can be arranged.

Non-Competing Concerts

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| A) | Taste of Stage Concert
(for Sub-Juniors) | Run by Applecross Club. Held in April. |
| B) | West Coast's Family Concert | Run by West Coast. Held on Saturday afternoon/evening (mid August). |
| C) | Future Stars Concert
(4 & 5 year olds) | Run by West Coast on behalf of CAWA. Usually held in October. |

Optional Events

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| A) | Graceful Solo Competition
(10 years and above) | Run by CAWA and Hills District Club. Head Coach invites girls to participate in November. One dress rehearsal (late March/early April) and two competitions (April/ May). Expenses include - entry fees (\$55), hall hire levy (\$50), coach's fee (\$60 - \$115), costume hire (\$35 - \$50) |
| B) | Solo / Duo Competitions | Run by CAWA. Usually held in November. Expenses include – entry fee (\$25), hall hire levy (\$25) costume hire (\$25 - \$40) coach's fee (\$50) |

Recommended Programme

The Calisthenics Skills Programme is organised by the Australian Calisthenics Federation. The children progress through a syllabus learning terminology and technique. It develops flexibility, co-ordination and rhythm, a sense of achievement, musicality, deportment and poise, self esteem and self discipline. Qualified examiners test students in Nov / Dec or March (costs \$28 - \$34). Cali-skill levels are required before children can become coaches.

Cali-skills are taught in fourth term at West Coast however your child does not have to take the tests.

We hope that you have a long and enjoyable association with West Coast. Should you have any queries, please do not hesitate to ask any one of our Committee, Liaison or Wardrobe mums.

Welcome to West Coast