

WEST COAST CALISTHENICS CLUB



INFORMATION BOOKLET 2012

www.westcoastcali.com.au

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Sponsored by the City of Joondalup

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Welcome to the West Coast Calisthenics Club!

Calisthenics is a skilled Dance Sport that develops flexibility, co-ordination, musicality, deportment, poise and self esteem. Calisthenics is primarily a team sport but also offers children the opportunity to develop individually.

We are extremely proud of our wonderful West Coast Calisthenics club which has been run successfully by various groups of dedicated parent volunteers for over 35 years.

West Coast is a member of the Calisthenic Association of WA (CAWA) and competes against other clubs within the Association.

Our classes cater for children aged 4yrs to adult and are conducted by fully qualified Coaches with Assistants (Cadet Coaches) and Helpers who are at various stages of qualifying.

We encourage children new to calisthenics to attend 3 classes before making a commitment to a team. The first class is free and then a fee of \$15 or \$10 (4 & 5 yr 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.

2012 West Coast Classes	Starting Day	Time	Venue
Tinies (4 & 5 yr olds)	Sat 4 th Feb	9:00 – 10:00am	Padbury Community Hall Caley Rd, Padbury
Sub-Junior 2 (6 & 7 yr olds)	Sat 4 th Feb	10:00 – 11:30am	Padbury Community Hall Caley Rd, Padbury
Sub-Junior 1 (8 & 9 yr olds)	Sat 4 th Feb	10:30 – 12:30 pm	Sorrento/Duncraig Recreation Centre, Warwick Rd, Duncraig
Junior 1 (10 – 12 yr olds)	Thurs 2 nd Feb	4:30 – 7:00 pm	Greenwood Senior High School gym Coolibah Dve, Greenwood
Junior 2 (10 – 12 yr olds)		4:30 – 7:00pm	TBA - All Juniors to meet at Greenwood SHS
Intermediates (13 - 16 yr olds)	Wed 1st Feb	5:00 – 8:00pm	Wanneroo Senior High School gym Quarkum St, Wanneroo
Seniors (17 yrs and over)	Thurs 2 nd Feb	7:00 – 9:00pm	Greenwood Senior High School gym Coolibah Dve, Greenwood

Please note class times and venues may be subject to change but where possible we will endeavour to give notice of any such change.

As competition time approaches, coaches may extend their training time and/or call a second training at no extra cost. (All team members are expected to attend extra trainings)

FEES

The fees for 2012 are as follows:

	Tinies	Sub- Juniors / Juniors / Inters / Seniors
Annual Club Fee	\$265	\$420
CAWA Affiliation Fee	\$35	\$60
Wardrobe Fee Includes - costume/headgear hire - make-up fee - storage levy	\$60	\$140
Fancy Costume Deposit Remainder to be paid in September	\$20	\$40
TOTAL FEE	\$380	\$660

On enrolment you will be provided with a fee schedule. 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 Tracee Forster 0422 881 130

The TOTAL FEE can be paid at the start of the year otherwise the term by term payment option is shown below:

Tinies (4 & 5 year olds)

1 st term	\$120
2 nd term	\$140 (includes \$20 Fancy Costume Deposit)
3 rd term	\$120 plus the remainder of the Fancy Costume amount
4 th term	Free

Sub-Juniors / Juniors / Inters / Seniors (6 yrs and above)

1 st term	\$220
2 nd term	\$220
3 rd term	\$220 plus remainder of the Fancy Costume amount.
4 th term	Free

REFUNDS

We regret that CAWA Affiliation fees and costume expenses are non-refundable but the portion of non used term fees will be refunded when written notice is received.

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 owned by the club, a nominal hire amount is included in your club fee's to help cover the cost of upkeep and updating costumes.

The **Fancy** item varies for each group every year (e.g. Folk Dance, Calisthenics Spectacular, Song and Dance, Song with Movement etc) and this costume is purchased by you.

The approximate cost of the Fancy costume will be \$50 - \$100 although the final cost is not known until the costume is finalised; a deposit is included in club fees with the final payment due in September.

Parents are expected to take an active part in the making of this costume ("sewing bees" may take place and help is available for non-sewers). If another parent does most of the sewing of your child's Fancy costume, then a making fee (\$20 - \$40) may be added to the overall cost.

Incidental Expenses

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

- Purchasing or hiring wiglets and/or jazz shoes
- Purchasing lipstick, false eyelashes, fake tan products etc.

CLASS REQUIREMENTS

Tinies

Training leotard (or shorts and top).

Aesthetic skirt (There will be a club-owned supply of aesthetic skirts available for use at class)

Water Bottle

Parents usually stay and watch the class.

Sub-Juniors, Juniors, Inters and Seniors

Each participant requires:

Water bottle

Training leotard (club or black leotard for Juniors and above)

Aesthetic skirt

Rod

Clubs

For second hand leotards/ skirts contact Deb Harrop 6201 9340 or 0426 951 301.

Deb Harrop will also have a supply of new skirts for sale (\$35 - \$50).

For new club leotards (\$25 - \$50) contact Chris Hardwick 9302 3420.

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 Gayle Cruden 9300 6075 or 0408 953 859.

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. Coaches usually arrange for parents to come and view participants at the end of each term.

Coaches will endeavour to have an organized meeting with parents during first term 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 Team Co-ordinator, not the coach as she will be busy with the class. Any matter which cannot be resolved by the Team Co-ordinator will be referred to the coach.

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.

SUMMARY OF COMPETITIONS AND CONCERTS

More details will be given prior to each event.

Team Competitions

All West Coast members (except Tinies) will be required as part of training to travel to the Swan Park Theatre, Midvale for a stage practice prior to each competition. Car-pooling can be arranged.

As part of their team commitment all West Coast members (except Tinies) are expected to participate in the following two CAWA run competitions at the Swan Park Theatre, Midvale.

Betty Fitzpatrick Competition: Usually held in late July to mid August

State Championships: Usually held late August to mid September

The CAWA charges an entry fee of approximately \$10 per adult to watch all competitions; children under 16yrs are free. Tickets can be purchased online or at the box office on the day of competition (Please note there are no eftpos facilities at the theatre).

Non-Competing Concerts

Taste of Stage Concert: Run by Applecross Club.
(Sub-Juniors) Held in March

West Coast's Family Concert Run by West Coast.
(Whole of Club) Held on Saturday afternoon/evening (mid August).

Future Stars Concert Run by West Coast on behalf of CAWA.
(Tinies) Usually held in October.

Optional Competitions and Calisthenic Skills Program

Graceful Solo Competitions Run by CAWA and Hills District Club.
(Juniors and above)

- In November, the Head Coach invites expressions of interest for participants.
- Training commences mid/end of January, usually once a week for half an hour.
- One dress rehearsal (mid March)
- Hills Graceful competition (April).
- CAWA Graceful Competition. (April/May)
- Approximate expenses include - entry fees \$55, hall hire levy \$50, coach's fee \$100 - \$150, costume hire \$35 - \$75 (please note quote is based on 2011 costs and are likely to rise slightly)

Solo / Duo Competitions Run by CAWA.
(All ages)

- You will need to find an available coach (start asking at the end of term 2). The coach in your section will happily recommend a suitable coach.
- If your daughter would like to compete in a duo (often a good way to start) ask your coach to help find a suitable partner. Girls are able to do both a Solo and a Duo.
- Training commences after State Championships, usually once a week for half an hour.
- Solo and Duo competitions are held on the same day and are usually held in November.
- Expenses include – entry fee \$25, hall hire levy \$25 costume hire \$25 - \$40 coach's fee \$50 or more depending on the coach's level of experience (please note quote is based on 2011 costs and are likely to rise slightly)

Calisthenic Skills Programme

The Calisthenics Skills Programme is organised by the Australian Calisthenics Federation.

The skills program is open to children from Sub-junior level and above.

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.

Cali-skills are taught in fourth term at West Coast however the test is entirely optional.

Qualified examiners test students in Nov / Dec or March (costs \$28 - \$34).

Children are rewarded with achievement certificates, stickers and badges.

Cali-skill levels are required before children can become Cadet Coaches.

VOLUNTEERING AT WEST COAST

All families (from Sub-Junior 1 to Senior level) are required to complete a minimum of two hours volunteer time per year. There are a number of ways these hours can be completed and may include a roster at the CAWA Midvale complex.

Possible options for volunteering within West Coast

- Committee member
- Team Co-ordinator
- Wardrobe Co-ordinator
- Props Co-ordinator
- Club Camp
- Family Concert
- Fund Raising
- Dress rehearsals
- Back stage
- Sewing
- Photography

Part of West Coast's commitment to CAWA involves our club providing volunteers during competitions for the following:

- help in the kiosk
- assist backstage with curtains / props
- door attendant (ensure that door is closed when item is on stage, check that the public are wearing wristbands as they enter auditorium)
- marshalling (ensuring teams are ready to go on stage)
- desk attendant (receiving CD's, stage sheets from coaches)
- time keeping (timing items in the competition)

Newcomers will be given support and guidance with regards to the duties involved.

Please make sure that your Team Coordinator is aware of your volunteer hours so she can ensure that they are recorded accurately.

Of course we are more than happy for families to exceed the minimum 2 hours expected!!

Any queries please contact your Volunteer Co-ordinator:

Renee Dougan 0423701605 or pinkfrog75@hotmail.com

WHO ARE CAWA?

Calisthenics Association of Western Australia

The Calisthenics Association of WA (CAWA) has been in existence since January 1957 when the first calisthenics classes commenced in South Perth. They currently have 15 clubs located both in the metropolitan and regional areas of Western Australia.

The Association is governed by the Volunteer Board of Management comprising of President, Vice President, Deputy Vice President, Secretary, Treasurer, Rules and Regulations Chairperson, Competitions Chairperson, Theatre Management Chairperson, Development Officer, State Team Manager, Calisthenics Skills Administrator, Coaches Representative and Adjudicators Representative.

CAWA has their purpose built complex at Midvale known as the Swan Park Theatre (Gray Drive, Midvale). All competitions and our West Coast family concert are held here.

The theatre 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.

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.

For more information go to www.calisthenicswa.com.au

WEST COAST 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 large club and more parents are needed on the committee. Please consider helping!! No offers of help are ever refused. Please see the Team Co-ordinator at your group for details of committee meetings.

Each class is represented at the committee meetings by the following volunteers:

TEAM CO-ORDINATOR

The Team Co-ordinator will collect fee's (in a marked envelope please), write receipts, liaise with parents and coaches, and notifies parents by e-mail/note of all club and coach requirements. Please direct any queries to your Team Co-ordinator who will be pleased to help you.

COSTUME CO-ORDINATOR

The Costume Co-ordinator 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.

PROPS CO-ORDINATOR

The Props Co-ordinator liaises with coaches as to prop needs (may need to be handy!!) and may also need to help back stage.

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

We look forward to getting to know you and 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 members.

Welcome to West Coast Calisthenics Club