



Information Booklet

Inc. No. A0047844S

WELCOME TO WARRANDYTE CALISTHENICS COLLEGE

Thank you for choosing the Warrandyte Calisthenics College. We hope that you enjoy your calisthenics journey with us and that you will be part of our calisthenics family for many years to come.

Our club was founded in 2001, with the goal to offer the local community, a calisthenics club with a difference; a club where every member feels safe, supported and valued. A club that teaches good quality, competitive calisthenics, and keeps in line with the rules laid down by our state and national bodies. We have a strong focus on performance, rather than winning.

We hope to pass on our passion for this sport and share our combined wealth of experience with you and your children.



OUR VISION

To provide an inclusive, safe environment with a holistic approach to developing confident performers through quality calisthenics.

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WHAT IS CALISTHENICS?

Calisthenics is an artistic team sport unique to Australia. It combines dance, gymnastics, singing, apparatus manipulation and ballet. Calisthenics involves a team of participants learning four to six routines throughout the year choreographed to music, and then these routines are presented on a theatre stage at competitions and concerts. Calisthenics combines the best aspects of sport and performing arts.

BENEFITS OF CALISTHENICS

Calisthenics enhances physical, emotional, intellectual and social development for performers, and helps to develop:

- Strength, flexibility, coordination, fitness
- Grace, poise, posture
- A valuable understanding of the importance of commitment
- Musical appreciation and rhythm
- Team spirit, goal setting
- Confidence, leadership, responsibility, perseverance, resilience, self esteem
- Fun and friendships
- The wide variety of Calisthenics skills

CALISTHENICS VICTORIA INCORPORATED

Calisthenics Victoria Incorporated (CVI) is the state body for the sport of Calisthenics in Victoria. They aim to promote the sport of Calisthenics, organise competitions and assist calisthenics clubs and colleges. Each club/college and its members are required to be registered with CVI (for insurance purposes) to be able to attend classes, compete and perform on stage. To find out more about CVI, visit <http://www.calisthenics.asn.au/>

THE AUSTRALIAN CALISTHENICS FEDERATION

The Australian Calisthenics Federation is the governing body of the sport of Calisthenics in Australia. To find out more about ACF visit www.calisthenicsaustralia.org

CALISTHENICS ITEMS

Following are brief descriptions of the items Calisthenics participants may learn (4 to 6 routines per age section). All are performed to carefully chosen music according to age and set time limits.

Figure Marching: The marching team executes many intricate floor patterns, however deportment and uniformity remain the most important factors.

Club Swinging: This is probably the hardest routine to perform correctly. Teams are required to swing clubs in unison with perfect rhythm, technique and uniformity in a circular action.

Free Exercises: A team performs a series of strong movements involving high levels of flexibility, control and uniformity of rhythm. Routines test the performers' stamina, flexibility and timing, and are physically challenging.

Rods: A team performs similar movements to free exercises, with the added complication of an apparatus in their hands; that is, a long rod which is manipulated constantly and quickly through the routine.

Aesthetic Exercises: Aesthetics is a ballet influenced item requiring the team to perform graceful movements in unison. Their task is to interpret music with feeling and softness, as reflected throughout their body and facial expressions.

Character / Folk Dance: This item is based strongly around a theme and the team's ability to portray the character through dance. Correct technique, uniformity, and interpretation are all important in this vibrant item. Mime, acting and creativity bring this item to life.

Action Song: Team members join together to present a musical item comprising singing, acting and choreographed movement. Creativity and storytelling are essential elements of this item.

Song & Dance: A team presents a routine that combines singing with modern dance jazz steps. The quality of the singing, presentation, style, facial expression and correctness of dance technique are all very important in this item.

Calisthenic Revue: Creativity and entertainment are the keys to this item, which can often represent a mini production. Teams are encouraged to combine aspects of Calisthenics with singing, dancing, acting, and clever costuming, all designed to entertain the audience.

Dance Arrangement: The chosen genre and theme of this item based purely on dance, must be maintained throughout while incorporating precise technique, interpretation, and uniformity.

COLLEGE STRUCTURE

Our College is a not for profit, incorporated association, and is committee run. Apart from our coaches, it is run entirely by our valuable volunteers.

Committee

Our Annual General Meeting is held in March each year. There are lots of opportunities to become involved and your input is welcomed and valued.

Our current committee is as follows;

- President Sandy Segota (Grievance Officer)
- Vice-President CatKathryn Payne
- Secretary Emma Giosserano
- Treasurer Karen Sproat
- Principal Katrina Berryman (MPIO)
- Registrar Lauren Hennessey
- Competition Secretary Maria Tauro

Welcoming Officers , Class Representatives (reps) and Costume Representatives (reps)

Each age group requires a class rep/welcoming officer who aids in effective communication with parents and performers, distributing newsletters, supplying merchandise, sending out messages, collecting payments and answering questions.

Costume reps assist in the distribution, creation and checking of costumes.

These volunteers are required for each section, each year and their contribution is invaluable in ensuring the smooth running of our club.

Communication

You will regularly receive newsletters with a lot of information about college events, important dates and everything that is required throughout the Calisthenics year. They are our primary source of communication. It is vital that you take the time to read each newsletter carefully, and take note of dates, times etc, otherwise you may be unaware of important things happening at our club that involve you. These newsletters are distributed via email to each family as well as via our class pockets in the theatre foyer, if required. We have a notice board that displays weekly news and reminders and you may also receive occasional text message reminders from your Class rep.

Facebook groups are also an important communication medium. See our social media policy at the rear of this booklet.

This communication allows you to take responsibility for your awareness of what happens at our club. If you lose any of the information, or have any questions, please don't hesitate to contact your Class representative.

CLASSES / SECTIONS

	Age at 31st Dec in current year	Class Times
Tinies	<i>7years and under</i>	<i>Thursday 4.00 - 5.15pm</i>
Sub-Juniors	<i>10years and under</i>	<i>Wednesday 4.15 – 6.15pm</i>
Juniors	<i>13years and under</i>	<i>Thursday 5.30 - 7.30pm</i>
Inters	<i>17 years and under</i>	<i>Monday 6.00 – 8.30pm</i>
Seniors	<i>16 years and over</i>	<i>Wednesday 6.30 – 9.30pm</i>
Masters	<i>26 years and over</i>	<i>Thursday 7.45 – 10.00pm</i>

WEEKLY ATTIRE AND CLASS EXPECTATIONS

It is very important that participants are able to move freely during class, and that coaches are able to assess and correct posture and movement. All performers in all age groups are required to wear a leotard (preferably black) to class, with the option to wear tight fitting leggings if desired. During colder weather, a cross over or close fitting black top is a good addition to stay warm. Loose clothing or socks are not permitted to be worn during class. All participants are required to work in bare feet unless practising in costume footwear. Hair must be off the face, preferably in a bun.

Participants should bring a drink of water with them to class.

Parents are **not** expected to remain in the theatre during weekly training. We run closed classes so as to provide the best possible learning environment for their child and for the team. However parents may stay and watch their child during their first class or on occasion by prior arrangement. Parents will be invited to watch class from time to time to see the progress of their child and the team.

Practice

The only way to improve skill and technique is through repetition. All members will be given the music for their routines and parents can support us by playing the music at home or in the car on the way to class and by encouraging regular practise. The work may also be recorded and posted in our closed, class Facebook groups to assist performers to remember, improve and work towards perfecting their routines.

Leaving at the end of class

Every team member from Tinies to Intermediates **MUST** be collected at the end of class from inside the theatre by an allocated adult. Texting from the car is not tolerated. Seniors and Masters are encouraged not to leave the building alone for safety reasons.

Attendance

Regular attendance and punctuality are **ESSENTIAL** in any team sport and are expected at Warrandyte Calisthenics College for all age groups. Every class represents another important step towards being the best we can be for our performances. When a team member is missing this greatly affects the teams' progress. It is expected that participants attend every class, camp and rehearsals, including school holiday practises. Please let your coach know if there is a reason why you or your child is unable to be there.

Equipment

Each performer requires various equipment. See table below.

CLASS	CLUBS	RODS	SKIRT	LEGGINGS	BODY SUIT	UNIFORM
Tinies	No	Yes	No	Bare legs	Yes	Fleecy green track pants. Jacket supplied
Sub-juniors	Yes	Yes	Yes	Yes	Yes	Club Tracksuit
Juniors	Yes	Yes	Yes	Yes	Yes	Club Tracksuit
Inters	Yes	Yes	Yes	Yes	Yes	Club Tracksuit
Seniors	Yes	Yes	Yes	Leg Tan	Optional	Club Tracksuit
Masters	Yes	Yes	Yes	Yes	Optional	Club Tracksuit

Clubs and rods are supplied and a hire fee is added to costume levy payable in term 4. Seniors and masters are encouraged to purchase their own through the club.

Practise skirts for aesthetics can be purchased through the club or a pattern can be provided for you to sew your own.

Leg coverings are required for performances. Leg tan and leggings can be purchased through the club, as can body suits.

Club uniforms are required to be worn for all performances and may also be worn to class each week if desired. These are all available through the club except for bottle green fleecy tracksuit pants for Tinies. Every team member from Tines through Inters requires a white polo shirt to be worn underneath their uniform. Seniors and Masters may wear an official black club t-shirt or singlet.

Additional, non essential club merchandise is also available to purchase.



OUR COACHES & ASSISTANTS

All coaches at Warrandyte Calisthenics are fully qualified through the Australian Sports Commission. They are members of the Victorian Calisthenics Coaches Association (VCCA), and hold current First Aid Certificates and Working with Children Checks. We are very fortunate to have an extremely high calibre of coaches who work cohesively in a team environment and are dedicated to providing a wonderful Calisthenics experience for all participants.

COMPULSORY ATTENDANCE EVENTS AND PERFORMANCES

Competitions

Warrandyte Calisthenics College is a competitive club with each class performing at 3-4 competitions each year. Although we historically enjoy success when competing and are graded at fairly high level, our focus is on performing, self improvement and reaching our potential, both as a team and as individuals.

Every team member is required to commit to attending each competition.

Competitions are held between late July and mid October. **As Calisthenics is a team sport, it is very important that all team members schedule competition dates as a matter of priority.** PLEASE NOTE- IT IS HIGHLY LIKELY THAT COMPETITIONS WILL BE SCHEDULED IN THE SEPTEMBER SCHOOL HOLIDAYS. WE ASK THAT FAMILIES HOLD OFF ON BOOKING HOLIDAYS UNTIL COMPETITION DATES ARE CONFIRMED, USUALLY BY THE END OF MAY.

We encourage parents to help their children understand the importance of their role in the team and that the entire team is affected when a participant is unable to attend.

Other Performances

Our **dress rehearsal** is held for each class in a theatre, towards the end of the mid year school holidays. Our **annual concert** is one of our college's most important events. It is a celebration of the year's achievements and is held the Sunday after Cup Day. **Presentation night** is held the Thursday following the concert. All of these dates are advertised at least 12 months in advance and all members are expected to attend.

Camp

Calisthenics camp is held at Mount Evelyn for Sub-juniors through Seniors on the first Monday, Tuesday and Wednesday of the mid year school holidays (Subbies go home on the Tuesday). This is a fun club event that involves LOTS of Calisthenics and team bonding. Mums are welcome to attend if they wish to.

COSTUMES

Costumes are carefully chosen by the coaches to compliment the theme of each item and the age of the performers. A different costume is required for each item and in most cases, are provided and distributed towards the end of term one. They will remain the property of Warrandyte Calisthenics College and will be collected at the end of the year. We aim to keep sewing to a minimum however at times costumes will require simple repairs, alterations or additions such as sequins or trim. In this case you will be given a set of instructions explaining what needs to be done along with materials required.

If you have no sewing experience, please don't worry. We advise you to bring the costumes to class and have one of our experienced calisthenics helpers assist you, or we can arrange for someone to complete the costumes for you if required. A sewing fee will be charged for this service.

Costumes must not be worn for any reason other than for calisthenics events.

Please inspect costumes for repairs between competitions and check with your coach before laundering of costumes is attempted as they must be:

- Only washed in cold water
- Washed by hand only (Don't use gentle cycle on machine)
- Never be left to soak (The dye from sequins can run and permanently stain Lycra)
- Never be ironed (Lycra will burn)

In the event that a costume is lost or damaged a replacement fee will be charged.

FEES

Class fees are reviewed on an annual basis and are outlined on our separate fees document.

Registration

An annual registration fee is payable to CVI to enable each performer to participate in the sport of Calisthenics. This covers insurance and state administration costs. The link to complete online registration is <https://www.revolutionise.com.au/CVI/registration/>

Term Fees

As a not-for-profit organisation, we aim to keep our fees as affordable as possible. These fees cover weekly venue hire, competition entries, presentation expenses, coaches, practice cds, club administration costs, training equipment, awards, etc. Fees can be paid in 3 term instalments or 1 annual fee (slight cost reduction).

Costume Levy

Costume levies are individually calculated according to costumes and equipment used throughout the year. Levies are issued the at end of third term.

CLUB POLICIES

The Warrandyte Calisthenics College is a SILVER ACCREDITED LEADING CLUB and is governed by policies that have been put into place to protect the safety and privacy of our members. We take these issues very seriously and as such, require every member (or parent/guardian of members under 18) to read, understand and comply with each policy and to acknowledge this by returning a signed form at the commencement of each calisthenics year.

PLEASE READ THE FOLLOWING ATTACHED POLICIES;

Child Safe Policy

Social Media Policy

Fire Plan Policy

Complaints Handling, Grievance Policy and other club procedures, philosophies and protocols are all documented and available upon request.

Contact Details for Warrandyte Calisthenics College

Phone	0425 796 259
Postal Address	3 Francis Street Blackburn Vic 3130
Email	warrandytecali@gmail.com
Website	https://www.warrandytecalisthenics.com/
Facebook	Facebook.com/WarrandyteCalisthenicsCollege
President	Sandy Segota 0419 317 448
Treasurer	Karen Sproat 0419 592 768
Principal Coach	Katrina Berryman 0425 796 259



CHILD SAFE POLICY

PURPOSE

This policy was written to demonstrate the strong commitment of the management, staff and volunteers of the Warrandyte Calisthenics College to child safety and to provide an outline of the policies and practices the Club has developed in an attempt to keep everyone safe from any harm, including abuse.

COMMITMENT TO CHILD SAFETY

All children who are a part of the Club 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 zero tolerance for child abuse. The Club aims to create a child safe and child friendly environment where children feel safe and have fun. The Club's activities are always carried out in the best interests of the children.

APPLICATION OF THIS POLICY

This policy was developed by the Club and in collaboration with staff, volunteers and the children who use our services and their parents.

This policy applies to all individuals involved in our organisation (paid and volunteer) including, but not limited to:

- Administrators
- Coaches
- Officials
- Participants
- Parents
- Spectators.

All of the people to which this policy applies have a role and responsibility in relation to child protection. They must all:

- understand the indicators and risks of child abuse;
- appropriately act on any concerns raised by children; and
- understand and follow all applicable laws in relation to the protection of children and reporting or management of child safety concerns.

CHILD ABUSE

Child abuse can take a broad range of forms including physical abuse, sexual abuse, emotional or psychological abuse and neglect. People to whom this policy applies need to be aware that child abuse can occur whenever there is actual or potential harm to a child, and these are circumstances that the Club is committed to reducing the risk of occurrence.

CHILDREN'S RIGHTS TO SAFETY AND PARTICIPATION

The Club encourages children to express their views about their safety. We listen to their suggestions, especially on matters that directly affect them. We actively encourage all children who use our services to 'have a say' about things that are important to them.

We teach children about what they can do if they feel unsafe. We listen to and act on any concern's children, or their parents, raise with us. We do this via the following avenues, including but not limited to:

- Notice boards
- Informal discussions in classes
- Creating a safe space for children to disclose concerns and express self

VALUING DIVERSITY

We value diversity and do not tolerate any discriminatory practices. To achieve this, we:

- promote the cultural safety, participation and empowerment of Aboriginal children and their families;
- promote the cultural safety, participation and empowerment of children from culturally and/or linguistically diverse backgrounds and their families;
- welcome children with a disability (physical, social, intellectual, developmental, emotional/mental health) and their families and act to promote their participation; and
- Seek appropriate staff from diverse cultural backgrounds.
- Practice inclusiveness by establishing a sense of belonging for everyone

RECRUITING STAFF AND VOLUNTEERS

The Club takes the following steps to ensure best practice standards in the recruitment and screening of staff and volunteers:

- Interview and conduct referee checks on all staff and volunteers
- Require police checks and Working with Children Checks for relevant positions.
- Our commitment to Child Safety and our screening requirements are included in all advertisements and as part of the induction process for new staff or volunteers.

SUPPORTING STAFF AND VOLUNTEERS

The Club seeks to attract and retain the best staff and volunteers. We provide support and supervision, so people feel valued, respected and fairly treated. We have developed a Code of Conduct to provide guidance to our staff and volunteers, all of whom receive training on the requirements of the Code.

- Child protection online course : suggest <https://www.playbytherules.net.au/childprotection-online-course>

REPORTING A CHILD SAFETY CONCERN OR COMPLAINT

The Club has appointed Principal Coach and President as Child Safety Persons, MPIO and Grievance Officer, with the specific responsibility for responding to any complaints made by staff, volunteers, parents or children. The person to be contacted is Katrina Berryman (Principal Coach) on 0425 796 259; warrandytecali@hotmail.com or Sandy Segota (President) on 0419 317 448; ssegota@bigpond.net.au. Our complaints process is outlined in our Grievance Policy.

RISK MANAGEMENT

We recognise the importance of a risk management approach to minimising the potential for child abuse or harm to occur and use this to inform our policy, procedures and activity planning. In addition to general occupational health and safety risks, we proactively manage risks of abuse to our children. To reduce the risk of child abuse occurring, adults to whom this policy applies should avoid direct, unsupervised contact with children. For example, this should be a consideration when:

- using change room facilities;
- using accommodation or overnight stays;
- travel; or
- physical contact when coaching or managing children.

REVIEWING THIS POLICY

This policy will be reviewed every two years and we undertake to seek views, comments and suggestions from children, parents, carers, staff and volunteers involved in the Club.

Written By: Warrandyte Calisthenics College Committee

Approved By: Warrandyte Calisthenics College Committee

Endorsed By: Warrandyte Calisthenics College Committee,
November 2019, Anderson Creek Primary School.

Date for Review: Every 2 years



SOCIAL MEDIA POLICY

CONTEXT

This social media policy exist to cover any statements, photographs or videos made in relation to Warrandyte Calisthenics College, its members, and all associated activities. It includes the appropriate use of such imagery for promotional purposes by the club, as well as acceptable use by our members and their families.

Reference to social media includes, but is not limited to Facebook, Twitter, Instagram, and Snap chat.

PROMOTIONAL USE & CONDITIONS

Club – Photographs and video footage of teams and/or individuals may be added to our website or Facebook page from time to time for promotional use. Written consent must be obtained prior to use of any photographic material and/or members names.

PERSONAL USE & CONDITIONS

Photographs or video footage that have been taken during any Warrandyte Calisthenics College class, rehearsal, performance or concert, must not, under any circumstances be posted on **public** social media by any club members, friends or family.

Posting in private Warrandyte Calisthenics College groups for communication and on-line learning purposes is however, permissible.

Any personal photographs or video footage taken outside these confines, including but not limited to photographs taken in full make-up, club tracksuit or club costumes, must be carefully considered, before posting on social media.

Any photographs and video footage taken inside any dressing room must be approved by a club administrator before being posted on social media.

At no time shall any member post comments about adjudicators or our competitors, or "tag" anyone.

BREACH OF POLICY

Where a breach has occurred by a member or their family, the club shall in the:

1. First instance, notify the member, parent or guardian of the breach and advise what needs to be done to meet the agreed conditions
2. Second instance, notify the member, parent or guardian of the breach and advise what needs to be done to meet the agreed conditions PLUS advise that any further breach could have club-wide consequences
3. Third instance, notify the member, parent or guardian of the breach, advise what needs to be done to meet the agreed conditions AND take the matter to a Committee meeting for action, which can include an immediate and permanent blanket removal of all social media privileges for all club members.

Reviewed and updated November 2019



FIRE PLAN POLICY

PURPOSE

To ensure a safe environment for all pupils, parents and coaches attending calisthenics classes at Anderson Creek Primary School during the high fire risk period of the summer months.

PROCEDURE:

- 1.1 In the case of Extreme rating or higher all classes will be cancelled. Twenty four hours notice will be given and once the decision to cancel has been made it will not be overturned.
- 1.2 In the case of total fire ban, classes will continue to run.
- 1.3 In the case of total fire ban where there is an uncontained fire in the area, classes will be cancelled.
- 1.4 In the case of total fire ban and there is a high concern, as always it is at the discretion of the parents as to whether their child attends class.
- 1.5 If fire breaks out during class then pupils will be kept at the venue until such time that danger has completely passed and it is safe to leave. Please note that the Anderson Creek Primary School fire plan will be followed. The CFA are aware that there are after school classes being held in the Performing Arts Theatre.

REFERENCE: Anderson Creek Primary School fire Plan. (DEECD Emergency Management Plan 2019)

*Revised/Approval date November 2019
By Sandy Segota and Katrina Berryman
Review Date November 2021*