

Balmoral

Calisthenics Club Inc.
www.balmoral.asn.au

Information Booklet 2018



WELCOME TO BALMORAL CALISTHENICS CLUB

Balmoral Calisthenics Club was established in 1955 known as Bentleigh Methodist Girls Gymnasium. After 60+ years it has grown into a successful competitive club. It offers a wonderful range of artistic items that assist with co-ordination, balance, dancing, singing, confidence, teamwork and much, much more.

VISION

To be a highly efficient calisthenics club which strives to develop and encourage all members to achieve their full potential and be recognised as a competitive successful club within the calisthenics area.

Oakleigh South Primary School
Cnr Riley St & Farm Rd
Oakleigh South, 3167
Contact: Anne Cattermole on
0402582333
Email: clubsec@hotmail.com
Website: www.balmoral.asn.au

VALUES

- To be dedicated to the development of our youth in the sport of calisthenics by promoting and providing the practice of good sportsmanship, character and fair play
- To nurture a competitive spirit to succeed, with fun for all participants while never compromising the welfare and safety of our members
- To be able to take advice and criticism in an effort to improve
- To be humble and gracious both on and off the competitive stage while respecting our opponents in both victory and defeat
- To have pride in one's self and never give up

POINTS TO NOTE ABOUT CALISTHENICS AT BALMORAL

- Pupils participate in local competitions. There is a minimum of 8 pupils per team and competitions run from July to October. In 2018 Balmoral will compete in the following age sections: Tinies, Sub Juniors, Juniors, Intermediates and Seniors
- All pupils are expected to attend all classes from February to November. The coach should be notified of any illness which would prevent their attendance at class or at competitions as early as possible.
- All pupils must be registered with Calisthenics Victoria Incorporated (CVI) for insurance purposes. This is a separate fee to be paid upon joining the club (\$70)
- All pupils shall abide by the club rules and conduct themselves in a becoming manner while associated with Balmoral Calisthenics Club, with particular attention to:
 - Punctuality
 - Attendance and commitment
 - Personal hygiene and grooming
 - Appropriate code of behaviour
 - Care of costumes and other calisthenics belongings

COMPETITION ATTENDANCE:

All pupils 16 years and under must have a responsible adult present during all competitions and the annual concert.

Coaches have more than one pupil to look after and will not be able to leave the rest of the team or the venue to take your child for treatment if they are ill or injure themselves. You may organise **in advance** of competition dates for another parent to look after your child but please remember that only a parent (guardian) is able to give permission for your child to receive medical treatment if required.

DIARY DATES:

Registration Day/First Class	Week starting Monday 5th of February
Come and Try Day/Bring a Friend	Week starting: all classes throughout February
Fundraiser	Various dates throughout the year including: Bunnings BBQ – Oakleigh 21st April 2018
Full Dress Rehearsal	June 17th 2018-Venue TBC
Competition Season	July – October
Photo Day	October 29th 4:30 -11PM
End of Year Annual Concert	Early to mid Nov-Date, Time and Venue TBC
Annual General Meeting	Wednesday 12 th of December

Training on public holidays & during school holidays is at the discretion of the coaches in conjunction with parents/members.

These classes are make up/extra classes and are at no extra cost to members.

Registration forms must be completed and lodged on the balmoral website within two weeks of the pupil's first class attendance. Pupils may not attend after this period until this has been received



CLASS TIMES

Classes for 2018 held at Oakleigh South Primary School, Corner Riley St & Farm Rd, Oakleigh South.

To work out your child's section, it is the age they will be as of the 31st Dec 2018.

TINIES	(3 – 7 years)	Monday	4pm – 5.15pm
SUB-JUNIORS	(10 years and under)	Monday	4.30pm – 7.00pm
JUNIORS	(13 years and under)	Monday	5pm – 7.30pm
INTERMEDIATES	(17 years and under)	Wednesday	5.30 pm–8pm
SENIORS	(16 years & over)	Monday	7 pm –10.00pm
MASTERS	(26 years & over)	TBC	

Note: Classes run based on a minimum number of attendees.

Class Location: Classes will run in the following areas at Oakleigh South Primary school:

Tinies – Music Room

Sub Juniors –Hall/Early Learning Centre

Juniors – Hall/Early Learning Centre

Intermediates & Seniors–Hall/Early Learning Centre

Coaches 2018:

Level One Coaches

Leanne Collins (Sub Juniors)

Assistant Coaches

Hannah McKenna

Helpers

Ashleigh Fraser (Sub Juniors)	Grace Higgins		
Gabby Cotsis (Juniors)	Maddy Kearsley	Mikayla Cotsis	Maddi Tetlow
Sharyn Russell (Intermediates)	Ashleigh Fraser	Jess Linnell	Natasha Fraser
Erica Boxall (Tinies)	Samantha Cattermole		
Sherryn Foster (Seniors)	TBC		

SECTION COACH

Within each section it is the coach who:

- Has the final say on selection of teams.
- Has the final say on choreography of items.
- Has the final say of choice of costume and appearance of competitor.
- Has the final say in items performed and choice of music.
- Shall keep a register of all pupils attendance.
- Maintain an up to date first aid kit at all practices.
- Can make the decision to call extra practices when required.

EXTRA PRACTICES

Extra practices are sometimes necessary during school holidays, weekends or public holidays. These are for the benefit of our pupils and they are expected to attend. Prior information will be sent home advising of these times. Please let the coach of the section know as early as possible if you cannot make these sessions. These are at no extra cost to members.

TEAM ITEMS 2018:

TINIES	Free Exercises, Rods, Character/Folk Dance, Song with Actions/Movements
SUB-JUNIORS	March, Clubs, Free Exercises, Rods, Aesthetics, Song & Dance*
JUNIORS	Figure March, Clubs, Free Exercises, Rods, Aesthetic Calisthenics Revue*
INTERMEDIATES	March, Clubs, Free Exercises, Rods, Aesthetic, Calisthenics Revue *
SENIORS	March, Clubs, Free Exercises, Rods, Aesthetic, Dance Arrangement *

*

* Denotes age groups where some items are interchanged annually.

ADVERTISING/SPONSORSHIP:

Balmoral Calisthenics Club is continually looking for new sponsors so that our members can continue to compete, have new costumes, new set designs etc.

If you know someone who would like to sponsor Balmoral Calisthenics Club, please contact our President – Anne Cattermole – clubsec@hotmail.com

FUNDRAISING:

Our major fundraiser per year is usually Bunnings BBQ. It is imperative that we have your support as this activity to help keep fees to a minimum each year.

If you have any suggestions, please contact:
clubsec@hotmail.com

WANT TO WRITE TO US?

Email our club secretary on clubsec@hotmail.com



PUPIL SKILLS/CALISTHENICS EXAMS

Pupil Skills is a voluntary extra-curricular activity that students can enroll in during the year. It allows them to work in small groups with a coach to increase their knowledge and calisthenics skill level. They are taught small sets of work over a 6-8 week period and then examined by an external adjudicator. On passing a particular level they will receive a badge/medal and certificate. Pupil Skill exams also form part of the Australian Calisthenics Federations curriculum.

The pupil skills curriculum is also recognised as part of assistant/coach development at Balmoral.

For further information on how to participate in these levels, please contact Leanne Collins on 0425 745 107



EQUIPMENT:

Please do not purchase any of the following items if you are unsure!

Each pupil will need to bring the following to every class:

Black leotard available from Energetiks Dance wear in Moorabbin or various major retailers
e.g. Best and Less

Rod*

Clubs* (not Tinies)

Aesthetic skirt (not Tinies) coaches will have these available to purchase for a small fee.

*Rod and clubs will be provided by the club. The hire of these items are part of your term fees. Equipment must be returned at the end of Term 4.

Hair must be tied back at all times and socks must not be worn for safety reasons.

Each pupil for competitions will require the following:

Coaches will discuss the exact equipment required closer to competition season as it varies for each age group.

Club tracksuit polo and jacket (compulsory)

Skin tone underwear/body stocking

Competition make up (usually base only)

False eyelashes (only older sections)

Hair net, hair pins, hairspray/gel etc.

Skin tone footless tights or leg tan (choice of leg tan or tights at coaches' discretion)

Safety pins

ALL costumes and equipment (clubs, rods, etc.)

Hair done in competition style prior to arrival as instructed by coach of section

Small sewing kit in case of emergency

Please note: NO jewelry or nail polish is to be worn to competitions



BI MONTHLY NEWSLETTER

At Balmoral Calisthenics Club we have a very informative bi monthly newsletter called "Bearly News". You will find results, competition venues, birthdays and lots of other information to keep you up to date with what is going on. All members will receive this newsletter via email.

Please make sure that you read these newsletters as they will hold important information especially during the middle of the year near competition season.

Anyone wishing to add to the newsletter, please email our newsletter editor Melita Keywood on <mailto:melita.keywood@csiroy.au>



ATTENDANCE MEDALS & LONG SERVICE AWARDS

An attendance medal will be awarded to pupils who are absent from classes for no more than 2 standard club practices during the year, after the first two weeks of Term 1. Extra practices are NOT included in attendance assessment. As recognition of the pupils who have been with Balmoral for some time (5,10,15, 20 years or more) a Long Service Award is presented* *For further information pertaining to long service awards please see our policy guidelines for T&C's*

FEES

All pupils pay four installments per year. Please note that we are a **non-profit organisation**. Every endeavor has been made to keep costs to a minimum for you. Calisthenics is quite inexpensive compared to other sports.

The fee structure covers:

- Coaching fees
- Hall hire & equipment
- Sound equipment, music, music license fees
- Competition entries
- Club & Rod & Costume Hire
- Medals & Trophies

To streamline the fees this year the 1st installment will include the CVI registration fee (\$70) the second installment will include costuming levy \$50 (for all members)

FEE STRUCTURE PER AGE GROUP

TINIERS (per pupil)	1 st installment \$210 2nd installment \$190 3rd & 4th installment \$140
SUB JUNIORS (per pupil)	1 st installment \$230 2nd installment \$210 3rd & 4th installment \$160
JUNIORS (per pupil)	1 st installment \$240 2nd installment \$220 3rd & 4th installment \$170
INTERMEDIATES (per pupil)	1 st installment \$250 2nd installment \$230 3rd & 4th installment \$180
SENIORS (per pupil)	1 st installment \$270 2nd installment \$250 3rd & 4th installment \$200

FAMILY DISCOUNT

2 Children – 10% discount off total fees for each child

3 Children – 15% discount off total fees for each child

4 Children – 20% discount off total fees for each child

**A 10% early payment discount applies if the whole year's fees are paid prior to February 28th 2018 **

FEE DUE DATES

Installment 1 : Incl. CVI registration. Due
Mon 12th of February

Installment 2 : Incl. Costume levy. Due Mon 19th April

Installment 3 : Due Mon 25th June

Installment 4 : Due Mon 17th September

Fees to be paid to Balmoral Calisthenics Club online via direct deposit (with below details)

Bank: Commonwealth Bank of Australia

Account: Balmoral Calisthenics Club

BSB: 063106 ACCOUNT NUMBER: 10039846

(Please use surname as reference followed by installment number e.g.: Smith2)

**Coaches will not accept cash for term fees

EXTRA COSTS**

Competition Entry Fee for spectators (approx. \$20)

Club Tracksuit Polo (approx \$30)

Club Jacket (approx. \$50) *

Competitive Teams also wear black dance pants as part of their competitive uniform (major retail stores usually carry these)

Personal accessories for competitions (deodorant, hairspray etc)

Club badge (\$6 can be bought at concert or during the year)

Tan/Flesh coloured underwear for under leotards approx. \$15-\$20

Club Concert DVD(optional – approx \$35) & Club Photos (optional)

*Club jackets can be sold back to the club at half price based on being “of resaleable condition”.

The uniform coordinator determines this.

**Extra Cost prices are subject to change

COSTUMES:

All costumes materials are supplied by the club, members (or their parents) will be asked to assist with the creation & decoration of the costumes for example cutting out & sequinning. Costumes remain the property of the club.

All costumes will be collected at the end of year concert. They will then be distributed amongst each age group and will need to be washed as per specific washing instructions and returned to the club before the end of the year.

COACHING:

Interested in becoming a coach or assistant coach?

Please contact our Coach Liaison – Erica Boxall on ezleach@yahoo.com



BALMORAL COMMITTEE

Note – Executive Positions stay current until the AGM at the end of the year.

EXECUTIVE COMMITTEE:

President: 0402582333	Anne Cattermole –	annecatt65gmail.com
Vice President: 0404015723	Rob Linnell -	roblinnell5@gmail.com
Secretary: 0438432212	Wendy Gibbs -	clubsec@hotmail.com
Treasurer: 0402942816	David Higgins -	dkahiggins@bigpond.com

GENERAL COMMITTEE:

Jill Watts: Costume Manager
Melita Keyword: Newsletters
Taeghan Foster: Social Media

WEBSITE

If you have not already, feel free to have a look around our website.

www.balmoral.asn.au

