



Windsor
Calisthenics Club

CLUB POLICY

Welcome to the Windsor Calisthenics Club. The following information is given so that you (parents and students) may be aware of your responsibilities as club members and have some appreciation of the aims of the Club.

PLEASE READ THIS LEAFLET CAREFULLY and if you have any queries, please refer these to a committee member.

WHAT IS CALISTHENICS?

The word Calisthenics comes from the Greek words “kallos” meaning beauty and “sthenos” which means strength.

Calisthenics is a uniquely Australian artistic sport. It involves pupils working in a team to learn routines which are choreographed to music and performed on stage at competitions and concerts. There are also opportunities to compete individually, in pairs and interstate.

As a sport it encourages physical development, coordination, self-discipline and team spirit. As an art it develops an appreciation of music and rhythm, the beauty of correct technique and the excitement of performing.

Calisthenics is a dynamic combination of gymnastics, ballet, dance, marching, singing, acting and apparatus manipulation (Clubs and Rods). There is a focus on improving flexibility, strength, control, grace, poise, deportment and presentation. It helps to develop discipline of the mind and body, team work, a healthy competitive spirit and a sense of commitment.

CASA

The Calisthenics Association of South Australia (CASA) is the governing body which presides over the sport of calisthenics in South Australia. The CASA office is located at the Royalty Theatre, 65 Angas Street, Adelaide. The Royalty Theatre is owned by CASA and is used for all major calisthenics competitions. CASA organises the major competitions throughout the year.

CLUB ADMINISTRATION

The Windsor Calisthenics Club is a not-for-profit club and is administered by a Committee. This means that the Club employs its teachers. In addition, the Committee hires a suitable venue for weekly lessons, pays for the hire of the Royalty Theatre for rehearsals and concerts, provides the finances for the manufacture of stage props, provides trophies/medals and Christmas gifts. The Club rules are contained in the Constitution and in By-Laws.

RESPONSIBILITY OF COACHES AND COMMITTEE

Coaches are in complete charge of the students concerning their work or anything related to their work, lessons or lesson times as well as the design of costumes. They are available briefly after lessons or by appointment to discuss any problems.

The Committee is responsible for all financial matters, administration, fundraising, camps, etc. Committee members are more than happy to answer any questions from parents concerning those areas managed by the Committee.

CLUB NOTIFICATIONS

Members will be notified of club information through email, our Facebook page (closed group) and also through your coach. Newsletters are published regularly and should be read carefully. Information regarding fees, camp, dates of concerts, competitions and extra practices, birthdays etc. are contained in the newsletters.

ANNUAL GENERAL MEETING

This is held in February or March and it is expected that all students of the Club would be represented at the meeting. In addition, parents and senior students are urged to consider their contribution to the Club by nominating for at least one year's service on the Committee. The success of any Club depends on the willingness of all members to 'give' as well as 'take'.

VOLUNTEERS

Throughout the year, CASA requires all clubs to provide volunteers for door duty and canteen duties on a rostered basis. We are normally required to assist four times during the year. We rely heavily on our families to volunteer at these events as we need to provide 4 people per time. Our club is penalised financially if volunteers do not attend as rostered.

REGISTRATION AND TERM FEES

Each year every participant in our Club must be registered with the Calisthenics Association of South Australia (CASA). Registration covers the cost of CASA registration and CASA levies for team members' insurance, music use and Royalty Theatre maintenance as well as Windsor Club fundraising and administration costs. The Registration Fee is due within two weeks of starting classes.

Also, a fee applies. These are kept as low as possible and are set each year. Term fees are used to pay the hall hire, wages of coaches, entry fees for our teams to participate in CASA competitions, Royalty Theatre hire for our concerts and stage practice sessions, hair and makeup supplies, stage props as well as sundry expenses. Our costume costs – hire of leotards, trim and making of costumes are also included in this fee.

Fees can either be paid in full or on a weekly basis. Any problem with payment of fees should be discussed as early as possible with the Treasurer.

ANNUAL WORKSHOP CAMP

This weekend camp is usually held prior to the commencement of the May Competitions. The camp is organised and attended by the Committee and all students (except Tinies) are asked to participate. The cost of the camp is kept to a minimum. Although the purpose of the camp is workshop/skills training, it also serves to promote fellowship and to enable the younger students to work in a close relationship with the senior students (which is not possible in normal class situations).

PRACTICE ATTIRE AND HAIR LENGTH AND STYLE

It is important that at each lesson

- You arrive to class 10 minutes prior to starting time, so that lessons can commence on time.
- Girls wear:
 - A leotard (preferably black)
 - Leggings or footless/stirrup stockings may be worn underneath the leotard
 - Club t-shirt or a tight fitting top may also be worn (all preferably black)
- Hair is up and off the face either in a ponytail or a bun (fringes are allowed).
- Your child brings a drink (preferably water).

It is also requested that all students grow their hair to a reasonable length for competitions since hair is worn up for most sections. Sometimes teams may be required to provide hair pieces. For competitions and concerts all students wear their hair in a uniform style. Coaches prefer that hair should not be cut until after competitions.

STUDENTS COMMENCING AND CEASING

New students will be accepted as from the beginning of the year until (at the discretion of the coach) it is considered that late commencement would jeopardise the team for competitions.

New students may also join after competitions for their particular section. For the benefit of the team, girls are advised to remain for the full year until after the End of Year Concert. Students not remaining for the full year are not eligible for awards given at the End of Year Concert.

ATTENDANCE AND DISCIPLINE

Good, regular attendance and discipline are essential, as are punctual arrivals for class. Calisthenics is a team sport and cannot be perfected unless the entire team is present at every practice. Practice sessions are therefore regarded as compulsory. Coaches and/or your Team Coordinator must be notified if you are to be absent. Prolonged absences could lead to the filling of that student's place in the team.

Lessons are held during the school holidays, which precede the competitions. The coach will confirm these arrangements and all students are expected to attend.

Additional practices are also held with each section attending extra practices and dress rehearsals as required by coaches. These extra practices may be held on weeknights or Sundays. Full attendance at these dress rehearsals is essential so that students gain confidence on stage and develop a sense of stage balance. Unfortunately, we have little choice as to the times allocated for Royalty Theatre practices so please accept whatever practice time/date is allotted to your team.

CLUB UNIFORM

Our Club Tracksuit is worn at Competitions, thus is a compulsory item. Club T-Shirts and Hooded Jumpers are also available for purchase. These are optional.

CONCERT

Two concerts are held each year. The Mid Year Rehearsal Concert is held prior to the commencement of the annual competitions. Its main purpose is that of full rehearsal for competitions, to give the teams an opportunity to present their items before an audience under competition conditions and to give parents, families and friends a chance to view the work which the students have learned. The admission cost to the concert is kept low but it is used as a means of raising funds.

The End of Year Celebration Concert is usually held in late September/early October and provides a very entertaining evening. Admission tickets are available on the night. Trophies and prizes are awarded at this Concert.

RESPONSIBILITY TO THE TEAM AT COMPETITIONS

Each section has to present a minimum number on stage as set by the Calisthenics Association of South Australia (CASA), otherwise the team is disqualified. Three points arise from this requirement:

1. If your team only has the minimum number, you must accept responsibility to the other team members to be ready to appear on stage at competitions – possibly even in the event of illness.
2. The teacher has the sole right to decide which students will comprise each team where there are more than an acceptable number to present on the stage (it may be more beneficial to the club to put on only the best 12 students).
3. It may not be possible to present all students in all sections at competitions. This could be due to placing eight only on stage for rods or clubs but having insufficient students to form a second team of eight, or because of the necessity to achieve uniformity. Uniformity is one of the things for which teams are marked in competitions and it is important to ensure that teams achieve reasonable and acceptable uniformity. The final decision on team placements rests with the coach.

COMPETITION

Windsor Calisthenics Club is a competitive Club affiliated with the Calisthenics Association of South Australia (CASA). Dates for competitions are set by CASA and competitions are held at the Royalty Theatre, 65 Angas Street Adelaide. Each year competitors perform 'core' items. These are March, Exercises, Rods, Clubs and Aesthetic. A 'fancy' item is also taught. The item to be performed for each age section is announced by CASA. This item could include: Song and Dance, Dance Arrangement, Calisthenics Revue, Character Folk or Rhythmic

AGE SECTIONS

Age as at December 31 in the year of competitions

Tinies	7 years and under
Sub Juniors	8-10 years old
Juniors	11-13 years old
Intermediates	14-16 years old
Seniors	17 years and over

CLUB GRADING AND AGGREGATES

Clubs are graded from Championship to Division 5 depending on competition results. Aggregates are the marks given for the placing of each item on competition night. The team with the highest score wins the aggregate.

The point system is as follows:	1 st place receives 6 points
	2 nd place receives 4 points
	3 rd place receives 2 points
	HM receives 1 point

SERVICE MEDALS

Any girls available to appear in teams at club functions, which includes competitions, concerts and who have regularly attended club practises for 3 consecutive years, shall be eligible for a 3 year service medal (that is every 3rd, 6th, 9th, 12th year etc.)

OTHER AWARDS

To be eligible for prizes and trophies at the end of each year a student must have been available to represent the Club in both the current year's competitions and concerts and must be a fully paid financial member of the Club.

The awards given include:

All Members	Each member receives an acknowledgement gift
Windsor Perpetual Trophy	One award open to any girl in the Club. First term fees and a medal presented to a student showing potential.
Encouragement Medals	Up to 4 may be awarded at the Coaches discretion

CODE OF CONDUCT / SOCIAL MEDIA GUIDELINES

All members and parent/guardians are required to read, sign and abide by the Club's Code of Conduct and Social Media Guidelines.

HOT WEATHER POLICY

Our hall is air-conditioned, however, if the temperature is 38 degrees or above, the lesson may be cancelled, in which you will be notified by either your coach or a committee member. This is in accordance with CASA's policy and is based on the weather forecast on the Channel 7 News the night before practice. Any cancelled lessons will be re-scheduled to a suitable time, if possible.

CALISTHENICS SKILLS PROGRAM

The Calisthenics Skills Program is an ACF National Programme administered by each State and Territory recognising individual achievement in all facets of Calisthenics. The syllabus, according to the pupil's age, is taught before presenting for examination.

The benefits of this program include:

- Improvement in personal technique and presentation, leading to enhanced team performance.
- Increased knowledge of correct terminology.
- Recognition of individual achievement.
- Opportunity to attain required level for eligibility to enter coaching courses in the future.

The Skills Program is optional and is an additional cost.

SOLOS/DUOS/GRACEFUL GIRLS

Calisthenics is predominantly a team sport and the main focus is always on the team performance, however team members can also compete individually as soloists or in a Calisthenic Duo.

The Calisthenics Best Type Solo or Duo is an optional routine the girls may learn. The routine comprises of elements of Free Exercises, Dance and may include Aesthetic and Rhythmic style movements. Solos and Duos are a great way to develop confidence and performance skills as well as extending the skills learnt in team items.

The Graceful Girl section is an optional routine. The routine comprises of aesthetic and rhythmic movements and is designed to enhance the dancers grace, poise and ability to interpret music

INTERSTATE REPRESENTATIVE

The Windsor Calisthenics Club provides support for students who are selected to represent the State either at the National Titles or the Darwin Competitions. The Club pays any statutory fee required by the Calisthenics Association of South Australia and may also offer some financial assistance towards personal expenses for the trip (depending on the club financial situation). Any Interstate Representative is required to remain with the Club for a minimum of 12 months following her interstate year. In addition, a parent or guardian of that representative must serve on the Committee during the year in which the girl represents the state as well as the following year.

BANK ACCOUNT DETAILS

Account Name:	Windsor Calisthenics Club
BSB:	065 150
Account Number:	0090 1739
Reference:	Surname and Team

If you have any questions, please don't hesitate to contact your coach or our committee members.