

CARINE CALISTHENICS CLUB



Welcome to Carine Calisthenics Club Masters for 2023.

Our first Masters class commences on 15th February 7.15pm - 8.45pm at Hamersley Recreation Centre Function Room.

Please scan the QR code to complete your Registration form.

The CAWA Affiliation form (for insurance) included in this pack has to be provided as a hard copy, so must be printed, signed and received by the Section Representative before you can train.

If you have any friends who are interested in Calisthenics, please encourage them to come along. New Members will receive their first 2 lessons free.



Carine Calisthenics Registration &
Medical Form 2023 (Masters)

Masters fees this year are:

- An annual CAWA Affiliation of \$45 and Carine Club Membership fee of \$20 to be paid within the first 4 weeks.
- Class Fees are on a weekly basis of \$15 and can be paid by EFT or on the night in cash. If paying by EFT our bank is Westpac BSB 036 080 and account number 220 517.

If you are new to our Masters class you will need a rod and a pair of clubs. Both of these items will be measured for your size. A rod is \$5 and depending on what size clubs you will need, either \$42 or \$44. We may have a few secondhand pairs available.

To keep up to date with Carine information, 'Like' our Facebook page and Instagram. We also have a closed Facebook page to join. Please contact our Publicity & Social Media Coordinators to join this group.

Our 2023 Committee members are listed below and if you would like to help any of our members in any area, we would love your support. You are most welcome to attend any Committee meetings throughout the year.

The Committee looks forward to welcoming you to an enjoyable year of Calisthenics with Carine.

CARINE CALISTHENICS COMMITTEE 2023

President / Recruitment Officer	Sandra Gosling	carine.calisthenics@gmail.com
Vice President / Registrar	Wendy Grose	wendy.g@iinet.net.au
Secretary / Registrar	Jenny Kox	carine.secretary@gmail.com
Treasurer	Sandy Hasler	carine.treasurer@gmail.com
Head Coach	Kristy Gosling	kristy.gosling@outlook.com.au
CAWA Comps Representative	Jo Turton	funstate@iinet.net.au
Venues Coordinators - Clubs - Gracefuls, solos and duos	Jossie Ngata Sandra Gosling	carine.venues@gmail.com carine.calisthenics@gmail.com
Events Coordinator	Sandy Hasler	carine.events@gmail.com
Publicity & Social Media Coordinators	Kelly Bonnick	kelly.g@outlook.com.au
Equipment & Uniforms Officers	Emily Sheen Wendy Grose	emily.sheen1@hotmail.com wendy.g@iinet.net.au
Club Costume Coordinators	Trish Southall Sarah Aitken	trishs@westnet.com.au sezzaking@yahoo.com.au
Club Section Rep Coordinator	Sandy Hasler	carine.treasurer@gmail.com
Graceful / Solo / Duo & Cali Skills Coordinator	Jacinta Dodd	jacintaa.cali@hotmail.com



calisthenics
ASSOCIATION OF
WESTERN AUSTRALIA (INC)

Calisthenics Association of WA (Inc.) 2023 AFFILIATION FORM Category 2 - (Non-Competing Adult)

Seniors Masters
(Please tick relevant category)

TERM 1 & 2 Start: \$45.00 TERM 3 start \$25.00 TERM 4 start \$20.00

Financial Membership period 1 January 2023 to 31 December to 2023

FIRST NAME: _____ SURNAME: _____

GENDER: FEMALE MALE

DATE OF BIRTH: / / YEAR COMMENCED: _____

ADDRESS: _____

SUBURB: _____ POSTCODE: _____

E-MAIL: _____

CONTACT PH: _____

CLUB ATTENDING: _____

EMERGENCY CONTACT: _____ PH NO: _____

Member Consent

By payment of the Association affiliation fee, members consent to the following:

- Information provided on this form may be used by the Calisthenics Association of WA (“the Association”) for the administration of the sport of calisthenics and in accordance with the objects of the Association. This information will be held in an Association database at the Association office and may be forwarded to the Australian Calisthenics Federation (“ACF”) for use in the administration of the sport of calisthenics on a national level and in accordance with the objects of the ACF. Members can access their personal information through the Association upon request.
- The member’s name and photograph (but not address) may be recorded and/or published in any form of CAWA and ACF media including video, live streaming, website, social media, newsletters, reports and programs (whether printed or electronic) for the purpose of calisthenics.
- Photos during competition presentations may be taken and published by the audience.
- Video may be recorded of the member whilst training and during Association (or club) performances. Such videos may be used for:
 - family keepsakes by family members or other members.
 - by or for coaching staff to be used for coaching purposes.
 - by or for adjudicators for adjudication purposes.
- Information about calisthenics may be sent to the member from time to time by mail or email.

Authorisation may be retracted at any time; such retraction to be submitted in writing and forwarded to CAWA Administration, via email at info@calisthenicswa.com.au or PO Box 1464, Midland DC WA 6936.

I have read and understand the Member consent.

SIGNATURE: _____ DATE: _____
(Member)

Revised 28/12/22



Calisthenics Association of WA (Inc.) 2023 AFFILIATION FORM Category 2 - (Non-Competing Adult)

Dear Member

CAWA relies totally on the support of members and parents to operate.

Helpers are needed for the competition season and to work within the theatre during calisthenics events.

Please tick the area in which you can help. CAWA will be in contact with you via your club.

Theatre Management – lighting, sound, stage manager, backstage assistant

Competitions – timing, marshalling, doors and front desk

Kiosk - sales, food preparation

Development and Promotion – of calisthenics to the community

NAME: _____

ADDRESS: _____

PHONE/MOBILE: _____

EMAIL: _____

Thank you for your support and your valuable time that you have indicated you will give.

Board of Management
Calisthenics Association of WA (Inc.)

CARINE CALISTHENICS CLUB



INFORMATION for 2023

Welcome to Carine Calisthenics for 2023. Commencement dates, times and venues for first term for each section are as follows.

Starlets

(6 years and under) – Non competing

Start date and time:

Saturday 4th February 9 am – 9.45 am

Venue:

Carine Senior High School Gym, Osmaston Road, Carine.

Coaches:

Amelia Hunt and Charlie Hunt

Sub Juniors Red

(6 / 7 – 8 years)

Start date and time:

Saturday 4th February 10 am – 12 noon

Venue:

Carine Senior High School Gym, Osmaston Road, Carine.

Coaches:

Kristy Gosling and Asha Davey

Sub Juniors Blue

(9 – 10 years)

Start date and time:

Saturday 4th February 9 am - 11:30 am

Venue:

Hamersley Recreation Centre Sports Hall, 20 Belvedere Road, Hamersley.

Coaches:

Ella Palladino and Jess Wiltshire

Juniors

(11 -13 years)

Start date and time:

Thursday 2nd February 5.15 pm – 7.45 pm

Venue:

Carine Senior High School – Performing Arts Centre, Osmaston Road, Carine

Coaches:

Kristy Gosling and Olivia Stevens

Intermediates

(14 -17 years)

Start date and time:

Tuesday 31st January 5.30 pm – 8.30 pm

Venue:

Karrinyup Hall - 13 Davenport Street, Karrinyup (near the Library at Karrinyup Shopping Centre)

Coaches:

Claire Southall

Masters

(26 years and over – average age in 2021 was 47 years) – Non competing

Start date and time:

Wednesday 15th February 7.15 pm – 8.45 pm

Venue:

Hamersley Recreation Centre Function Room, 20 Belvedere Road, Hamersley.

Coach:

Jenny Kox

It is expected that girls (except Masters) will attend training in a black leotard, no jewelry (studs for earrings are allowed) and hair in a bun. Boys to wear black stretchy shorts with black t-shirt or singlet.

Carine Calisthenics Club Committee

CARINE CALISTHENICS CLUB



2023 FEES PAYMENT POLICY

The Club cannot function if fees are not paid for each member. The fees help pay for Coaches, Cadets and Assistants, new costumes, venue hire and many other Club costs.

The CAWA Affiliation Fee combined with the Carine Registration Fees (\$65 for Starlets and Masters, \$95 for Sub Juniors, Juniors, Intermediate sections) must be paid within the first four weeks of training otherwise there will be no insurance cover and your child / children cannot train. Families with more than one child attending classes will pay full fees for the first child and receive a \$50 reduction in term 3 fees for each additional child.

Annual Fees	Starlets	Sub Juniors	Juniors	Intermediates	Masters
CAWA Affiliation	\$45	\$75	\$75	\$75	\$45
Carine Registration	\$20	\$20	\$20	\$20	\$20
	Plus	Plus	Plus	Plus	Plus
Term 1	\$125	\$230	\$235	\$255	\$15 per class
Term 2	\$155	\$255	\$270	\$290	
Term 3	\$155	\$255	\$270	\$290	
Annual Fee	\$500	\$835	\$870	\$930	

Any parents / members experiencing difficulties in meeting the payment timetable should contact their Section Representative (Liaison) to discuss alternative arrangements for payment. All discussions will remain confidential. Only the Treasurer and President can approve variations to the prescribed fee payment policy.

Payments Due	Starlets	Sub Juniors	Juniors	Intermediates	Masters
Term 1 - Due first class	\$190	\$325	\$330	\$350	\$65
Term 2 – Due 24 th April	\$155	\$255	\$270	\$290	\$15 per class
Term 3 – Due 17 th July	\$155	\$255	\$270	\$290	
Annual Fee	\$500	\$835	\$870	\$930	

***Bank Details for EFT Payments: Westpac Bank Warwick BSB: 036 080 Acc No: 220517. Please state members name and section when paying by Internet.

Discounted Term Fee Term 1 – New Members to receive two lessons free and fees adjusted as follows:

Arrive Week	Pay in Week	Starlets	Sub Juniors	Juniors	Inters
CAWA Affiliation		\$45	\$75	\$75	\$75
Carine Registration		\$20	\$20	\$20	\$20
		Plus	Plus	Plus	Plus
1	3	\$100.00	\$184.00	\$188.00	\$204.00
2	4	\$87.50	\$161.00	\$164.50	\$178.50
3	5	\$75.00	\$138.00	\$141.00	\$153.00
4	6	\$62.50	\$115.00	\$117.50	\$127.50
5	7	\$50.00	\$92.00	\$94.00	\$102.00
6	8	\$37.50	\$69.00	\$70.50	\$76.50
7	9	\$25.00	\$46.00	\$47.00	\$51.00
8	10	\$12.50	\$23.00	\$23.50	\$25.50
9		Free	Free	Free	Free