

# Carine Calisthenics Club



Carine  
Calisthenics  
Club

Est. 1977

**Information Booklet  
2024**

# Welcome to Carine Calisthenics Club

**Please take time to read this booklet and keep in a safe place for reference throughout the year!**

Welcome to Carine Calisthenics Club. We hope that your stay with us will be a long and happy one.

The Carine Calisthenics Club was founded in May 1977 by Pam Bartlett and her mother Wyn. In 2022, Carine Calisthenics Club celebrated its 45<sup>th</sup> birthday.

An Executive Committee (consisting of a President, Vice President, Secretary, Treasurer and Head Coach) and at least five members as Ordinary Committee Members run the Club. These are all voluntary positions. The Committee meets once a month and all Club members are welcome to attend.



The aim of Calisthenics is to promote a team competition. Calisthenics provides a wonderful forum for developing confidence and self-esteem amongst its participants. The participants develop a real comradeship and love to compete.

This booklet is a very condensed, basic outline of Calisthenics. We are sure you will have more questions once you become involved with the Club and we can only encourage you to ask questions.

Section Liaison Representatives and Committee members are always around at classes for you to seek any further information or contact us at [carine.calisthenics@gmail.com](mailto:carine.calisthenics@gmail.com).

On behalf of Carine Calisthenics Club, **WELCOME**, good luck and enjoy your involvement with our Club.

# What is Calisthenics?

Calisthenics is an exciting sport that's a mix of dance, gymnastics, simplified ballet, singing and apparatus—a performing sport for everyone.

For ages 3 yrs+, calisthenics combines the best aspects of sport and the performing arts.

Primarily a team sport, calisthenics teaches participants of all abilities about team work and sportsmanship, while increasing fitness, flexibility, coordination and confidence.

Each unique team-based item improves the overall health, fitness, strength and flexibility of participants, as well as offering skills and benefits to take into everyday life.

For competing sections (Sub Juniors, Juniors, Intermediates and Seniors), Calisthenics is broken down into segments of exercises, which the participants do each week at class. Each set of work is designed to have a minimum of 8 in a routine for competition purposes.

**Free Exercises:** A combination of flexible and gymnastic movements to music. Develops strength in flexibility, control and uniformity of rhythm. No equipment is used.

**Rod Exercises:** Combines manipulation of a rod with intricate footwork to music. Develops coordination and precision.

**Club Swinging:** Two clubs are swung in unison (with perfect rhythm and uniformity) to music. Aimed at developing correct deportment and correct carriage of all parts of the body.

**Aesthetic:** Combines basic ballet techniques to tell a story to music (without ballet shoes). Develops grace and deportment, with body and facial expressions.

**Figure March:** A marching team executes intricate precision and patterns, whilst highlighting good deportment, uniformity and teamwork.

**Fancy Items:** One item is taken each year from a selection of fancy items that are used on a rotation basis for each age section to give variety. eg. Song and Dance, Cali Revue, Stage Medley, Dance Arrangement or a Character Dance.

For noncompeting sections (Starlets and Masters) the participants learn the basics of the items above but focus on posture, stretching, music and movement, coordination and fun.

They will also learn abridged or blended versions of the above items.

## Calisthenics Association of WA

The Calisthenics Association of WA (CAWA) is the ruling body for Calisthenics in Western Australia. CAWA is run by a Management Committee of elected affiliated members.

The Associations headquarters is located at Grey Drive, Midvale. Incorporating training rooms, dressing rooms, canteen and a 592 person capacity theatre and stage.

At times during the year CAWA will roster all Clubs to supply volunteers to work at the Midvale theatre. These jobs include door duty, timekeeping, marshalling, theatre management or on the front desk. These rosters are all during Calisthenics Competitions. If our Club fails to cover these assigned rosters, or Club will be fined by the Association, so it is imperative for us to fulfill all rosters.

## Commitment from Parents

When joining a competing team in Calisthenics, we ask the following commitments be applied with by the participants parents (or the participants if over 18):

- Fees to be paid when due.
- Ensure your child attends classes, including additional practices.
- Advise the Section Representative if your child is unable to attend a class.
- If during second or third term your child is considering withdrawing, please discuss this with the Section Representative and encourage her to complete the year.
- Fulfill any rosters given / volunteered for at class, and ensure rosters at Midvale are covered.
- Two parents from each team in each section are needed to take charge of the sizing, naming and possible mending of costumes assigned to that team. The making of costumes is done by others.

## Grades and Ages

CAWA grades Clubs on their performance records. All sections of our Club are currently in "B" Grade. These grades in turn are broken down into age groups and divisions.

Ages are at 31<sup>st</sup> December in the year of competitions:

Starlets	6 years and under (non-competing)
Sub Juniors	6 / 7 – 10 years
Juniors	11 - 13 years
Intermediates	14 – 17 years
Seniors	18 years and over
Masters	26 years and over (non-competing).

Average age in 2022 was 46 years.

Sub Junior, Junior, Intermediate and Senior sections are competing teams.

Starlets & Masters do not compete but do perform at the Carine Family Concert in August each year, and perform at non-competing section-specific concerts in October (Future Stars for Starlets, and Masters Concert for Masters).

## Classes

Classes are held each week and generally align with the school term. Each age group trains at a specific time and venue.

Please ensure your child arrives at least 10 minutes prior to their class time, so that the class can commence on time.

There will be a sign in / out sheet for you to sign at each training session for Sub Juniors and Juniors, and please try to be on time to collect your child.

Our training sessions are 'closed classes' (except for Starlets) as we like to keep our classes uninterrupted and the Coaches like to have full attention from the participants. If your child is commencing with Carine, you are most welcome to watch the class for a short period of time in the first few weeks.

Each section has a class liaison who is the conduit between parents and the coaching team. We ask that you pass any queries or information for the coaches onto your liaison. Your class liaison contact details are available on the *Carine Calisthenics Club Contact List* which is available on the website.

To assist the class liaison, a roster of parents is made up shortly after the commencement of the first few classes to ensure that there is an adult (in addition to the Coaches) with the participants at all times. Roster duties are minimal tasks like checking attendance and receipting money. Dependent on class sizes, it is likely you'll only be rostered on 2 or 3 times a year with the roster available via your liaison.

We ask that if you can't make your allotted rostered date that you swap with another parent or contact your liaison.

***Please note:***

Due to our Coaches coaching our members in Graceful Solos Competitions through April and May or Solo / Duo Competitions in November, we may need to cancel a Starlets or Sub Junior class during this time.

This will depend on when we receive information on the dates of the Competitions from CAWA. We will always endeavor to find a replacement coach if possible.

## Registration & Fees

At the commencement of your Cali year, a registration pack will need to be completed. The registration pack is also available on the Carine Calisthenics Club website at [www.carinecalisthenics.com.au](http://www.carinecalisthenics.com.au).

There are two parts to the registration pack:

- CAWA Affiliation Form
- Carine Registration Form (on-line form)

The CAWA Affiliation form will need to be signed before your child's first class. This is to ensure they are covered by insurance. The CAWA Affiliation fee will need to be paid within the first 4 weeks of training to secure this insurance cover.

**Please note:** The CAWA Affiliation form must be physically signed (electronic signatures are not accepted) and returned to your club liaison or scanned and emailed to [carine.calisthenics@gmail.com](mailto:carine.calisthenics@gmail.com). The club registration form is via an on-line form and is also to be completed before or at the first class.

Club fees are reviewed each year and set on the recommendation of our Committee. These fees are used to cover the costs of Coaches and Cadets wages, venue hire, purchase of trophies, material for costumes, props, club administration, storage of costumes etc.

Fees are payable in advance at the commencement of 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> terms. There are no 4th term class fees although minimal charges may apply to cover any additional cost of fancy costumes, makeup or hair accessories.

Fees for 2023 are as follows:

Section	CAWA affiliation	Club membership	Term 1	Term 2	Term 3	Total Annual
Starlets	\$45	\$20	\$125	\$155	\$155	<b>\$500</b>
Sub Juniors	\$75	\$20	\$230	\$255	\$255	<b>\$835</b>
Juniors	\$75	\$20	\$235	\$270	\$270	<b>\$870</b>
Intermediates	\$75	\$20	\$255	\$290	\$290	<b>\$930</b>
Seniors	\$75	\$20	\$265	\$300	\$300	<b>\$960</b>
Masters	\$45	\$20	\$15 per training session			

Arrangements can be made with our treasurer to pay in instalments.

**Please note:** Participants with outstanding fees will be required to pay them in full (or via an agreed payment plan) before being able to register for the year.

# Equipment & Costumes

## Equipment

Each participant is required to have their own:

- Black leotard (compulsory except for Starlets & Masters) \$35 - \$40.
- Club T-shirt \$35 with name (Compulsory for competing teams).
- Club Jacket \$72 without name and \$82 with name (Compulsory for competing teams).
- Aluminum rod \$5.
- Pair of wooden clubs (except Starlets) \$60—\$65.
- Practice skirt for Aesthetic exercises \$35 - \$45.

All these items can be ordered or purchased through the Club (see the website at [www.carinecalisthenics.com.au](http://www.carinecalisthenics.com.au) for examples). There may also be second hand items available - please let your Section Representative know if you are interested. These prices may be subject to change.

## Costumes

Carine Club has a large wardrobe of costumes that are provided for the participants during competitions. The hire charge for these costumes are incorporated into the existing term fees but would be of the order of \$10 - \$15 per costume per routine, and the participants can be in up to 5 routines.

To enable costs to be kept to a minimum, costumes are made in-house by our dedicated costume makers, but occasionally some assistance is required by parents. Two parents from each team in each section are required to take charge of the sizing, naming and possible washing & mending of costumes assigned to that team.

The fancy item costs are also included in the fees. All costumes for the fancy item are generally made by the club but kept by participant at the completion of the year. These costumes may on occasion be hired or required by the club to be retained.



# Carine Events

## **Carine Training Camp**

In May each year we hold a day training camp. This provides the opportunity for the whole club to come together to finalise and polish items prior to the commencement of the competition season.

The Coaches and girls benefit a lot from this camp and also helps the participants bond with their teammates.

There is a charge for camp, although the Club subsidises part of the overall cost, and there is often a 'mini-concert' at the conclusion for parents to get a sneaky glimpse of some of their items.

## **Fundraising & Social Events**

There are a number of fundraising & social events planned throughout the year to bring our club together and help raise the necessary funds to keep term fee costs for all to a minimum. Your support at fundraising events, be it by providing goods or your time on a roster, is much appreciated.

Check out the events calendar on the Carine website ([www.carinecalisthenics.com.au](http://www.carinecalisthenics.com.au)), or contact the Events Coordinator at [carine.events@gmail.com](mailto:carine.events@gmail.com) for further information.

# Carine Events

## **Family Concert**

Our annual Family Concert is usually held in August between the Betty Fitzpatrick and State Competitions. Tickets for audience members are purchased via a Trybooking link.

This is a great opportunity to bring family and friends to see what the teams have achieved.

We also hold a raffle at the concert and families are asked to donate prizes towards the raffle. This is one of our main fundraising events for the year which is necessary to keep term fees to a minimum.

We also have a professional videographer at the family concert with a DVD or USB produced for purchase via Trybooking.

## **Carine Windup**

Our Club has a competition windup at the end of Term 3.

We usually hold this event at a play venue and entry prices are heavily subsidized by the Club.

## **Carine AGM**

The Annual General meeting for the Club is held in November with light refreshments generally provided by the Club as a thank you to all our participants and volunteers.

Your attendance at the AGM is encouraged as it is at this meeting we discuss and set membership fees and announce coaching appointments for the following year.

## Team Competitions

By the end of first term, a squad is formed from which participants are selected into teams with a minimum of 8 in each team. At this stage it is **ESSENTIAL** that the Coach has a commitment from the participants and parents that they will continue with Calisthenics until the end of the year. This is to ensure uniformity within the team and to ensure team changes are kept to a minimum.

These teams compete in two competitions each year.

- Betty Fitzgerald Competitions held in July which is a shorter competition with teams performing all items except their fancy.
- CAWA State Championship held during August / September where all items are performed.

Both competitions are held at the Swan Park Theatre in Midvale (Gray Drive, Midvale).

Prior to these competitions, each section is allocated stage practice times at Midvale and it is imperative that all participants attend.

There is an entry fee for spectators for all competitions. Depending on the age group of the competitions, they could be a half or full day on a weekend.

During the competition, the participants are kept together as a team and are well looked after by the Coaches and Cadets. Parents (other than costume coordinators) are not allowed in the dressing rooms or training room unless required by the Coach.

Parents may be asked to provide platters of fruit, savoury or sweet food for the participants to eat during competitions. We do ask that no lollies or chocolates are brought to competitions as we need to keep the costumes clean and the Coaches can monitor the sweet food consumed.

Our Club has a tradition that participants give their team members a good luck gift (trinket to attach to their Club jacket) at State Competitions. Although over the years there has been many other small gifts exchanged like lip balms, pens, chocolates etc.

## Competition Etiquette

A team of adjudicators and competition officials are situated at the rear of the theatre. Please do not talk to the adjudicators or officials.

Results for each item are announced at the conclusion of the section (all items) at which time all competitors will be presented on stage. Depending on the number of competitors for each item, up to 5 places may be awarded.

An aggregate is awarded to the team receiving the overall highest number of points. Aggregate points are awarded as:

1st place	6 points
2nd place	4 points
3rd place	2 points
4th place (honourable mention)	1 point

No photos or videoing is permitted inside the Midvale Theatre (including in the dressing rooms) at any competition. The State Championships may be videoed, however these DVD's are only available to the coaches. We have a professional videographer for our Family Concert and a DVD or USB will be produced for purchase.

During the competition, be aware that you may only enter the theatre proper in between items. Please do not attempt to open the door mid-item.

We also ask that you applaud each item as a sign of good sportsmanship.

## Optional Competitions

Whilst Calisthenics is predominantly a team sport, participants may compete individually in graceful and/or solo/duo competitions. Gracefuls and Solos/Duos are optional and not compulsory for participants, but can help with extending their flexibility and performance skills.

To be eligible to compete in a Graceful, Solo &/or Duo all fees (including CAWA affiliation, Club and term/class fees) must be paid. **Failure to be current with fees will mean the participant is ineligible to enter these competitions.**

Participants are expected to prioritise their teamwork through class attendance and practice during graceful/solo/duo competition seasons. **CAWA requires that all participants continue to attend class training throughout Term 4 to be eligible to compete in Solo/Duo competitions.**

Please send any photos of your child to our Publicity & Social Media Coordinator to celebrate their involvement and achievements.

### Graceful Solo

A graceful item is a solo aesthetics item with the inclusion of elevated movements and is open to participants affiliated with CAWA and turning 10 (and above) within that year.

There are 2 graceful competitions held each year during April-May — Hills District Graceful Solo Competition (which is optional) and CAWA Graceful Solo Competition.

The Hills Districts Graceful Solo Competition is held in early April at the Swan Park Theatre Midvale over one weekend. This competition is to be entered separately from the main Graceful Solo Competitions held by CAWA.

The CAWA Graceful Solo Competition is held over a number of weekends in April and May. Each participant will perform initially at a Grading Competition at Midvale to be graded into groups of 10 - 12 competitors in each division within their age group. There are no places awarded at the grading competition. A few weeks later, they will perform their solo in the CAWA Graceful Competition.

Should your child wish to compete in a Graceful Solo, they must discuss with their chosen Carine coach. An information sheet will be given to each child during the first few weeks of class.

Carine will arrange venue hire with your choice of a Carine Coach. A hall hire deposit will be required to be paid to the club, and then on completion of the competition, hall hire will be reconciled for each participant as to the hours of hall hire used.

**Note:** It is your responsibility to enter your child with the entry fee to Hills Districts and CAWA, not the Club or Coaches.

# Optional Competitions

## Solo/Duo Competitions

There are two solo/duo competitions held over October and November each year.

The Applecross Eisteddfod first ran in 2022 and is open to a limited number of entrants. Competitions are held at Swan Park Theatre Midvale over 2 weekends in October.

The CAWA solos and duos competition is open to competing participants affiliated with CAWA in any age group and is held over a few weekends at Swan Park Theatre Midvale each November.

Should your child wish to compete in a Solo/Duo, they must discuss with their chosen Carine coach. An information sheet will be given to each child after State Competitions.

Carine will arrange venue hire with your choice of Carine Coach. A hall hire deposit will be required to be paid to the club, then on completion of the competitions, hall hire will be reconciled for each child as to the hours of hall hire used.

**Note:** It is your responsibility to enter your child with the entry fee to Applecross Eisteddfod and CAWA.

Please send any photos of your child to our Publicity & Social Media Coordinator to celebrate their involvement and achievements.

**CAWA requires that all participants continue to attend class training throughout Term 4 to be eligible to compete in Solo/Duo competitions.**

**Enjoy !**



**On behalf of the Carine Calisthenics Club Committee, we welcome you to our Club for 2024 and hope you enjoy your time, our wonderful sport of calisthenics and make lots of new friends and memories.**



