

# CARINE CALISTHENICS CLUB



Welcome to Carine Calisthenics Club for 2023.

Please scan the QR code to complete your Registration form.



Carine Calisthenics Registration &  
Medical Form 2023 (under 18's)

You'll also need to complete and return the CAWA Affiliation form contained in this pack.

The CAWA Affiliation form (for insurance) has to be received as a hard copy, and will need to be signed and received by the Section Representative before your child can train.

New members will receive their first 2 lessons free and your first terms fees will be reduced.

Committee members will be attending the first few classes of every section to collect your registration fee and 1<sup>st</sup> term payment can be made by credit, debit or master card. If paying my EFT, please email your payment receipt to [carine.treasurer@gmail.com](mailto:carine.treasurer@gmail.com).

After the 2 free lessons, your child / children will be measured for clubs, rod and a practice skirt (Starlets a rod and practice skirt only) and this equipment is needed for your child / children as soon as possible for training. Equipment cannot be taken home until payment has been received. We will be gradually introducing the option of a white aesthetic skirt for our Junior and Intermediate section, so please inform the Equipment & Uniform Officers of your child / children's choice.

We will also have jackets and t-shirts for sizing at a later date. There may be second hand equipment or uniforms available, please inform your Section Representative or Equipment & Uniform Officers if you are interested.

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 and your child / children to an enjoyable year of Calisthenics with Carine.

## CARINE CALISTHENICS COMMITTEE 2023

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



## Calisthenics Association of WA (Inc.) 2023 AFFILIATION FORM (Competing U18yrs)

Dear Parent

CAWA relies totally on the support of 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 4<sup>th</sup> 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 4<sup>th</sup> 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 4<sup>th</sup> 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 2<sup>nd</sup> 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 31<sup>st</sup> 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 15<sup>th</sup> 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
	<b>Plus</b>	<b>Plus</b>	<b>Plus</b>	<b>Plus</b>	<b>Plus</b>
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 <sup>th</sup> April	\$155	\$255	\$270	\$290	\$15 per class
Term 3 – Due 17 <sup>th</sup> 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
		<b>Plus</b>	<b>Plus</b>	<b>Plus</b>	<b>Plus</b>
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