

CARINE CALISTHENICS CLUB



Welcome to Carine Calisthenics Club Masters for 2024.

Our first Masters class commences on 14th February 7.15pm - 8.45pm at Hamersley Recreation Centre Function Room, Belvedere Road, Hamersley.

There are 2 forms that need completing at, or prior to, your first class – Club Registration form (electronic) and a CAWA affiliation form. As CAWA are undergoing some changes in their registration procedures, CAWA affiliation forms will be sent closer to the first class for 2024.

Please scan the QR code below to complete your Club Registration Form on-line.



Carine Calisthenics Registration &
Medical Form 2024 (Masters)

The CAWA Affiliation form (for insurance) has to be received before you can train. We will send this to you as soon as it is available.

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.

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, a pair of clubs and a black aesthetics skirt. These items will be measured for your size. A rod is \$5 and depending on what size clubs you will need, either \$62 or \$65. An aesthetics skirt is \$45. We may have a few secondhand pairs of clubs available. Equipment cannot be taken home until payment has been received.

To keep up to date with Carine information, 'Like' our Facebook page and Instagram. We also have a closed Facebook page to join and you'll be added to our Masters Facebook page to see videos of routines.

Our 2024 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 2024

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 Wearing	carine.headcoach@gmail.com
CAWA Comps Representative	Jo Turton	funstate@iinet.net.au
Venues Coordinators - Club venues - Gracefuls, solos and duos venues	Jossie Ngata Sandra Gosling	carine.venues@gmail.com carine.calisthenics@gmail.com
Events Coordinator	Sandy Hasler	carine.events@gmail.com
Publicity & Social Media Coordinators	Sammy Hunt	sjhunt2222@gmail.com
Equipment & Uniforms Officers	Emily Sheen Wendy Grose	carine.equipment@gmail.com
Club Costume Coordinators	Trish Southall Sarah Aitken	trishs@westnet.com.au sezzaking@yahoo.com.au
Club Section Rep Coordinator	<i>Currently vacant</i>	
Graceful / Solo / Duo & Cali Skills Coordinator	Jacinta Dodd	carine.soloduoaceful@gmail.com

CARINE CALISTHENICS CLUB

INFORMATION for 2024

Welcome to Carine Calisthenics for 2024. 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 3rd February** 9 am – 9.45 am
 Venue: Carine Senior High School Gym, Osmaston Road, Carine.
 Coaches: Milly Hunt

Sub Juniors Red

(6 / 7 – 8 years)
 Start date and time: **Saturday 3rd February** 10 am – 12 noon
 Venue: Carine Senior High School Gym, Osmaston Road, Carine.
 Coaches: Milly Hunt and Claudia Menlove

Sub Juniors Blue

(9 – 10 years)
 Start date and time: **Saturday 3rd February** 9 am - 11:30 am
 Venue: Hamersley Recreation Centre Sports Hall, 20 Belvedere Road, Hamersley.
 Coaches: Kristy Wearing and Cherie Halliday

Juniors

(11 -13 years)
 Start date and time: **Thursday 1st February** 5.15 pm – 7.45 pm
 Venue: Carine Senior High School – Performing Arts Centre, Osmaston Road, Carine
 Coaches: Jacinta Dodd, Olivia Stevens and Jess Wiltshire

Intermediates

(14 -17 years)
 Start date and time: **Tuesday 30th January** 5.30 pm – 8.30 pm
 Venue: Karrinyup Hall - 13 Davenport Street, Karrinyup (near the Library at Karrinyup Shopping Centre)
 Coaches: Claire Southall and Ella Palladino

Masters

(26 years and over – average age in 2023 was 47 years) – *Non competing*
 Start date and time: **Wednesday 14th February** 7.15 pm – 8.45 pm
 Venue: Hamersley Recreation Centre Function Room, 20 Belvedere Road, Hamersley.
 Coach: Jenny Kox and Stacey Grose

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



2024 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) and term 1 fees must be paid at commencement but no later than within the first four weeks of training otherwise there will be no insurance cover and your child / children cannot train. Term 2 and 3 fees are due no later than 15 April and 15 July respectively. 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: <i>Due first class</i>	\$190	\$325	\$330	\$350	\$65
Term 2: <i>Due 15th April</i>	\$155	\$255	\$270	\$290	\$15 per class
Term 3: <i>Due 15th July</i>	\$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



calisthenics
ASSOCIATION OF
WESTERN AUSTRALIA (INC)

Calisthenics Association of WA (Inc.) 2024 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 2024 to 31 December to 2024

FIRST NAME: _____ SURNAME: _____

GENDER: Female Male Non-binary Differently Identify

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)



Calisthenics Association of WA (Inc.) 2024 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.)