

**ELTHAM
CALISTHENIC
COLLEGE**



**CLUB HANDBOOK
Terms & Conditions
2023**

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Welcome

Hello and welcome to Eltham Calisthenic College

We are delighted you have decided to join us in 2023 and look forward to a great year.

One of the special features of any sport is the opportunity to socialise and make new friends. We look forward to getting to know you over the coming months. It is the people who participate in a team that make a happy club and add so much to the shared good times.

This book has a lot of useful and helpful information about the club.

If you have any questions please don't hesitate to speak to your Section Co-Ordinator or Head Coach.

Club History

Karen Beer and her mother Gwen Beel founded Eltham Calisthenic College in 1975 when Karen was 16.

Throughout the years the College has grown to become a reputable competitive College with friendly dedicated and talented coaches. Our coaches are highly professional and committed to the girls, many of whom have been past pupils.

All coaches are Accredited Level 1 Coaches and have obtained their First Aid and Working with Children Checks.

Eltham Calisthenic strives to maintain a high standard, whilst providing fun and enjoyment through the many disciplines of Calisthenics.
We are proud of our reputation as a friendly well run college.

Club Structure

Eltham Calisthenic College is a not for profit organisation run by a Committee of Management.

Committee of Management

President / Principal Coach - Karen Beer

Vice President - Carolyn Milburn

Secretary / Treasurer - Michelle Hackett

Sub-Committee

Awards Officer - Danette Wilson

Publicity / Fundraising Officers - Maria Tauro

Pupil Skills/Booking Officer - Jodi Carter

Merchandise Officer - Sally Minihan

Social Media Officer - Zoe Beer

Grants/Submissions Officer - Anita Dinon

Club Photographer - Natalie Hackett

What is Calisthenics

Calisthenics is a uniquely Australian artistic sport. Calisthenics involves a team of participants learning routines choreographed to music, incorporating elements of dance, gymnastics, singing, acting, marching, ballet, apparatus technique and performance skills.

As a sport, calisthenics improves coordination, mobility, balance, strength, flexibility and posture as well as fostering self-esteem and team spirit. As an art it encourages the appreciation of music rhythm, the celebration of movement and the excitement of performing on stage.

The word Calisthenics comes from the Greek words 'kallos' for beauty and 'thenos' for strength. There are different levels of Calisthenics, some clubs are recreational, and perform only at their end of year concert. Other clubs perform during the year at a number of competitions, on stage in costumes.

Calisthenics promotes a healthy body and a healthy mind. Being part of a team develops self-discipline, teamwork, commitment, responsibility, self-esteem and lasting friendships. The combination of movement and performance skills provides fitness, coordination rhythm, grace, deportment and confidence.

Calisthenics Victoria (CV)

Our club is affiliated with Calisthenic Victoria.

CV is the state body responsible for the development and promotion of Calisthenics within Victoria. As an affiliated member of CV our club complies with all CV policies, procedures and guidelines.

Every participant must be registered with CV in order to be covered by Personal Accident and Public Liability Insurance and to be eligible to enter competitions. Registration with CV involves a once off yearly fee, which covers participants at class, competitions and at the end of year concert.

Registration fee for 2023 (as set by CV)

\$90 for Competitive and Recreational participants.

Each pupil must register via revolutionise portal by the 31/3/2023 using this link:
<https://www.revolutionise.com.au/elthamcc>

The Registration Fee is paid to CV via Eltham CC.

Privacy Policy

CV and Eltham Calisthenic College requires participants personal details for registration purposes only. The information collected is protected under the privacy act and will be treated accordingly.

The medical information given to the club, will be kept in case of any medical emergency.

Participants over 18 years, or parent/guardian of those under 18 years of age, are required to read the CV privacy statement attached to the registration form and sign to say they have read and understood the statement.

If you have any concerns regarding this statement, or any other privacy issues, please contact the Club secretary.

Codes of Behaviour

Calisthenics Victoria Inc and all affiliated clubs are now covered by a Member Protection Policy (MPP). This policy includes codes of behaviour for all participants, parents, coaches and administrators of Eltham Calisthenics College. A copy of these policies can be found on the CV Website & ACF Website: <https://www.calisthenicsaustralia.org/portfolios/policies>

All codes of behaviour must be adhered to otherwise Eltham Calisthenic College reserves the right to expel membership as stated within our constitutional by laws.

Eltham Calisthenic College Policies

All Policies can be found on the Eltham Calisthenic College website:

<https://www.elthamcalistheniccollege.com.au/policies/>

Member Protection Policy

Coach Code of Conduct

Participants Code of Conduct

Officials Code of Conduct

Parents Code of Conduct

General Code of Conduct

Child Safe Code of Conduct

Child Safe Policy

Communication & Social Media Policy

Grievances and Complaints Policy

Team Selection Policy

Financial Management Policy

All Committee Position Descriptions

Volunteers Position Descriptions

Co-Ordinator / Costume Co-Ordinator Position Descriptions

Coaching Team

All coaches are fully trained and registered with the Victorian Calisthenic Coaches Association. Coaches are required to continually update their skills, including first aid, as well as attending meetings and seminars. Our coaches are all supported by our Principal Coach and meet regularly to share ideas and the Clubs vision.

SECTION	COACHES	ASSISTANT COACHES	CADETS
TOTS	Catherine Phillips	Monique Dinon	
TINIES	Catherine Phillips	Monique Dinon	
SUB-JUNIORS	Mia Stewart	Melissa Leslie & Cherie Zealley	Georgina Zealley
JUNIORS	Catherine Phillips	Rachelle Ough	Taylah Leslie
INTERMEDIATES	Elise Fraser	Natalie Hackett & Caitlin Chandler	
SENIORS	Hannah Beer	Karen Beer & Zoe Beer	
MASTERS	Maggie Emmins	Mia Stewart	

Class Times/Venue

All classes will be held at:

Petrie Park Hall, Mountain View Road, Montmorency

SECTION	AGE	DAY & TIME
Tots	3 - 5 year olds*	Saturday - 8.45am - 9.30am
Tinies	5-7 year olds*	Saturday - 9.30am - 11.00am
Sub-Juniors	8-10 year olds*	Saturday - 11.30am - 1.30pm
Juniors	11-13 year olds*	Thursday - 4.30pm - 7.00pm
Intermediates	14-17 year olds*	Monday - 4.30pm - 7.00pm
Seniors	16 years & over*	Tuesday - 6.45pm - 9.30pm
Masters	26 years & over*	Monday - 7.45pm - 9.45pm

*Ages as at 31st December

Hours may vary depending on class size

Section Co-Ordinators/Welcoming Officers

Each section will have 2 class representatives to field enquiries to avoid coaches being interrupted at class

1) Section Co-Ordinator

Your 'Section Co-Ordinator' is your first point of call for everything (excluding costumes)

2) Section Costume Co-Ordinator

Your 'Section Costume Co-Ordinator' will field all costume-related inquiries and is the one administering any sewing required.

Section Contact List

	Co-Ordinator	Costume Co-Ordinator/s
Tinies	Meaghan Norrie 0409 636 727	Lin DiFabrizio 0400 974 619
Sub Juniors	Melanie Armitage 0407 612 597	Jacquie MacNeill & Hayley Ciseau 0412 839 256 0422 041 238
Juniors	Sally Minihan 0439 387 659	Penny Bolt 0411 950 989
Intermediates	Alison De Martino 0419 365 338	Felicity Cunningham 0402 915 903
Seniors	TBA	Andrea Williams 0425 850 301
Masters	Emma Cronin 0413 673 616	Catherine Phillips & Cherie Zealley 0400 109 806 0405 141 590

COVIDSafe Classes

As informed by State Government restrictions and in conjunction with the Office for Sport and Recreation and VicSport, Calisthenics Victoria has created COVIDSafe Class Protocols, which the Club will enforce for the safety of all our Coaches, Cadets, Pupils, Members and their families.

Attendance

It would be appreciated if you could please arrive at least 10 minutes prior to the scheduled commencement class time.

If, for any reason, you are unable to attend a class, please notify your Section Co-Ordinator prior to the class.

Class Rules

- Enter the hall via the front double doors
- Pupils need to be dressed and ready to commence class on time
- Pupils must be signed in by a parent/guardian in Tinies & Subbies sections
- Pupils are to wait inside the foyer before class begins
- All monies are to be paid to the Section Co-Ordinator
- Parents are permitted to view classes
- Pupils are to be collected from the hall
- Pupils are not to leave the hall unless accompanied by a parent or guardian

Communication

We believe strongly in keeping you informed of what is happening at Eltham Calisthenic College.

You will receive a short weekly newsletter (from your section Co-ordinator) to keep you up to date of all things happening within your section.

Please ensure you have provided your family email address to your Section Co-Ordinator.

Your section may also have a Facebook page used for sending important information & videos.

Injuries

It is very important that all injuries, even if they are minor, are reported to the Head coach in charge of the group immediately. Coaches are equipped with first aid training and have a first aid kit present at every session.

Incident Report Forms and First Aid Treatment Forms can be found in the cupboard in the kitchen. Once completed please hand to your Section Co-Ordinator so they can forward your form to CV.

Claims for accident insurance must be made directly to the insurance company. Claim forms can be obtained by phoning CV 03 9562 6011. Claims should be lodged within four weeks of the injury.

If you require treatment from a physio, you will require a referral from a doctor if intending to claim accident insurance. You should obtain a written clearance to resume training and keep your coach updated on your rehabilitation.

Being prepared and arriving on time for a good warm up will help to prevent injuries.

Fees

Our term fees include tuition, hall hire, competition fees, costume materials, costume hire, medals, trophies, administration expenses and club/rod hire.

They have been totalled for the year and then divided into 3 easy term payments. CV Registration is only paid in Term 1. There may be some additional costs along the way. ie: Club Tracksuit, merchandise etc.

Fees are payable at the start of each term. (refer below for payment)

If at any time payment is a problem, please speak to the Section Co-Ordinator so an alternative payment plan can be adopted.

Section	Term Fee Instalments	Total Annual Cost Per Pupil	PLUS CV Rego due 31/03/2023
Tots	3 x \$200	\$600.00	\$90
Tinies	3 x \$300	\$900.00	\$90
Sub Juniors	3 x \$340	\$1020.00	\$90
Juniors	3 x \$350	\$1,050.00	\$90
Intermediates	3 x \$400	\$1,200.00	\$90
Seniors	3 x \$400	\$1,200.00	\$90
Masters	3 x \$380	\$1140.00	\$90

When paying your Fees or any money owing to the club, you have 4 options.

1. Cash.
2. Cheque – Payable to Eltham Calisthenic College.
3. Monthly payments directly into ECC account.
4. EFT – following details must be included.

Please ensure the following is recorded when making monthly or EFT payments. Pupil's Surname, Section & type of payment.

Eg: Hackett Senior T1 or Eg: Hackett Senior Merch

Funds are to be credited to:

BSB: - A/c No:- A/c Name:-

063-222 1005-5554 Eltham Calisthenic College Inc

Please provide your Co-Ordinator with a copy of your receipt.

It can be printed or emailed.

Class Attire & Official Club Uniform

Pupils are required to come to class appropriately dressed, with correct equipment ready to start on time.

For Class

- Leotard (preferably black)
- Tights (optional, but must be footless) or bike shorts
- Crossover / fitted top (optional, but must not be loose)
- Hair must be tied back
- Minimal Jewellery
- Practice Skirt (can be purchased at the first class)
- Clubs and a Rod (issued at the first class)

For Competitions

- Club Tracksuit Top
- Club Leggings
- Club Polo Top
- Sneakers / Runners

Club Merchandise

Uniform and other merchandise can be purchased through the Club or Flyhisports - Club Merchandise Officer will organise a fitting day with your section Co-Ordinator. (*Compulsory uniform for comps)

*Club Polo Top

Rod Case

Club Badge

High Waisted Short Shorts

Costume Bag

Mask

*Club Tracksuit Top

Backpack

Onesie

Racerback Singlet

Scarves

*Club Leggings

Team Selection

Calisthenics is a team sport and every team member's participation, is vital to the overall result achieved.

As in all teams, each individual member has the ability to contribute and bring various qualities to the team performance. The Head Coach of the team is best placed to identify these components and comprise the best possible team to achieve the best overall performance.

Questions regarding how individual participants may improve their skill level are encouraged, and should be addressed through the Head Coach.

Costumes

Costumes are organised through the Club via your Sections Costume Co-Ordinator.

All costumes remain the property of Eltham Calisthenic College.

Please check with your Section Costume Co-Ordinator BEFORE laundering of costumes is attempted.

Stage Rehearsal

Each year our club has a stage practice prior to the commencement of team competitions. This stage practice enables participants to gain experience to work on stage. This is often the first time for many on stage and therefore a very exciting event. (Usually 1st Monday of the June / July school holidays.)
(Refer to Calendar of events at the back of this booklet for the actual date and venue.)

Dress Rehearsal

Dress Rehearsals are conducted during one of your classes usually the last week in June. Costumes are worn and competition hairstyles are also trialled on this day. *(Please refer to Calendar of events at the back of this booklet for your sections date)*

Competitions

Competitions assist in developing confidence and solidify what it means to be, and work as part of a team. It is also a reward for many months of practice and rehearsals. Parents and friends are encouraged to come and show their support. It is also a good way to meet and socialise with other parents and teams. Participants will be admitted free into the competition, while parents and supporters will be required to pay an entry fee. The club will provide every pupil with a Competition Booklet – this will outline all the competition dates and venues for all sections of the club.

Depending on the age group, we will be entering between 4 and 5 competitions throughout the year. The competitions are held between July and October, exact times and dates will be advised around mid to late May. Please note competitions can sometimes fall in school holiday times in September.

As Calisthenics is a team sport, teams can be deducted points or unable to compete if people are missing. Therefore competitions are compulsory for all team members. We understand there are always extraordinary situations that arise, so please inform your coach if you have a problem with any of the competition dates ASAP, so alternative arrangements can be made to minimise the disruption to the team.

At Eltham Calisthenic College we promote the 'Fun' aspect of performing at competitions and not winning. Pupils are encouraged to do their best, improve, and grow in confidence over the Calisthenic year.

At all competitions participants are representing Eltham Calisthenic College, so at all times they must be neat and presentable in the official Club uniform, and of course, be well behaved.

Club DVD & Team Photo's

A DVD \ USB of our Club's end of year concert will be available to purchase, via Competition Pro at the end of the year.

Team photo's will be taken during Competition season via Competition Pro.

Annual Concert

Eltham Calisthenic College 49th Annual end of year Concert will be held on Friday 10th November at Karralyka Theatre, Mines Road, Ringwood East at 7.30pm. This is a great opportunity for all members of the club to showcase and display all the hard work that has been achieved over the year to their friends and family. Our fantastic Xmas Hamper Raffle is also a part of this event.

Booking of tickets will be done via Karralyka Theatre booking office. (Booking information and link will be emailed to you via your co-ordinator closer to the date).

Annual Presentation Night

Our Presentation Night will be held on Wednesday 15th November, at Greensborough RSL, 111 Main Street, Greensborough, where the medals won at competitions are presented to participants. This is a great family event for everyone, and a chance to unwind after the competition season!.

(Ticket Purchasing will be via Try-booking a link will be emailed to your co-ordinator closer to the date.)

Pupil Skills

Eltham Calisthenic College offers Pupil Skills for all girls from Sub-Juniors to Seniors at the end of the year (November).

Pupil skills are an examination system set by the Australian Calisthenics Federation (ACF). Students are required to learn set routines using correct technique and knowledge of the terminology used within the Calisthenics syllabus. Pupil skills are beneficial to all pupils, as the aim is to improve overall Calisthenics technique.

Recommended ages for levels are as follows:

Test 1	6-7yrs
Test 2	7-8yrs
Test 3	9-10yrs
Grade 1	10-12yrs
Grade 2	12-14yrs
Prep 3	13-15yrs
Grade 3	14-16yrs
Grade 4	15yrs and above
Bronze Medal	16yrs and above
Silver Medal	17yrs and above
Gold Medal	18yrs and above

If you are interested, please see your Section Co-Ordinator.

Solos and Duos

Physical and graceful solos and duos are for pupils wishing to compete at an elite level. “Solos” as the word implies, are performed alone on stage, while two participants perform “duos” simultaneously. Competitions are held between March and April and are determined by age, with an open and novice section for each age group. Pupils wishing to perform solos are required to have achieved a certain exam level. This is also dependent on the pupil’s age.

Physical solos comprise of free exercise, gymnastic movements, flexibility and ballet dance steps choreographed to music. Graceful solos comprise of aesthetic movement, balletic dance and flexibility choreographed to a piece of music similar to aesthetics.

Pupils undertaking solos must show complete commitment and dedication to their teamwork before they can participate in solos. It is the responsibility of the individual coach and parent to costume and arrange music for the solo.

Our Annual Solo/Duo Concert will be held in April.

This concert showcases our talented pupils performing their beautiful routines, for family, friends and team mates to enjoy.

(Ticket Purchasing will be via Try-booking a link will be emailed to your Co-Ordinator closer to the date.)

For further information, please see your Section Co-Ordinator.

Visit our website

www.elthamcalistheniccollege.com.au

“Eltham Calisthenic College”

@elthamcalistheniccollege



Please join our Facebook group - search for “ECC Members & Families”

Calendar of Events

February **Classes resume week commencing 4th February, 2023**

Club Sausage Sizzle

Date: **Sunday 12th February, 2023**

Where: Eltham Bunnings - Silver Street, Eltham

Time: 9am - 4pm - roster via google docs.

March **Eltham Rotary Festival**

Date: **Sunday 5th March, 2023**

Where: Alistair Knox Park - Eltham

Time: 9am - 5pm - roster to be organised

April **Solo/Duo Concert**

Date: **Wednesday 5th - April, 2023**

Where: TBA

Time: Arrive 6pm for 6.30pm start.

June **Dress Rehearsal**

To be conducted during regular class time

Stage Rehearsal

Date: **Monday 26th June, 2023**

Where: Renaissance Theatre, 826 High Street, Kew East 3102

Time: TBA

Aug/Sept/Oct **Competition Months**

November **Annual Concert -**

Date: **Friday 10th November, 2023**

Where: Karralyka Theatre, Mines Road, Ringwood

Time: Arrive at 6pm for 7.30pm start

Presentation Night

Date: **Wednesday 15th November, 2023**

Where: Greensborough RSL, 111 Main Street, Greensborough, 3088

Time: 5.30pm

Come 'n' Try Day

Date: **To be advised**

Where: Petrie Park Hall

Costume Return Day

Date: **To be advised**

Where: Petrie Park Hall

**KEEP WATCHING FOR UPDATES VIA YOUR NEWSLETTERS,
SOCIAL MEDIA OR WEBSITE FOR THE OFFICIAL DATES**

**ELTHAM CALISTHENIC COLLEGE
CLUB SONG**

(Sung to the tune of "Moscow")

ELTHAM, ELTHAM,

WE'RE THE TEAM IN BLUE AND GREEN

WE'RE THE BEST YOU'VE EVER SEEN

HA, HA, HA, HA, HA, HEY!

ELTHAM, ELTHAM,

WE'RE THE TEAM WITH ALL THE CLASS

THERE'S NO ONE WHO CAN SURPASS

HA, HA, HA, HA, HA, HEY!