



CALISTHENICS  
BUDERIM INC

2023  
INFORMATION  
BOOKLET



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## **WELCOME**

We would like to welcome all our new and existing members and thank you for choosing to join Calisthenics Buderim Inc.

Calisthenics Buderim aims to perform as well as we can in our chosen sport, whilst at the same time having a lot of fun and enjoying the wonderful attributes calisthenics has to offer. 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.

We hope this booklet will give you an insight into how Calisthenics Buderim operates, however if there are any further questions, please don't hesitate to email [info@calisthenicsbuderim.com](mailto:info@calisthenicsbuderim.com).

## **WHAT IS CALISTHENICS**

Calisthenics is both a sport and an art – it encourages physical development, coordination, self-discipline, team spirit, and develops an appreciation of music and rhythm, the beauty of line and the excitement of presenting on stage.

Our performers learn skills that inspire them to take centre stage at competitions, and in life. Each unique team-based item improves overall health, fitness, strength, and flexibility of performers, as well as offering skills and benefits to take into everyday life.

## **CALISTHENICS ASSOCIATION OF QUEENSLAND INC. (CAQI)**

Calisthenics Association of Queensland (CAQI) is the parent administrative body responsible for the development and promotion of Calisthenics within Queensland. Calisthenic Buderim is a registered member of CAQI and complies with all CAQI policies, procedures, and guidelines.

Every participant must be registered with CAQI in order to be covered by Personal Accident and Public Liability Insurance and to be eligible to enter competitions. Registration involves a once off yearly fee of \$150 which is set by our governing body and covers club registration and insurance.

## CLUB FOUNDERS

Calisthenics Buderim Inc. (formally known as Buderim Calisthenics) was co-founded in 1994 by three dedicated ladies Robyn Bartlett, Lyndy Tolliday and Melanie Mitchell.

Calisthenics Buderim had a very momentous year in 2004 winning all 5 age groups at the QLD State Championships and from this point Robyn, Lyndy and Melanie decided to hand the club over to a committee.

Robyn, Lyndy, and Melanie all remain in a role as mentors to the young coaches at Calisthenics Buderim Inc, whilst still coaching some items within Teams, Solos, Duos and Gracefuls.

Calisthenics Buderim Inc. would not be where they are today without the co-founders of the club, and we thank them for their ongoing support.



From Left to right: Robyn, Mel & Lyndy



## HOW TO GET IN TOUCH

For all enquiries or concerns please email: [info@calisthenicsbuderim.com](mailto:info@calisthenicsbuderim.com), and one of our club committee members will get back to you as soon as we can. If your query is relating to fees/invoicing, please contact [treasurer@calisthenicsbuderim.com](mailto:treasurer@calisthenicsbuderim.com)

**NOTE:** We request members refrain from contacting coaches and committee directly. Our coaches and committee volunteer a significant amount of time to our sport, in addition to maintaining fulltime jobs, studies and families. To ensure a timely response to any questions you have please email us at: [info@calisthenicsbuderim.com](mailto:info@calisthenicsbuderim.com)

**All our Coaches are fully trained, accredited Level 1 coaches and are registered with Qld & Australian Calisthenics. They all hold First Aid Certificates and have current Working with Children Blue Cards.**

## PARENT CONTACT DETAILS:

Please ensure we have your most current contact details, as well as any Parenting Plans or DVO's as we may need to contact you at short notice with regards to class times or venue changes etc.

## CLASS DETAILS

Students must arrive **15 minutes** prior to commencement of lesson and utilise this time to warm-up and stretch. Sub-Juniors, Juniors and Intermediate times may be split following team selection, and you'll be notified via email once this process has been completed.

Age Group	Age <small>*Ages on 31st December 2023.</small>	Venue <small>** Venues subject to change pending hall availability</small>	Time <small>*** Times may vary subject to hall availability and team selections</small>
<b>Cali Dance</b>	7yrs & under*	Connections on Kings Hall, Buderim**	Monday*** 4.00pm – 5.00pm
<b>Sub-Juniors</b>	10yrs & under*	Connections on Kings Hall, Buderim**	Tuesday*** 4.30pm - 6.30pm
<b>Juniors</b>	13yrs & under*	Connections on Kings Hall, Buderim**	Monday*** 5.00pm – 7.30pm
<b>Intermediates</b>	16yrs & under*	Mountain Creek PRIMARY School**	Thursday*** 6.00pm – 8.30pm

**PLEASE NOTE:** Class times and venues may be subject to change but where possible we will endeavour to give notice of any such change. As competition time approaches coaches may extend their training time and/or organise a second training at no extra cost to families.

**For Safety Reasons:** Children and young people must be delivered to and collected from the hall. We ask parents to remain with their child when dropping off before class until the door is opened and the coach allows them into the hall.

They must wait quietly **INSIDE** the hall for collection at the end of class. Parents please be prompt as scheduled class times only come under the supervising Level 1 coach's Duty of Care. Any other time that does not fall within the scheduled class times is the parents' responsibility.

## **ATTENDANCE**

As Calisthenics is a team sport, it is very important that all participants attend every class for the year. Punctuality is also important – please arrive to your class on time. If for any reason you are unable to attend a class, please notify your Team Manager prior to the class. Failure to attend class regularly may result in your child being removed from items.

### **COVID SAFE PROTOCOLS for arrival and departure to and from class:**

- Enter the hall promptly via the main front entrance. Please do not enter until your allocated class time.
- Pupils must not share any equipment: i.e., rods, clubs, practise skirts and drink bottles.
- If you or your child is unwell or has symptoms consistent with Covid, please stay home.
- Anyone displaying symptoms consistent with Covid during training sessions or competitions will need to be collected and taken home.
- If your child has contracted Covid after being at one of our classes, please inform [info@calisthenicsbuderim.com](mailto:info@calisthenicsbuderim.com) as soon as possible.

**As you are all aware, Covid is an evolving situation that changes frequently and quickly. We will inform you as soon as we are aware of any changes to the above so, please ensure you keep up to date with our communications.**

## **CLASS ATTIRE & CLUB UNIFORM**

**Please note for safety reasons, the following class attire is compulsory.** Pupils are expected to come appropriately attired, with correct equipment ready to start on time.

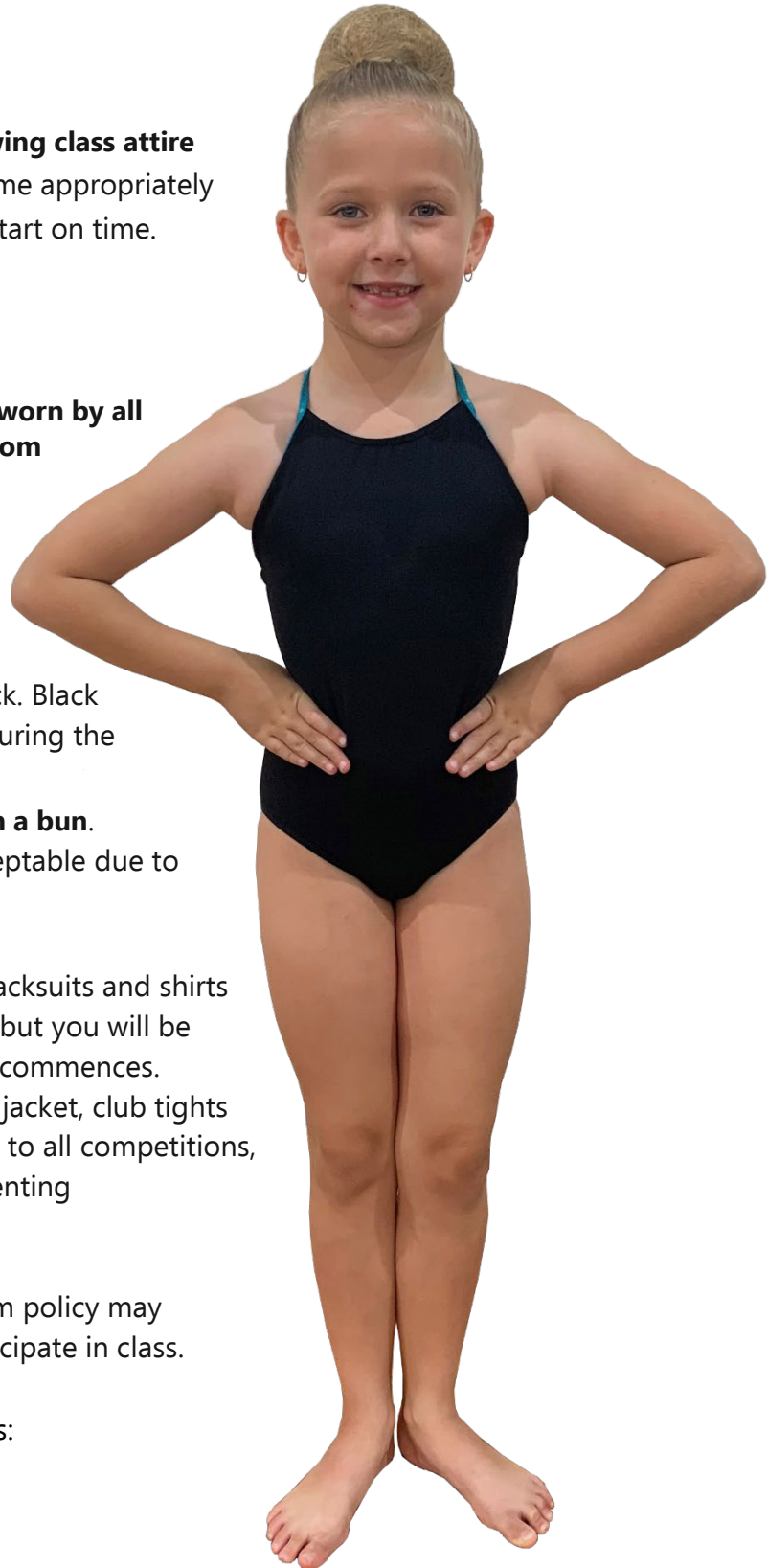
### **DRESS CODE**

- **Black club training leotards must be worn by all participants across ALL age groups from Sub-Juniors to Intermediates.**
- Crop tops are not acceptable uniform items.
- Black bike pants, or club tights may be worn over leotards, however these must be tight fitting and must be black. Black cross over ballet tops are permitted during the cooler months.
- **Hair must be neat, off the face and in a bun.** Ponytails, plaits, or braids are not acceptable due to the risk of slipping when performing acrobatic movements.
- Sweatshirts/jumpers including club tracksuits and shirts will be allowed during warm-up only, but you will be asked to remove these when training commences.
- Buderim Uniform: Club shirt, tracksuit jacket, club tights and white canvas shoes must be worn to all competitions, concerts and any other outing representing Calisthenics Buderim.

**NOTE:** Continued breaches of our uniform policy may result in your child not being able to participate in class.

PLEASE remember to always bring to class:

- **Clubs and Rod**
- **Practice aesthetic skirt**
- **Water bottle**



## FEES 2023

Family discounts are available for those who have more than one child enrolled in the Club. Please contact us for more information.

Age Group	Registration	Term 1	Term 2	Term 3	Volunteer Levy
<b>Cali Dance</b>	\$150.00	\$77.00	\$77.00	\$77.00	
<b>Sub-Juniors</b>	\$150.00	\$319.00	\$319.00	\$319.00	\$65.00 <small>Per family</small>
<b>Juniors</b>	\$150.00	\$330.00	\$330.00	\$330.00	\$65.00 <small>Per family</small>
<b>Intermediates</b>	\$150.00	\$330.00	\$330.00	\$330.00	\$65.00 <small>Per family</small>

**Note:** Sibling discounts apply on Term fees only. Please contact the Club for information.

Our Term fees include:

- ✓ tuition
- ✓ hall hire
- ✓ team costume hire
- ✓ rod & clubs hire
- ✓ aesthetic skirt hire
- ✓ Club bag and rod holder hire
- ✓ Make-up (Excluding base foundation & eye lashes)
- ✓ Extra Classes

Fees do not cover the Club uniform, state competition DVD and hair accessories for competitions.

## REGISTRATION

Registration (per member) covers all QLD Calisthenics (CAQI), Australian Calisthenics (ACF) and Calisthenics Buderim fees and insurances. This must be paid by **28<sup>th</sup> February** each year (or upon joining after that date).

## ADMIN FEE

A 10% Admin fee is included in per term fees on your invoice, which covers the cost of our bookkeeper.

## 'TRY ONE FREE CLASS'

All new members are welcome to try one free class before deciding to commit to a team. Following the free trial, registration must be completed, including registration fee prior to the next class.



## FAMILY VOLUNTEER LEVY

The running costs for Calisthenics Buderim far exceed the fees charged and we rely heavily on the contribution of volunteers, and the success of the Club is a direct result of the contribution of its members. Therefore, we have a yearly family fundraising levy of \$65.00 to encourage more involvement by our members.

The levy is fully refundable to those families that have volunteered at 2 or more fundraising events including the mandatory CAQI State Competition.

## PAYMENTS

- Calisthenics Buderim uses an electronic accounting system. We ask that where possible, all payments are to be made online using electronic funds transfer.
- An invoice will be issued to you via email within the first two weeks of each term. Fees will then be due and payable in full by the end of that term.
- We will offer a 10% discount off your fees if you pay your entire years fees in full, in one single transaction **by the 10th of March 2023**. This lump sum payment **must** include all three term fees plus fundraising levy. If you wish to take advantage of this discount, please email [treasurer@calisthenicsbuderim.com](mailto:treasurer@calisthenicsbuderim.com) and an updated invoice for the full year amount minus the discount will be emailed to you.
- You are welcome to set up a Term-by-Term payment plan of smaller more regular amounts, which must be kept up to date. All members must be financial to compete in competitions.

## PAYMENT DETAILS

Our account details for direct deposit via electronic funds transfer are:

**Account Name:** Calisthenics Buderim  
**Bank:** Suncorp  
**BSB:** 484 799  
**Account Number:** 500 909 033  
**Reference:** Invoice No. & SURNAME

**Any questions regarding payment plans, fees or discounts please email:**  
[treasurer@calisthenicsbuderim.com](mailto:treasurer@calisthenicsbuderim.com)

## CLUB UNIFORM

All competitive members must have a full club uniform including shirt, jacket, leggings, club training leotard and white canvas shoes. We welcome and encourage our parents, siblings, and supporters to order club shirts and jackets, should they wish to wear these at competitions.

Item	Child Size	Adult Size
Club Shirt	\$30.00	\$40.00
Club Tracksuit Jacket	\$40.00	\$50.00
Club Leggings	\$55.00	\$55.00
Club Training Leotard	\$45.00	\$45.00
Supporter Shirt	\$30.00	\$40.00
Club Bag – One Size		\$40.00
White Canvas Shoes (at K-mart)*		

**\*To be purchased from Kmart, Big W or Target, please keep a look out for these early in the year, as they tend to sell out fast.**

## 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 months of practice and rehearsals. The competitions are held between July and September, with exact times and dates to be advised around late May to mid-June.

As Calisthenics is a team sport, teams will be deducted points or unable to compete if team members 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 as soon as possible, so alternative arrangements can be made to minimise the disruption to the team.

At Calisthenics Buderim we promote the 'Fun' aspect of performing at competitions. Pupils are encouraged to do their best, improve, and grow in confidence over the calisthenic year. Above all, they are encouraged to enjoy what they do. At competitions participants are representing Calisthenics Buderim, so at all times they must be neat and presentable in the official Club uniform, and of course be well behaved. A Competition Code of Etiquette will be handed out prior to competitions beginning.

## THINGS TO REMEMBER

During our classes, competitions, concerts, and events:

- Applaud all performances and efforts from each soloist/ duo performer. Congratulate all participants upon their performance regardless of the competition's outcome.
- Remain considerate of others as any comments made in a public space could be overheard and considered negative or harmful to performers and families from our club or other clubs.
- Respect the official's decisions. If there is a disagreement, follow the appropriate procedure and not to question the decision and teach the children to do likewise.
- Demonstrate appropriate social behaviour by not using foul language, harassing team members, coaches, or officials.

Calisthenics Buderim aims to provide a positive environment where mutual respect and co-operation work in tandem to achieve the best possible results for everyone.

## TEAM COMPETITION DATES

There will be 3 competitions across July-September. **The times and exact dates for each age group will be available in the “Members Area” of our website and will be posted to our age group Facebook pages once this information has been confirmed by CAQI.**

Although each age group will only be required for one day at each competition, programs have not yet been decided, and some age groups may fall on a Friday. This information will be passed onto you as soon as it's provided to us. During competitions, the section coach has a 'Duty of Care' during the competition time frames. Parents are responsible for their children prior to and after the competition.

## COSTUMES

All costumes, aesthetics skirts, clubs and rods, including club and rod holders remain the property of Calisthenics Buderim and will be collected at the end of the year concert. Costumes must not be worn for any other reason other than Calisthenics events. In the event that a costume is damaged or lost a replacement fee will be charged.

Costumes must not be washed separately as this causes uneven wear and tear/fading - if washing is required, we will recall all costumes so they can be washed as a set. **If there is anyone 'ready, willing & able' to make leotards, we would love to hear from you.** Or if anyone has costumes, headpieces, wigs, sequin, or beads etc. – anything left over from previous years, please send it along to class and give it to your Team Manager.

## TEAM SELECTION

Calisthenics is a team sport and every team member's participation are 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. Depending on the number of girls in the class, there may be a requirement to split them into separate teams for certain items. The coach of the team is best placed to identify and comprise the finest possible team to work together to achieve the greatest overall performance. Team selection is therefore the exclusive privilege of the coach. Questions regarding how individual participants may improve their skill level are encouraged and should be addressed through their coach after class time.

## PRACTICE

Home practice is encouraged and desirable to enable participants to increase their flexibility and perfect their routines. To facilitate this, a private Facebook group for each team will be set up for Coaches to post choreography work and information. Please do not post any negative comments about any child or coach. These groups are for coaching/ training purposes only. The coaches' choreography is Copyright protected and must not be shared/ posted on any other site.

## PUPIL SKILLS

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 technique. Calisthenics Skills Exams are held yearly in Term 4, and we strongly encourage participation in pupil skills exams - if you are interested, please see your coach.

Costs are additional and only compulsory for those members who wish to do solo, duo, or graceful work.

## SOLOS

Calisthenics is predominantly a team sport; however, pupils can compete individually as soloists in a separate SDG competition season. Solo competitions are divided into three categories:

1. Graceful Solo
2. Calisthenic Solo
3. Duo,

Solo information is sent to club members in Term 4 for the following year. To participate members must have passed relevant Calisthenics Skills exams to be eligible to perform at State Competition. If you are interested in competing in a solo item in the future, please see your coach.

## SOLO/ GRACEFUL GIRL & DUO COMPETITIONS

Date	Competition	Venue
March 17 <sup>th</sup> – 19 <sup>th</sup>	SDG Comp 1	TBA
March 31 <sup>st</sup> – April 2 <sup>nd</sup>	SDG Comp 2	TBA
April 29 <sup>th</sup> - May 1 <sup>st</sup>	State Competition	TBA

**NOTE: Please keep the whole weekend free.**

Although each item will only be required for one day at each competition, programs have not yet been decided, and some items may fall on a Friday. This information will be passed onto you as soon as it's provided to us. During competitions, the section coach has a 'Duty of Care' during the competition time frames. Parents are responsible for their children prior to and after the competition.



## **MID YEAR CONCERT**

We will be hosting a Mid-Year Concert in 2023. This concert will showcase all our Duos, Solos and Gracefuls, plus our Cali Dance (non-competitive team). We ask all our members, family, and friends to attend this event to support all our performers. Venue location and times to be advised.

## **END OF YEAR CONCERT**

Our End of Year will be held in Term 3, 2023. We ask all our members, family, and friends to attend this event to support all our performers. Venue location and times to be advised.

## **END OF YEAR CELEBRATION/ BREAK-UP**

Our trophy presentation/ break-up will be held in Term 3, 2023. We are still finalising dates and will inform you of this soon.

## **POLICIES**

Calisthenics Buderim has the following policies in place, for more information please view them on our website or ask your class representative:

- Code of Conduct
- Privacy Policy
- Child Safety & Wellbeing Policy
- Communication & Technology Policy
- Competition Guideline Policy
- Team Selection Policy
- Drop Off & Pick Up Policy
- Termination Refunds Policy
- Grievance Handling Policy
- Competition Code of Etiquette
- Family Volunteer Levy Policy
- Extreme Weather Policy
- Coach Code of Conduct



Calisthenics Buderim Inc. is located on the Sunshine Coast and established in 1994. We have a strong team of accredited coaches and volunteers who are dedicated to the sport and their pupils while striving to achieve,

F U N , F I T N E S S A N D  
F R I E N D S H I P

Calisthenics Buderim is proud of all their students and encourages each individual to achieve their personal best. The club welcomes back all existing pupils and families together with new participants joining our friendly club for 2023.

We look forward to getting to know you and hope you have a long and enjoyable association with calisthenics Buderim. With all of us working together as a club we are sure that 2023 will be fun and rewarding for everyone involved. Thank you

## IMPORTANT CONTACT DETAILS



[www.calisthenicsbuderim.com](http://www.calisthenicsbuderim.com)



[facebook.com/CalisthenicsBuderimInc](https://facebook.com/CalisthenicsBuderimInc)



[info@calisthenicsbuderim.com](mailto:info@calisthenicsbuderim.com)



[@calisthenicsbuderim](https://@calisthenicsbuderim)