

INFORMATION BOOKLET 2024



Balmoral
Calisthenics Club Inc.
www.balmoral.asn.au
ABN 97 467 683 989

About Us

Welcome to Balmoral Calisthenics Club.

Balmoral Calisthenics Club was established in 1955 and was known as Bentleigh Methodist Girls Gymnasium. After 69 years it has grown into a successful, competitive club.

“Calisthenics is the sport with performing at its heart.”

It offers a wonderful range of artistic items that assist with co-ordination, balance, dancing, singing, confidence, teamwork and much, much more.

Our Vision

To be a highly efficient calisthenics club which strives to develop and encourage all members to achieve their full potential and be recognised as a competitive successful club within the calisthenics arena.

Our Values

- To be dedicated to the development of our youth in the sport of calisthenics by promoting and providing the practice of good sportsmanship, character and fair play.
- To nurture a competitive spirit to succeed, with fun for all participants while never compromising the welfare and safety of our members.
- To be able to take advice and criticism in an effort to improve.
- To be humble and gracious both on and off the competitive stage while respecting our opponents in both victory and defeat.
- To have pride in one's self and never give up.

2024 Class Information

LOCATION

Classes are held at:
Oakleigh South Primary School, Corner Riley St & Farm Rd, Oakleigh South



SECTIONS/AGE GROUPS

*At 17 years a pupil can compete in either Inters or Seniors. This is determined by coaches and committee, in consultation with the pupil. Age groups are determined by the competitor's age on the 31st of December in the year of competition.

Class Expectations

EXTRA PRACTISES

Extra practices are sometimes necessary during school holidays, weekends or public holidays. These are for the benefit of our pupils and they are expected to attend. Prior information will be sent home advising of these times. There is no extra cost for these classes.

ATTENDANCE:

Please let your coach know, as early as possible, if you will be absent for class or if you have a planned extended holiday during the year.

REQUIREMENTS FOR CLASSES:

Each pupil will need to bring the following to every class:

- Practice Aesthetic skirt - coaches will have these for purchase
 - Rod – these will be available for hire at the club
 - Clubs - (not required for Tinies)- available for hire at the club
 - Drink bottle with Water.
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- Pupils are expected to wear a leotard to class. These may be worn with bike shorts, leggings or footless tights.
 - Hair to be tied back.
 - No socks to be worn during class to avoid slipping on the floor.

Child Safety

The safety of our pupils is important to us. Please ensure children under 16y.o. are under a parent's (or pre-organized adult's supervision) at the following times:

- to and from the practise hall
- at the annual concert.
- at competitions.

A sign in and out sheet will be required to be completed as arriving and leaving class.

It is everyone's responsibility to ensure our club prioritises child safety.

Our policies are available on our website. If anyone has any concerns regarding the safety of a child or the conduct of a club member please contact our President, who is the nominated Child Safety Officer (see 2024 Committee contact details).

Coaches 2024:

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SENIORS:
Co-coaches: Erica and Anna

JUNIORS:
Coach: Jess

SUBBIES:
Coach: Sam

Within each section, the coach has the final say:

- on selection of teams.
 - on choreography of items.
 - on choice of costume and appearance of competitor.
 - in items performed and choice of music.
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- Shall keep a register of all pupils' attendance.
 - Maintain a first aid kit.
 - Make the decision to call extra practices when required.

2024 Committee:

President: Anne Cattermole: Prez@balmoral.asn.au 0402582333
Secretary: Wendy Gibbs: clubsec@balmoral.asn.au 0438432211
Treasurer: Shiri Drabkin: treasurer@balmoral.asn.au 0419301770

General Committee members to be announced after AGM

**Executive Committee Positions stay current until the AGM which is held in December each year. We are a friendly, welcoming committee and are always looking for more members. Please let us know if interested in joining.



Competitions

Balmoral is a competitive club. There is a minimum requirement of 8 pupils per competitive team (This requirement is reduced for 2024) Competitions run from July to October. In 2024, Balmoral will compete in the following age sections: Subbies, Juniors and Seniors.

Teams compete in 3-5 competitions per year. It should be noted that there is usually one regional competition each year for each age group (except Tinies) which will require an overnight stay. A parent or (adult guardian) is required to accompany their child for this overnight stay.

Coaches will discuss the exact details closer to the competition season, as it varies for each age group, however below are general requirements:

- Pupils wear the Balmoral Club uniform to and from competitions, which consist of a polo shirt and jacket. These will be available for purchase prior to the first competition. Black leggings are worn with the uniform.
- Skin tone underwear or body stocking is worn under the costumes.
- Dance tights or leg tan are determined at the coach's discretion.
- Competition make-up- this may require some purchase of base/lipstick, as instructed by coach
- False eyelashes (for older sections only)
- Safety pins
- Hair is done in competition style as instructed by the coach- Hair net, hair pins, hairspray/gel etc will be required.
- Clubs/Rods/Costumes

Please note: NO jewellery or nail polish is to be worn at competitions

“Calisthenics performers learn skills that inspire them to take centre stage at competitions, and in life.”

Costumes

Costumes are organised by the coach in preparation for the competitions.

The club expects the assistance of pupils and parents in the embellishment and/or simple sewing of the costumes. At times, the coach may ask parents to stay for some classes to assist with small jobs. No previous experience is required, and instructions/support will be provided.

We are always looking for people with sewing experience to assist with Costuming, so please let your coach know if you can help.

At the end of the year, parents will be asked to take home a costume set to wash and return to the club.



Club Fees

We are a not-for-profit organisation. Every endeavour has been made to keep costs to a minimum for our members.

The fee structure consists of:

a) Calisthenics Victoria (CVI) registration fee:

- Members must register with CVI at the start of each year.
- The cost of this registration is \$90
- Registration must be completed and lodged within two weeks of the pupil's first class. A delay in registration may result in the pupil being uninsured and therefore, unable to attend class.
- Registration is completed via the Revolutionise Sport web-portal. The link will be emailed to all members for registration.

b) Club Fees: This year we have two options:

- 1. Full fee upfront:** if you choose this option, you will need to pay by 28th Feb and are welcome to 5% discount. Please contact [Treasurer](#) for the coupon code before you register.
- 2. Four instalments:** You will need to pay the CVI registration at the time of registration and contact [Treasurer](#) for instalment dates.

Fee Structure per Age group:

Subbies: \$980 (+%5 discount) upfront or \$245 in 4 instalments.

Juniors: \$1020(+%5 discount) upfront or \$260 in 4 instalments.

Seniors: \$1020(+%5 discount) upfront or \$260 in 4 instalments.

******* + Registration \$90 *******

These fees assist the club with: coaching fees, hall hire/equipment, sound equipment, music licenses, competition entry, costumes, medals & trophies and concerts

****A 5% early payment discount**
applies if the whole year's fees are
paid prior to February 28th, 2024.

**For family or early payment
discount; please contact**

Treasurer@Balmoral.asn.au
prior to registration receive a
personalised discount code

Fees to be paid via:

**CREDIT CARD- 2% surcharge plus
transaction fees apply OR**

DIRECT DEBIT:

BANK: Commonwealth Bank of Australia

ACCOUNT NAME: Balmoral Calisthenics Club

BSB: 063106

ACCOUNT NUMBER: 10039846

Please use surname as reference followed by
instalment number e.g. Smith2

d) Rod and Clubs: will need to be hired through the club and returned at the end of the year (unless purchased by the pupil). A \$70 hire fee will be incurred with \$50 refunded when returned at end of year.

e) Aesthetics practise skirt: Coaches to organise purchase (second hand items available).

f) Make Up kits for Competitions: Pupils will be expected to pay for their own make-up kits for competitions. Coaches will provide the kits.



Club Events

FUNDRAISING:

Our major fundraiser each year is usually the Bunnings BBQ. An extra fundraiser may be organised, if required.

DRESS REHEARSAL:

A dress rehearsal is organised prior to the beginning of the competition season. Date to be advised.

PHOTO DAY:

A photo day is an opportunity for members to have team and individual photos in costumes taken. Purchases of these are optional. But all pupils are expected to attend.

PRESENTATIONS:

The club and coaches like to acknowledge the years achievements of teams and individuals. Acknowledgement may be in the form of medals, certificates or trophies.

A black velvet sash is available for a small cost to display the medals.

Long Service Awards are also given to members who have been at Balmoral for 5,10,15 years etc.



CONCERT:

An Annual Concert is held at the end of the year to showcase the hard work and achievements of all members for our families and friends.

This year we are also having a solo concert in February to showcase our soloists, before their competitions.

AGM:

The AGM is held in December each year.

PUPIL SKILLS/CALISTHENICS EXAMS

The Australian Calisthenics Skills Program was developed to raise the standard of calisthenics and ensure pupils learn the right technique and terminology.

The Skills Program is a voluntary, extra-curricular activity run by CVI. Pupils are taught small sets of work over a 6-8 week period and then examined by an external adjudicator. On passing a particular level they will receive a badge/medal and certificate. If you would like more information, please speak to your coach.

ADVERTISING/SPONSORSHIP:

Balmoral Calisthenics Club is continually looking for new sponsors to benefit our members and club.

If you know someone who would like to sponsor Balmoral Calisthenics Club, please contact our President, Anne Cattermole

(Prez@balmoral.asn.au)

RAISING CONCERNS:

We take your concerns seriously and encourage open communication. If you have concerns regarding your child's participation or difficulties in her classes, we suggest approaching the coach in the first instance. If you do not feel comfortable in doing this, please contact the Club President.



Balmoral Calisthenics Club would like to acknowledge that our classes and performances are being held on the traditional lands of the Boonwurrung people of the Kulin Nation, and would like to pay respect to Elders past, present and emerging.



Balmoral Calisthenics values diversity and inclusion in our club. We would love to hear from you if you have any needs to help you feel safe and welcome.



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