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CALISTHENICS BUDERIM

'The Artistic Sport'

INFORMATION
BOOKLET 2020

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WELCOME

We would like to welcome all our new and returning members and their families to Calisthenics Buderim Inc. in 2020. Here at Calisthenics Buderim we believe the art of Calisthenics brings many things to each of our pupils and we encourage each of our pupils to achieve their personal best.

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

Calisthenics Buderim Inc. has a strong team of accredited coaches and volunteers who are dedicated to the sport and their pupils while striving to achieve Fun, Fitness and Friendship.

Calisthenics is a team sport unique to Australia. It brings together aspects of dance, marching, gymnastic techniques and apparatus all choreographed to music and presented on stage at competitions. It encourages strength, development, self-discipline, team spirit and coordination. As well as being a team sport, members can participate in Calisthenics Skills exams and compete in Duo, Solo and Graceful items.

This information booklet has been developed by our committee for our pupils and their families and will be your reference for the year, containing important information. So, we ask that you please keep this handy and refer to it throughout the year.

We would like to wish all our new and returning families the best in this new year at Calisthenics Buderim Inc. We are looking forward to a very exciting year and we hope that you will all have a great year and make new friends, learn new skills, learn new tricks and most importantly have lots of fun along the way.

If you have any questions or concerns, please feel free to email us and one of our club committee members will get back to you as soon as they can.

Yours Truly,

Calisthenics Buderim Inc. Club Committee

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.

Within the first three years Buderim Calisthenics had over 100 pupils enrolled, with three principal coaches being Robyn, Lyndy and Melanie. Within the first year of being open Calisthenics Buderim Sub-Juniors won the state titles.

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.



HOW TO GET IN TOUCH

For all enquiries regarding classes and fees etc you can email

info@calisthenicsbuderim.com, one of our Club Committee members will get back to you as soon as we can.

NOTE: Please refrain from contacting coaches and committee on Facebook messenger. Our coaches and committee volunteer a significant amount of time to our sport, but also have full time jobs, university and families at home to spend time with. To ensure a timely response to any questions you might have, please use the correct contact methods and email us.

YOUR 2020 COACHING TEAM

Tinies Non-Competitive	Coaches: Nicky Coghlan & Bec Coghlan Demonstrators: Bela Bartlett & Maya Tuffnell
Tinies	Coaches: Emily Sunderland & Jessica Sumpton Assistant Coach: Bek Brodie Cadets: Becky Reid & Madi Laherty Demonstrators: Keera Laherty & Bella Henderson
Sub-Juniors	Coaches: Emily Sunderland, Bek Brodie & Elise Hutton Assistant Coach: Lyndy Tolliday Class Helpers: Robyn Bartlett & Ashley Hoffmann Cadet: Jazi Windeyer Demonstrators: Hana Le Compte, Tilda Priest, Kate Lilley, Sierra Andrews, Caitlyn Bruce & Lily Stagoll
Juniors	Coaches: Amanda Kennedy, Erin Lynch & Ellen Hill Cadets: Sophie Furber & Danika Guest Demonstrator: Sienna Guest
Inters	Silver Coach: Nicky Coghlan
Masters	Blue Coach: Bec Coghlan Assistant Coach: Jessica Sumpton
	Head Coach: Nicky Coghlan
	Assistant Coach: Bek Brodie & Amanda Kennedy Cadet: Whitney Edward

CONTACT DETAILS

Please ensure we have your most current up-to-date details, we may need to contact you at short notice with regards to changes to class times or venues etc.

CLASS DETAILS

The below age groups are broken down into the age your child will be turning in 2020.

Age Group	Year Born/Age	Venue	Time
Tinies Non Competitive	2017-2015	Mountain Creek PRIMARY School	Monday 4.00pm - 4.45pm
Tinies	2013-2015	Mountain Creek PRIMARY School	Monday 4.00pm - 5.30pm
Sub-Juniors	2010-2012	Mountain Creek PRIMARY School	Tuesday 4:15pm - 7:15pm *
Juniors	2007-2009	Kawana Tennis Centre	Wednesday 4:30pm - 7:30pm *
Intermediates	2003-2006	Mountain Creek HIGH School	Thursday 5:30pm - 8:30pm *
Masters	26 years and over	Mountain Creek HIGH School	Monday 6:15pm - 8:15pm

***Sub-Juniors, Juniors and Intermediate times will be split following team selection, you will be notified via email once this process has been completed.**

All of our Coaches are qualified Level 1 and are registered with QLD & Australian Calisthenics. They all hold Senior First Aid Certificates and have current Working with Children Blue Cards.

TEAM ALLOCATION

Coaches will split age groups into teams (Blue Team, White Team and/or Silver Team) for some items. This may be based on numbers, height, age or physical ability. This is done to provide a safe inclusive environment for all members and coaches. Therefore, not all members may be in all or every item, some members will move on and off during the item to fit in with coach's choreography. It will be the coach's decision as to which members are in what parts of each item. Please do not approach a coach in relation to team selection.

NOTE: Children 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.

ABSENCES

If your child is sick and/or unable to attend class we ask that you please send a text message to your Team Manager and let them know – unfortunately coaches lose valuable training time waiting for team members to arrive if they are unaware of absences.

COSTS & FEES

Age Group	Registration	Term 1	Term 2	Term 3
Tinies Non Competative	\$65.00	\$90.00	\$90.00	\$90.00
Tinies	\$140.00	\$210.00	\$210.00	\$210.00
Sub-Juniors	\$140.00	\$255.00	\$255.00	\$255.00
Juniors	\$140.00	\$255.00	\$255.00	\$255.00
Intermediates	\$140.00	\$265.00	\$265.00	\$265.00
Masters	\$140.00	\$270.00	\$270.00	\$270.00

***Pan Pacs is excluded from the above fees.**

Registration (per member) covers all QLD Calisthenics (CAQI) and Australian Calisthenics (ACF) fees and insurances – Must be paid by 28th February 2020 (or upon joining after that) each year. Family discounts available for those who have more than one child enrolled in the club. Please contact us for more information.

You are of course welcome to set up a payment plan of smaller more regular amounts. Payments must be kept up to date as we have regular expenses which must be covered. Members must be financial to compete in competitions.

Families are eligible for a 10% discount off annual term fees if the year is paid by 28th February 2020. Please contact us for more information.

PAYMENTS

All fee payments are to be made online to the following account:

Account Name: Calisthenics Buderim
Bank: Suncorp
BSB: 484 799
Account Number: 500 909 033
Reference: SURNAME

Our fees are **ALL INCLUSIVE*** and cover:

- Buderim Membership
- CAQI Membership
- Coaching expenses
- Hall hire
- Hire of costumes
- Stage props
- Hire of rods and clubs
- Club leotard (new members only)
- Stage practice
- Music levy
- Makeup (excl. base foundation)
- Trophy/awards
- Hire of aesthetics skirt
- End of year function
- All extra trainings
- Administration costs and other incidental costs of running a club

* FEES Do not cover the club uniform, state competition DVD and hair accessories for competitions.

CLUB UNIFORM

All competitive members must have a full club uniform including shirt, jacket, pants, club training leotard and white canvas shoes.

We welcome and encourage our parents, siblings and supporters to order club shirts and or jackets, should they wish to wear these to competitions.

Item	Child Size	Adult Size
Club Bag	\$40.00	\$40.00
Club Shirt	\$30.00	\$40.00
Club Tracksuit	\$75.00	\$85.00
Supporter Shirt	\$30.00	\$40.0
Supporter Jacket	\$40.00	\$50.00
Club Leotard*	\$35.00	\$35.00
White Canvas Shoes	\$3.50	\$3.50

* Existing members only

COSTUMES

All costumes remain the property of the club. They must not be washed separately as this causes uneven wear and tear/fading - if washing is required we will recall all leotards so they can be washed as a set. Costumes must not be worn around at home or be taken to school etc. **If there is anyone 'ready, willing & able' to make leotards, we would love to hear from you.** 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 COMPETITIONS

The annual team competitions are the most important events in our Calisthenics year. It is essential that these dates are diarised NOW. Attendance is compulsory at these competitions. If you know of any clashes with any of these dates, please inform your coach immediately (Teams can be penalised if they have members missing during competitions but if Coaches know well in advance it can be easily worked around).

Date	Competition	Venue
31st July - 2nd August 2020	Competition 1	Brolga Theatre and Convention Centre, Maryborough
14th Aug - 16th Aug 2020	Competition 2	Iona Performing Arts Centre, Lindum
4th Sept- 6th Sept 2020	CAQI State Titles	Redcliffe Entertainment Centre, Redcliffe

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 afternoon. This information will be passed onto you as soon as it is provided to us. Please keep the whole weekend free at this stage.

During competitions, the section coach has a duty of care during that age section only. Prior to and after the set competition times, parents are responsible for their children.

SOLO/GRACEFUL GIRL & DUO COMPETITIONS

Date	Competition	Venue
20th - 22nd March	Competition 1	Meridian Plains, Meridian
16th - 17th April	Competition 2	Nerang Bicentennial Community Centre, Nerang
15th -17th May	CAQI State Titles	Redcliffe Entertainment Centre, Redcliffe

Training for Duos, Solos and Gracefuls have commenced for the year, application forms are sent to all financial members at the end of the year for pupils who wish to participate in these. To participate in a Duo, Solo or Graceful members must have passed relevant Calisthenics Skills exams to be eligible to perform at State Competition.

MID YEAR CONCERT

This year we will be hosting our Mid Year Concert on Saturday the 2nd of May 2020 at Mountain Creek State School. This concert will showcase all our Duo, Solos and Gracefuls, plus our Tinies Non-Competitive Team.

We ask all our members, family and friends to attend this event to support all of our performers.

END OF YEAR CELEBRATION/BREAK UP

Our trophy presentation/break up will be held in October 2020. We are still finalising dates and will inform you of this ASAP.

TRAINING DATES

Individual team training calendars will be given out to teams separately. This includes dates of all trainings, stage practice, competitions and concert.

Note – There will be extended trainings during school holidays – and on some public holidays/pupil free days. We understand that some families may be away during some holidays but ask that members attend all trainings wherever possible. If you know of dates that clash with training or competitions – please let your Coach/Team Manager know as soon as possible.

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.

SPONSORSHIP

Do you own, manage or work at a business that may be able to assist us with a monetary sponsorship, donations of goods or services, or donation of a prize/voucher for a raffle? If so we would love to hear from you. Please email info@calisthenicsbuderim.com Any donation large or small is always greatly appreciated.

FUNDRAISING

To keep fees at a minimum fundraising is essential. Fundraising benefits ALL members in ALL teams, therefore ALL families will need to help with fundraising activities the Club undertakes throughout the year.

DRESS CODE

- **Black club training leotards must be worn by all participants across ALL age groups from Tinies Non-Competitive to Intermediates.**

- Crop tops are not acceptable uniform items.

- Black bike pants, or 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.** Pony tails, 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.

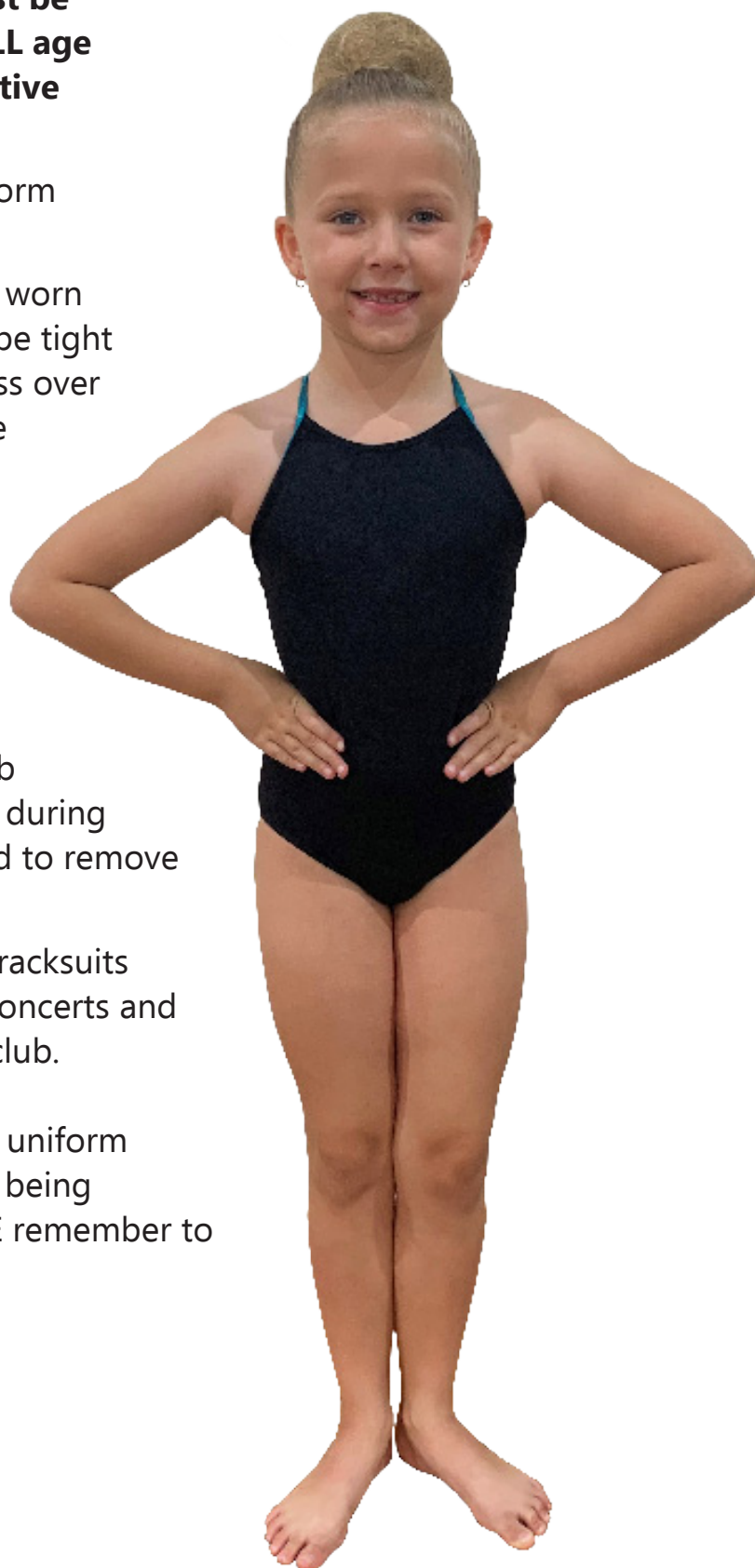
- Buderim Uniform: Club shirt and tracksuits must be worn to all competitions, concerts and any other outing representing our club.

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**



CLASS RULES

- Classes are closed to parents unless otherwise stated by coaches.
- Coaches will determine the suitability of children for recreational or competitive classes. Coaches will determine which members are in which items – not all members may be in all items or in all of every item.
- Remember that children learn best from example. Applaud all efforts by all girls and refrain from making comparisons between girls and their progress.
- You must make sure your area of the hall is clean and tidy before you leave.
- Please name everything as responsibility cannot be taken for things left behind and/or lost equipment.
- No food, lollies etc. during class time, unless a designated break has been scheduled by the coach as this can be a choking risk if coaches are unaware girls have something in their mouth etc. No chewing gum.
- Please remember to go to the toilet prior to the commencement of class.
- Mobile phones are not to be used in class.
- Remember that children learn best from example. Applaud all efforts by all girls and refrain from making comparisons between girls and their progress.
- Members are to wait quietly inside the hall for parents to pick up. Parents please be punctual. (Coaches 'Duty of Care' covers actual class time only – before and after this time is the parents' responsibility).

COMPETITION RULES – THESE APPLY AT ALL COMPETITIONS

- NO videoing or photography allowed during any competition (Only the medal ceremony at the end of each section). You will get the opportunity to order photos and/or a DVD of State Championships in September. (You will also be able to film take photos at the Buderim end of year concert).
- NO movement or talking in the theatre whilst there is a team/item on stage.
- Mobile phones, pagers, games (or any other electronic device) must be turned 'OFF' while in the theatre – they can interfere with the teams music.
- Tickets, stamps, wrist bands must be shown to door usher every time you enter the theatre.
- NO males are allowed in the dressing rooms at any time.
- Please applaud every performer/team you see during the Competition – they are all trying their very best. Please refrain from making comments about any performer or coach – you never know who will be sitting around you.
- Calisthenics Buderim will be given jobs to do at both State Championships (Solo and Team) which we must perform. More info closer to competition time.

CALISTHENICS SKILLS PROGRAM/EXAMS

Calisthenics Skills are not compulsory; however, they are highly recommended for all members who wish to develop their calisthenics skills. They are only compulsory for those members who wish to do duo, solo and graceful work.

Costs are additional to those of team work depending on Test/Exam being undertaken. It consists of approximately 7-8 classes (commencing in September 2020) and an exam with an Interstate Adjudicator. Calisthenics Skills Exams are held in November/December 2020.

Congratulations to the girls who sat for their Pupil Skills exams in November 2019. Thank you to coaches Nicky, Bek, Jess, Elise, Ellen, Emily & Erin, also to our cadet/demonstrators Becky, Danika, Keera, Sierra, Tilda & Kate for giving your time.

DUOS, SOLOS AND GRACEFULS

Duos, Solos and Gracefuls are not compulsory and if participating girls must pass the Calisthenics Skills program. These items are additional to team work and girls participate in these to improve technique, confidence, flexibility and to experience performing on stage in a solo or duo environment. Application forms are sent to all financial members towards the end of each year for expression of interest. The cost to participate in Solos, Duos and Gracefuls are separate to term fees. Members **MUST** be financial members of the club before they can compete in any competitions.

We would like to wish the best of luck to all our girls who are training hard for the upcoming Duo, Solo and Graceful Competitions.

Tinies:	Lulu
Sub-Juniors:	Ally, Bela, Chiara, Felicity, Harley, Jorja, Laila, Maya, Mia, Milayna, Rosie
Juniors:	Caitlyn O, Iris, Kate, Lily C, Lily S, Lorelei, Madison, Maggie, Milly, Matilda, Pippa, Sierra, Skye, Tilda
Inters:	Abbie, Ashlea, Becky, Bella, Caitlyn B, Chris-Lyn, Danika, Hana, Jazi, Lu-Mari, Madi, Sienna, Sophie, Ula,
Masters:	Bec, Jess

2019 Teams



Tinies



Sub-Juniors



Juniors



Intermediates

CALISTHENICS BUDERIM

'The Artistic Sport'

CLUB SONG

"WE ARE THE TEAM IN
AQUA, BLACK AND WHITE

WE HAVE THE AGGREGATE
IN OUR SIGHT

WE HAVE FUN AND
TRY OUR BEST

UNTIL WERE THROUGH
WE'LL NEVER REST

TO BUDERIM CLUB WE ALL BELONG

26 YEARS AND STILL GOING STRONG

CALISTHENICS WE ARE HERE

B...U...D...E...R...I...M

WE WILL CHEER"



FUN, FITNESS & FRIENDSHIP
SINCE 1994



YOUR CLASS DETAILS

FUN, FITNESS AND FRIENDSHIP

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 FUN, FITNESS AND FRIENDSHIP!

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 2019.

IMPORTANT CONTACT DETAILS



www.calisthenicsbuderim.com



facebook.com/CalisthenicsBuderimInc



info@calisthenicsbuderim.com



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