

**ALTONA
YOUTH CLUB
CALISTHENICS INC.**



Calisthenics

so much more than a sport

WELCOME

Hello and welcome to **Altona Youth Club Calisthenics Inc.**

We are delighted you have decided to join our club and look forward to introducing you and your child to the wonderful sport of Calisthenics.

Here at Altona we aim to perform as well as we can, 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 and your child over the coming months. It is people who participate and contribute that makes a happy club and adds so much to shared good times and success.

This booklet has a lot of useful information about the club so please take the time to read through it and if you have any

questions please don't hesitate to speak to your coach or a committee member.



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ALTONA CALISTHENICS

Calisthenics is a unique Australian sport that involves a team of pupils learning routines choreographed to music and presenting those routines at competitions. Pupils learn approximately six routines concurrently throughout the year and this is where the diversity of the sport is seen. Calisthenics is both a sport and an art – it encourages physical development, coordination, self-discipline and team spirit.

HISTORY

Altona Calisthenics was first established in 1967 with 17 pupils under the direction of the late Mrs. Joan Craggs OAM. It has continued to grow and is now a very successful club, winning several State Championships and competitions. In 2017 the club celebrated its 50th Anniversary.

Altona Calisthenics is a competitive club located in Altona, in the western suburbs of Melbourne. We compete at competitions across the metropolitan area in Tinies, Sub-Juniors and Juniors sections and compete at Ballarat, Geelong and Frankston with the Intermediate and Senior groups.

We are a family-friendly club that offers an all-inclusive fee structure that is affordable for all families. We offer classes for all pupils whether experienced or new to the sport under the guidance of qualified Level 1 coaches.

COACHES

Donna Michetti

Principal Coach

I have been involved in calisthenics since I was 15 months old, starting at Albion Calisthenics Club. I was a member of Albion for 30 years, competing from Tinies through to Seniors. In that time I was awarded the prestigious award of Club Girl and also given Life Membership. I also became

Assistant with the younger groups and then realised my passion to develop and extend my experience through younger pupils and quickly developed my own skills to become a calisthenics coach.

In 1999 an opportunity arose at Altona and I became coach of the Tinies, Sub Juniors and Junior sections. Many children were taught calisthenics who had never been introduced to the sport, and in the early years we shred outstanding success as individuals and also receiving many team awards along the way. As a coach you always dream of being the holder of a “State Team Championship” or competition aggregate winners and this happened on several occasions. The biggest joy is seeing the smiles on everyone’s face as the team “come together” and perform on stage to the very best of their ability, knowing that you have taught them the skills required to perform their routines.

In 2006 I became coach of the Seniors and my passion for the sport was extended to another level. By 2008 I was coach of all sections from Tinies to Seniors and wouldn’t have it any other way. I have also been recognised by Altona and awarded Life Membership of this club.

Calisthenics is a passion and has been part of my life for over 50 years. I continue to extend my knowledge and skills to pass on to all of our pupils in hope that one day my dream will become someone else’s. Calisthenics provides many lasting friendships and I am very happy to have had it as part of my life.

Caitlin Michetti.

Having started calisthenics at the age of 18 months and with my mother being a coach you could say that the path to coaching was in my blood from day 1. I commenced at Albion Calisthenics club in 1995 and transferred to Altona in 1999 into the sub-junior section. My love for the sport quickly turned into a passion for helping the younger pupils as I progressed through the sections. It was in the last year of Intermediates that I decided to assist the other groups. In 2015 I undertook the role of Assistant Tinies coach under the guidance of Principal coach Donna which was challenging but a rewarding experience for me. In 2016 I completed my Level 1 Coaching Accreditation and started my coaching career in 2017. I enjoy coaching the Tinies section and assist with the Sub-Junior, Junior and Senior sections.

All coaches hold a level 1 accreditation with Calisthenics Victoria.

All assistants/helpers at the club who help each week with our younger pupils have current working with children checks in accordance with Victorian Child Protection laws.

At Altona Youth Club Calisthenics Inc we are a competitive club that attends up to 5 competitions in and around Melbourne, Geelong, and Ballarat.

Competitions are a lot of fun and are an amazing experience for our pupils to participate in. Parents and families are very

proud watching their child perform on stage improving and growing in confidence each competition.

If you wish that your child does not attend competitions please inform your coaches immediately so they can be registered as a recreational pupil which can perform only at the end of year concert.

CLASS TIMES

All classes are held at the Altona Youth club hall on the corner of Sugargum Drive and Civic Parade Altona. Classes are held for the following age groups

Tinies Monday 5.15pm – 6.15 pm

Sub-Junior Monday 5.15pm -6.45pm

Junior Monday 5.15.pm-6.45 pm

Inters **Tuesday** 5.15pm – 6.45pm

Seniors Monday 6.45pm – 9pm

Masters Tuesday 6.30pm-8.30pm

Classes run during the school holidays and sometimes on public holidays so please inform coaches if your child will be unavailable for any time during these periods. On occasions there are extra practice classes scheduled close to when competitions start and you will be advised of these in advance, so we ask you to make every effort to attend these days. Coaches will request a CD so that music for their

routines can be recorded to enable pupils to practice at home.

When one class follows another please do not enter the hall rooms until that class has finished. Excessive noise can be distracting especially to the very young pupils. Please wait in the foyer or small room.

ABSENCE / ILLNESS / INJURIES

All pupils should be on time for their classes as late comers can cause valuable time to be lost. If your child is going to be absent /late it would be appreciated if you could contact the coaches in advance if possible.

As calisthenics is a team sport we require pupils to be at ALL classes. We understand that injuries and illness can occur so if your child is injured or suffering from an illness (colds, asthma etc) it is important to inform their coach PRIOR to class beginning so their class can be modified accordingly.

FEES / REGISTRATION

Every pupil must be registered with CVI every year. This fee includes insurance whilst your child is at class and competitions. This must be paid in full no later than mid-march.

Class fees are set to cover coach's tuition, competition entry, hall hire, costumes, rods, practice skirt, clubs and shoes if required.

Fees are calculated on 100% attendance from February till the final class of the year, therefore if your child is absent through holidays or illness that class fee needs to be paid.

Fees are payable **BEFORE** classes every week or alternatively you can set up a direct deposit with our treasurer to suit your regular payments (weekly, fortnightly, monthly, lump sum) It is important that **YOU DO NOT FALL BEHIND** in payment of your class fees as this can accumulate to a large amount in arrears. If you have any difficulties in paying on time please speak to our Treasurer immediately.

An administration fee to the club is payable with registration fees each year.

UNIFORMS

What to wear for classes.

All pupils are required to wear a black leotard for all classes. Footless tights or leggings may also be worn, (no bold colours) however no loose pants or socks. Hair needs to be tied back of their face or preferably up in a bun so it does not become a distraction. Long sleeves may be worn under the leotard during the colder months.

COMPETITIONS

Club uniform is **COMPULSORY** for all team members. Jackets may be purchased through the club with orders taken in June. Occasionally we will have some 2nd hand jackets for sale so please check before ordering to save money. Navy blue or black pants are worn with this and footwear must be

black shoes or runners. **NO slippers, thongs or UGG boots** are to be worn to competitions.

You are representing AYCC so we ask all pupils to wear the uniform with pride.

As a club we attend up to 5 competitions during the year including Ballarat for those eligible. Parents and family members attending will need to pay an entry fee to the auditorium. These charges are different at each venue.

When competitions are about to commence you will be given a checklist of what you will need to bring. Any additional items can be ordered and purchased through the club to save time and running around.

COSTUMES.

All costumes belong to the Club. If new costumes are required we have some mothers at present who make the necessary leotards but, this workload is large and time consuming so if you are able to assist with sewing please let your co-ordinator know and your assistance will be greatly appreciated. The other sewing required is the embellishment of the leotard itself and usually one mother will make a sample to the Coaches requirement and this is passed along for all to copy.

If you cannot sew at all please let your co-ordinator know so that arrangements can be made.

Please look after your costumes carefully. Remember they do not belong to you and if they are ruined a charge to replace

that costume will be made to the family. Costumes are not to be worn unless it is for competitions or Club activities.

Please ensure names are on each costume so they do not get mixed up in the change rooms. If repairs are needed please do them as soon as possible.

At competitions food and drink should only be consumed when the costume is fully covered by a robe or track suit.

FUNDRAISING.

During the year we run some activities to assist the club to raise funds to enable us to keep fee costs to a minimum. We hope everyone will support these as all money raised allows the club to purchase new equipment and materials for costumes for all our pupils.

PROPS

We are always in need of parents, especially handy Dad's that are able to assist in the making of some small props. If you would like to help out please let your child's coach know. Also if you are able to help with the transportation of these larger items to competitions and assembling on stage we would be most grateful for your help.

PHOTOS

Club photos both team and solo are organised by the club. These are scheduled for September each year. We have a professional photographer take all photos and these will be available to purchase on a CD to print copies to suit your family.

END OF YEAR CONCERT AND MEDAL PRESENTATION

At the conclusion of the calisthenics season the club holds a concert to display all sections their competition items to all our families and friends. This is generally held in early November. Medals received during competitions and service awards are presented to the pupils on this special day.

Dress rehearsal for this event is conducted on the Thursday prior to the weekend with all pupils expected to attend. The concert is professionally recorded and a copy is distributed to all our families.

BREAK UP PARTY

After such a busy year it's time to have some fun. The club holds a break up party at a local trampoline and fun venue. Dates are advised towards the end of the season.

SPECIAL REQUESTS

As a directive from CVI and the Altona Youth Club we ask that **no one smokes in the hall or within 5 metres of front doors at any time.** This is due to the sponsorship of CVI by Vic health and Hobsons Bay Council and the promotion of safe and healthy sports.

If you are waiting in the Committee Room to pick up children please make sure that other siblings do not climb all over the furniture for safety reasons.

Parents can you please ensure you arrive on time to collect your child after classes or make arrangements for someone

to do so for you if delayed. Children are not be permitted to wait outside the hall.

General Code of Conduct

Australian Calisthenic Federation Member Protection Policy
General Code of Behaviour

As a person required to comply with this Policy, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by ACF, a Member State or an Affiliated Club and in any role you hold within ACF, a Member State or an Affiliated Club:

1. Respect the rights dignity and worth of others.
2. Be fair, considerate and honest in all dealing with others.
3. Be professional in, and accept responsibility for your actions.
4. Make a commitment to providing quality service.
5. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example.

6. Be aware of, and maintain an uncompromising adherence to ACF standards, rules, regulations and policies.
7. Operate within the rules of ACF including national policies and guidelines which govern ACF and the Member States.
8. Understand your responsibility if you breach, or are aware of any breaches of this Code of Behaviour.
9. Do not use your involvement with ACF, a Member State or an Affiliated Club to promote your own beliefs, behaviours or practices where these are inconsistent with those of ACF, the Member States or the Affiliated Clubs.
10. Avoid unaccompanied and unobserved activities with persons under 18 years of age, wherever possible.
11. Refrain from any form of abuse towards others.
12. Refrain from any form of harassment towards, or discrimination of, others.
13. Provide a safe environment for the conduct of the activity.
14. Show concern and caution towards others who may be sick or injured.
15. Be a positive role model.

Parents Code of Conduct

Australian Calisthenic Federation Member Protection Policy

Parent/Guardian Code of Behaviour

In addition to the General Code of Behaviour, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by ACF, a Member State or an Affiliated Club and in your role as a parent/guardian of a participant of ACF, a Member State or an Affiliated Club:

1. Treat your child the same irrespective of them winning or losing.
2. Remember that your child participates in the sport of calisthenics for their enjoyment not yours.
3. Try to have fun when you are around your children at competitions. Well-directed humour can be a great de-stressor.
4. Look relaxed, calm and positive on the sidelines.
5. Make friends with other parents at competitions.
6. Get involved in appropriate ways if your child or the coach behaves in unacceptable ways during competitions.

7. Let the coach do the coaching.
8. Understand that children will benefit from a break sometimes and that involvement in other sports is okay.
9. Be there when your child performs poorly. Be an understanding listener rather than a critic, judge and/or fixer.
10. Be prepared to give your child some space so that he/she can grow and develop as an independent person.
11. Let your child know that your love for them is not associated with their sporting performances.
12. Communicate with your child and ask them how they are really feeling about their sport and about competing in particular.
13. Occasionally let your child compete without you being there and hovering over them.
14. Emphasise the good things your child did in preparing for and during the competition.

POLICIES

At Altona Youth Club Calisthenics Inc. we have a commitment to child safety whilst your child is attending classes at our club. Our committee and coaching staff are committed to ensuring all correct policies and procedures are adhered to at all times. If at any time you wish to view this policy please contact our committee members.

All our coaching staff, committee members and helpers have current working with children credentials.

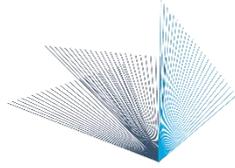
Coaches and committee have current first aid certificates.

MEETINGS

Altona Youth Club Calisthenics Inc. is run by a committee.

The committee and coaches meet at the hall every 2 months to discuss business.

Our Annual General Meeting to elect office bearers is held on the first Monday of March each year



AFFILIATE LEADING CLUB
CALISTHENICS VICTORIA

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