

Welcome to Seaton Calisthenics Club

History and Background

Seaton Calisthenics Club was established in 1951 and maintains a successful reputation within the Calisthenics Association of South Australia (CASA).

Calisthenics fosters confidence, discipline and teamwork whilst providing department, exercise, flexibility, co-ordination and strength for girls of all ages and capabilities. Our dedicated team of coaches is committed to the ongoing development of both the girls and the club.

Age Groups

Calisthenics classes are divided into groups according to age. This allows the girls to develop their skills and friendships with others of a similar age. Seaton Calisthenics Club caters for girls in all age groups ensuring continuity for each girl. The age groups are as follows:

Tinies:	6 years and under
Sub Juniors:	9 years and under
Juniors:	12 years and under
Intermediates:	16 years and under
Seniors:	16 years and over

(ages as at 31st December each year)

Syllabus

Tinies:	} Song & Dance, March and Exercises
Sub Juniors:	
Juniors:	
Intermediates:	
Seniors:	

Various dance types, March, Exercises and two types of apparatus—Clubs and Rods.

Classes

Classes are held once a week. After the August competitions *all girls* of each section practice together with the senior coach of that age group. Girls are then selected into teams according to compatible skills which ensures each girl receives the utmost enjoyment and skills development. We request that *all girls* arrive at class **10 minutes** prior to the allocated commencement time to ensure prompt start and adequate warm up period.

Costs

Seaton Calisthenics Club is a community and not for profit making club. At all times we endeavour to keep our costs to a minimum.

Annual Registration Fee

This is payable in full by the 1st week of March each year and covers all CASA imposed costs, stage props and club administration costs.

Class Fee

The class fee for each child covers the cost of teaching, hall hire, music etc. Each parent is requested to make class payment each week to the Team Desk Person.

Unless prior notice is given to your child's Desk Person of a period of more than 3 weeks absence during the year due to serious illness, extended holidays, etc, **payments are expected to be made for all missed classes.**

The club also requests that parents pay weekly into a **Costume Account** to ease the burden of a lump sum payment. This account is to be up to date and finalised prior to the completion of competitions. However, if you wish to make a lump sum payment at any time prior, you are encouraged to do so. Your Team PR Person and Team Desk Person will advise you on the recommended amount to be paid into your costume account. Your Desk Person will advise you of the maximum cost of your costume as set by the committee.

State Competitions

Each team other than Tinies competes annually in the CASA State Competitions held in May and August at the Royalty Theatre. Tinies will perform at the Royalty Theatre in a demonstration only. Some additional practices are held in age groups above Tinies prior to the CASA State Competitions. This provides the girls with extra skills and confidence to do well at competition time.

May Competitions

During May competitions, all girls wear a hired black club leotard.

Club Concerts

A Mid Year concert is held prior to the August competitions, providing the girls with stage experience in front of an audience and also parents with the opportunity to enjoy the girls achievements on stage. An End-of-Year concert is held in September. Dates for competitions and concerts are advised as soon as they become available.

State and National Teams

The Calisthenics Association of South Australia selects State teams for interstate competition. Girls from age groups of Sub Juniors and over have the opportunity to be selected in National teams.

Club Jackets

All girls wear the club jacket with black pants when representing the club at CASA State Competitions and public functions where the club is performing. Orders are placed in approximately March/April each year. Jackets in smaller sizes can be hired from the club for these occasions.

Leotards

The club has a stock of leotards and these are hired at a nominal fee for competition use.

All girls are to be appropriately attired at lessons as directed by their coach.

Costumes

Costumes are used during the year. Coaches of each team design the costume for their respective team(s) and purchase the material in bulk to save costs. There are several dressmakers within the club who if required will make your child's costume at a nominal cost to you. Parents are to pay the dressmaker prior to receiving the costume. Parents are required to add trimming (eg sequins/braid) to the basic costume.

Experienced parents and your Team PR Person will assist with any problems you may encounter. Parents are encouraged **to stay at** their child's class so any problems with costumes can be addressed.

Clubs and Rods (apparatus)

From Sub Junior level upwards, clubs and rods are used for part of their work. The club has equipment available for hire.

Information Sessions

Information sessions will be held at the beginning of each year to assist our new members.

Club Administration and Committee

Seaton Calisthenics Club is administered by a committee (volunteers) who are selected to represent you as parents and your child/ren. Election of office bearers of President, Vice President, Treasurer, Secretary, Public Officer and General Committee Members, are at the Annual General Meeting held in March of each year. All Parents are requested to attend the Annual General Meeting.

Committee meetings are held on the 2nd Tuesday night of every month. The committee you elect is responsible for catering to the needs of both the girls and the teams, in a cost efficient manner. The committee is a group of dedicated volunteers and its members are always available to assist you whenever possible. Please do not hesitate to contact the President if you have any questions relating to the club.

Parental Involvement

As a community club we can only be as strong as our members and their families. Family participation is highly valued. The committee endeavours to keep costs to a minimum and reviews the budget annually. To avoid paying outsiders fees there are a few areas in which assistance is required. These are:

- Team PR Person
- Team Desk Person for collection of weekly monies
- Help make and paint stage props
- Fundraising—helping out at Quiz nights, bingo nights, sausage sizzles, concerts and raffles etc.
- Joining the committee

Seaton Calisthenics Club



The Family Friendly Club

“Collectively maintaining the reputation, success and integrity within the Calisthenics Community and responsible ownership of The Seaton Calisthenics Club”.