



# **LAURIMAR CALISTHENICS COLLEGE**

Member Information Booklet

2020

# Contents

Mission	3
What is Calisthenics?	4
Club Profile	5
Key Contacts	6
Membership, Fees, Uniforms, Attire & Equipment	6
Classes	12
Attendance	14
Events	14
Our Major Sponsor	14
Code of Conduct	15

# Mission

The success of the club is reliant on 4 main areas:

1. Students
2. Coaches
3. Families
4. Community

The above is the 4 key principles Laurimar Calisthenics works tirelessly to implement which leads to our Mission Statement:

"Laurimar Calisthenics will provide a welcoming, professional environment that nurtures, enhances, and recognises individual commitment to a collective goal. A goal that embraces the student, the team, the club, and the community. Providing processes that are professional, informed and up to date with clear outcomes."

"Concentrating on the processes and allowing the outcomes to take care of themselves"

Laurimar Calisthenics College

# What is Calisthenics?

Calisthenics can be categorised as both a sport and an art. As a sport it encourages physical development, coordination, self-discipline and team spirit. As an art it develops an appreciation of music and rhythm, the beauty of correct technique and the excitement of performing.

Laurimar students will learn routines that incorporate elements of gymnastics, ballet and apparatus manipulation. They will learn different forms of dance, singing and acting.

Laurimar students perform at a number of competitions throughout the year, as a team.

Laurimar students will flourish in a safe, happy environment.

# Club Profile

Laurimar Calisthenics College (LCC) was established in 2012, and is located in Doreen (26km North East from Melbourne's CBD in the Shire of Whittlesea). All classes are held at two modern training facilities in Doreen:

- Brookwood Community Centre - 25 Hazel Glen Drive Doreen
- Plenty Valley Christian College - 840 Yan Yean Road Doreen Laurimar

LCC offers Calisthenics tuition for:

- Kinder Tots starting at 2 years of age
- Tinies (7 years & under)
- Sub Juniors (10 years & under)
- Juniors (13 years & under)
- Intermediates (17 years & under)
- Seniors (16 years+)
- Masters (26 years+)

LCC also offers Calisthenics skills exams and Solos by invitation only. Technique classes, special guest teachers and coaching cadet opportunities are offered.

Cali Vic [www.calisthenics.asn.au](http://www.calisthenics.asn.au) oversees the operations for Calisthenics in Victoria and makes decisions pertaining to the direction of the sport.

LCC offers performing opportunities to all pupils and to compete at various competitions during the year as well as our Annual concert held in October. Kinder tots are recreational and therefore only perform at our Annual concert.

To join Laurimar Calisthenics please contact us at any of the following, to book your place in any of our classes:

- **Donna Tieman:** 0417 012 916
- **Liz Bolzon:** 0438 021 892
- **Email:** [laurimarcalisthenics@gmail.com](mailto:laurimarcalisthenics@gmail.com)
- **Website:** [www.laurimarcalisthenics.com.au](http://www.laurimarcalisthenics.com.au).

***All new members receive 2 FREE trial classes and will be required to fill out a registration form, medical form and privacy statement.***

# Key Contacts

## **Enquiries/Enrolments:**

Donna Tieman: 0417 012 916 or  
Liz Bolzon: 0438 021 892  
Email: [laurimarcalisthenics@gmail.com](mailto:laurimarcalisthenics@gmail.com)  
Website: [www.laurimarcalisthenics.com.au](http://www.laurimarcalisthenics.com.au)

## **Principals:**

Donna Tieman: 0417 012 916  
Liz Bolzon: 0438 021 892  
Email: [laurimarcalisthenics@gmail.com](mailto:laurimarcalisthenics@gmail.com)

## **Finances:**

Liz Bolzon: 0438 021 892  
Email: [laurimarcalisthenics@gmail.com](mailto:laurimarcalisthenics@gmail.com)

# Membership, Fees, Uniforms, Attire & Equipment

## **Schedule of class costs 2020**

The following cost is per pupil and includes, class fee, costume hire fee including headpieces, equipment hire, competition entry fee and the new lighting/DLP fee.  
We offer a sibling discount as shown below. We do not refund missed classes or if a pupil leaves Mid term they will forfeit their term fees\*. Any pupils starting during the year will have fees calculated accordingly.

Invoices are issued the first week of term with strictly 14 days payment required.

## **TOTS: \$430 PER ANNUM**

	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>
Child 1	\$130	\$150	\$150
Child 2	\$117	\$135	\$135
Child 3	\$104	\$120	\$120

A 10% discount is offered if the years class fees are paid, in full, up front, in March, so total cost would be \$387.00 \*No Refunds\*

## **Tots \$430 per annum**

Term 1 invoice issued [4/3](#) with payment [due 18/3](#)  
Term 2 invoice issued [15/4](#) with payment [due 29/4](#)  
Term 3 invoice issued [15/7](#) with payment [due 29/7](#)

# Membership, Fees, Uniforms, Attire & Equipment

## **TINIES: \$680 PER ANNUM**

	Term 1	Term 2	Term 3
Child 1	\$210	\$235	\$235
Child 2	\$189	\$211.50	\$211.50
Child 3	\$168	\$188	\$188

A 10% discount is offered if years fees paid, in full, up front, in February, so total cost would be \$612

\*No Refunds\*

### **Tinies \$680 per annum**

Term 1 invoice issued [5/2](#) with payment [due 19/2](#)

Term 2 invoice issued [15/4](#) with payment [due 29/4](#)

Term 3 invoice issued [15/7](#) with payment [due 29/7](#)

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## **SUB-JUNIORS: \$845 PER ANNUM**

	Term 1	Term 2	Term 3
Child 1	\$265	\$290	\$290
Child 2	\$238.50	\$261	\$261
Child 3	\$212	\$232	\$232

A 10% discount is offered if years fees paid, in full, up front, in February, so total cost would be \$750.50

\*No Refunds\*

### **Sub-Juniors \$845 per annum**

Term 1 invoice issued [3/2](#) with payment [due 17/2](#)

Term 2 invoice issued [14/4](#) with payment [due 28/5](#)

Term 3 invoice issued [13/7](#) with payment [due 27/7](#)

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## **JUNIORS : \$920 PER ANNUM**

	Term 1	Term 2	Term 3
Child 1	\$290	\$315	\$315
Child 2	\$261	\$283.50	\$283.50
Child 3	\$232	\$252	\$252

A 10% discount is offered if years fees paid, in full, up front, in February, so total cost would be \$828

\*No Refunds\*

### **Juniors \$920 per annum**

Term 1 invoice issued [6/2](#) with payment [due 20/2](#)

Term 2 invoice issued [16/4](#) with payment [due 30/4](#)

Term 3 invoice issued [16/7](#) with payment [due 30/7](#)

# Membership, Fees, Uniforms, Attire & Equipment

## **INTERS: \$920 PER ANNUM**

	Term 1	Term 2	Term 3
Child 1	\$290	\$315	\$315
Child 2	\$261	\$283.50	\$283.50
Child 3	\$232	\$248	\$248

A 10% discount is offered if years fees paid, in full, up front, in February, so total cost would be \$828  
\*No Refunds\*

### **Inters \$920 per annum**

Term 1 invoice issued [5/2](#) with payment [due 19/2](#)

Term 2 invoice issued [15/4](#) with payment [due 29/4](#)

Term 3 invoice issued [15/7](#) with payment [due 29/7](#)

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## **SENIORS: \$1010 PER ANNUM**

	Term 1	Term 2	Term 3
Pupil 1	\$310	\$350	\$350
Pupil 2	\$279	\$315	\$315
Pupil 3	\$248	\$280	\$280

A 10% discount is offered if years fees paid, in full, up front, in February, so total cost would be \$909.  
\*No Refunds\*

### **Seniors \$1010 per annum**

Term 1 invoice issued [5/2](#) with payment [due 19/2](#)

Term 2 invoice issued [15/4](#) with payment [due 29/4](#)

Term 3 invoice issued [15/7](#) with payment [due 29/7](#)

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## **MASTERS: \$680 PER ANNUM**

	Term 1	Term 2	Term 3
	\$200	\$240	\$240

A 10% discount is offered if years fees paid, in full, up front, in February, so total cost would be \$612.  
\*No Refunds\*

### **Masters \$680 per annum (\$250 per term)**

Term 1 invoice issued [20/2](#) with payment [due 5/3](#)

Term 2 invoice issued [16/4](#) with payment [due 30/4](#)

Term 3 invoice issued [15/7](#) with payment [due 29/7](#)



# Membership, Fees, Uniforms, Attire & Equipment

## Laurimar Calisthenics Account Number

Funds can be deposited into any Bendigo Bank or your can transfer funds to the account number below:

**BSB: 633 108**

**Account Number: 144776838**

**Account Name: Laurimar Calisthenics**

**Ref: Enter Invoice number**

# Membership, Fees, Uniforms, Attire & Equipment

## Club Uniform

The LCC club uniform is worn to competitions and LCC events.  
Club uniform orders/fittings will take place in Term 2 (April).  
The uniform orders will only be taken at this time as to keep our costs minimal we can only submit a bulk order.

Orders will be placed via TryBooking.

Plain black tracksuit pants or dance pants will need to be purchased by pupils from Kmart/Target etc.  
Black footwear to be worn at competitions/LCC events  
The uniform is not compulsory for Tots  
The uniform is available to parents/families

## Body Stockings

This is a flesh coloured garment and must be worn under each costume. This ensures pupils are appropriately covered when changing between items and under costumes. This garment also ensures that pupils don't wear incorrect undergarments under costumes.

Juniors, Intermediates and Seniors need to arrange their own body stockings. (A variety of ballet shops stock these items).

For the younger pupils Tinies and Sub Juniors they will be fitted in class by your Group Representative at the end of Term 1. This cost is additional and is approx. \$35.

## Club Bag or Back Pack (Optional)

LCC offers a black/teal/white club sports bag or back pack with the LCC logo on it. The bag is also personalised with the pupils name on it.

## Club Costume Bag (Optional)

LCC offers a costume bag with the LCC logo on it. This bag can also be personalised with the pupil's name on it.

# Membership, Fees, Uniforms, Attire & Equipment

## What to wear to class?

Calisthenics is performed in bare feet so we don't wear shoes in our classes.

Plain Black leotard, black leggings/tights footless. Tights are optional in warmer weather.

Black crossover top/wrap can be worn in the cooler months.

Hair to be tied back off face, no dangly earrings/jewellery for safety reasons.

Items can be purchased at Kmart, Target or a dance shop.

**Masters** - Black fitted t-shirt/top, black leotard, black footless leggings

## What to bring to class?

Each pupil is required bring a drink bottle or a bottle of water to every class.

Please label with their name.

## Snack:

Sub-Juniors and Juniors - Please bring a healthy snack to each class for a fruit/veggie break. Something easy to eat that is a fruit or vegetable.

**Note: We also have a NO NUT policy.**

THERE IS STRICTLY NO FOOD OR DRINK, WATER ONLY (THIS INCLUDES NO COFFEE)  
TO BE CONSUMED IN THE PLENTY VALLEY CHRISTIAN COLLEGE GYMNASIUM AREA

# Classes

## CLASSES COMMENCE 2020

Note: Age groups are determined by the pupil's age on the 31st of December in the year of enrolment. I.e. If you are turning 7 in 2020 you will be in Tinies

Day	Section	Time	Venue
Monday 3/02/20	<b>SUB JUNIORS (8-10yrs)</b> Co -Coaches: Donna Tieman & Stephanie White Coaches: Karen White, Renee Kueffer	4:15pm-7pm (Finish at 6.30pm in Feb)	Plenty Valley Christian College Multi Purpose Hall 840 Yan Yean Rd Doreen
Wednesday 5/02/20	<b>SENIORS (16years &amp; over)</b> Coaches: Angela Duncan-Smith & Kathryn Parnell	6:45pm -10.15pm	Plenty Valley Christian College Multi Purpose Hall 840 Yan Yean Rd Doreen
*Wednesday 4/03/20	<b>KINDER TOTS (2-4yrs)</b> Head Coach: Donna Tieman  <b>Non Competitive</b>	1:45pm-2:30pm	Brookwood Community Centre 25 Hazel Glen Drive Doreen (Cnr Brookwood Ave)
Wednesday 5/02/20	<b>TINIES (4-7years)</b> Head Coach: Donna Tieman Coaches : Karen White, Paige Barass Assistant: Sarah Loncarevic	4.00pm – 5:30pm	Brookwood Community Centre 25 Hazel Glen Drive Doreen (Cnr Brookwood Ave)
Wednesday 5/02/20	<b>INTERMEDIATES (17yrs &amp; under)</b> Co-Coaches : Megan Agar & Liz Bolzon	6.00pm – 9.00pm	Plenty Valley Christian College Multi Purpose Hall 840 Yan Yean Rd Doreen
Thursday 6/02/20	<b>JUNIORS (10-13 years)</b> Co-Coaches: Liz Bolzon & Tayla Bolzon Coaches : Maddy Leahy, Megan Agar	4:15pm-7:15pm	Plenty Valley Christian College Multi Purpose Hall 840 Yan Yean Rd Doreen
Thursday 20/02/20	<b>MASTERS (26 years+)</b> Head Coach : Liz Bolzon	7:30pm-9:30pm	Plenty Valley Christian College Multi Purpose Hall 840 Yan Yean Rd Doreen

Kinder Tots – Parents can view the class through the glass door

All other classes - Parents are encouraged to leave their child within the class environment as there will be designated parent viewing nights throughout the year

# Classes

## CLASSES COMMENCE:

Sub Juniors Commence:	Monday 3 <sup>rd</sup> February 2020 at 4:15pm
Seniors Commence:	Wednesday 5 <sup>th</sup> February 2020 at 6:45pm
Tinies commence:	Wednesday 5 <sup>th</sup> February 2020 at 4:00pm
Juniors Commence:	Thursday 6 <sup>th</sup> February 2020 at 4:15pm
Intermediate Commence:	Wednesday 5 <sup>th</sup> February 2020 at 6pm
Masters Commence:	Thursday 20 <sup>th</sup> February 2019 at 7:30pm
Tots Commence:	Wednesday 4 <sup>th</sup> March 2019 at 1:45pm

## Competitions/Performances

Competitions are a fun and great way for the students to perform and showcase their routines they have worked hard on all year to an audience. The students develop wonderful confidence, teamwork and performing skills, which is very rewarding. Most of our competitions are in Melbourne surrounding suburbs. Competition dates are released by Cali Vic (Calisthenics Victoria) [www.calisthenics.asn.au](http://www.calisthenics.asn.au) end May each year. As soon as we receive these dates we will then advise you.

Competitions are held between July-October.

**It is compulsory for all Laurimar pupils to attend all competitions.**

- Kinder Tots - perform 2 items at the Annual Concert only (no competitions)
- Tinies - 3 competitions per year
- Sub-Juniors - 4 competitions per year including Royal South Street (RSS).
- Juniors – 4 competitions per year including Royal South Street (RSS).
- Intermediates and Seniors- 5 competitions per year including Royal South Street (RSS).
- Masters- 3 competitions per year
- Royal South Street Ballarat Eisteddfod is in Ballarat in October. This will require overnight accommodation at a cost to families.

At each Competition parents will be required to purchase a ticket to be able to watch in the theatre. This can vary from \$15-\$25. This is charged by the Theatre not by LCC.

## Competition Dates

Can be found on [www.laurimarcalisthenics.com.au](http://www.laurimarcalisthenics.com.au) under "Competitions".

**Competitions are held from July to October each year.**

# Attendance

There is an expectation at LCC that pupils must attend classes on a weekly basis. As this is a team based sport attendance is the key to the success and progress of the individual and most importantly the team. To avoid pupils missing vital parts of the learning process we encourage all pupils to ensure they attend their weekly class. It is compulsory once part of the team that all pupils are available to attend competitions. Any absent pupils from competitions results in penalties for the team. We find that pupils with excellent attendance show further progression and confidence with performing. We want to ensure every pupils is the best they can be and trust that you will support us with our attendance policy.

We understand pupils can have illness, injury, school camps and other reasons that can prevent them from attending class. For safety reason, it is a requirement that pupils/parents please contact us prior to your class starting via phone, email or text if you are unable to attend.

# Events

**The LCC Annual Concert will be held at Loyola College (Magis Performing Arts Centre) 325 Grimshaw St, Watsonia 3087.**

Save the date: **SUNDAY 25<sup>th</sup> October at 1pm**

Presentation day is held at Plenty Valley Christian College, 840 Yan Yean Rd Doreen (Date TBA)

**Make sure you keep an eye on our website for up-to-date information throughout the year!**

**[www.laurimarcalisthenics.com.au](http://www.laurimarcalisthenics.com.au)**

# Our Major Sponsor

We are so thrilled to have Technika supporting us in 2020.



# Code of Conduct

## PARENT/GUARDIAN CODE OF BEHAVIOUR

Please allow experienced and qualified Coaches do the coaching.

Treat your child the same, irrespective of them winning or losing.

Treat your child the same, irrespective of what team they are selected in.

Always remember that your child participates in calisthenics for their own enjoyment.

Have fun at competitions – well directed humour can be a great de-stressor.

Remain relaxed, calm and positive on the sidelines.

Emphasise the good things your child did in preparing and during the competition.

Be a positive role model.

Please no photography in the dressing room or from the audience – as per Cali Vic guidelines.

Adhere to the Cali Vic Communications Policy for social media which can be found on our website.

### PLEASE AVOID:

- Telling your child what he/she did wrong at or after a competition
- Comparing your child's performance with those of other children
- Commenting on our team or any other team while in the audience
- Commenting on the adjudicator or her results
- Posting negative comments on social media
- Posting photos of any other child than your own on social media

## PARTICIPANTS CODE OF CONDUCT

Respect the rights, dignity and worth of fellow participants, coaches, officials and spectators.

Respect the talent, potential and development of fellow team members and competitors.

Care and respect the equipment provided to you as part of the program.

Be frank and honest with your coach regarding any illness or injury and your ability to train.

Conduct yourself in a professional manner relating to language, temper and punctuality.

Abide by the rules.

Respect the adjudicator and her decisions.

Be honest in your attitude towards training – work equally hard for yourself, your coach and your team mates.

Be frank and honest with your coach regarding any illness or injury and your ability to train PRIOR TO CLASS/COMPETITIONS COMMENCING

# Code of Conduct

Always co-operate with coaches and allow them to prepare you to compete at the highest level.

Refrain from posting negative comments on social media - Consider the outcome of all posts on social media and their effect on others.

Adhere to the Cali Vic Communications Policy for social media which can be found on on the Cali Vic website [www.calisthenicsvictoria.asn.au](http://www.calisthenicsvictoria.asn.au)