



LAURIMAR CALISTHENICS COLLEGE

Member Information Booklet

2022

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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 and 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."

Enjoyment, team spirit and fun for all our students is our goal.

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, dancing and calisthenics apparatus.

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

Laurimar students will flourish in a safe and happy environment.

Club Profile

Laurimar Calisthenics College (LCC) was established in 2012, and is located in Doreen. 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

LCC offers Calisthenics classes 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 Solo's by invitation only. Technique classes, special guest teachers and coaching cadet opportunities are offered.

CaliVic oversees the operations for Calisthenics in Victoria and make the decisions pertaining to the direction of the sport. for more information can be found at www.calisthenics.asn.au.

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

To join Laurimar Calisthenics see the following page for contact details.

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

Donna Tieman: 0417 012 916

Email: laurimarcalisthenics@gmail.com

Website: www.laurimarcalisthenics.com.au

Membership, Fees, Uniforms, Attire & Equipment

Schedule of class costs 2022

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 third week for Term 1 and first week for Terms 2 and 3. Payment terms are strictly 14 days.

TOTS : \$430.00 TOTAL COST PER YEAR

	Term 1	Term 2	Term 3
Child 1	\$143.00	\$143.00	\$143.00
Child 2	\$129.00	\$129.00	\$129.00
Child 3	\$116.50	\$116.50	\$116.50

A 10% discount is offered if the total years class fees are paid in full in March. The total cost would then be \$387.00

No Refunds

Term 1 invoice issued [09/03](#) with payment [due 23/03](#)

Term 2 invoice issued [27/04](#) with payment [due 11/05](#)

Term 3 invoice issued [13/07](#) with payment [due 27/07](#)

Membership, Fees, Uniforms, Attire & Equipment

TINIERS : \$774.00 TOTAL COST PER YEAR

	Term 1	Term 2	Term 3
Child 1	\$258.00	\$258.00	\$258.00
Child 2	\$232.20	\$232.20	\$232.20
Child 3	\$209.00	\$209.00	\$209.00

A 10% discount is offered if the total years class fees are paid in full in March.
The total cost would then be \$695.70

No Refunds

Term 1 invoice issued [16/02](#) with payment [due 02/03](#)

Term 2 invoice issued [27/04](#) with payment [due 11/05](#)

Term 3 invoice issued [13/07](#) with payment [due 27/07](#)

SUB-JUNIORS : \$940.50 TOTAL COST PER YEAR

	Term 1	Term 2	Term 3
Child 1	\$313.50	\$313.50	\$313.50
Child 2	\$282.00	\$282.00	\$282.00
Child 3	\$254.00	\$254.00	\$254.00

A 10% discount is offered if the total years class fees are paid in full in February.
The total cost would then be \$846.00

No Refunds

Term 1 invoice issued [14/02](#) with payment [due 28/02](#)

Term 2 invoice issued [25/04](#) with payment [due 09/05](#)

Term 3 invoice issued [11/07](#) with payment [due 25/07](#)

JUNIORS : \$997.50 TOTAL COST PER YEAR

	Term 1	Term 2	Term 3
Child 1	\$332.50	\$332.50	\$332.50
Child 2	\$299.25	\$299.25	\$299.25
Child 3	\$269.50	\$269.50	\$269.50

A 10% discount is offered if the total years class fees are paid in full in March.
The total cost would then be \$898.20

No Refunds

Term 1 invoice issued [17/02](#) with payment [due 03/03](#)

Term 2 invoice issued [28/04](#) with payment [due 12/05](#)

Term 3 invoice issued [14/07](#) with payment [due 28/07](#)

Membership, Fees, Uniforms, Attire & Equipment

INTERS : \$1038.00 TOTAL COST PER YEAR

	Term 1	Term 2	Term 3
Child 1	\$346.00	\$346.00	\$346.00
Child 2	\$311.50	\$311.50	\$311.50
Child 3	\$280.50	\$280.50	\$280.50

A 10% discount is offered if the total years class fees are paid in full in March.
The total cost would then be \$934.20

No Refunds

Term 1 invoice issued [17/02](#) with payment [due 03/03](#)

Term 2 invoice issued [28/04](#) with payment [due 12/05](#)

Term 3 invoice issued [17/07](#) with payment [due 28/07](#)

SENIORS : \$1180.00 TOTAL COST PER YEAR

	Term 1	Term 2	Term 3
Pupil 1	\$393.00	\$393.00	\$393.00
Pupil 2	\$354.00	\$354.00	\$354.00
Pupil 3	\$319.00	\$319.00	\$319.00

A 10% discount is offered if the total years class fees are paid in full in February.
The total cost would then be \$1062.00

No Refunds

Term 1 invoice issued [14/02](#) with payment [due 28/02](#)

Term 2 invoice issued [25/04](#) with payment [due 12/05](#)

Term 3 invoice issued [11/07](#) with payment [due 25/07](#)

MASTERS : \$690.00 TOTAL COST PER YEAR

	Term 1	Term 2	Term 3
	\$230.00	\$230.00	\$230.00

A 10% discount is offered if the total years class fees are paid in full in March.
The total cost would then be \$621.00

No Refunds

Term 1 invoice issued [10/03](#) with payment [due 24/03](#)

Term 2 invoice issued [28/04](#) with payment [due 12/05](#)

Term 3 invoice issued [14/07](#) with payment [due 28/07](#)

Membership, Fees, Uniforms, Attire & Equipment

Laurimar Calisthenics Account Number

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

BSB: 633 000

Account Number: 155864820

Account Name: Laurimar Calisthenics

Ref: 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 do not wear the incorrect undergarments under their costumes.

Tinies, Subbies, Juniors, Intermediates and Seniors will need to arrange their own body stockings. (A variety of ballet shops stock these items). Your group rep will have information closer to competitions.

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 pupil's 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 to bring a drink bottle or a bottle of water to every class. Please label it with their name.

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

Classes

CLASSES COMMENCE 2022

Note: Age groups are determined by the pupil's age on the 31st of December in the year of enrolment - Example: If you are turning 7 in 2022 you will be in Tinies

Day	Section	Time	Venue
Monday 31/01/2022	SUB JUNIORS (8-10yrs) Head Coach: Donna Tieman Coaches: Karen White & Sarah Loncarevic Assistants: Ariane King & Chloe Fraser	4:15pm - 6.30pm	Plenty Valley Christian College Multi Purpose Hall 840 Yan Yean Rd Doreen
Wednesday 23/02/2021	KINDER TOTS (2-4yrs) Head Coach: Donna Tieman Non Competitive	2.00pm - 2.45pm	Brookwood Community Centre 25 Hazel Glen Drive Doreen (Cnr Brookwood Ave)
Wednesday 02/02/2021	TINIES (4-7yrs) Head Coach: Donna Tieman Coaches: Karen White, Sarah Loncarevic & Paige Barass Assistant: Sarah Eastaway	4.15pm -5.45pm	Brookwood Community Centre 25 Hazel Glen Drive Doreen (Cnr Brookwood Ave)
Thursday 03/02/2021	INTERMEDIATES (17yrs & under) Head Coach: Megan Agar Coaches : Tayla Bolzon	6.00pm - 8.00pm	Plenty Valley Christian College Multi Purpose Hall 840 Yan Yean Rd Doreen)
Monday 31/01/2022	SENIORS (16yrs & OVER) Co-Coaches: Kathryn Parnell & Suzanne Coates	6.45pm – 9.15pm	Plenty Valley Christian College Multi Purpose Hall 840 Yan Yean Rd Doreen
Thursday 03/02/2021	JUNIORS (10-13yrs) Head Coach: Stephanie White Coaches : Maddy Leahy & Paige Barrass Assistant: Brianna White & Jazia Kearnan	4:30pm - 6.45pm	Plenty Valley Christian College Multi Purpose Hall 840 Yan Yean Rd Doreen
Thursday 24/02/2021	MASTERS (26yrs+) Coach : To be confirmed	7:30pm - 9:00pm	Plenty Valley Christian College Multi Purpose Hall 840 Yan Yean Rd Doreen

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 31st January 2021 at 4.15pm
Kinder Tots Commence:	Wednesday 23rd February 2021 at 2.00pm
Tinies Commence:	Wednesday 2nd February at 4.15pm
Intermediates Commence:	Thursday 3rd February at 6.00pm
Seniors Commence:	Monday 31st January at 6.45pm
Juniors Commence:	Thursday 3rd February at 4.30pm
Masters Commence:	Thursday 25th February at 7.30pm

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) at the end of May each year. These dates will be communicated as soon as we receive them.

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
- Juniors – 4 competitions per year
- Intermediates and Seniors- 3-4 competitions per year
- Masters- 3 competitions per year

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.

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 13th November 2.00-6.00pm

Presentation day is held at Plenty Valley Christian College, 840 Yan Yean Rd Doreen.
Date to be confirmed

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

www.laurimarcalisthenics.com.au

Our Major Sponsor

We are so thrilled to have Technika supporting us in 2022.



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.

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.**

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 the Cali Vic website www.calisthenicsvictoria.asn.au

COVID SAFE PLAN

Laurimar Calisthenics has a Covid Safe Plan in place in accordance with requirements from CaliVic and State Government regulations.

If you wish to see a copy of our Covid Safe plan please feel free to send us an email and we would be more than happy to share this with you.