

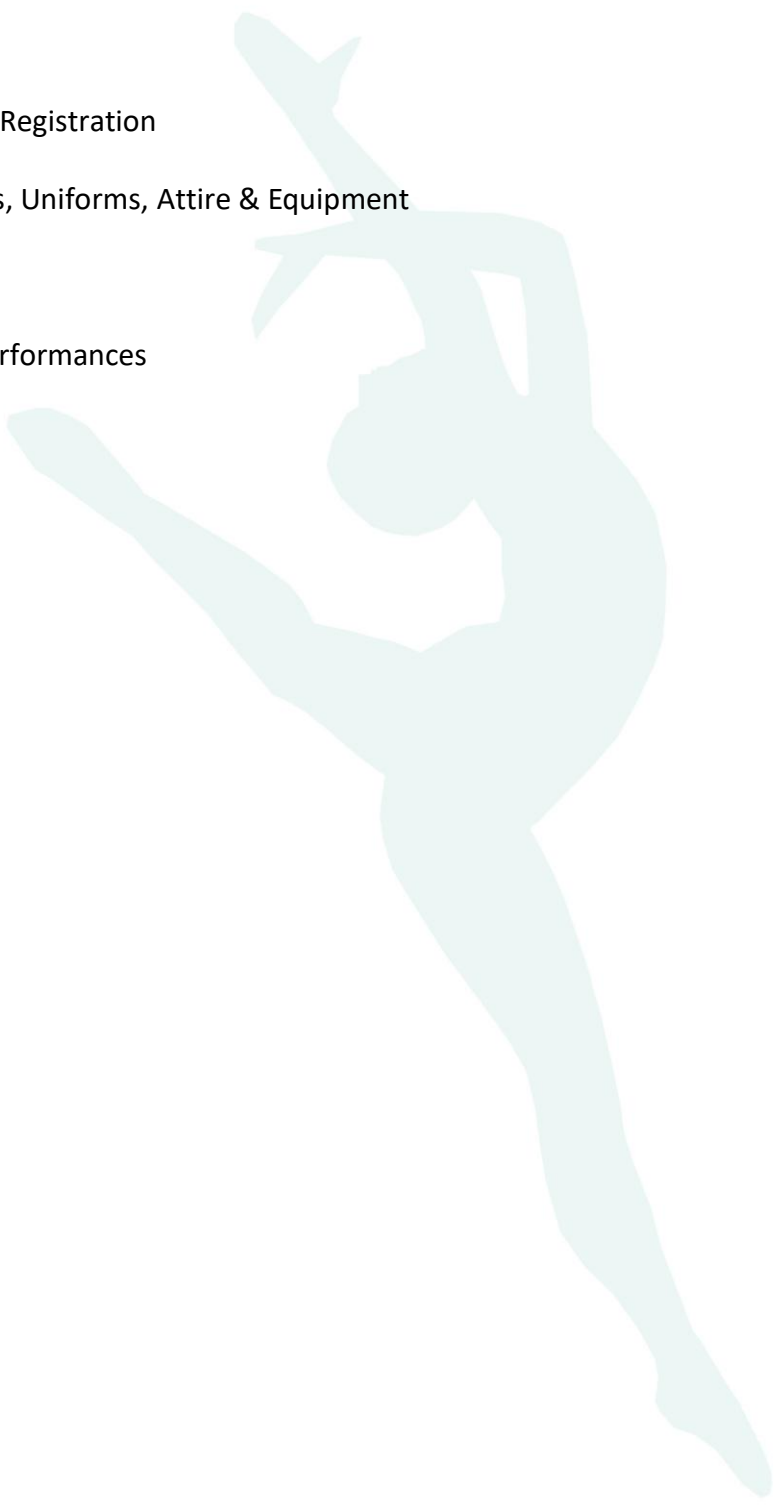


LAURIMAR CALISTHENICS COLLEGE

Member Information Booklet

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Welcome

Hello and welcome to Laurimar Calisthenics College.

We are delighted that you have decided to join us in 2025 and look forward to a fabulous year ahead.

Here at LCC we pride ourselves on good sportsmanship, encouragement and respect to all.

We look forward to getting to know you, as it is the people who participate in a team that make a happy environment and create confident performers.

We encourage participation of our students and their families in making Laurimar Calisthenics College a child safe community.

This book contains useful and helpful information about the club. If you have any questions please do not hesitate to speak to your Group Representative or Head Coach.

We are privileged to have wonderful dedicated coaches with drive, passion and enthusiasm to bring out the best in our performers.

All coaches are fully trained and registered with the CaliVIC.
Coaches are required to continually update their skills, including First Aid, Child Safety as well as attending meetings and seminars.

Donna Tieman is the principal of Laurimar Calisthenics College
Her contact details are as follows:-

Donna Tieman: 0417 012 916
Email: aurimarcalisthenics@gmail.com
Website: www.laurimarcalisthenics.com.au

What is Calisthenics?

Calisthenics is a uniquely Australian artistic sport. Calisthenics involves a team of participants learning routines choreographed to music, incorporating elements of dance, gymnastics, singing, acting, marching, ballet, apparatus technique and performance skills.

As a sport, Calisthenics improves coordination, mobility, balance, strength, flexibility and posture as well as fostering self-esteem and team spirit. As an art it encourages an appreciation of music rhythm, the celebration of movement and the excitement of performing on stage. The word Calisthenics comes from the Greek words “kallos” for beauty and “thenos” for strength.

Calisthenics promotes an active body and a healthy mind. Being part of a team develops self-discipline, teamwork, commitment, responsibility, self-esteem, respect and lasting friendships.

The combination of movements and performance skills provides fitness, coordination, rhythm, grace, deportment and confidence.



Club Profile

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

All classes are held at two training facilities in Doreen.

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

LCC offers Calisthenic classes for:

- Tots starting at 2 years of age
- Tinies - 7 years and under
- Sub Juniors – 10 years and under
- Juniors – 13 years and under
- Intermediates – 17 years and under
- Seniors – 16 years+
- Masters – 26 years +

CaliVic is the state governing body responsible for the development and promotion of Calisthenics within Victoria.

As an affiliated member of CaliVic, LCC complies with all CaliVic policies, procedures and guidelines.

Every participant must be registered with CaliVic in order to be covered by Personal Accident and Public Liability Insurance and to be eligible to enter competitions.

Registration with CaliVic involves a once off yearly fee which covers participants at class, at competitions and at their end of year concert.

CaliVic Performer Registration

Registration with CaliVic involves a once off yearly fee with Insurance for our pupils while in class, at competitions and at their end of year concert.

When clicking on the link below there are 2 options – RETURNING MEMBER or NEW MEMBER.

If you are a RETURNING MEMBER renewing their membership with CaliVic, whether it is with LCC or not, it will be most helpful to have your Revsport Database login details and CV Rego number with you when completing your registration.

If you are new to calisthenics you will need to select the option NEW MEMBER.

[Registration - LAURIMAR CALISTHENICS COLLEGE - revolutioniseSPORT](#)

Membership, Fees, Uniform, Attire & Equipment

Schedule of costs for 2025

At LCC we run by school terms however some classes are scheduled during school holidays.

The following cost is per pupil which includes:-

- class fees
- costume and equipment hire
- competition entry fees
- CaliVic affiliation fees

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 at the beginning of each term.

PAYMENT TERMS ARE STRICTLY 14 DAYS

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

Account Name Laurimar Calisthenics
BSB 633 000
Account Number 155864820
Reference Invoice Number

TOTS : \$ 600.50 TOTAL COST PER YEAR

	Term 1	Term 2	Term 3
Pupil 1	\$ 200.19	\$ 200.19	\$ 200.19
Pupil 2	\$ 180.18	\$ 180.18	\$ 180.18
Pupil 3	\$ 162.16	\$ 162.16	\$ 162.16

A 10% discount is offered if the total years class fees are paid in full in **FEBRUARY**.

The total cost would then be \$ 540.45 by the end of February.

No refunds

TINIES : \$ 1230.21 TOTAL COST PER YEAR

	Term 1	Term 2	Term 3
Pupil 1	\$ 410.07	\$ 410.07	\$ 410.07
Pupil 2	\$ 369.06	\$ 369.06	\$ 369.06
Pupil 3	\$ 332.16	\$ 332.16	\$ 332.16

A 10% discount is offered if the total years class fees are paid in full in **FEBRUARY**.

The total cost would then be \$ 1107.19 by the end of February.

No refunds

Membership, Fees, Uniform, Attire & Equipment

SUB JUNIORS : \$ 1394.76 TOTAL COST PER YEAR

	Term 1	Term 2	Term 3
Pupil 1	\$ 464.92	\$464.92	\$ 464.92
Pupil 2	\$ 418.43	\$ 418.43	\$ 418.43
Pupil 3	\$ 376.59	\$ 376.59	\$ 376.59

A 10% discount is offered if the total years class fees are paid in full in **FEBRUARY**

The total cost would then be \$ 1255.28 by the end of February.

No refunds

JUNIORS : \$ 1418.19 TOTAL COST PER YEAR

	Term 1	Term 2	Term 3
Pupil 1	\$ 472.73	\$ 472.73	\$ 472.73
Pupil 2	\$ 425.46	\$ 425.46	\$ 425.46
Pupil 3	\$ 382.91	\$ 382.91	\$ 382.91

A 10% discount is offered if the total years class fees are paid in full in **FEBRUARY**.

The total cost would then be \$ 1276.37 by the end of February.

No refunds

INTERMEDIATES : \$ 1418.19 TOTAL COST PER YEAR

	Term 1	Term 2	Term 3
Pupil 1	\$ 472.73	\$ 472.73	\$ 472.73
Pupil 2	\$ 425.46	\$ 425.46	\$ 425.46
Pupil 3	\$ 382.91	\$ 382.91	\$ 382.91

A 10% discount is offered if the total years class fees are paid in full in **FEBRUARY**.

The total cost would then be \$ 1276.37 by the end of February.

No refunds

SENIORS : \$ 1403.19 TOTAL COST PER YEAR

	Term 1	Term 2	Term 3
Pupil 1	\$ 467.75	\$ 467.75	\$ 434.40
Pupil 2	\$ 420.98	\$ 420.98	\$ 420.98
Pupil 3	\$ 378.88	\$ 378.88	\$ 378.88

A 10% discount is offered if the total years class fees are paid in full in **FEBRUARY**.

The total cost would then be \$ 1262.87 by the end of February.

No refunds

Membership, Fees, Uniform, Attire & Equipment

MASTERS : \$ 1278.19 TOTAL COST PER YEAR

	Term 1	Term 2	Term 3
Pupil 1	\$ 426.06	\$ 426.06	\$ 426.06
Pupil 2	\$ 383.45	\$ 383.45	\$ 383.45
Pupil 3	\$ 345.11	\$ 345.11	\$ 345.11

A 10% discount is offered if the total years class fees are paid in full in **FEBRUARY**.

The total cost would then be \$ 1150.37 by the end of February.

No refunds

Club Uniform

The LCC club uniform is worn to competitions and LCC events.

Club uniform and merchandise orders / fittings will take place in Term 2 and will be available for online ordering for all our performers and supporters.

What to bring and wear to class

Calisthenics is performed in bare feet so we do not wear shoes in our classes.

Black leotard, black footless leggings or tights. Tights are optional in the warmer weather.

Black crossover top or wrap must be worn in the cooler weather. Items can be purchased at Kmart, Target or dance shops.

Hair is to be tied back off the face, no dangly earrings or jewellery to be worn to class.

Each pupil is required to bring a bottle of water to every class. Please label this with their name.

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

Classes

Classes for 2025

Please note that age groups are determined by the performer's age on 31st December in the year of enrolment. Example – if you are turning 7 in 2025 you will be in Tinies.

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

DAY	SECTION	VENUE
Wednesday 5 th February 2025 4.15pm-5.45pm	TINIES (4-7yrs) Head Coach: Donna Tieman Coaches: Karen White, Sarah Eastaway, Aliza Guy	Brookwood Community Centre 25 Hazel Glen Drive, Doreen (Corner of Brookwood Avenue)
Monday 3 rd February 2025 4.30pm-7.30pm	SUB JUNIORS (8-10yrs) Head Coach: Donna Tieman Coaches: Karen White, Paige Venter, Chloe Fraser, Assistants: Mikaela Cordwell, Esther Brown	Plenty Valley Christian College Multi Purpose Hall 840 Yan Yean Road, Doreen
Thursday 1 st February 2025 5.00pm-8.00pm	JUNIORS (10-13yrs) Head Coach: Sarah Loncarevic Coaches: Darcie Mackow, Jadzia Kearnan, Sarah Eastaway	Plenty Valley Christian College Multi Purpose Hall 840 Yan Yean Road, Doreen
Thursday 4 th February 2025 5.30pm-8.30pm	INTERMEDIATES (14-16yrs) Coaches: Stephanie Hemsley & Brianna White	Plenty Valley Christian College Multi Purpose Hall 840 Yan Yean Road, Doreen
Wednesday 5 th February 2025 7.00pm-10.00pm	SENIORS (16yrs & over) Coaches: Sarah Loncarevic & Sophie Day	St Thomas Primary School Gym 251 Diamond Creek Road Greensborough
Wednesday 5 th February 2025 7.30pm-9.30pm	MASTERS (26yrs & Over) Head Coach: Beth Taylor	St Thomas Primary School Gym 251 Diamond Creek Road Greensborough

Competitions / Performances

Competitions are a fun and rewarding way for our performers to highlight their routines that they have working hard on all year.

The performers develop wonderful confidence, teamwork and technical skills.

Most of our competitions are in Melbourne's surrounding suburbs. Competition dates are released by CaliVic at the end of May each year. These dates will be communicated as soon as we receive them.

Competitions are held between July – October and it is **compulsory** for all Laurimar performers to attend all competitions.

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 – 4 competitions per year

Seniors – 4 competitions per year

Some sections may enter the Royal South Street Competitions to be held in Ballarat in October.

This will be in addition to the competitions mentioned above and will be discussed with each section by the end of term 1.

Attendance

At LCC it is an expectation that performers 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.

We hope that you can support us to achieve this.

We understand performers can have illness, injury, school camps and other reasons that can prevent them from attending class. Please contact your Group Representative prior to class starting via phone or text message if you are unable to attend.

Events

Solo Concert

This will be held at Penola College, 29t Gibson Street, Broadmeadows on Saturday 15^{6h} February 2.00-5.00pm.

Annual Concert

This will be held at Penola College, 29 Gibson Street, Broadmeadows

Save the date – Sunday 16th November 2025

Presentation day

Date and venue to be confirmed.

