



Windsor Calisthenics Club

Club Handbook

www.windsorcalisthenics.com.au

WELCOME

Windsor Calisthenics Club (from here on referred to as 'Windsor') is a North-Eastern community, non-profit sporting club, supported by dedicated Coaches, assistants, parents and of course, the Windsor team members.

Windsor offers participants the opportunity to learn calisthenics techniques and skills whilst developing confidence, commitment, coordination, flexibility, discipline, fitness and friendships, all within a safe, supportive and fun environment.

Windsor is a competitive club and we compete in three (3) competitions a year. Completions are usually held in May, July and August.

We hope this information booklet will provide you with an insight into how we operate, however, if you have any further questions, please don't hesitate to contact your coach or any member of our Committee.

We welcome you to Windsor and are all here to assist you in any way we can!

CALENDAR OF EVENTS

Jan Holidays	Feb Calisthenics returns week one of school term	Mar Windsor Graceful Competition <i>This is a club run competition</i>	Apr CASA State Graceful Girl Competition
May CASA May Competitions (except Tinies) Innovation Tinies Competition	Jun Windsor Progressive Display Camp	Jul Team Stage Practises Windsor Team Competition <i>This is a club run competition</i> CASA State Team Competitions (Tinies)	Aug CASA State Championship Team Competitions (Sub Juniors, Juniors, Intermediates, Seniors & Masters)
Sept Windsor End of Year Concert	Oct Windsor Presentation Night Two-week break (no classes during school holidays)	Nov CASA State Solo/Duo Competitions Norwood Christmas Pageant	Dec National and Darwin Team Selections Holidays

*Calisthenics Association of South Australia

OUR PRINCIPLES

Our club aims to:

- Provide expert coaching in correct techniques through positive reinforcement, which in turn promotes self-esteem.
- Provide a safe environment for learning/practising the sport of calisthenics.
- Create a positive atmosphere which values enthusiasm and develops confidence so all participants have a true sense of achievement.
- Foster “Creativity”, “Confidence”, and “Teamwork” as well as nurturing friendships.
- Actively encourage a sense of both individual and team commitment.
- Encourage and emphasise the importance of commitment to participation in class sessions and the benefits of practising at home.
- Encourage mutual respect between coaches and pupils by explaining clearly the role and expectations of coaches whilst also considering each pupil’s individual talents and needs.
- Treat pupils, coaches and parents or guardians with respect.
- Provide a positive environment for our coaches and children by encouraging all members of the Windsor community to respect the important role of each individual coach and team member.
- Acknowledge the time and effort that members of our committee and our volunteers provide.

WHAT IS CALISTHENICS?

The word Calisthenics comes from the Greek words “kallos” meaning beauty and “sthenos” which means strength.

Calisthenics is a uniquely Australian artistic sport with performing at its heart. It involves pupils working in a team to learn routines which are choreographed to music and performed on stage at competitions and concerts. There are also opportunities to compete individually, in pairs and interstate.

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.

Calisthenics is a dynamic combination of gymnastics, ballet, dance, marching, singing, acting and apparatus manipulation (Clubs and Rods). There is a focus on improving flexibility, strength, control, grace, poise, deportment and presentation. It helps to develop discipline of the mind and body, team work, a healthy competitive spirit and a sense of commitment as well as offering skills and benefits to take into everyday life.

CASA

The Calisthenics Association of South Australia (CASA) is the governing body which presides over the sport of calisthenics in South Australia. The CASA office is located at the Royalty Theatre, 65 Angas Street, Adelaide. The Royalty Theatre is owned by CASA and is used for all major calisthenics competitions. CASA organises the major competitions throughout the year.

CLUB ADMINISTRATION

Windsor is a not-for-profit club and is administered by a Committee. This means that the Club employs its coaches. In addition, the Committee hires a suitable venue for weekly lessons, pays for the hire of the Royalty Theatre for rehearsals and concerts, provides the finances for costumes, the manufacture of stage props, provides trophies/medals and Christmas gifts. The Club rules are contained in the Constitution and in By-Laws.

COACHES AND COMMITTEE RESPONSIBILITIES

Coaches are in complete charge of the students concerning their work or anything related to their work, lessons or lesson times as well as the design of costumes. They are available briefly after lessons or by appointment to discuss any problems.

The Committee is responsible for all financial matters, administration, fundraising, camps, etc. Committee members are more than happy to answer any questions from parents concerning those areas managed by the Committee. For a list of our coaches and committee members, please refer to our website.

CLUB NOTIFICATIONS

Members will be notified of club information through email, our Facebook page (closed group) and also through your coach. Newsletters are published regularly and should be read carefully. Information regarding fees, camp, dates of concerts, competitions and extra practices are contained in the newsletters. For important information, please check FB posts on the Windsor private pages and emails from our Secretary throughout the year.

ANNUAL GENERAL MEETING

This is held in October and it would be wonderful if all students of the Club would be represented at the meeting. Parents and senior students are urged to consider their contribution to the Club by nominating for at least one year's service on the Committee. The success of our Club depends on the willingness of all members to be part of the Windsor community.

VOLUNTEERING

Competitions

Throughout the year CASA roster our Club to arrange up to four volunteers to help run their various competitions. If we do not provide these helpers we will be fined. Please offer your help when you can.

Dressers

Throughout the year we will be calling on volunteers (usually 2 from each team) to help the students dress at the concerts. Dressers need to have a current Working with Children Check.

Club Committee

Please see our club website for a current list of Committee Members. Committee meetings are held once a month. Everybody is welcome.

Age Groups (as at 31st December of each year)

Tinies (Non-competitive): 3-7 years old

Tinies (Competitive): 5-7 years old

Sub-Juniors: 8-10 years old

Juniors: 11-13 years old

Intermediates: 14-17 years old

Seniors: 18 years & over

Masters: 26 years & over

TINIES (NON-COMPETITIVE)

Tinies are taught the basics of Calisthenics, and learn three routines: Figure Marching, Free Exercises and a Fancy item. They perform these three items at our two club concerts and as a non-competitive demonstration at the CASA State Championships.

TINIES (COMPETITIVE)

Tinies teams are taught four items: Figure Marching, Free Exercises, Rods and a Fancy item, which is rotated on a yearly basis. They perform these items at our two club concerts and compete in the CASA State Championships.

SUB-JUNIORS

Sub-Junior teams are taught five items: Figure Marching, Free Exercises, Rods, Clubs and a Fancy item, which is rotated on a yearly basis. They perform these items at our two club concerts and compete in the CASA State Championships.

JUNIORS, INTERMEDIATES, SENIORS & MASTERS

These teams are taught six items. Figure Marching, Free Exercises, Rods, Clubs, Aesthetic/Rhythmical Aesthetic and a Fancy item which is rotated on a yearly basis. They perform these items at our two club concerts and compete in the CASA State Championships.

LESSON TIMES

Saturday	Monday
Competitive Tinies (5 - 7 year olds) Saturday, 8:45am – 10:15am	Intermediates (14 - 17 year olds) Monday, 5:00pm - 7:00pm
Non Competitive Tinies (3 - 7 year olds) Saturday, 10:15am - 11:15am	Seniors (18 years and over) Monday, 7:00pm – 9:00pm

Tuesday	Wednesday	Thursday
Sub Juniors (8 – 10 year olds) Tuesday, 5:00pm – 7:00pm	Juniors (11 – 13 year olds) Wednesday, 5:00pm – 7:00pm	Masters (26 years and over) Thursday, 6:30pm – 8:30pm

LESSON LOCATION

George Crawford Reserve Hall
Lothian Avenue, Windsor Gardens

LESSON REQUIREMENTS

To every lesson it is important that:

- You arrive to class 10 minutes prior to start time, so that lessons can commence on time.

Girls wear:

- A black leotard,
- Leggings bike pants or stockings (footless or with stirrups), may be worn under the leotard
- A tight fitting black long sleeve top may also be worn during the colder months.
- Hair is up and out of the girl's faces, in a bun.
- Your child brings a drink (preferably water).

COMMITMENT & ATTENDANCE

For the benefit of the team, it is desirable for girls to remain for the full year until after the End of Year Concert, or at least until competitions. Calisthenics is a team sport therefore the girls depend on each other.

New students will be accepted from the beginning of the year until (at the discretion of the coach) it is considered that late commencement would jeopardise the team for competitions. New students may also join after competitions for their particular section.

Every girl is very important to her team and so it is imperative for all participants to attend all practice sessions and arrive on time. High levels of attendance enable the Coach to ensure the team is working with uniformity and precision.

If you are unable to attend a practice, please notify your Coach prior to the lesson time.

Lessons are held during the school holidays which precede the competitions (April and July school holidays), with no practices during the September/October school holidays or over the Christmas break.

As most of the public holidays fall in the first half of the year (before competitions), classes held on Monday nights will be as usual throughout all public holidays, excluding Easter Monday, unless otherwise directed by your Coach.

RESPONSIBILITY TO THE TEAM AT COMPETITIONS

Each section has to present a minimum number on stage as set by the Calisthenics Association of South Australia (CASA), otherwise the team is disqualified. Three points arise from this requirement:

1. You must accept responsibility to the other team members to be ready to appear on stage at competitions – possibly even in the event of illness.
2. The coach has the sole right to decide which students will comprise each team where there are more than an acceptable number to present on the stage.
3. It may not be possible to present all students in all items at competitions. This could be due to insufficient students to form a second team, or because of the necessity to achieve uniformity. Uniformity is one of the things for which teams are marked on in competitions. The final decision on team placements rests with the coach.

EXTRA PRACTICES

Additional practices are also held in the lead up to competitions for all sections (excluding Tinies). All extra practices, including stage practices, are compulsory. Each team may be scheduled up to four extra practices, as well as a stage practice at the Royalty Theatre. Team Coaches will notify in writing of all extra practices.

ROYALTY THEATRE PRACTICE

Each team (excluding Non-Competitive Tinies) will have a stage practice in the lead up to Competitions. Stage practices are held at the Royalty Theatre, 65 Angas Street, Adelaide. Royalty Practices are very important. It is a chance for the girls to practice on the stage, without the nerves, and to also practice their stage balance.

It is expected that ALL students attend Stage Practice as this is an important step for our younger students to be “Stage Ready” It also allows our coaches to work on stage placement.

ANNUAL CAMP

This weekend camp is usually held prior to the commencement of the Competitions. The camp is organised and attended by the Committee and all students (except Tinies) are asked to participate. Although the purpose of the camp is to learn routines and work on technique, it also serves as an opportunity to build friendships, promote fellowship and to enable the younger students to work in a close relationship with the senior students (which is not possible in normal class situations).

PRESENTATION DINNER

Presentation night is held at the end of the calisthenics season and after the Annual Concert. This is a dinner and event where we recognise the hard work of all our students. Coach's Awards will be presented at Presentation Day. The Coach's Award can be based on improvement, commitment or leadership. It is purely the coach's choice and it is not a committee selected person.

There will be cost incurred for those attending the presentation dinner. Every effort is made to keep this as low as possible.

REGISTRATION AND TERM FEES

Each year every participant in our Club must be registered with the Calisthenics Association of South Australia (CASA). Registration covers the cost of CASA registration and CASA levies for team members' insurance, music use and Royalty Theatre maintenance as well as Windsor Club fundraising and administration costs. The Registration Fee is due within two weeks of starting classes.

Also, term fees apply for participating. These are kept as low as possible and are set each year. Term fees are used to pay the hall hire, wages of coaches, entry fees for our teams to participate in CASA competitions, Royalty Theatre hire for our concerts and stage practice sessions, hair and makeup supplies, stage props as well as sundry expenses. Our costume costs – hire of leotards, trim and making of costumes are also included in this fee.

Fees can either be paid in full or on a weekly basis. Any problem with payment of fees should be discussed as early as possible with the Treasurer.

The **ONLY** method of payment is via electronic banking. You will receive periodic statements that will show how much you have paid to date and the balance outstanding

TERM FEES

Late Payment Fee

It is your responsibility to pay your fees on time. The Treasurer is a voluntary, unpaid position with other roles, so please do not wait for the Treasurer to notify you that fees are overdue. Fees not paid by the specified **date will incur an additional late payment fee of 5%** which is non-refundable.

Other Penalties for Non-Payment of Fees

The Committee is responsible for ensuring that Windsor remains financially viable, participating team members are appropriately registered and insured and costs are shared appropriately across all team members. Failure to pay your team member fees on time may therefore result in the following additional penalties:

- Removal of non-financial member from the team and exclusion from classes.
- Exclusion from performing in the CASA competitions/demonstrations.
- Referral of outstanding fees to a Debt Collection service.

Extenuating Circumstances

If you have difficulty paying fees on time due to personal extenuating circumstances, please advise the Treasurer immediately who will advise the Committee of your situation. The matter will be investigated in the strictest of confidence.

An alternative Payment Plan may be available if organized at the start of the year – please see the Treasurer/President if you need an alternative plan. Only the Committee is authorised to alter any individual's agreement or payment plan.

OUR CURRENT FEES

DEMONSTRATION TINIES Registration Fee: \$100 Annual Fee: \$295	COMPETITIVE TINIES Registration Fee: \$100 Annual Fee: \$315	SUB JUNIORS Registration Fee: \$100 Annual Fee: \$560
JUNIORS Registration Fee: \$100 Annual Fee: \$600	INTERMEDIATES Registration Fee: \$100 Annual Fee: \$640	SENIORS and MASTERS Registration Fee: \$100 Annual Fee: \$680

DISCOUNTS

5% discount on the yearly fee if paid in full by 1st of March

5% discount on yearly fees for 2nd family member

10% discount on year fees for the 3rd and more family members

BANK ACCOUNT DETAILS

Account Name: Windsor Calisthenics Club

BSB: 065 150

Account Number: 0090 1739

Reference: Surname and Team

If you have any questions, please don't hesitate to contact your coach or our Treasurer.

New Members

The Treasurer will adjust fees due and payment plan for any new members starting after the first lesson for the year.

Additional Costs

Club Tracksuit

All members are to present at Concerts, Competitions and Promotional Events wearing their Club Tracksuit. It is essential that all members purchase the Club Tracksuit (Tinies require the Club Jacket only).

Club T-Shirts and Hooded Jumpers are also available for purchase. These are optional.

Bodystocking

This is a flesh coloured undergarment which is worn underneath the costumes.

Clubs & Rod (apparatus)

All members require a pair of clubs and a rod. Girls will be measured and the cost will be added to your account.

Aesthetic Skirts

The Junior, Intermediate and Senior teams have Aesthetic/Rhythmical Aesthetic as a core competition item as well as a dance type item. The cost of an Aesthetic skirt has not been included in the costume account and will need to be added to your account.

Camp

All girls from Sub Juniors to Seniors are required at camp. Camp is a very enjoyable and fun time for the girls as they get to know their teammates and also other girls in the Club. It is also a very valuable time for all teams as a lot of work is taught and detailed at camp, so it is important that all team members attend.

The cost of camp is kept to a minimum and covers the cost of accommodation and all meals, including morning and afternoon tea and supper. Transport is the responsibility of the parents, but carpooling can be arranged.

Concerts and Competitions

CONCERTS - Two concerts are held each year.

The **Mid Year Progressive Display** is held prior to the commencement of the annual competitions. Its main purpose is that of full rehearsal for competitions, to give the teams an opportunity to present their items before an audience under competition conditions and to give parents, families and friends a chance to view the work which the students have learned.

This concert is held at The Royalty Theatre (when available) in June each year. It is a progressive concert of team work that allows the students the opportunity to perform on stage, gain confidence and show their parents and families what they have been learning. It is also an opportunity for the coaches to assess their work. Not all work and costumes will be finished at this concert.

You may be asked to offer help prior to the concert or during the break. If you are asked to help backstage you do not need to purchase a ticket.

Preparing for the concerts

HAIR: Arrive with hair already done according to coach's instructions. Please bring hairspray and extra hair clips for head pieces.

MAKE-UP: Arrive with make-up already applied. Foundation, blush, brown eye shadow, mascara, red lipstick. Please bring lipstick to reapply through the night.

BRING: Your Clubs, Rod (if required) and a light snack (nothing oily) and a water bottle.

WEAR: Club Tracksuit and bodystocking

COST: There is a nominal fee to watch the students perform at concerts.

The **End of Year Concert** is usually held in late September/early October and provides a very entertaining event and is our final showcase for the year with all teams performing in full costumes

The Concert is a great day, it also requires volunteers to help it run smoothly. You may be asked to offer help prior to the concert or during the break. If you are asked to help backstage you do not need to purchase a ticket.

Preparing for the concerts

HAIR: Arrive with hair already done according to coach's instructions. Please bring hairspray and extra hair clips for head pieces.

MAKE-UP: Arrive with make-up already applied. Foundation, blush, brown eye shadow, mascara, red lipstick. Please bring lipstick to reapply through the night.

BRING: Your Clubs, Rod (if required) and a light snack (nothing oily) and a water bottle.

WEAR: Club Tracksuit and bodystocking

COST: There are usually fundraising raffles and a nominal fee to watch the students perform at concerts.

COMPETITIONS

Windsor is a competitive Club affiliated with the Calisthenics Association of South Australia (CASA). The Association sets the type of work to be presented at competitions each year.

All sections apart from Tinies and Masters compete in three competitions.

May Competitions

Girls perform three items (selected by CASA) and present their items in a black leotard.

Dates are set by CASA and all competitions are held at the Royalty Theatre. You will be notified of these dates as soon as they are made available by CASA.

Preparing for the concerts

HAIR: Arrive with hair already done according to coach's instructions. Please bring hairspray and extra hair clips for head pieces.

MAKE-UP: Arrive with make-up already applied. Foundation, blush, brown eye shadow, mascara, red lipstick. Please bring lipstick to reapply through the night.

BRING: Your Clubs and/or Rod (if required), a light snack (nothing oily) and a water bottle.

WEAR: Club Tracksuit and bodystocking

COST: There is a nominal fee to watch the students perform at competitions and tickets are ordered prior to the event. We will ensure you know how to do this in the lead up to competitions.

Windsor Team Competition (July)

Girls perform three items (the items not selected for May comps) and present their items in their costumes. Costumes will be supplied.

You will be notified of the date, time and location of your completion by your teams coach.

Preparing for the concerts

HAIR: Arrive with hair already done according to coach's instructions. Please bring hairspray and extra hair clips for head pieces.

MAKE-UP: Arrive with make-up already applied. Foundation, blush, brown eye shadow, mascara, red lipstick. Please bring lipstick to reapply through the night.

BRING: Your Clubs and/or Rod (if required), a light snack (nothing oily) and a water bottle.

WEAR: Club Tracksuit and bodystocking

COST: There is a nominal fee to watch the students perform at competitions and tickets are ordered prior to the event. We will ensure you know how to do this in the lead up to competitions.

State Competitions

These competitions are held in July/August/September. Teams wear costumes and are adjudicated.

Dates are set by CASA and all competitions are held at the Royalty Theatre. You will be notified of these dates as soon as they are made available by CASA.

Costumes are an important component of Calisthenics, as they enhance the performance of each item. Our costume costs (hire of leotards, trim and making of costumes) are also included in this fee.

Parental assistance may be required throughout the process of fitting and trimming costume. Your coach will advise if your assistance is required. We are aware that everyone has different skills and abilities and ensure that everyone is supported as needed.

Preparing for the concerts

We ask that all girls get ready for the state competition in the one location, usually at the club hall.

HAIR and MAKE-UP: Hair and make-up will be done at the hall.

BRING: Your Clubs, Rod if required and a Light snack (nothing oily) and a water bottle.

WEAR: Club Tracksuit and bodystocking

COST: There is a nominal fee to watch the students perform at competitions and tickets are ordered prior to the event. We will ensure you know how to do this in the lead up to competitions.

Calisthenics Items

CORE ITEMS - These items are performed each year.

FIGURE MARCHING

The value of correct deportment is highlighted in Figure Marching. The marching team must execute many intricate formations and patterns but deportment is the single most important factor and must be maintained strictly at all times. The uniformity in style of each marcher is another basic requirement and the rhythm and precision within the team must be identical. Ideally, the marching formations should be original and varied throughout the performance. As with all Calisthenics items, teamwork is essential.

FREE EXERCISES

Free Exercises is a series of strong movements, correct in technique, involving high levels of flexibility and agility. Imaginative choreography and varied movements (eg. backbends, walkovers, leg mounts, splits, cartwheels etc.) demonstrate the physical capabilities of the performers.

CLUB SWINGING

Club Swinging is one of the routines in which an apparatus is used. It involves the swinging of clubs in unison with perfect rhythm in a circular movement using both hands to swing the clubs in various directions and positions. It demands coordination, concentration and many hours of practice. An accomplished team can execute complex movements as each club swings through a perfect circle on an imaginary plan and teamwork is essential.

ROD EXERCISES

Rod Exercises also uses an apparatus that is made of aluminium and is approximately 5-10mm in diameter. The manipulation of this simple piece of equipment demonstrates the coordination which can be achieved. Whilst the rod itself is the focal point, the use of the body and legs are incorporated into the sets of exercises.

FANCY ITEMS

One of the following special items is performed at competitions each year. The item to be performed in any given year for each section is announced by the Calisthenics Association of SA (CASA).

AESTHETIC EXERCISES

The Aesthetic section comprises a series of movements which are soft and flowing. Music is chosen for its variety of mood and tempo, but more particularly to facilitate the flow of the routine and the expression of the performers. Elevated movements are not permitted. Artistic groups, individual roles and abstract mime can also be introduced to add interest to the choreography.

RHYTHMIC INTERPRETATIONS

Within Rhythmic Interpretations, turn-out, arm, foot and head positions are as for Aesthetic Exercises, however elevation is the essential component (eg. movements such as jete, grand-jete, cabriole and pirouette). The dance can be set to a variety of rhythms and interpretation of a theme is expressed throughout the dance through music, costuming and the use of mime and possibly principal dancers.

SONG AND DANCE

Throughout this type of presentation, singing and dancing must be evenly balanced, with the theme of the song carrying through and influencing the dance. The type of dance performed is optional and the Coach has unlimited freedom in the choreography of steps and movements.

CALI REVUE

Creativity and entertainment are the keys to this item. Items are often complex and can represent mini-productions. This item combines many aspects of calisthenics such as singing, dancing, acting and clever costuming all designed to entertain the audience. All movements and music are chosen in pertinence to the chosen theme.

CHARACTER FOLK

This item is based strongly around a theme and the team's ability to portray the character of their theme through dance. Correct technique, uniformity and interpretation are all important in this vibrant item. Mime, acting and creativity bring this item to life.

DANCE ARRANGEMENT

This item is purely a dance section. Choreography is limited only by the Coach's imagination.

Individual Student Development

CALISTHENICS SKILLS PROGRAM

The Calisthenics Skills Program is an ACF National Programme administered by each State and Territory recognising individual achievement in all facets of Calisthenics. The syllabus, according to the pupil's age, is taught before presenting for examination.

The benefits of this program include:

- Improvement in personal technique and presentation, leading to enhanced team performance.
- Increased knowledge of correct terminology.
- Recognition of individual achievement.
- Opportunity to attain required level for eligibility to enter coaching courses in the future.

The Skills Program is optional and is an additional cost.

OPTIONAL ITEMS

Calisthenics is predominantly a team sport and the main focus is always on the team performance, however team members can also compete individually as soloists or in a Calisthenics Duo.

SOLO/DUO

The Calisthenics Best Type Solo or Duo is an optional routine the girls may learn. The routine comprises of elements of Free Exercises, Dance and may include Aesthetic and Rhythmic style movements. Solos and Duos are a great way to develop confidence and performance skills as well as extending the skills learnt in team items.

GRACEFUL GIRL SOLO

The Graceful Girl section is an optional routine. The routine comprises of aesthetic and rhythmic movements and is designed to enhance the dancers grace, poise and ability to interpret music.

Policies

HOT WEATHER POLICY

In line with Sports Medicine Australia recommendations, the following policy has been developed for Calisthenics in South Australia. Please see below for the rules on lesson cancellation during extreme heat. This applies to all teams/sections. If the forecast temperature (on the 6pm National Nine News or 7pm ABC television news service the previous evening) exceeds 38 degrees Celsius, practice is cancelled (even if the hall is air-conditioned).

If the forecast temperature (on the 6pm National Nine News or 7pm ABC television news service the previous evening) does not exceed 38 degrees Celsius and the actual temperature during practice (as reported by the Bureau of Meteorology) exceeds 38 degrees Celsius, the coach shall terminate the practice (even if the hall is air-conditioned).

If lessons are to be cancelled you will be notified by either your child's coach or a committee member. Any cancelled lessons due to hot weather will be re-scheduled to a suitable time, if possible.

SOCIAL MEDIA POLICY

As part of the registration process you would have completed the Social Media Consent section. As way of a reminder we asked you to provide or deny your consent to:

Unlimited Usage

I give unrestricted permission for my child's image to be used in print, video, and digital media.

I agree that these images may be used by the Windsor Calisthenics Club for a variety of purposes, including for publication, promotional materials, website and advertisements for an undefined period of time and that these images may be used without further notifying me. I do understand that my child's last name will not be used in conjunction with any video or digital images.

Limited Usage

I give consent for:

- coaches to video lessons and distribute to the team to use for practice
- my child's image to be published in the newsletter
- my child's image to be displayed on the Windsor notice board
- my child's image to appear on the Windsor website
- my child's name to be printed alongside their photograph
- my child's image being used on promotional material
- DVDs of my child being played during promotional events
- my child's image to appear in external media outlets (newspaper, print, radio and television)

In these types of publications only first names may be published

I accept the following terms and conditions:

- I agree to not upload Team photos and Competition/Concert DVDs onto social media sites.
- I understand that any video footage / photos / other images taken may be shown in a public environment (in SA / interstate / and/or overseas).
- I agree that my child's participation in promotional activities may be edited at the sole discretion of the Windsor Committee.
- I acknowledge that the Windsor Committee is not obliged to include my child in the promotional activities.
- I release the Windsor Committee from any claim by me or anyone on my behalf arising out of my child's appearance in promotional activities.
- I acknowledge that there is to be no payment or further consideration paid for my child's performance
- I am aware that the Windsor will use my photos / film footage in good judgement and as agreed to by me and that I have the right to revoke permission for use. This revocation does not apply to printed / film media that has already been produced and released, but applies to subsequent productions

If you ever have any concerns, please contact your team's coach.

CODE OF CONDUCT

As a member of the Windsor Calisthenics Club, certain behaviours are expected.

PARTICIPANTS

- Be an active team member and represent the Club with pride.
- Be a good sport. Treat all participants in your sport as you would like to be treated.
- Be polite, use appropriate language and respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Cooperate with your coach, team mates and opponents.
- Be prepared for class. Be committed, punctual, wear appropriate calisthenics attire and attend all weekly training sessions and extra practices. If unable, for a valid reason to do so, inform your coach as soon as possible.
- Be committed to your team and your club. Work equally hard for yourself and your team.
- Be honest with your coach about illness and injury and your ability to train fully. Provide copies of medical advice where appropriate.
- Participate for your own enjoyment and benefit.
- Display courtesy and act respectfully towards team members, coaches, adjudicators and fellow competitors.
- Avoid individual or collective behaviour, which may be regarded as offensive, disruptive or inappropriate.
- Follow the rules set out by Windsor, the ACF (Australian Calisthenics Federation) and CASA (Calisthenics Association of South Australia).
- Make no detrimental statements in public (including statements on social media e.g. Facebook, twitter, Instagram, etc) in respect of the performance of any team members, coaches or club officials. If you have an issue, please inform your coach as soon as possible so that it can be addressed.

PARENTS

Parents/Guardians are also bound by the participant's code. They should also:

- Actively demonstrate and encourage appropriate behaviour.
- Ensure your child attends all classes, is punctual and dressed in appropriate calisthenics attire.
- Encourage your child to participate, do their best and have fun.
- Focus on the effort, performance and development of your child.
- Let the coach do the coaching.
- Respect all decisions made by coaches, adjudicators and officials.
- Discuss concerns or problems with the club in an appropriate manner as early as possible.
- Display control, respect and professionalism to all involved with calisthenics – competitors, coaches, officials, administrators, parents and other spectators.
- Be a role model by supporting your child.
- Applaud effort and hard work, as well as success.
- Assist in club activities where possible.

Breaches of the Code of Conduct will be dealt with on an individual basis. Breaches of this Code of Conduct may result in the following consequences:

- verbal or written warning to the participant/parent/guardian
- removal of participant/parent/guardian from the team/club