



## REGISTRATION 2018

### ACTION CALISTHENICS INC

PO Box 697, Belconnen ACT 2617

[www.actioncalisthenics.com.au](http://www.actioncalisthenics.com.au)

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### Welcome to families of 2018

We are looking forward to you joining us for a fabulous year of Calisthenics!

Registration day will take held at Kippax Uniting Church on Saturday, 3 February 2018 from 9.00am til 12pm. If you can't make it to registration, you can email completed forms to [amyschafrin@iinet.net.au](mailto:amyschafrin@iinet.net.au)

Action Calisthenics always ensures fees are at an affordable level for the sport. This year the Committee has agreed to maintain fees as per the 2017 fee structure as a result of your ongoing support for our fundraising throughout last year. However, please note that Calisthenics ACT has increased the annual insurance levy for both competitive and recreational participants in 2018. Details on the increase are annotated in your payment form attached.

As always, Action will endeavour to take up as many fundraising opportunities as much as possible to assist in the management of club expenses and continuing to keep our fees low as well as helping you to pay your fees. We kindly ask you to continue supporting those fundraising initiatives.

### IMPORTANT INFORMATION

Action supports participants to achieve goals, participate in activities and become an active and dedicated member of the club. To help you achieve these goals it is necessary that you are clear about the commitment we ask you to make to Action.

### STRUCTURE

Age Group	Class Schedule	Coach
<b>Cali Kinda Non-Competitive (2 to 4 yrs)</b> *Subject to numbers, may be combined with Tinies	Saturday, 10.45 til approx. 11.30am Kippax Uniting Church	Caitlin Bradley Class Assistants x 2
<b>Tinies (3 to 7 yrs)</b>	Saturday, 9.00 til 10.30am Kippax Uniting Church	Caitlin Bradley
<b>Sub Juniors (8 to 10 yrs)</b>	Monday, 5.00 til 7.30pm Kippax Uniting Church	Emma Jeffrey Kaitlin Phelan
<b>Juniors (11 to 13 yrs)</b>	Wednesday 5.00 til 8.00pm Kippax Uniting Church	Amie Allan Emma Otto
<b>Intermediates (14 to 16 yrs)</b>	Tuesday 5.00 til 7.30pm Kippax Uniting Church	Bek Allan

## CLUB UNIFORM

Mandatory uniform is required for all competitions. Club jackets and t-shirts may be loaned at a cost of \$20 per item on a case by case basis. Please discuss with the team manager. Please note, hirers will be required to complete a hire agreement.

Age Group	Uniform Requirement	Fee
Cali Kinda	N/A	N/A
Tinies	Action jacket Top - TBA Black dance pants Black slip on shoes	Child Size \$57  Purchase at any clothes store Purchase at any clothes store
Sub Juniors and Juniors	Action jacket Action t-shirt Black dance pants Black slip on shoes	Child Size \$57, Adult Size \$68 Child Size \$35, Adult Size \$40 Purchase at any clothes store Purchase at any clothes store

## ATTENDANCE

As a participant your attendance is important not only to training and competitions, but also to team and club events. Team managers will keep you notified of all events requiring your attendance.

It is expected that all participants:

- attend all scheduled team practices
- attend all extra practices
- attend and support all Action fundraising and club activities
- attend all competitions
- notify your team manager should you be unable to attend any of the above due to illness or important conflicting arrangements.

Any non-attendance of any club or team event (i.e. competition, practice, extra practice) could have implications to stage placements or other team members due to competition rules. Notify your team manager as soon as it is known that you will be unable to attend any event. Your co-operation in this matter is greatly appreciated.

As parents your participation in team and club events is vital to:

- keeping costs to a minimum by assisting with fundraising events
- taking part in Action club duty for Calisthenics ACT events
- ensuring that your child attends scheduled team practices on time
- ensuring that your child attends all competitions
- notifying your team manager should you child be unable to attend any class, competition or team/club event.

## CLASS BEHAVIOUR

Participants are expected to behave during class. Disruption in class time impacts on the whole team and causes valuable time to be wasted. Participants are required to co-operate and be productive during class time.

## YOUR TEAM MANAGER

- is your connection to other team members, the coach, and the Action committee
- will keep you up to date with all club and team events with emails, newsletters and notes. It is imperative you read these. You will become more connected with your team and your club
- will keep you up to date with fees payable. Your help in making payments on time and providing receipts will ensure that participation in club events is not effected
- can advise on fundraising to assist with extra club costs and any interstate travel to competitions.

## CODES OF BEHAVIOUR

As a member of Action Calisthenics you agree to abide by the Code of Behaviour as set out by the club. Please take the time to read the Code of Behaviour on page 4. These codes ensure that all members and volunteers enjoy being with our club and guarantees respect for club officials, coaches and all other participants. Action values good sportsmanship.

Breaches of these codes may result in membership of Action being withdrawn.

## **ETHOS**

Action Calisthenics endeavours to encourage and applaud all participants no matter what their ability. We expect the same from all participants and parents. The calisthenic goals of each member are to be respected and as a united club we will encourage progress, great or small. Our success is not measured by winning. It is the enjoyment and progress of each member, the nurturing environment of each team and being a unified club.

## **THEATRE ETIQUETTE**

Members of Action and their families are ambassadors of the club. Our behaviour is on display at events such as competitions. Please read the "Theatre Etiquette" guidelines on page 5 to ensure you are aware of what is required at these times.

Thank you for choosing Action Calisthenics. Calisthenics is a wonderful sport encouraging confidence, team work, and deportment. I hope that you will enjoy being members of our club.

A reminder, Action is holding **Flex & Strength classes commencing Monday 8<sup>th</sup> January 2018 from 5 til 6.30pm**. Please bring along \$5 per class per participant and a drink bottle.

Yours in calisthenics

Action Calisthenics President

**Considering a role on the Committee? We need you!**  
Please contact our current President on 0417 650 162 or email [amyschafrin@iinet.net.au](mailto:amyschafrin@iinet.net.au)

## **CODE OF BEHAVIOUR**

### **PARENTS**

- Encourage your child to attend all classes.
- Have your child be punctual to classes.
- Respect the Coach's decision regarding team placements and selection.
- Be aware that Coaches may make changes to team selections and/or positions throughout the year. These are not fixed at the beginning of the year and are subject to change dependent upon your child's attendance, performance and behaviour during the year.
- Remember that children learn best by example. Applaud the efforts put in by all teams & members.
- Remember to praise your child for what they can do well and not criticise for what they can't do.
- Discuss concerns or problems with the team manager / club management as early as possible. It can't be fixed if the club does not know it is broken.
- Be committed to the team process, removing your child from teams does change the team dramatically and affects the clubs presentation at competitions. Give plenty of notice if a child needs to leave.
- Show appreciation of the team managers, costume managers and officials. These people volunteer their time to the successful running of the club.

### **PARTICIPANTS**

- Respect your fellow team members and their goals.  
Be committed to your team and your club. Leaving your team half way through a year affects the whole team and reduces their chances at competitions
- Have consistent attendance at training sessions (no more than 20% of classes can be missed). If there is a problem with a date, reasonable notice is to be given to the team manager and the Coach.
- Co-operate with your Coach and cadets.
- Respect your Coach's decision with regard to team selections and/or movement within a team.
- Verbal abuse towards the Coaching staff, team managers and/or fellow team mates will not be tolerated.
- Any concerns or problems that you may be experiencing should be brought to the attention of the team manager or Coach during a break or after the completion of a class NOT during a class.
- Work equally hard for yourself and your team. Your team's performance will benefit and so will you.
- Treat your fellow team mates, as you would like to be treated.
- Be prepared for class. This means wear a leotard and have your hair tied back.
- Do not wear jewellery to class as these can catch on apparatus and cause injury.
- If you have an injury and are unable to participate at classes please supply a doctor's certificate or note from a parent to that effect.
- Enjoy your year as an Action Calisthenics participant and take pride in the knowledge that you are a member of a good team and a great Club.

## CALI ACT THEATRE RULES

### AN IMPORTANT NOTICE TO ALL CALISTHENICS FAMILIES:

#### Dear Parents:

Outlined below is a list of theatre rules and etiquette which apply to calisthenics competitions held in the ACT. These rules, and the reason why the rule is in place, are explained so that the competition can run smoothly for the benefit of the competitors and audience alike. The penalties outlined will be enforced if necessary. Please familiarise yourself with the rules before each competition so that all can enjoy the performances of the competitor/competitors and so that the competition is not delayed by members of the audience who are not following directions.

#### THEATRE RULES AND ETIQUETTE

**1. No videoing or photography in the theatre while the competitions are in progress.** It is a theatre rule that no videoing or photographing of live performances is allowed. This is a CACTI competition rule as well. All clubs pay copyright costs to allow their coaches to use music with their choreography. Cali ACT pays copyright to allow the use of music at live performances, i.e. competitions, displays etc. Coach's choreography is also covered by copyright. Therefore no one is allowed to use video or photography during the competitions. Videoing and photography can be done at club concerts where the club's coaches and committee have given permission for this to occur. If any person is found videoing or taking photos during a competition, they will be asked to leave the theatre. As this is a breach of competition rules, a breach penalty could be applied to the club whose member broke this rule, i.e. a 10 point deduction from the competitor/competitors score.

**2. All mobile phones, pagers and beepers are to be turned off in the theatre.** Please turn these off before you enter the theatre, if these items go off during a performance, it is very disconcerting to the competitor/competitors on stage. If any of these items go off during a performance, the owner will be asked to leave the theatre.

**3. Applause at the end of an item.** Please encourage all competitors at the conclusion of an item, once the competitor/competitors have left the stage or the curtain is lowered.

**4. Respect for a performer.** All competitors work hard to achieve their best. Some competitors are more experienced than others. Members of the audience who show disrespect to competitors will be asked to leave the theatre and will not be allowed back in for the remainder of that competition. **Remember:** all comments, laughter etc from the audience can be heard on stage because of the acoustics of the theatre.

**5. The area behind the adjudicator, on the walkway, must be left clear at all times.** Members of the audience and competitors are not permitted to stand behind the adjudicator during competitions nor while she is finalising the crits.

**6. The entry door to the theatre is on the left and the exit door is on the right.** The correct use of the entry and exit doors allows for the smooth flow of traffic in the theatre and avoids congestion at one door. If spectators attempt to use the incorrect door they will not be allowed to do so but will be directed to the appropriate door. The doors at the stage level **are not** to be used.

**7. There are six emergency exits in the theatre.** The exit closest to you is to be used in the case of an emergency and only an emergency.

**8. The doors will be closed at the commencement of an item.** Members of the audience will not be allowed access to the theatre once an item has commenced. Please **do not** attempt to open the doors once they are closed.

**9. No food or drink to be brought into the theatre.** These items must not be brought into the theatre. If anyone is seen with any of these items, they will be asked to leave the theatre. If these items have been found to have been brought into the theatre and a cleaning cost is incurred by Cali ACT, then all clubs will be billed this cost.

**10. No feet on seats.** Any person who is found resting their feet or legs on the theatre seats will be asked to leave the theatre.

**11. Seats are not to be climbed on for movement between rows.** Any person who is found to be using the seats to move between rows will be asked to leave the theatre. This is damaging the seats in the theatre and Cali ACT could incur a cost for repairing these seats. If this happens this cost will be distributed between all clubs.

**12. No smoking in the theatre complex.** This is an ACT Government regulation and anyone found doing this will be asked to leave the complex.

**13. No sitting in the aisles.** This is an ACT Fire Brigade regulation. Please make sure that all available seats are used – if this means moving along to fill up gaps then please do so. Competitions cannot proceed if members of the audience are sitting in the aisles. If the theatre is full, then parents are asked to nurse their toddlers.

**14. The front two rows of the theatre are for adults only.** Children are not permitted in the front two rows because they can be a distraction to the competitors on stage. Any person sitting in these rows is clearly visible to the competitor/competitors on stage.

**15. All children who are not competitors must be seated with an adult while in the theatre.** Children must be supervised by an adult while in the theatre so they are not a distraction to competitor/competitors on stage. If your child is distressed at any time during the competitions, please take the child out of the theatre because this affects the competitor/competitors on stage.

**16. No competitor is allowed in the front half of the theatre.** All competitors must sit in the back half of the theatre to avoid distraction to competitor/competitors on stage. A member of the management for that team must also accompany them.

**17. No competitor who is wearing leg tan is allowed in the theatre with uncovered legs.** Any competitor who has leg-tanned legs must wear pants whilst in the theatre to avoid marking the seats.

**18. No apparatus (rods or clubs) are permitted in the audience.** All apparatus must be left in the dressing rooms. If a competitor comes into the audience with apparatus, the competitor will be asked to leave.



## REGISTRATION FORM

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SELECT AGE GROUP \_\_\_\_\_

SURNAME \_\_\_\_\_ GIVEN NAMES \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE AT 31 DECEMBER 2018 \_\_\_\_\_

ADDRESS \_\_\_\_\_ POSTCODE \_\_\_\_\_

AS AT DECEMBER 2018, STATE TOTAL YEARS AS A CALISTHENICS PARTICIPANT \_\_\_\_\_

YEAR COMMENCED CALISTHENICS \_\_\_\_\_ CLUB LAST REGISTERED AT \_\_\_\_\_

ACF PARTICIPANT NUMBER (IF KNOWN) \_\_\_\_\_

CALISTHENICS SKILL LEVEL (IF APPLICABLE) E.G. TEST 1, GRADE 1 \_\_\_\_\_

MOTHER/GUARDIAN \_\_\_\_\_ EMAIL \_\_\_\_\_

MOBILE \_\_\_\_\_ HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

FATHER/GUARDIAN \_\_\_\_\_ EMAIL \_\_\_\_\_

MOBILE \_\_\_\_\_ HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

HOW DID YOU HEAR ABOUT CALISTHENICS IF NEW TO SPORT? ☐ FACEBOOK ☐ ACTION WEBSITE  
☐ FLYER ☐ INFO STAND ☐ SHOPPER DOCKET ☐ FRIEND/FAMILY ☐ OTHER \_\_\_\_\_

### PLEASE READ THE FOLLOWING CONDITIONS AND SIGN YOUR ACCEPTANCE

I understand that whilst everything is done to ensure the safety of the above named participant while attending the activities of the Club, the Club's officers and volunteers are not responsible in any way for any accident or sickness which may occur or happen through any circumstances. Should the above named participant be injured as a direct result of training or any club endorsed activity, Action's Insurance, through Calisthenics ACT, will be the sole avenue for any claims to be made. I understand that I must notify Action of any injury that occurs during any Action activity as soon as possible after the event.

I confirm that the information given above is accurate.

- ☐ I agree that I am financially responsible for club equipment issued to my child during the year.
- ☐ I agree to pay all registration, club fees and payments as advised in the financial form and understand that those fees and payments cannot be refunded.
- ☐ I have read and I understand the letter to participants and parents and the Code of Behaviour as set out by Action Calisthenics Inc and I agree to abide by these rules.
- ☐ I have read and I understand the Calisthenics ACT "Theatre Etiquette" guidelines.
- ☐ I agree that I will support Action fundraiser events for 2018.

Signature of Parent/Guardian/Participant (if over 18) \_\_\_\_\_ Date \_\_\_\_\_



## PAYMENT FORM

### ACTION CALISTHENICS INC

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SURNAME \_\_\_\_\_ GIVEN NAME \_\_\_\_\_

SELECT AGE GROUP \_\_\_\_\_

Please tick preferred payment method for club registration

Age Group	Fee	Payment Method	Payment Due
Cali Kinda	<b>\$30.50</b> Non-Competitive Calisthenics ACT Liability/Insurance Participant Levy <b>\$5.50</b> for additional recreational participant/s in a family	In full	Immediate upon registration (Please attach receipt of record of payment)
	<b>\$330 annual club registration per participant</b>	\$330	10% discount applied if paid upon registration or before 18 February 2018 (Please attach receipt of record of payment)
		\$110 x three instalments	First instalment – 18 February 2018 Second instalment – 27 April 2018 Third instalment – 20 July 2018
		\$36.67 x nine monthly payments	Due the second Monday of each month
Tinies	<b>\$72</b> Competitive Calisthenics ACT Liability/Insurance Participant Levy <b>\$10.50</b> for additional competitive participant/s in a family	In full	Immediate upon registration (Please attach receipt of record of payment)
	<b>\$450 annual club registration per participant</b>	\$450	10% discount applied if paid upon registration or before 18 February 2018 (Please attach receipt of record of payment)
		\$150 x three instalments	First instalment – 18 February 2018 Second instalment – 27 April 2018 Third instalment – 20 July 2018
		\$50 x nine monthly payments	Due the second Monday of each month
	<b>Club Jacket for Competitions</b> (please refer to Team Manager for sizing)	\$57 Child Size \$68 Adult Size	27 April 2018
	<b>\$50 Interstate Competition Deposit</b> (if applicable for Tinies)	\$50	27 April 2018
	<b>\$50 Interstate competition 2nd instalment</b>	\$50	29 Jun 2018
	<b>\$TBA Interstate competition balance</b>	\$TBA	28 September 2018

<b>Sub Juniors</b>	<b>\$72 Competitive Calisthenics ACT Liability/Insurance Participant Levy</b>	In full	<b>Immediate upon registration</b> <b>(Please attach receipt of record of payment)</b>
<b>Juniors</b>	<b>\$10.50 for additional competitive participant/s in a family</b>		
<b>Intermediates</b>	<b>\$675 annual club registration per participant</b>	\$675	<b>10% discount applied if paid upon registration or before 18 February 2018</b> <b>(Please attach receipt of record of payment)</b>
		\$225 x three instalments	<b>First instalment – 18 February 2018</b> <b>Second instalment – 27 April 2018</b> <b>Third instalment – 20 July 2018</b>
		\$75 x nine monthly payments	<b>Due the second Monday of each month</b>
	<b>\$40 Equipment Hire (clubs and rod) per participant</b>	\$40	<b>18 February 2018</b>
	<b>Club Jacket for Competitions (please refer to Team Manager for sizing)</b>	\$57 Child Size \$68 Adult Size	<b>27 April 2018</b>
	<b>\$50 Interstate Competition Deposit</b>	\$50	<b>27 April 2018</b>
	<b>\$50 Interstate competition 2nd instalment</b>	\$50	<b>29 Jun 2018</b>
	<b>\$TBA Interstate competition balance</b>	\$TBA	<b>28 September 2018</b>

**Please tick box if a younger sibling discount of 20% is be applied to club registration** ☐

Note: sibling discount is applied to club registration of the second and subsequent children in one family.

Committee position discounts will be approved at the AGM in February 2018. Please consult with the President or Treasurer before applying a discount to your fee.

All payments are to be made directly into the Action Calisthenics bank account. You are encouraged to set up electronic deposits if choosing option to pay monthly.

Please ensure you print a copy of your transfer receipt and provide to the team manager. It is essential that you specify surname, participant's age group and intended purpose of payment as per the following codes:

CK	Cali Kinda
T	Tinies
SJ	Subbies
J	Juniors
I	Intermediates
LF	Levy fee for Calisthenics ACT
IF	Instalment for club registration fee
MF	Monthly payment for club registration fee
RF	Club registration fee (annual)
EF	Equipment hire fee
YB	Yearbook
IS	Interstate payment

**ATTENTION! ACTION HAS A NEW BANK ACCOUNT**

*Example: Jones/T/RF*

Bank: Westpac  
Account Name: Action Calisthenics Inc  
BSB: 032109  
Account Number: 428357

*Note: Monthly payments or Instalments not paid by due date will incur a \$10 per week late fee at the discretion of the Action Committee.*

**Signature of Parent/Guardian/Participant (if over 18)** \_\_\_\_\_ **Date** \_\_\_\_\_

Office Use –

Has payment method been ticked ☐

Is receipt attached for payment of Cali ACT levy ☐



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# MEDICAL RELEASE FORM

SURNAME \_\_\_\_\_ GIVEN NAME \_\_\_\_\_

## EMERGENCY CONTACTS

NAME \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_ PREFERRED PHONE \_\_\_\_\_

NAME \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_ PREFERRED PHONE \_\_\_\_\_

## MEDICAL HISTORY (TICK THOSE WHICH HAVE OCCURRED)

- |  |                                   |                                     |
|--|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> EPILEPSY                      | <input type="checkbox"/> ASTHMA   | <input type="checkbox"/> DIABETES   |
| <input type="checkbox"/> ANAEMIA                       | <input type="checkbox"/> FAINTING | <input type="checkbox"/> NOSEBLEEDS |
| <input type="checkbox"/> ALLERGIES, GIVE DETAILS _____ |                                   |                                     |
| <input type="checkbox"/> OTHER _____                   |                                   |                                     |

If you ticked any of the above, do you have a **Doctors action plan** in case of a reaction \_\_\_\_\_  
Please supply a copy if yes.

MEDICATION/S IF APPLICABLE \_\_\_\_\_

PREVIOUS INJURIES IF APPLICABLE (STATE TYPE OF INJURY AND DATE) \_\_\_\_\_

## DOCTOR AND MEDICAL COVER

NAME OF DOCTOR \_\_\_\_\_

PHONE \_\_\_\_\_

MEDICARE NO \_\_\_\_\_

MEDICAL INSURER \_\_\_\_\_ LEVEL OF COVER \_\_\_\_\_

## PERMISSION

I, \_\_\_\_\_ the parent/guardian, give permission for my child to participate in all activities associated with Action Calisthenics Inc.

I authorise officials of Action Calisthenics Inc, in the event that we are unable to be contacted within a reasonable time, to obtain any medical assistance they may consider necessary for my daughter and I agree to meet all resulting expenses incurred. I have indicated above any pre-existing medical condition or injury.

I consent to my daughter/son receiving emergency medical treatment by qualified persons.

Signature of Parent/Guardian/Participant (if over 18) \_\_\_\_\_ Date \_\_\_\_\_



## **CALISTHENICS ACT INC – PRIVACY STATEMENT**

1. I authorise the information provided on the registration form to be used by Action Calisthenics & Calisthenics ACT Inc for the administration of the sport of calisthenics and in accordance with the objectives of Action Calisthenics & Calisthenics ACT. This information will be held in a secure place by Action Calisthenics and I understand that I can access my personal information through Action Calisthenics upon request. If the minimum information (ie Name and Date of Birth) is not provided I might not be permitted to participate in calisthenics conducted by Calisthenics ACT or the Australian Calisthenic Federation Inc (ACF).
2. I authorise Action Calisthenics to forward the information contained in the Registration form to Calisthenics ACT/ACF for use by them in the administration of the sport of calisthenics at state and national levels and in accordance with the respective objects of the ACF.
3. I agree to Action Calisthenics, Calisthenics ACT and ACF sending me information pertaining to programs and promotions conducted by them from time to time.
4. I acknowledge and consent to photographs and video footage being taken of me during my performance. I acknowledge and agree that Action Calisthenics, Calisthenics ACT and ACF may each use the photographs and/or video footage for training (including but not confined to adjudicators, coaches, skills examiners and competition administrators) and promotional purposes without my further consent being obtained. Further I consent to Action Calisthenics, Calisthenics ACT and ACF each using my image, likeness and also my performances, at any time to promote the sport of calisthenics, Action Calisthenics, Calisthenics ACT and the ACF by any form of media. Nothing in this paragraph grants any rights of ownership in the choreography of a performance in the State Association or ACF.
5. I authorise the publication of my competition results.

Participants Name \_\_\_\_\_

Participants Signature \_\_\_\_\_

Date \_\_\_\_\_

### **For participants under 18 years of age**

I \_\_\_\_\_ am the parent/guardian of the registered participant. I expressly agree to personally accept the conditions set out in this form both on behalf of the registered participant and also in my own right.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_