



# PHOENIX CALISTHENICS CLUB INC

## Parent Information Booklet

2023



## **PHOENIX CALISTHENICS CLUB INC.**

Welcome to Phoenix Calisthenics Club Inc. Phoenix Calisthenics has been operating under its current name since December 2006 and is affiliated with the Calisthenics Association of Western Australia Inc. (CAWA). Phoenix Calisthenics Club was previously known as Northern Star Calisthenics. In late 2006, a development programme was implemented to rebuild the club and increase member numbers. This program was extremely successful and saw Northern Star evolve into Phoenix Calisthenics Club. Phoenix is rapidly becoming one of the strongest and most successful Calisthenics Clubs in Western Australia.

Phoenix Calisthenics encourages prospective members living within the club's catchment areas to register for membership. These areas include Ashby, Banksia Grove, Carramar, Edgewater, Hocking, Kingsley, Madeley, Mariginiup, Pearsall, Sinagra, Tapping, Wanneroo, Wangara, Woodvale, and surrounding suburbs.

In 2016, Phoenix Calisthenics Club was generously granted our very own home ground at the Margaret Cockman Pavilion, Wanneroo Showgrounds by the City of Wanneroo. This has enabled us to have a reliable place of practice and train all year round. In 2018, the City of Wanneroo undertook extensive refurbishment upgrades to the Pavilion including the installation of air conditioning, heating, and insulation.

### **REGISTRATION**

We encourage new members to attend 2 consecutive classes before making a commitment to a team. Both trial classes are complimentary. If your child decides to continue beyond the 2-week trial period, payment for the balance of the term fees will be charged, which must be paid by the 3rd week of the term. At registration, parents/guardians will be required to complete a Phoenix registration form online, a CAWA affiliation form, a code of conduct form and a medical form.

### **MEDICAL FORMS**

A medical history of your child must be completed at registration. Please advise us of your child's current and previous medical history. If any medical changes occur during the year, please advise your Team Manager immediately.

## PHOTO/VIDEO AUTHORISATION

This is part of the medical section in the online registration that you sign to allow any photos or video taken during training, competitions, etc. to be used for any promotional material, the website and the club's Facebook and Instagram pages. If you do not want your child's photo included in this, please indicate this on the form.

## THE CALISTHENICS ASSOCIATION OF WESTERN AUSTRALIA INC. (CAWA)

CAWA has approximately 15 affiliated calisthenics clubs within Western Australia and has an overall membership of some 2000 active members. It is a non-profit organisation headed by a Board of Management, which is elected at an Annual General Meeting (currently held in March each year).

The CAWA headquarters – The Swan Park Theatre – is situated on Gray Drive, Midvale and is part of the Swan Park Recreation Centre. The theatre was built in 1990 by a group of volunteer parents. It consists of a 600-seat theatre, professional sound, and lighting, 16 separate dressing rooms to accommodate teams, training room, committee room and kiosk.

The CAWA headquarters is the “home” of Calisthenics and is the location of periodic event competitions throughout the calisthenics year.

The CAWA website address is <http://www.calisthenicswa.com.au/>

The CAWA office can be contacted at: [info@calisthenicswa.com.au](mailto:info@calisthenicswa.com.au) or on (08) 9274 3958.

## WHAT IS CALISTHENICS?

*The word calisthenics comes from the Greek words 'kallos' for beauty and 'thenos' for strength.*

Calisthenics is a uniquely Australian sport for children of all ages. Calisthenics combines the finest points of sport and art. As a sport, it encourages physical development, fitness and co-ordination, self-discipline, confidence, and team spirit. As an art, it develops appreciation of music and rhythm, deportment, grace, balance, and composition with the excitement of stage presentation.

Calisthenics teaches six different artistic dance disciplines incorporating elements of dance, gymnastics, ballet, marching, apparatus technique (rods and clubs), acting and singing. All work is carried out in a team environment consisting of 6 or more performers. Each discipline is developed into a routine which is choreographed to music between 2 to 4 mins in length. The following description of each discipline will assist you to understand our sport.

<b>Discipline</b>	<b>Discipline Description</b>
Aesthetic	Simplified Ballet Dancing demonstrating poise, elegance, deportment, grace, and expression Simplified ballet movements set to music intended to develop grace, elegance, poise, and the use of expression.
Clubs	Two wooden clubs are swung in unison to the rhythm of the music. Intended to develop rhythm, co-ordination, control, and deportment.
Free Exercises	Gymnastic arm, body and foot movements performed in a set routine without the use of equipment demonstrating flexibility and strength
March	Deportment marching shown through routine patterns and formations which is aimed at developing and strengthening deportment, poise, rhythm and body discipline.
Rods	Each performer uses an aluminium rod, which is cut to size. The rod is manipulated while performing similar movements to those done in Free Exercises. Rod work is patterned to show artistic ability and precision. A unique aspect of Calisthenics, which improves co-ordination, control, and balance.
Fancy Item	Each year, CAWA selects one item category for clubs to perform at the state championships. These items are selected on a rotational basis. These include: <ul style="list-style-type: none"> <li>- Song and Dance</li> <li>- Stage Medley (A combination of dance, singing and calisthenics technique)</li> <li>- Calisthenics Revue (a combination of calisthenics and dance)</li> <li>- Character Folk Dance</li> <li>- Dance Arrangement</li> </ul>

## **HOW IT ALL BEGAN**

Calisthenics, as it is known today, developed from various forms of exercise and dance dating as far back as to the Australian gold rush days. It was developed to keep participants fit and healthy. Calisthenics competitions have been held since the early 1900s. In Western Australia, Calisthenics started in 1957.

## **WHO IS CALISTHENICS FOR?**

Girls and boys\* from 3 years to adult, can participate, and enjoy calisthenics. They are involved in many areas including:

- Participation / Performance
- Coaching
- Team Managing
- Costume Designing
- Committees

Parents, both male and female, are strongly encouraged to take supportive, administrative, and backstage roles in calisthenics clubs. In fact, it is imperative that we have family support for our sport to grow and strengthen.

\*The Australian Calisthenics Federation (ACF) guidelines state that male competitive participation is up to the age of 14 only.

## **THE BENEFITS**

Calisthenics has much to offer its participants. Each participant can develop self-discipline, teamwork capabilities, self-esteem, confidence, loyalty and live a healthy lifestyle. A strong emphasis on camaraderie and friendship between all club members, including the performers, coaches, or support members, allows members of our club to achieve the above-mentioned attributes.

## AGE GROUPINGS:

The participants attend specified classes according to their age which is determined by the age of the participant on the 31<sup>st</sup> December in the year of competition and sorted into teams.

Class	Age
Cali-fun	3- 5 Years
Sub-juniors	6 – 10 Years
Juniors	11 – 13 Years
Intermediates	14 – 17 Years
Seniors	18 Years and Over

If a club does not have an age group team, (as is the case for participants aged 26 years or over who would participate in the Masters age group), special permission can be sought from the CAWA to remain in the closest appropriate age group.

## TRAINING TIMES

The Calisthenics year runs parallel to the school year. Classes usually commence the second week of the first term and finish at the end of November

These are determined at the beginning of each year according to coaching requirements. A guide to training times for 2023 is as follows:

### **Term 1 - Commencing the week beginning January 30th, 2023**

Cali-fun	Saturday 9.00am – 10.00am
Sub-Juniors	Saturday 10.30am – 12.30pm
Juniors	Thursday 5.00pm – 7.00pm
Intermediates	Wednesday 4.30pm – 7.30pm
Seniors	Monday 6:00pm – 9:00pm

### **Term 2 - Commencing from Saturday, April 22nd, 2023**

Cali-fun	Saturday	9.00am – 10.00am
Sub Juniors 3	Saturday	10:30am - 12:30pm
Sub-Juniors 1 & 2	Saturday	10.30am – 1.30pm
Juniors	Thursday	5.00pm – 7.00pm
Intermediates	Wednesday	4.30pm – 7.30pm
Seniors	Monday	6:00pm – 9:00pm

## **Additional Classes**

In preparation for competitions in Term 3, there will be additional classes held in Term 2 and Term 3. (Days and Times may change and will be confirmed in Term 1).

Sub Juniors 1 & 2	Mondays	4:30pm to 6:00pm
Juniors	Saturdays	12:30 – 3:00pm
Intermediates	Saturdays	1:30pm – 3:30pm
Seniors	TBC	

## **Term 3 - Commencing from Saturday, July 15<sup>th</sup>, 2023**

Cali-fun	Saturday	9.00am – 10.00am
Sub Juniors 3	Saturday	10:30am - 12:30pm
Sub-Juniors 1 & 2	Saturday	10.30am – 1.30pm
Juniors	Thursday	5.00pm – 7.00pm
Intermediates	Wednesday	4.30pm – 7.30pm
Seniors	Monday	6:00pm – 9:00pm

## **Term 4 – Commencing from the week commencing, Oct 10<sup>th</sup>, 2023**

Cali-fun	Saturday	9.00am – 10.00am
Sub-Juniors	Saturday	10.30am – 12.30pm
Juniors	Thursday	5.00pm – 7.00pm
Intermediates	Wednesday	4.30pm – 6.30pm

\*Term 4 classes will only be for a duration of 7/8 weeks\*

Term 4 classes will be 2 hours (except Cali-Fun) and will focus on fun and development of skills and flexibility for the first hour and Calisthenics Skills Exams preparation for the second hour. Even if your child is not participating in the skills exams, it is strongly encouraged for your child to attend these classes.

Please ensure your child is at class at least 10 minutes before the starting time to ensure classes start on time and to participate in the warmup to prevent injury. Please advise your Parent Liaison if your child will be late or is unable to attend class

## **CLASS DUTIES**

Each class has a dedicated Team Manager who has kindly volunteered to ensure the smooth running of each class. If you have any questions or concerns throughout the year, please first speak to your Team Manager as they are only too happy to help where they can.

If they cannot answer your queries immediately, they will endeavour to get an answer for you as soon as possible.

Team Managers may call on other parents to help them out with such things as collection of fees, rostered duty or to take attendance.

## **DROP OFF AND COLLECTION**

For safety purposes, all parents/guardians are to drop off and pick up their children from **inside** the Margaret Cockman Pavilion. In the Cali-fun and Sub-Junior age groupings, parents/guardians must sign their children in and out of classes to ensure participant safety with drop off and collections. Please ensure that your child is not left alone while waiting for coaches/personnel to arrive. Parents are requested to be punctual both when dropping and picking up their children to training and performances. If someone other than a parent is dropping off/collecting a participant, the Parent Liaison must be notified, and sufficient identification supplied. Please understand that there will be NO exceptions to these procedures, and we require parental and guardian support with this matter for the safety of your children.

## **CLUB COMMUNICATION**

The club communicates to parents via email. Each age group has an additional platform of communication which includes WhatsApp. Parents are required to download (if required) the chosen communication platform for their age group.

Calisthenics performance routines are regularly filmed and uploaded to the SeeSaw app. Members are required to download the SeeSaw app and will be given a QR code to access the uploaded videos. Members are encouraged to regularly view the videos and practice at home.



## **CLASS REQUIREMENTS**

Each child is required to have their own: (Except Cali-fun)

- Club leotard or black practise leotard (black/flesh-coloured footless leggings and black wrap top in winter)
- Aluminium rod
- Wooden clubs
- Aesthetic practice skirt.
- Water only (to be supplied in a labelled drink bottle)
- Nutritious snack (fruit, cut vegetables, cheese, crackers or muesli bars)

## **EQUIPMENT AND CLOTHING**

Phoenix Calisthenics Club colours are black, red and gold. Club clothing and equipment (rods, clubs, and practice skirts) are available for order and purchase from the Equipment and Clothing Officers. Second-hand equipment is available to purchase however, it is subject to availability. All children will be measured early in the year so that the right sized equipment can be ordered for them.

Participants are required to attend class in the club or black leotard. Club training leotards are available to purchase from the club. In the cooler winter months, please have them wear a black wrap top and footless leggings. Hair must be neatly tied back in a bun. Jewellery is not permitted at class. Club scrunchies and headbands are available for purchase.

Prices are as stated on the Phoenix Calisthenics Club Inc Uniform and Equipment Price List.

\*Equipment is not required to be purchased for Cali-fun team members.

## **CLASS VIEWING**

Most classes are closed to parents, except for the Cali-fun classes where parents are invited to attend. We will let you know if your child needs you. This is to ensure classes operate with maximum efficiency and the children can benefit from each class to the best of their potential. All coaches are specially trained to look after your children. Parents will be notified of open classes where you will be invited to view your child's progress and development at scheduled times throughout the year.

## WHAT ARE WE WORKING TOWARDS?

There are several events on the annual calisthenics calendar that our team members may perform in. These include Club, Inter-club, National, Solo, Duo and Graceful performances/competitions and Calisthenics Skills Examinations. Please note that the graceful, solo and duo competitions and calisthenics skills examinations are optional, though participation is highly recommended. Invitations will be sent out to all eligible participants.

For those interested in extending their calisthenics ability and activity, there is the opportunity to try out for the Western Australian State Team, which participates in the National Championships held each year during the July School holidays.

The following is a list of the different competition/performances available to competitors.

<b>Competitions/Performance</b>	<b>Information</b>
<u>Phoenix Club Showcase</u>  <b>April/May</b>	Parents, relatives, and friends are treated to a showcase show where our team members demonstrate a snapshot of their performances that they have been working on in Term 1.
<u>CAWA Graceful (10 years and over only)</u>  <u>Hill's Graceful Competition</u>  <u>Phoenix Graceful Showcase</u>  <b>April/May</b>	A solo competitor performs aesthetic (ballet) type exercises to music. (Optional competition – incurs additional costs payable directly to the coach and to CAWA). Competition is open to all CAWA affiliated members.
<u>CAWA Taste of the Stage (Sub-Juniors only)</u>  <b>May</b>  *Participation is based on time availability on the Phoenix Annual Calendar	Prior to the team competition season, our Sub-Junior competing members visit the Midvale complex to run through items on the stage. Coaches will lead them on a tour of the theatre, training room and dressing rooms, including backstage to

	gain confidence and familiarise themselves with the venue.
<u>Black Leo Competition (Juniors only)</u> <b>May</b> *Participation is based on time availability on the Phoenix Annual Calendar	A New competition to the CAWA Calendar where competitors only wear a black leotard. It provides an opportunity for participants to perform on stage and receive feedback from official adjudicators. Items performed are rods, clubs and free.
<u>CAWA Betty Fitzpatrick Competitions</u> <b>July</b>	Five calisthenics items per team are entered as a lead up and practice competition to the State Championships. This competition is held at Swan Park Theatre, Midvale.
<u>Phoenix Family Concert</u> <b>August</b>	The whole club comes together to perform complete routines to families and friends at Swan Park Theatre, Midvale.
<u>CAWA State Championships</u> <b>August/September</b>	Every year our club competes in the CAWA State Championships, at the Swan Park Theatre, Midvale. Teams are divided into grades to compete against other clubs.
<u>CAWA Future Stars (Cali-Fun)</u> <b>October</b>	A performance for our youngest club members in the Cali-fun age group introducing them to the stage and to Calisthenics Headquarters, Swan Park Theatre, Midvale.

<p><u>CAWA Solo Competition and Applecross Eisteddfod</u></p> <p><b>October/November</b></p>	<p>A solo competitor performs a routine of dance and free exercise movements to music. (Optional competition – incurs additional costs payable directly to the coach and to CAWA). Competition is open to all CAWA affiliated members.</p>
<p><u>CAWA Duo Competition</u></p> <p><b>October/November</b></p>	<p>Two competitors perform a dance and free exercise routine together. (Optional competition – incurs additional costs payable directly to the coach and to CAWA). Competition is open to all CAWA affiliated members.</p>
<p><u>CAWA State Team Workshops and Trials</u></p> <p><b>October/November</b></p>	<p>The opportunity to be selected into the WA State team to compete in the Australian Calisthenics Federation National Championships. These championships are held in July in a different State/Territory each year. Workshops followed by trials are held at the end of each year (usually in November) and training usually commences straight away with a break over the Christmas holidays. All affiliated members are eligible to attend workshops and trials for the State Team. All costs involved are the responsibility of the individual. Details regarding the State team are available on the CAWA website - <a href="http://www.calisthenicswa.com.au">www.calisthenicswa.com.au</a></p>

<p><u>CAWA Calisthenics Skills Tests/Exams</u> (From age 7 years and over)</p> <p><b>November/December</b></p>	<p>Participants are taught an age-appropriate Calisthenics syllabus and are then examined on it. The syllabus is taught outside of normal class times. The club's Skills Test Co-ordinator will make the relevant information available to eligible candidates during the Term 3. To date, Phoenix Calisthenics Club has a 100% perfect pass rate by all candidates.</p>
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Exact dates for the above-mentioned events and competitions are listed on the Phoenix Calisthenics Club calendar 2023.

CAWA charges an entry fee of approximately \$20 per adult to watch all competitions; children under 16 years are free. Tickets can be purchased online via TryBooking.

## **TEAM TRAINING**

In Term 1, the coaches place members into teams, and they are taught different sets of skills according to their age, ability, and expertise. These are the teams and items that they will be performing at the competitions. Please note that it is disappointing and disruptive to the fellow team members if a participant decides to leave after Term 1, once choreographing of routines has commenced. In addition, the performing team and the club could have penalty points deducted at competition time if there are missing team members. It is therefore essential that the children and their parents are committed to Phoenix Calisthenics Club for the remainder of the calisthenics year. Please take note of all competition dates in the club calendar to ensure that the club is not unnecessarily penalised due to absence.

## **COMPETITION INFORMATION**

The day of competition is a fun and exciting day for all team members. All team members are required to be available prior to the start of the competition to have their make-up hair done by coaches and parent helpers. Parents are asked to supply a healthy/nutritious snack to be shared among the performers in a picnic setting on the day.

## **ADDITIONAL TRAININGS AND STAGE PRACTICES**

In the lead up to competitions, coaches may request competitors to attend additional trainings at the Margaret Cockman Pavilion and stage rehearsals at Midvale. Parents will be notified of these events.

## **CLUB CAMP**

Each year, our club members attend a camp at a selected location. In 2023, club members will be attending a day camp at a location to be confirmed. The camp is not compulsory however, it is strongly encouraged. All participants have a fun time together and it is a great way for the team members to work on team bonding and friendships in a relaxed setting. The date of the camp is as stated in the Club calendar.

## **PARENT INVOLVEMENT/VOLUNTEERING**

Our club is run by a small group of dedicated and hardworking volunteers. All parents are required to assist the club in some capacity during the year.

Volunteer hours can be completed at fundraisers, competitions, concerts, promotional events, or other occasions, where called upon, throughout the calisthenics year. At competitions, there are a variety of volunteer jobs required to be filled. These range from; door service, marshalling, canteen, time keeping, sound and backstage. CAWA will assign various jobs to specific clubs on a roster arrangement prior to each event. If these positions are not filled, Phoenix Calisthenics Club will incur a fine.

At the Annual General Meeting of the club held each year, we elect a President, Vice President, Secretary, Treasurer, and several other necessary positions. All are vital in helping our club to remain as successful as it is. Committee meetings are held regularly at a convenient venue and all parents/guardians are welcome to attend. Contact information of the current Phoenix committee is given at the end of this booklet.

Please become involved in and support your child's sport. You can make some great and lasting friendships in Calisthenics. Dads are encouraged to become involved – fundraising, backstage at competitions, prop making etc.

## **FUNDRAISING**

As a Club, we try and keep fundraising to a minimum and needs only basis and therefore we ask all families to support any fundraising activities during the year as it is our children that will be benefiting from the profits. Selling of Cadbury Chocolates is always a successful fundraiser. The club will repeat this fundraiser this year. If your family has any other fundraising ideas, they are always welcome.

## **COSTUMES**

The club owns most of the costumes the team members will be wearing for competitions and concerts. This greatly reduces the costs to parents. A hire fee is levied for each costume worn by each performer. This fee helps with the maintenance, re-trimming and replacing of costumes. Each performer will wear, on average, 4 leotards and 1 aesthetic costume per year. Your help may be needed with the re-trimming and revamping of costumes and “busy bees” will be arranged throughout the year so that all costumes can be completed in plenty of time before the competitions. You do not need to be able to sew to be of assistance on these days.

## **FANCY COSTUME**

There will be one fancy costume required each year. This costume will be made, hired or purchased under the guidance of the Coach. As per the fee schedule the price of this costume is additional.

## **COSTS**

### **Phoenix Calisthenics Club Fees Structure 2023**

Fees are reviewed annually by the executive committee. We are a not-for-profit organisation and therefore aim to keep fees to the bare minimum. The Executive Committee has elected to reduce the class fees for 2023.

The following will be the structure for 2023:

***Cali-Fun***

Annual Registration Fee	Term 1	Term 2	Term 3	Term 4
\$75	\$130	\$130	\$130	<b>Free*</b>

***Sub-Juniors, Juniors, Intermediates and Seniors***

Annual Registration Fee	Term 1	Term 2	Term 3	Term 4
\$115	\$230	\$230	\$230	<b>Free*</b>

Please note that Term 4 fees are free to all members, new or current. \*However, if a participant is new to the club in Term 4, they will be required to pay a \$20 CAWA affiliation fee for insurance purposes.

## **EXPLANATION OF FEES**

### **Annual Registration Fee:**

The annual registration fee is broken down into two categories.

**Club Registration Fee:** This compulsory fee covers administrative costs and charges for entering our teams into the CAWA Betty Fitzpatrick Competition and the State Championships - \$40.00

**Affiliation Fee:** This compulsory fee is paid to CAWA (Calisthenics Association of WA). It covers participants for insurance purposes during training and enables them to compete in competitions - \$75.00

### **Term Fees:**

- Coaching fees
- Make up and eyelashes for competitions
- Entry into the Betty Fitzpatrick and State Championship competitions
- CAWA stage and hall hire for competition practice and rehearsals
- Additional club training sessions



We are also pleased to offer a sibling discount of 20% for Term fees only for any siblings attending the club at the same time. The Annual Registration and Insurance fee will still apply to each child. A 20% discount also applies to any child whose parent or guardian volunteers in a committee role for the duration of the calendar year.

All fees are payable at the designated date as indicated on the Term calendar that is emailed to all families prior to the start of the term. A late payment fee of \$20 will apply for fees received past the due date without prior communication from the member to the Treasurer. If payment of fees is not received by Week 4, the participant will no longer be allowed to return to class until all outstanding fees are paid. All participants must be financial to compete at CAWA competitions and performances.

## ADDITIONAL COSTS

- Equipment
 

Rod	\$5
Clubs	\$40 (approx.)
Practice skirt	\$50 (approx.)
  
- Hair Piece/Wiglet (if required) \$35 (approx.)
- High cut, flesh-coloured knickers for competitions \$10 (approx.)
- Hire fee for maintenance and adjustment of competition costumes \$80
  
- Cost of Fancy routine costume \$80 - \$150
- Club Camp \$50 - \$80 (approx.)

## OPTIONAL COSTS

- Skills Tests entry fees and training fees \$50 (approx.)
- Graceful Competition entry fee \$80 (approx.)
- Solo Competition entry fee \$45 (approx.)
- Duo Competition entry fee \$70 (approx.)
- Costume hire fee for Graceful, Solo and Duo \$30 - \$100 (approx.)

- Coach's fee for Graceful, Solo and Duo \$100 - \$150 (approx.)
- Phoenix Club Uniform – Please refer to the club uniform price list

Please note that all entry fees for Graceful, Solo and/or Duo are payable directly to CAWA. Coaching fees are payable to the selected coach. The coach will provide more information regarding the training schedule, costume, hair and make-up requirements and the process on how to enter the competition.

## **METHOD OF PAYMENT:**

Fees may be paid by direct debit / EFT via Internet banking or via Credit Card.

All credit card payments will incur a charge of 2% of the total costs.

Bank Details:   BSB                   806015  
                           Account No.   01689492

Account name: Phoenix Calisthenics Club

**In “reference” please put your child’s full name, ie. “Sally Smith”**

If payments cannot be made within the required time frames, alternative arrangements (only for term fees) must be made with the President and Treasurer at the beginning of the term. Any such arrangements can only be made due to financial difficulties and will be strictly confidential. Phoenix Calisthenics is registered with the City of Wanneroo and City of Joondalup for Kids Sport WA. Financial assistance can be sought from Kids Sport to assist towards club fees for children aged 5 to 18 years up to a maximum of \$150 per child per calendar year. Please enquire with your team liaison or the treasurer for further information regarding the Kids Sport Vouchers.

All fees must be made prior to the commencement of classes the following year to enable the child/children to recommence classes.

## **REFUNDS**

Please be advised that there are no refunds of fees paid should a member decide to leave the club part-way through a term. Also, there are no refunds for missed classes.

## **COACHES**

Qualified coaches, who must be accredited in accordance with the criteria laid down and approved by the Australian Sports Commission, instruct our children. This accreditation is updated on an annual basis to ensure that coaches remain in touch with the continual changes and progressions within calisthenics and sport in general. Our coaches are affiliated with the Australian Society of Calisthenics and the Calisthenics Coaches Association of Western Australia. Phoenix coaches are also required to hold current First Aid certificates and a "Working with Children" permit.

For any queries or questions that arise throughout the year, it is preferable that you approach the Parent Liaison rather than the Coach, as the coach will be busy with their class. Any matter, which cannot be resolved by the Parent Liaison, will be referred to the Coach, Head Coach or the President.

Coaches are assisted by cadets (assistant coaches) with classes. These cadets are at various levels of qualifying to become coaches and are also required to undergo extensive training.

## **2023 COACHING STAFF**

### **Coach Co-ordinator and Sub Junior 1 Coach: Jill Pollard**

Jill has been a qualified Level 1 coach since 1993 and was responsible for the birth of Phoenix Calisthenics Club more than 15 years ago. She began her calisthenics journey as a young competitor and has been involved as a coach and administrator in both Victoria and Western Australia. After living in the Whealbelt town of Southern Cross where she operated a successful and highly competitive Calisthenics Club, she became the Development for the Calisthenics Association of WA. She has coached across all age groups with much success including teams from Cali-Fun to Seniors as well as solos, duos and graceful girls. In recent times she has been mentoring our developing and talented young coaches and is very much looking forward to coaching the Sub-Junior section this year. Jill is also a Primary School teacher and is passionate about bringing out the best in young children in a safe, happy and nurturing environment.

## **Cali-Fun and Sub-Junior 2 Coach: Hayley Pollard**

I am 19 years old and I began Calisthenics at around 3 years old. I have been competing and involved at Phoenix Calisthenics Club ever since. Phoenix is like a second home to me, being the place I've grown up over my 16 years of Cali. I became a cadet-coach at 13 years old and enjoyed every minute of it. It is such a great experience to help younger kids learn skills and develop a love for the sport that I love so much and grew up with.

I have competed in Solo, Duo and Graceful competitions, my favourite being the duo competitions I competed in when I was younger with my best friend. I enjoy every team item as well. I am an active competitor in Phoenix's Seniors team in 2023.

Outside of Calisthenics, in 2023 I will be studying my second year of Law and Criminology at university as well as working during the week.

I am extremely excited and enthusiastic about the opportunity to coach for my third year at Phoenix because it is the place I grew up, learning from my coaches from Cali-Fun through to the present and I want to be able to give the same experiences to kids wanting to learn. I am excited to be coaching Cali-Fun and Sub juniors this year and look forward to a great year at Phoenix.

## **Sub Junior 3 Coach: Jasmine Raftos**

I am 18 years old and started calisthenics at Phoenix Calisthenics club when I turned 6. I've loved the sport ever since, with 2023 being my thirteenth year competing. I have competed in solos, duos and graceful competitions over the years. I took on the role of a cadet in 2020 for the Sub Junior age group and have loved watching the girls learn and grow, and I can't wait to start coaching my own team this year. Outside of Calisthenics, this will be my first year at Edith Cowan University where I will be studying Environmental Science.

## **Sub Junior Coach: Rebecca Murrowood**

I started calisthenics in 2009 at the age of three and have been performing and competing for 15 years at West Coast calisthenics club. I have 8 years of ballet training and have completed numerous ballet exams with honours. I have performed at the ACF Nationals numerous times, which is a highlight of my cali life so far. Calisthenics is huge part of life and I love everything about it, especially having the opportunity to coach. I am so excited to begin my coaching career in 2023! Outside of calisthenics I am completing my final year of school, and then plan on doing a Bachelor of Education at university. I am also a qualified EA and am currently completing a Cert IV in Special Needs.

**Junior Coach: Claudia Menlove**

I'm Claudia, I'm turning 24 in March, and I am co-coaching the Phoenix junior team with Lauren Marchant. I began calisthenics in 2008 with West Coast and have been competing ever since in teams, solo, duos and gracefuls. 2023 is my third year coaching at Phoenix. Outside of calisthenics, I am studying secondary education combined with history at Murdoch University in my fourth year. My non-cali hobbies and interests are beauty, gaming, and politics.

**Junior Coach: Lauren Marchant**

I started Calisthenics when I was six years old at Phoenix and have loved it ever since. I am still competing today as a fifth-year Senior and I am very passionate about the sport. I have been coaching at Phoenix since 2019. I have been selected to represent WA in the state team 7 times and have also competed in both the graceful and solo competitions at nationals. The thing I love most about coaching Calisthenics is sharing my knowledge and watching each competitor learn and grow. This year I am very pleased to be coaching the Junior team alongside Claudia.

**Intermediate Coach: Kate Campbell**

I started calisthenics in 1995 with the Warwick Calisthenics Club, which later became Northern Star and then Phoenix, competing in team, solo, duo and graceful competitions. I have been coaching since 2008 and have coached all age groups from Cali Fun to Seniors. As well as club teams, I have coached state teams in 2017 and 2019. I especially enjoy coaching Graceful, Solo and Duo competitors each year. Outside of calisthenics, I am a People and Culture Manager.

**Senior Team Coach: Alice Fawcett**

I started calisthenics when I was 6 years old, at Top End Calisthenics in the Northern Territory, I received my level 1 coaching accreditation in 1997 and I've been involved with coaching at multiple clubs in the NT. I have attended the ACF National championships both as a competitor and a coach on multiple occasions and had the benefit of being involved in the ACF coach mentoring program working with talented coaches from around the country. I have had the pleasure of coaching teams, graceful solos, physical solos and duos from Sub-Junior through to Senior age groups. I have been working with the Intermediates since joining Phoenix in 2017 and am excited to be moving to coaching seniors in 2023.

## **Mentor Coach: Emily Colton**

I am 24 years old and I have been doing calisthenics since I was 8. My first Club was Phoenix Calisthenics Club and I competed with them for 5 years. I then moved to Athena Calisthenics Club as there were not enough girls in Intermediate section to compete. I continued coaching at Phoenix and now have been a qualified Level 1 Coach for 6 years. I have also coached multiple Graceful, Solo and Duo competitors in this time as well as competed in the competitions myself to this very day. In 2015, I was a member of the Intermediate State Team, which was a wonderful experience. I am currently studying Early Childhood Education at Edith Cowan University and am in my 4th year. I have loved calisthenics from an early age as it is such an amazing sport that keeps you fit and healthy. My favourite part is that you also gain lifelong friendships along the way.

## **Cadet Coaches:**

Alivia Wilkie  
Amelia Gott  
Indiana Samuels  
Inneka Bronkhorst  
Kimberley Adamos  
Savannah Thompson

**Class Assistant:** Eliza Alderson

## **HEALTHY CLUB POLICY**

The Healthy Club Sponsorship Program is managed by Healthway and Sports Medicine Australia. The program provides incentive for sporting clubs such as Phoenix Calisthenics to identify and address a range of issues that could improve the health and safety of members and volunteers.

Grant money is provided to successful applicants to assist in implementing a range of health and safety initiatives within the Club. E.g., the purchase of First Aid equipment.

In return, Phoenix is required to be permanently and totally smoke free in all indoor areas and develop a Healthy Club Policy that addresses all areas of the club.

## SPONSORSHIP

Phoenix Calisthenics Club has been supported by some wonderful sponsors since the Club's inception. Without these generous sponsorships, the Club would not be able purchase new costumes and props.

We graciously thank all our proud sponsors and look forward to growing our sponsor base in 2023.

If you would like to sponsor Phoenix in 2023 or know of someone is interested, please contact our club Secretary, Michelle Alderson via email [phoenixcalisecretary@gmail.com](mailto:phoenixcalisecretary@gmail.com)

We are proud to announce the following sponsorship businesses for 2023



Specialising in the construction of concrete swimming pools and spas. Contact 0410 772 558 or visit [www.malibupoolsandspas.com.au](http://www.malibupoolsandspas.com.au)



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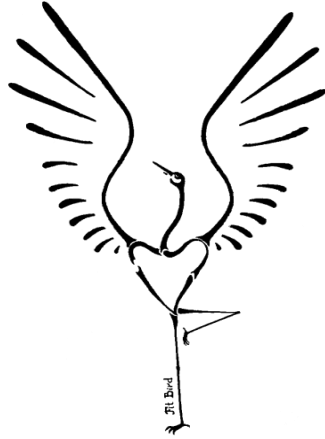


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## **IN CONCLUSION**

We hope you now have a better insight into the wonderful sport of calisthenics and how the Phoenix Calisthenics Club operates.

At the time of printing this information booklet, all the information was up to date and accurate. Should any changes occur throughout the year you will be informed in our regular newsletters.

If you have any talents or skills that you can offer and share with our Club to support the children, please let us know. The strength of the Club is only as strong as the strength of its members.

We hope that you and your children enjoy being part of our club, that you have a long and happy association with us and that you gain as much from Calisthenics as many other thousands of people across Australia do.

## **2023 COMMITTEE** *(Private and confidential, for Calisthenics use only)*

### **President:**

Lauren Adamos 0410 772 558 phoenixcalipresident@gmail.com

### **Vice President:**

Jill Pollard 0448 882 285 jambkh@bigpond.com

### **Secretary:**

Michelle Alderson 0407 503 789 phoenixcalisecretary@gmail.com

### **Treasurer:**

Gemma North 0419 911 049 phoenixcalisthenicstreasurer@gmail.com

### **Club Coach Co-ordinator:**

Jill Pollard 0448 882 285 jambkh@bigpond.com

### **Events and Fundraising Co-ordinator:**

Natasa Raftos 0413160743 nraftos@hotmail.com

### **Grants Officer and Sponsorship Officer:**

TBA

### **Media and Publicity Officer:**

Lauren Adamos 0410 772 558 phoenixcalipresident@gmail.com

### **Uniform Co-ordinators and Sub Junior Team Managers:**

Jacinta Groat 0417 988 171 phoenixsubbieteammanager@gmail.com

Rebecca Ferry 0424 169 099 phoenixsubbieteammanager@gmail.com

### **Cali-fun Team Manager:**

Hannah Devadason 0413 896 556 hannah.hummerston@outlook.com

### **Junior Liaison Officer:**

Shelley Stuart 0416 072 004 shellzey@yahoo.com

### **Intermediate Team Manager**

Nicola Wilkie 0401 838 500 nicwilkie@outlook.com

**Sub-Junior Costume Co-ordinator:**

Laura Hay: 0433 441 304 teethnlaw@gmail.com

**Junior Costume Co-ordinator:**

Sarah Bird 0488 244 434 sarah\_bird@ymail.com

**Intermediate Costume Co-ordinator:**

Michelle Alderson 0407 503 789 phoenixcalisecretary@gmail.com

**Registrar / Calisthenics Skills Officer:**

Michelle Alderson 0407 503 789 phoenixcalisecretary@gmail.com

**CAWA Competitions Committee Club Representative:**

Lauren Adamos 0410 772 558 phoenixcalipresident@gmail.com

**CAWA Theatre Management Committee Club Representative:**

Geoff Marchant 0424 241 196 westgfm@gmail.com

**Website Manager**

TBA



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