



IMPERIAL
CALISTHENIC COLLEGE

2019
INFORMATION BOOKLET

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Welcome to Imperial Calisthenic College

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

Calisthenics is a team sport consisting of several different types of routines or disciplines. A team of participants will learn various routines, about 2-4 minutes in duration, with the aim of performing on stage at either a competition or concert.

The different disciplines incorporate elements of dance, gymnastics, ballet, marching, apparatus technique (rods and clubs), acting and singing. Whilst primarily a team sport, there is also the opportunity to participate in solo and duo items. Pupils learn 4-6 routines concurrently throughout the year and this is where the diversity of the sport is seen.

<i>Figure March</i>	Through marching, the team displays intricate figures and patterns whilst highlighting good deportment and uniformity.
<i>Free Exercise</i>	The team performs a series of strong movements involving flexibility, control and uniformity of movement. Pupils operate with "free arms" meaning they hold no apparatus.
<i>Rod Exercises</i>	Similar movements to free exercises are performed, with the added complication of manipulating a long rod constantly and quickly throughout the routine.
<i>Club Swinging</i>	This is probably the hardest routine to perform correctly. Teams are required to swing clubs in unison with perfect rhythm and uniformity in a circular action. Younger age groups may first practice club swinging with lighter flags that are easier to manipulate.
<i>Aesthetic Exercises</i>	Graceful and balletic movements are performed in this item. Teams are expected to interpret music with feeling and softness, as reflected throughout their body and facial expressions.
<i>Fancy item</i>	This is a generic term that covers a range of different dance-type routines. Typically, a theme is chosen and the aim of the item is to portray a story to the audience. The type of fancy item performed is rotated each year and can include folk dance (performing the national dance of a country), song and dance, song and action (combination of singing and free exercise) or stage medley (combination of singing, dance and free exercise).

As a sport, calisthenics improves co-ordination, mobility, balance, strength, grace, flexibility and deportment; as well as fostering self-esteem and team spirit. As an art it encourages an appreciation of music, rhythm, the celebration of movement and the excitement of performing on stage.

Your child's participation in calisthenics will help them to develop self-discipline, teamwork, commitment, responsibility, self-esteem and lasting friendships. From a developmental perspective, the different disciplines can help to establish general fitness, sensory development and integration, directionality, memory, musical appreciation, rhythm, fundamental motor skills and social awareness.

For more information about calisthenics please visit www.calisthenicswa.com.au or www.calisthenicsaustralia.org.au

2019 Classes

Class times and venues may change occasionally due to hall availability. Although class dates and times are noted on the table below, please see our website at www.imperialcc.org.au for the most up to date information.

Children attend weekly classes during the school term in preparation for several performances throughout the year. These performances involve a professional stage, lighting, makeup and costumes (provided by the College).

Sub-Juniors	6 – 10 years**	Tuesday, 4.15 – 6.15pm Perth Modern School Gymnasium
Juniors	11 – 13 years**	Tuesday, 5.00 – 7.30pm Perth Modern School Gymnasium
Intermediate	14 – 16 years**	Tuesday, 6.00pm – 8.30pm Perth Modern School Gymnasium

*** Age as of 31st December each year. New members welcome in Term 1 and 4. Please contact us for Term 2 enrolment.*

Perth Modern School Old Gymnasium - off Subiaco Road, on the Eastern side of the school

Members of the sub-junior, junior and intermediate teams are asked to commit up until competitions finish in August/September. Items typically require a minimum of 8 members and penalties apply if teams' field smaller numbers. The coach's choreography can also be affected if team numbers change too close to a competition. If you have any queries or concerns about this, please do not hesitate to speak to your Team Manager.

In term four, the class focus moves from learning routines to developing new skills. The classes are often shorter and include the syllabus for the Calisthenic Skills Exam should your child wish to take these tests. This is a great time for new students to start Calisthenics.



Class Information

Coaches may organise a meeting with parents to provide information and to enable questions early in first term. For any incidental queries or questions that arise throughout the year, it is preferable that you approach the Team Manager rather than the Coach, as they will be busy with their class. Any matter, which cannot be resolved by the Team Manager, will be referred to the Coach or the President.

All classes are open for parents to watch. We ask that if you have other children with you, they are fully supervised and do not interrupt the session. For safety reasons, please ensure that your child is not left alone waiting at the venue if personnel are yet to arrive, and that they are collected on time from training.

Late in Term 2 or during Term 3, the sub-junior, junior and intermediate teams may have their class times extended or additional classes scheduled in order to prepare the children for competitions. There is no additional charge for these classes and we endeavour to keep them to an absolute minimum. Classes usually only run for 6 weeks during term 4 and may be shorter in length.

Calendar of Events

Provided as a guide only – a full calendar will be provided through the year.

	Sub-juniors	Juniors	Intermediate
Term 1	Team Social Activity Graceful Solo Competitions (optional 10 yrs and over)	Team Social Activity Graceful Solo Competitions (optional 10 yrs and over)	Team Social Activity Graceful Solo Competitions (optional 10 yrs and over)
Term 2	Team Social Activity End of Term Mini Concert	Team Social Activity End of Term Mini Concert	Team Social Activity End of Term Mini Concert
Term 3	Betty Fitzpatrick Comp State Championships Imperial Showcase Concert	Betty Fitzpatrick Comp State Championships Imperial Showcase Concert	Betty Fitzpatrick Comp State Championships Imperial Showcase Concert
Term 4	Calisthenic Skills Exam (optional) Solo/Duo Competitions (optional – all ages) End of Year whole College Xmas party	Calisthenic Skills Exam (optional) Solo/Duo Competitions (optional – all ages) End of Year whole College Xmas party	Calisthenic Skills Exam (optional) Solo/Duo Competitions (optional – all ages) End of Year whole College Xmas party

NB: Competitions are held at the Swan Park Theatre, Midvale (www.swanparktheatre.com.au)

Imperial Calisthenic College competes against other clubs in WA. All sub-junior, junior and intermediate team members are required as part of training to travel to the Swan Park Theatre for a stage practice prior to the first competition day. We endeavor to make this the same day as normal training. However, our time is assigned by the Calisthenics Association of WA and this may not always be possible.

Optional Events

In addition to the team events, your child may wish to participate in one of the following solo or duo events held throughout the year. Training for these items occurs outside of normal class time. Please note that you will need to pay coaches' wages, hall hire, costume hire and entry fees to participate in these items. Please feel free to speak with your team manager or coach if you are interested.

Graceful Solo Competition (10 years and above)

A Graceful Solo is a routine taught to include elements of ballet, dance and aesthetic. The Calisthenics Association of WA Graceful Solo Competition is held late in term one, with a smaller (optional) competition run by the Hills Districts Calisthenic Club a few weeks prior.

Physical Solo Competition & Duo Competition (all ages)

This completion involves competing solo or with a friend. The routine taught involves a combination of free exercise and dance elements. One competition is run by the Calisthenics Association of WA in November.

Coaching Staff

All calisthenic classes at Imperial Calisthenic College are conducted by fully-trained coaches accredited with the Australian Sports Foundation National Coaching Accreditation Scheme and the Calisthenics Association of WA. Many of our coaches also have experience in coaching State calisthenic teams and representatives.

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

Equipment

To participate in calisthenics, pupils are required to wear a leotard (our colour preference is black) and use three pieces of equipment:

- Clubs
- Rod (provided by the College as part of the fee structure)
- Aesthetic skirt – girls only

Imperial Calisthenic College jackets are **compulsory** for all competing students: Sub-Juniors, Juniors and Intermediates. Our students must wear their jacket whenever they are representing Imperial Calisthenic College.

Some equipment may be available to purchase second-hand. A Registration Day will be held prior to the first day of class to measure and order required equipment for all members.

Should your child be trying calisthenics for the first time, all equipment will be available for you to borrow for the first few weeks

For safety reasons, hair must be neatly secured in a bun with fringes held back using bobby pins, hairspray or a headband. All jewellery should be removed. Children are asked to bring a drink bottle containing water to each class to stay properly hydrated. A small healthy snack is also essential, such as an apple (pre-cut) or a banana.

In cooler weather a long-sleeved leotard, ballet wrap, and/or tight leggings/footless ballet tights may be worn. Jumpers and tracksuit pants are not suitable, as the coaches cannot see correct deportment and alignment under bulky clothing.



Fee Structure

IMPERIAL CALISTHENIC COLLEGE - FEES SCHEDULE 2019		
Age Group	Fees and other charges	Casual Rates for new students taking advantage of our "try three classes offer"
Sub-Juniors 6 - 10 yrs	Yearly Fees , invoiced over three terms - \$600.00, plus CAWA Affiliation fee , invoiced in the 1st term enrolled - \$65.00 Costumes and Incidentals , invoiced term 2 - \$145.00 Volunteer Roster Levy , invoiced term 3 - \$30.00 per family*	First class free, \$20 per class thereafter Full term payment will be invoiced by the 4 th class
Juniors 11 - 13 yrs	Yearly Fees , invoiced over three terms - \$675.00, plus CAWA Affiliation fee , invoiced in the 1st term enrolled - \$65.00 Costumes and Incidentals , invoiced term 2 - \$145.00 Volunteer Roster Levy , invoiced term 3 - \$30.00 per family*	First class free, \$25 per class thereafter Full term payment will be invoiced by the 4 th class
Intermediate 14 - 16 yrs	Yearly Fees , invoiced over three terms - \$675.00, plus CAWA Affiliation fee , invoiced in the 1st term enrolled - \$65.00 Costumes and Incidentals , invoiced term 2 - \$145.00 Volunteer Roster Levy , invoiced term 3 - \$30.00 per family*	First class free, \$25 per class thereafter Full term payment will be invoiced by the 4 th class

* *Optional fee*

Yearly Fees cover the cost of coaches, their cadets and venue hire. Registration fees, competition entries (excluding any optional competitions) and exam fees associated with the Calisthenic Skills Program are also paid on your behalf to the Calisthenics Association of WA. As competition time approaches, coaches may extend their training and/or call a second training for the sub-junior, junior and intermediate teams at no extra cost.

We anticipate the only additional costs to parents will relate to the purchase of any personal equipment for your child (such as clubs, a practice skirt, leotard and the compulsory College jacket) and if your child wishes to compete in any of the optional solo or duo items.

Invoices: Invoices will be sent to parents via email each term. Term 4 class fees apply only to students who have not paid full fees in term 1 – 3. Students who have paid full fees in terms 1 – 3 inclusive, are not charged to attend 4th term classes. For all others, 4th term fees will be invoiced for the full term, using our casual rates above. Fees are due within **one week** of invoices being issued.

Refunds: Once fees are paid, we regret that **no refunds** are available. There are no refunds for missed classes.

CAWA (Calisthenic Association of Western Australia) Affiliation: This fee provides insurance cover for the year. This is a pro-rata amount that reduces for students joining in Term 3 and 4. The fee is a once a year payment and does not get charged every term.

“Try three classes” offer: All new members are welcome to try three classes before deciding to commit to a team. The **first class is free**, and a casual rate is charged for the 2nd and 3rd class (see fees schedule above). These payments will be subtracted from the term fee outlined above, should your child wish to continue.

Volunteer Roster Levy: All Calisthenic clubs are required to provide volunteers for competition rosters or a fine is payable to the CAWA. Our College expects that volunteers from our community will provide sufficient cover during team competitions. The **Volunteer Roster Levy** will be utilised to hire personnel to fill our club rosters outside of the main team competitions, should no volunteers be forthcoming. This fee will be invoiced in term 3.

KidSport: Imperial Calisthenic College is a registered KidSport Club. KidSport allows eligible youth aged 5–18 years to apply for financial assistance towards club fees. The fees go directly from the local government to the registered KidSport clubs participating in the project. Parents and guardians can find further information by viewing “News” on our ICC website.

Discounts: Second Child Discount of 10% and Third Child Discount of 15% are available and are applied to the Term Fees only (not the CAWA Affiliation, Volunteer Roster Levy or Costume and Incidental fees). Second and Third Child Discounts apply only to the youngest child enrolled.

Payment Plans: Plans can be set up but must be agreed to and authorised by our Treasurer. If you have any questions or wish to make alternative payment arrangements, please email treasurer@imperialcc.org.au.

Costumes

Imperial Calisthenic College owns its own wardrobe of costumes. These are carefully maintained and reused each year so that parents are not required to sew, and families are not left with a wardrobe full of costumes. All costumes are made by experienced sewers to reduce the burden on our families, although occasionally you may be asked to help with some minor hand sewing or repairs. The **Costume and Incidentals** fee cover the hire of these costumes along with storage costs. After a competition or concert, families may be asked to take one set of costumes home to be hand washed.

The fancy costume that sub-junior, junior and intermediate participants wear at the State Championships and the Imperial Showcase Concert is also covered in the **Costume and Incidentals** fee. This costume will generally be given to the students to keep following their final competition, providing all term fees have been paid.



Volunteers

As with any sport, calisthenics requires the volunteer support of parents to operate effectively. Imperial Calisthenic College is a not-for-profit club run by volunteers. Without the assistance of parents, the College would not exist. At Imperial, we endeavor to reduce the burden on families as much as possible. However, there are a few tasks that require parent support.

Parents should consider whether they can offer their assistance throughout the year at competitions in the kiosk or backstage, or as a member of the ICC Committee. Nominations for the ICC Committee are taken at our Annual General Meeting. More information about College roles can be found on our website and some discounts to fees are offered for certain volunteer roles within the College.

Calisthenic Skills Program

The Calisthenics Skills Program is organised by the Australian Calisthenics Federation. The program is similar to RAD (Royal Academy of Dance ballet examination system) and involves pupils demonstrating sound calisthenic technique for an examiner. This is a short practical exam that may be undertaken once every 1-3 years, and only after pupils have been adequately prepared by coaching staff.

Coaches select what exam level is suitable for your child to attempt and teach the syllabus in Term 4 to all pupils (excluding Tinies). Sitting the exam is optional. Qualified examiners test students in November and December.

Calisthenics Association of Western Australia

The Calisthenics Association of WA (CAWA) has its own purpose built complex in Midvale. Known as the Swan Park Theatre (Gray Drive, Midvale), it was built in 1990 by a group of volunteer parents. It consists of a 600 seat theatre (full lighting and sound capabilities) with 16 separate dressing rooms to accommodate teams. There is also a smaller training room, committee room and kiosk. The Swan Park Theatre is also hired out to dance and community groups and this revenue helps to pay for the cost of running the complex. For further information please check the CAWA website at www.calisthenicswa.com.au

***We hope that you have a long and enjoyable association with our College.
Should you have any queries, please do not hesitate to ask our Team Managers or President.***