



INFORMATION BOOKLET 2023



Director & Principal Coach: Jessica Welch

Email: westernstars_calidancestudio@outlook.com

Mobile: Jessica – 0447 577 730

Web: www.westernstarscalidancestudio.com.au

ABN: 85 205 044 206



Welcome to Western Stars Cali Dance!

Welcome to the Western Stars family!

And that's what we sincerely want to achieve with our Club - a feeling of family and inclusion.

We want everyone to feel welcome, safe to express themselves and free to compete whether at a base or elite level.



By developing individual technique, skills, and performance quality, we hope to empower our students to perform their dance routines. With an emphasis on fun and fitness, every class is individually tailored and there is always something new to learn among promoting team camaraderie, and self-confidence. There are many opportunities to socialise and make lifelong friends and it is the members that make a happy and viable Club.

We hope you enjoy your time at Western Stars and find this booklet informative. If you have any queries, please do not hesitate to contact us.

Again Welcome!



Established in November 2018 Western Stars Cali Dance Studio is a dance business. Jessica Welch (Owner/Principal Coach) has over 16 years of Calisthenics participation and 13 years of coaching in various forms. She is also currently the coaching coordinator for Queensland as well as the Australian Calisthenics Federation Coaching Council delegate for Queensland.



Western Stars Cali Dance Studio's vision is to pilot Calisthenics in Kingaroy, with a view to promote the dance sport & assist its growth in QLD. We will aim to compete in all age sections. Our goal is to also develop team work, performing arts, self-esteem and confidence in ones-self.

Our mission is to develop a passion for performing as well as individual technique, skills & performance quality all while having a great time & fun experience with our Western Stars Cali Dance Family.

Western Stars Cali Dance Studio is a Calisthenics Dance club that combines:

- Calisthenics
- Ballet & Contemporary
- Gymnastics & Acro
- Jazz & Hip Hop
- Singing & Acting
- Theatre Work



How is our Club structured?

Western Stars Cali Dance Studio is a registered business. This means in dance terms we are a “Coach Owned & Run” Club. Our Coaches meet in a formal setting on a monthly basis to discuss and review all aspects of the Club operations.

We have a voluntary fundraising committee, appointed annually. If you are interested in joining our fundraising committee, please let Miss Jess know. This committee is responsible for all fundraising and social activities.

Communication

We strongly believe in open & transparent communication.

Our Website and Facebook page is updated regularly and we will forward any correspondence directly to you via email as well as hand out updates at class.

Each Team will have their own private Facebook page, please friend us on Facebook so we can add you to your/your child’s page. We often post videos of the work which is a very effective way for the teams to learn as well as posting positive and motivational images.

Please take the time to read these posts, emails & notices; otherwise you may miss out on some important information!



What is Calisthenics

The word calisthenics comes from the Greek words 'kallos' for beauty and 'thenos' for strength. Indeed, the components of the sport aim at achieving those physical attributes, but the sport also influences the emotional and social development of girls and boys through friendship and teamwork. Calisthenics, as we know it today, involves a team of pupils learning routines choreographed to music – each of about three to four minutes duration – and presenting those routines at competitions.

Pupils learn approximately six routines concurrently throughout a year and this is where the diversity of the sport is seen. There are different levels of Calisthenics; some clubs have non-competitive classes, performing only at their annual concerts. Other teams compete during the year at a number of competitions, performing on stage in costumes. Queensland also has a State Representative Team that competes at the Australian National Championships.



Sport or Art?

Calisthenics can be categorised as both. 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 line and the excitement of presenting on stage.



Who is the Calisthenics Association of Queensland Inc (CAQI)

Calisthenics Association of Queensland Inc. was formed in 1993 and is the peak body servicing calisthenics in Queensland. It brings together all affiliated clubs in Queensland with the aim of generating growth for the sport and supporting its 350 participants and 8 clubs throughout the State.



Promoting Healthy Environments – CAQI POLICIES

No Smoking Policy. Western Stars Cali Dance Studio adheres to the “Smoke Free” Policy set by CAQI. The policy ensures that all club facilities are 100% smoke free. Smokers need to be away from view and clear of the facility, and refrain from smoking whilst acting in an official capacity. This policy applies to all members, administrators, coaches, assistant coaches, volunteers and visitors of the club when representing the club or attending any club function.

Working with Children – Blue Card

All coaches, volunteer workers and administrators of Western Stars Cali Dance Studio have a working with children blue card.

Drugs & Alcohol

CAQI prohibits the use of any illegal drugs at any Calisthenics event, including classes, competitions, concert and or any other club function. Alcohol must not be consumed by participants or their Coach either directly prior to, or during a competition or class. Alcohol is banned from all competition dressing rooms and practice venues. Breaches of these policies can result in instant de-registration from the club.



PRIVACY

Taking Care with Photographs and Personal Information

At Western Stars Cali Dance Studio, we are aware of the concerns in our community about the misuse of photos of children. We take great care to make sure that you are comfortable with the way we might use photos or videos of our participants on stage or at a theatre before or after performances. Photography is not allowed during performances unless by accredited photographers who take great care to protect the results of their work. In general, the main use we have for photos is in our team newsletters and in Western Stars own communiques. We also place good on-stage and posed images on our website (www.westernstarscalidancestudio.com.au) as well as our Facebook and Instagram Page. Images are used in our own marketing publications. The coaches and the teams will review their performances by analysing official videos taken at competitions. Copies of these are often provided to each team member.

CAQI, and on very rare occasions the Australian Calisthenics Federation, might wish to use the images of Western Stars teams and individuals, usually without naming the performers.

Personal Information

We are extremely careful with your personal information such as postal addresses, email addresses, dates of birth etc. This information is only collected for the purposes of administrating our sport by Western Stars Cali Dance Studio, CAQI and the Australian Calisthenics Federation, for example, in determining the correct age groups for participants, and for keeping you up-to-date with what is happening at Western Stars as well as nationally within our sport.

CODE OF CONDUCT

At Western Stars Cali Dance Studio, we are committed to making participation in cali dance as much fun for everyone as possible. We believe that participation fosters social, emotional, personal and physical development in our team members. In return, we do have expectations of all our participants and their families. Our Code of Conduct is designed to be a reminder of these commitments and we ask that you sign it at the beginning of each year you are dancing with Western Stars.



FAMILIES – My Child, My Club, Myself

My Child – I will remember that my child participates in cali dance for their enjoyment, not mine. I will let them learn from their mistakes and will encourage them to practice and participate. I will focus on my child and their team's performance, not on the final result. I will never ridicule them or any other dancer for making a mistake. In fact, I will do my best to reassure and encourage. I will always accept decisions of an Adjudicator, CAQI or Club Official and teach my child to do likewise.

My Club – I am aware that there are significant activities that I need to volunteer to help with during my child's involvement in a cali dance year. I understand that costumes and props in particular need to be made, and I will readily volunteer my help with these and with other club activities.

Myself - I will always display control, respect and professionalism to all involved with cali dance, competitors, coaches, officials, administrators, parents and other spectators, and I will encourage my child to do the same. I will support all efforts to remove verbal and physical abuse from cali dance.

DANCERS - My Team, My Sport, Myself

My Team – I have joined Western Stars to participate in a team sport, to learn challenging new skills and to make new friends. I will participate whole-heartedly, respect and treat members of my team and other clubs courteously, just the way I would like to be treated.

My Sport – I will always demonstrate good sporting behaviour, control my temper and never succumb to physical violence. I will never use offensive language, abuse equipment or deliberately provoke or foul a member of my team of another club. I will never argue with an Adjudicator, CAQI or Club Official, and will go through the appropriate channels if the need arises.

Myself – I will always behave well whenever I am representing Western Stars Cali Dance Studio. While wearing my Western Stars uniform, or while engaged in competitions with a group of other Western Stars members, I will remember that younger dancers will be looking to me as a mentor and a role model and act accordingly. I will always be at training or competitions on time and in correct uniform.



Social Media Guidelines

Western Stars Cali Dance Studio recognises the importance for our families, participants and coaches to participate in online applications such as social networking sites, wikis, blogs, micro blogs, video and audio sharing sites and message boards that allow people to easily publish, share, discuss and communicate ideas and information. It is important however to acknowledge the public and potentially permanent nature of these online interactions and recognise that the indirect form and anonymity of online communication may sometimes lead to inappropriate acts of harassment, including cyber bullying. The following guidelines have been provided to support Western Stars member using social media.

Think about yourself and your friends

- Consider what you say before you say it – it may be on the web for a long time and could reach a very large audience.
- Be polite, respectful and use appropriate language.
- Take full responsibility for the effect that your actions and words may have on others
- Do not post information about yourself or another member of the Western Stars Cali Dance Studio community that is private or personal – this includes passwords, phone numbers and addresses.
- Do not upload any images or films of yourself or other Western Stars members on public websites unless you have written permission.
- Do not forward on information, pictures, films or web links that contains inappropriate or hurtful material about members of the Western Stars Community.

Think about Western Stars Cali Dance Studio

- Use extreme care when posting information online that identifies yourself as a Western Stars person; being mindful to not post any information that reflects adversely on Western Stars or any members of the Western Stars Community.
- Sending or posting information that could damage Western Stars' image or reputation is prohibited and any breach of this will result in appropriate consequences.

Think about our Society

- Be mindful of the type of fan-pages, groups and networks you sign up to and how this may affect your Western Stars Community. You should not sign up to gossip/fan pages that are hateful, racist, obscene, and hurtful or contain material that is inappropriate.
- Be aware of the legal, social and civic implication of your online behaviour.



Coaches for 2023

All coaches at Western Stars are fully trained and qualified in accordance with the Australian Coaching Council. Coaches are required to continually update their skills, including first aid, as well as attending meetings and seminars conducted by the Queensland Calisthenics Coaching Council (QCCC).

Tinies: Miss Jess

Sub-Juniors: Miss Jess

Juniors: Miss Jess

Class Times/Venue

All classes will run at Saint Mary's Catholic College – Dance Room

Age Group	Day	Time
Tinies <i>Ages 4 - 7</i>	Monday	3:30 – 4:15pm
Sub-Juniors <i>Ages 8 - 10</i>	Wednesday	3:30 – 5:30pm
Juniors <i>Ages 11 - 13</i>	Monday	4:30 – 7:00pm

Term Dates – if training falls on Public Holidays, communication will be sent out via email and Facebook to notify of any changes if required.

Term 1	Term 2	Term 3	Term 4
Monday 23 January – Friday 31 March	Monday 17 April – Friday 23 June	Monday 10 July – Friday 15 September	Monday 2 October – Sunday 22 October



Attendance

Calisthenics is a team sport & because of this it is important that all participants try to attend every class for the year. Punctuality is also important; please arrive at least 10 – 15 minutes prior to the scheduled commencement class time. Children must be collected from inside the hall & immediately on completion of class. Once class has ceased the coach has no responsibility for your child. Details of who is authorised to collect your child will be finalised at first class, if someone other than the person/s allocated is to collect your child please confirm this prior to class commencement with the Coach. If, for any reason, you are unable to attend a class, please notify your Team Manager via phone, text or email.

Class Requirements & Attire

- Parents are asked to walk their child into the hall to drop them off and sign them in, please do not drop any children off in the car park.
- Pupils need to be dressed appropriately in fitted exercise/dance attire and ready to commence class on time. Hair must be pulled back off face & if long tucked under or in bun.
- Minimal Jewellery.
- No shoes are required as participants work in bare feet unless specified.
- Practice Skirt (can be purchased at the first class).
- Clubs and a Rod measured and hired through the club.
- For Competitions and Displays – Club Uniform incl. Club Leggings & T-Shirt, Black Canvas Shoes & Red Bow, Club Backpack & Club Rod Holder.
- Please pack your own drinking water.
- Parents are welcome to observe the class, however if having any of the Parents in class distracts the Students, we may have to revise and have Parents in on a monthly or Term basis only.
- Parents are asked to collect their child from inside the hall after each class on time.
- Pupils are not to leave the hall unless accompanied by a parent or guardian.
- Please contact your Team Manager if you are unable to attend class for any reason.



Fee Structure

All Participants: Registration Fee/Insurance/: \$100per person (non-refundable) – payable by 24th February 2023.

**** This registration fee is for non-competitive only. If there is a team who wish to compete, the registration fee will increase to \$200 per person.*

TINY TOTS (Non-Competitive) – 3 - 4 YEARS

\$130 per Term (4 Terms)

TINIES - 3 – 7 YEARS

\$160 per Term (4 Terms)

SUB-JUNIORS - 8 – 10 YEARS

\$190 per Term (4 Terms)

JUNIORS - 11 – 13 YEARS

\$220 per Term (4 Terms)

INTERMEDIATES - 14 – 17 YEARS

\$220 per Term (4 Terms)

SENIORS - 18 YEARS +

\$160 per Term (4 Terms)

Family Discount applies – full cost for oldest family participant, 5% off each additional sibling. All Fees have been calculated with first class free and once paid Fees are non-refundable unless extenuating circumstances occur.

****If a team is to compete this year an additional \$100 will be charged over the remaining terms to cover competition entry fees and competitive registration to CAQI.*



Further Fees

The hire of rods and clubs is included in term fees. However, if replacements are required please see costing below.

- Rod: \$10 (if needing to replace hired one from club)
- Clubs: Will depend on length required – will be measured & ordered. Approx. from \$50 - \$60 (if needing to replace hired ones from club)
- Red Bow Replacement: \$10 (all dancers received first Red Bow as gift)

Additional costs on top of fees include uniform and practice skirt. These will be invoiced separately. Also, students require body stockings/suits and dance tights.

Uniform

- Rod Holder: \$15 (Compulsory)
- Club Leggings: \$55 (Compulsory)
- Black Canvas Slip on Shoes (Compulsory)
- Club T-Shirt: \$40 (Compulsory)
- Club Jacket \$70 (Compulsory)
- Backpack: \$30 (Compulsory)
- Aesthetics Practice Skirt: \$55 - \$60 (Compulsory)

Other Required Equipment

- Body Stocking/Suit (flesh coloured underwear): At your own cost (Compulsory)

Injuries

It is very important that all injuries, even if they are minor, are reported to your Coach as soon as practicable. Coaches are equipped with first aid training and have a first aid kit present at every session. Your Team Manager will be required to complete an incident report at the time of injury. All Students are required to purchase an instant icepack & bring to class for any incidents that may occur and are to be replaced if used.



Team Selection

Calisthenics is a team sport and every team member's participation is vital to the overall result achieved. As in all teams, each individual member has the ability to contribute and bring various qualities to the team performance. The coach of the team is best placed to identify these components and comprise the best possible team to achieve the best overall performance. Team selection is therefore the exclusive privilege of the coach. Questions regarding how individual participants may improve their skill level are encouraged and should be addressed through Miss Jess.

Competitions

Competitions assist in developing confidence and solidify what it means to be, and work as part of a team. It is also a reward for many months of practice and rehearsals. Parents and friends are encouraged to come and show their support to the students. Depending on the age group, we will be entering between 1 and 2 competitions throughout the year. The Solo/Duo/Graceful competitions are held between March and May, team competitions are held between July and October, dates are on our yearly calendar and exact times will be advised closer to the competition. Please note: Our State Championships this year are on the weekend prior to the September school holidays. As Calisthenics is a team sport, teams can be deducted points or unable to compete if people are missing. Therefore, if a competitive team is to occur in 2023, competitions are compulsory for all competition team members. We understand there are always extenuating circumstances that arise, so please inform Miss Jess if you have a problem with any of the competition dates ASAP, so alternative arrangements can be made to minimise the disruption to the team. Please be reminded of our expectations around good sports person like behaviour. We encourage positive commentary and showing respect to everyone including officials and judges. Bare in the mind the simple rule: If you don't have anything nice to say, then don't say anything at all.



Concerts/Stage Practice

We currently have an End of Year Extravaganza in December to showcase Teamwork to their parents and friends. However, there may be a second one held in July for the Coaches to view the work, costumes & props as well as eventually Solo/Duo/Graceful participants can showcase their routines. It is expected that all attend the Concerts, but consideration will be taken if you have other commitments on these days.

Costumes

Costumes are organised through the Club for participants on a hire basis. The hire fee is included in your term fees. If, however we go over budget on costumes parents/students may be asked for another small amount of money to cover cost. This is where the Fundraising Committee will be looking for your support throughout the year to minimise the likelihood of this occurring. We will have costumes made and trimmed for you however if you are into sewing or have the time to assist please let us know as hiring dress makers is expensive and if we have volunteers within the Club this will keep costs down & help foster the community spirit within the Club.

All costumes remain the property of Western Stars Cali Dance Studio. Costumes must not be worn for any other reason other than Calisthenics events unless prior approval has been consented by Miss Jess.

Presentation Day/End of Year Celebration/Trophies

After the final Performance day – we will hold a presentation day where the following awards will be presented. A Celebration Function will follow official presentations.

- MPD (Most Positive Dancer) – voted on by team (each age group)
- MID (Most Improved Dancer): voted by coach (each age group)
- MVD (Most Valued Dancer): voted by coach (each age group)
- Western Stars Volunteer of the year Award: voted by Coaches/Team Members & selected by Directors.
- All Children will receive a participation Award.



Pupil Skills

Pupil skills are an examination system set by the Australian Calisthenics Federation (ACF). Students are required to learn set routines using correct technique and knowledge of the terminology used within the Calisthenics syllabus. Pupil skills are beneficial to all pupils, as the aim is to improve overall Calisthenics technique. Pupil skills are also a prerequisite to be eligible to compete in Calisthenics Solo and Duo competitions and to enrol into the cadet-teaching training course.

Recommended ages for levels for Skills are as follows:

Test 1: 8yrs

Test 2: 9yrs

Test 3: 10 & 11yrs

Grade 1: 12 & 13yrs

Grade 2: 14 & 15yrs

Grade 3: 16yrs

Grade 4: 17yrs

If you are interested, please contact Miss Jess. Skills Exams are held in November each year.

Queensland State Team Tryouts

Auditions for the Qld State Team are held by CAQI, in September to November of each year. Application forms are sent to each participant in approx. August, once a coach for that section has been decided upon.



Solos and Duos

Physical and Graceful Solos and Duos are for students wishing to compete at an elite level. "Solos" as the word implies, are performed alone on stage, while two participants perform "Duos" simultaneously. Competitions are held between March and June and are determined by age. Students wishing to perform Solos/Duos are required to have achieved a certain Skills exam level. This is also dependent on the pupil's age. Physical Solos/Duos comprise of free exercise, gymnastic movements, flexibility and ballet/jazz/hip hop dance steps choreographed to music. Graceful Solos comprise of aesthetic movement, balletic dance and flexibility choreographed to a piece of music similar to Aesthetics. Pupils undertaking Solos/Duos must show complete commitment and dedication to their teamwork before they can participate in Solos/Duos. It is the responsibility of the individual coach to costume and arrange practices & music for the Solo/Duo. For further information, please contact Miss Jess.



We believe Cali Dance is a place where you can learn so many varieties of Dance, but also a place where you will make lifelong friends, build family ties and share so many wonderful moments. We hope that your time here at Western Stars Cali Dance Studio is filled with lots of fun and laughter along with skill building and success.

Thank you for being a part of Western Stars Cali Dance Studio Family!

