



Reynella Braeview Calisthenics

Training Policy

Policy Statement

Reynella Braeview Calisthenics is committed to providing an inclusive and safe working environment for all coaches and students.

Purpose

The purpose of this policy is to streamline all practices and extra practices for each calisthenics year, give clear guidelines to coaches, and ensure best practice for the safety and welfare of young persons in the Club's care at all times.

1. Lesson Commencement

Reynella Braeview Calisthenics' year commences in school term 4 (referred to as term 1). Lessons commence each term in the first week of the school term unless the lesson falls on a public holiday in which case the lessons will commence the following week. Lessons finish in the final week of school term.

Saturday lessons will commence on the first weekend after the school term commences.

Coaches and participants should arrive for lesson no earlier than 15 minutes prior to the start time of the class. Extra costs may be incurred when the school checks the alarm log.

2. Lesson Cancellation

- a) If a coach is unable to take their lesson, they must make arrangements with another coach to take their place and advise the Committee of these arrangements via the Club Secretary. If the absence is planned, a minimum of two weeks' notice is required.
- b) If several participants are unable to attend a lesson due to school camp, solo competition etc, the lesson is expected to be held with the remaining participants (the halls are booked and must be paid for regardless of use).
- c) Refer to the Heat Policy for cancellations due to weather conditions.
- d) If a coach is going to support our National Teams either as a parent or coach, and enough notice is given to the Committee via the Club Secretary, you may be able to cancel your lesson/s during the National Competition dates and make them up elsewhere. Sufficient notice must be no later than 31st May and include proposed dates for the re-scheduled lessons.

3. Lesson Allocation and Duration

Teenies	1 x 1 hour per week
Tinies	1 x 2 hours per week
Sub Juniors	1 x 2.5 hours per week
Juniors, Intermediate and Seniors	1 x 3 hours per week

There will be no 'banking of hours' to use later. If a coach decides to have a shorter lesson those hours will be lost from the allocation (as the Club is required to pay for the hall hire time booked regardless of whether lessons run for a shorter time).

Lessons, including extra practices, will not be held on Easter weekend, Mother's Day or Father's Day, and during October School Holidays (Ballarat Teams exempted). Lessons that would ordinarily fall on the Easter weekend will not be made up at any time.

4. Extra Practices

Teenies and Tinies – no extra practices allocated.

Sub Juniors, Juniors, Intermediates and Seniors are allocated four (4) extra practices and one (1) Royalty stage practice a year. One (1) extra practice is assigned prior to May competitions, and three (3) are assigned before State Championship competitions. These are allocated at the normal lesson duration as listed in item 3, unless scheduled on a weekend (refer below).

a) Tinies

One (1) stage practice is allocated and forms part of the normal weekly practice allocation.
Competitive Tinies - 2 hours maximum
Non-Competitive Tinies - 1 hour maximum

b) Sub Juniors

There will be no more than two (2) practices in a Monday – Sunday week. The only exception is when a stage practice is booked but it is preferred the stage practice is 1 of 2 allocated practices.

Maximum practice length - 2.5 hours (weeknights)
- 3.5 hours (weekends)

c) Juniors, Intermediates, Seniors

There will be no more than two (2) practices in a Monday – Sunday week. The only exception is when a stage practice is booked but it is preferred the stage practice is 1 of 2 allocated practices.

Maximum practice length - 3 hours (weeknights)
- 4 hours (weekends)

Further practices than those allocated, or extra practices within the Monday – Sunday week, may be considered only in extenuating circumstances and must be requested in writing to the Committee via the Club Secretary.

5. Ballarat

Commencing in 2019, Sub-Junior and Intermediate teams will be authorised by the Committee to compete in the Ballarat Royal South Street Competitions (subject to coaches wishing to enter their teams). In 2020 Junior and Senior teams will be authorised to compete. Each year thereafter these sections will alternate in the same fashion (Sub-Junior/Intermediate, followed by Junior/Senior). As Calisthenics Victoria rules state that “a competitor or team cannot compete in two age sections” this policy will enable the teams the opportunity for girls to work up to ensure minimum numbers and competitiveness.

Hall hire and coach’s wages for any lessons outside of the normal allocated lessons for that section must be included in the team’s budget for Ballarat, as well as costumes for any extra items.

The maximum lessons per week applies (as outlined in point 4).

6. Grooming

Coaches are required to foster expectations of the correct attire to be worn by participants in lesson:

- Black leotard, hair in a bun, Reynella Braeview hair tie.
- Flesh tights and a fitted black top is permissible in cooler weather.

Coaches and demonstrators are required to wear appropriate fitness attire (Reynella Braeview merchandise where possible), and conducive to demonstrating routines.