

Practice Requirements

- ☺ Black sleeveless Leotard
- ☺ Aesthetic skirt
- ☺ Clubs & Rods (not tinies)
- ☺ Hair in a high neat bun
- ☺ Water bottle
- ☺ Attendance at practices MUST be regular. Notification of illness or leave absences is essential so that a student's place may be held.
- ☺ Students must be punctual to all class practices so as not to delay the progress of other class members.
- ☺ Students must show respect for Coaches at all time. Disrespectful behavior by students will not be tolerated.

The Club has merchandise which can be ordered and purchased through your class coordinator

Training Venues

Jingili ("J") classes are held at either Ludmilla Primary School, Bagot Road or the Casuarina Baptist Church, Dripstone Road Casuarina

Palmerston ("P") classes are all be held at Palmerston Senior College, 10 Tilston Ave or Palmerston College Dance Room, 185 Forrest Parade, Rosebery

Leotards & Skirts

Leotards and Aesthetic Skirts can be purchased from Dance Word who have a range of dance wear for the participants to be fully prepared for class. See Tina at

6 Charlton Court Winnellie
PH: 89819398
Mobile: 0411510410



Tina kindly offers our members a discount.



Coaches

Our coaches are long term club girls who are enthusiastic and experienced in coaching our teams. Our coaching team in 2019 is:

Coach Liaison: Miss Kym
Intermediate Coach: Elise (P)
Junior Coach: Miss Kym & Chantel (J)
Junior Coach: Angela & Ashley (P)
Sub-Junior Coach: Miss Kym & Shaquille (J)
Sub-Junior Coach (8yo): Ashley (P)
Sub-Junior Coach (9-10yo): Jess & Chloe (P)
Future Stars: Drew (J)
Future Stars: Tullalah (P)
Tinies: Drew (J)
Tinies: Julie & Chloe (P)
Other coaches: Kaye, Penny and Lucy

Contact (after hours please) or sms:

PALMERSTON

Karen Mellor PH: 0408843302

JINGILI

Ursula Sulatycki-Holloway PH: 0422228535

We are on



Email: dance@topendcalisthenics.org.au

Website: www.topendcalisthenics.org.au



Welcome to



*Established in 1982 by
Barbara Van Heythuysen
"Miss Barb"*



What is Calisthenics?

Calisthenics is a uniquely Australian sport which helps to develop discipline of mind and body, team work, a competitive spirit and a sense of commitment. The word calisthenics comes from the Greek words 'kallos' for beauty and 'thenos' for strength.

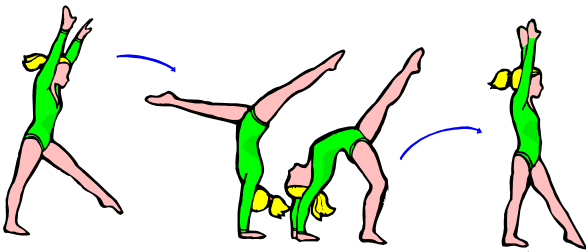
Calisthenics is a dynamic combination of dance, gymnastics, singing, folk, apparatus manipulation (club & rods) and ballet. Routines are choreographed to music and performed on stage with costumes and lighting. Calisthenics is regarded as a team sport, but participants can also compete in solo and duo sections.

Calisthenics has a strong focus on deportment and presentation, helping participants to develop confidence in movement and performance and to enjoy the thrill of competing on stage in front of an audience.

There is a strong focus on flexibility, strength and control, grace and poise, expression through both the body and the face and simply just enjoying different forms of dance and movement.

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.

We are a team sport



Registration

A registration fee for each child is payable annually at the beginning of each year. This fee helps us cover insurance and NTCA Registration. Top End Calisthenics Club Inc. is a member of the Northern Territory Calisthenics Association (NTCA). We have also achieved some funding from the NT Government through Community Benefit Fund grants.

We accept the School Sports Vouchers



Fees

- *Registration Fee \$155 (competitors)
 - * Registration Fee \$135 (Tinies and Future Stars)
 - * Class fees vary for each age section (see below)
- Classes run throughout the year in line with the school terms 1, 2 & 3 and modified classes are held in Term 4 with an annual Concert in November.

Classes

(All ages turning by 31st December 2019)

Group	Age	Fees (per term)
Tinies	3-5 years	\$100
Future Stars	6-7 years	\$150
Sub-Juniors	8-10 years	\$270
Juniors	11-13 years	\$270
Intermediate	14-17 years	\$270

General Information

All fees are payable upon Registration, we will consider a payment plan which is to be discussed with class coordinator and approved by our Treasurer. We accept school sports vouchers – parents are to apply for these online.

PLEASE ensure that all students are collected immediately after class completion.

Parents are welcome to stay, however we ask that there are no distractions to the class. You may be asked to leave. Coaches will make time on a regular basis to view class progress at the end of a session and you will be advised of these times.

Top End Calisthenics has been operating since 1982 with “Miss Barb” as the Principal. We have two clubs at Jingili and Palmerston. Top End Calisthenics averages 200 members a year and has achieved great success over the years.

In November each year we hold a concert and Awards Presentation.



Competitions

We are a team sport and compete at the NT Team Championships in September each year. Some of our members also compete at the NT Solo Graceful and Duo Championships in May. It is important for the coach and team that you attend all training sessions to ensure that your team is working together and are prepared for the championships. It will be at the coaches discretion to select teams and some children may not be in all routines.

