



2024

INFORMATION BOOKLET

1/11 Industry Blvd, Carrum Downs VIC 3201
leawarracalisthenics.com.au
leawarra@leawarracalisthenics.com.au



ABOUT LEAWARRA

Established in 1989, Leawarra is all about fun, fitness and friendship. For many of our members, Leawarra feels like home and is an activity to share with family. Leawarra is a not-for-profit community based sports club run by a committee of volunteers.

At Leawarra, we offer a unique combination of dancing, singing, gymnastics and technical skills for children to adults. Calisthenics develops strong, confident performers through teamwork. Discipline and technique, grace and poise are fostered in a fun and friendly club environment, where families can connect and performers can develop skills, and friendships, that last a lifetime. Our performers learn skills that inspire them to take centre stage at competitions, and in life.

All coaches at Leawarra are accredited through Calisthenics Victoria. They are required to hold a Working with Children Check/VIT Registration and update their skills, including first aid and child protection modules, and attend coaches meetings and training seminars on a regular basis.

2024 DATES TO REMEMBER

Solo Concert	Sunday 11th February
Leawarra Solo Competition	9 & 10 March, 23 & 24 March, 6 & 7 April
May Mayhem	Sunday 26th May
Team Stage Practice	15th - 16th June
Local Team Competitions	July - October
Ballarat Team Competitions	October - November
Presentation	Saturday 9th November
Annual Showcase	Saturday 16th November

2024 CLASSES AND TIMES

Tots (Recreational)	Monday	4:00pm-4:45pm	5 years and under
Tinies Aqua	Wednesday	4:45pm-6:15pm	7 years and under
Tinies Silver	Saturday	9:00am-10:30am	7 years and under
Subbies	Tuesday	4:30pm-7:00pm	10 years and under
Juniors	Monday	4:45pm-7:45pm	13 years and under
Inters	Friday	5:30pm-8:30pm	17 years and under
Seniors	Wednesday	6:45pm-9:45pm	17 years and over
Masters	Thursday	7:15pm-9:45pm	26 years and over
Masters (Recreational)	Tuesday	8:00pm-9:30pm	26 years and over

Ages are as 31st December 2024

REGISTRATION

Registration covers insurance for the pupil in the event of an accident at classes and competitions. For new members registration must be completed online after the two free trial classes. For members registered in 2023, registration must be completed online by 1st March 2024 (for soloists: 16th February 2024).

ATTENDANCE

Calisthenics is a team sport and requires a full commitment to the year, not just a term-by-term basis like some other sports. All classes, competitions and the annual showcase are compulsory for all members. We offer free trial classes, so you can come and try calisthenics at Leawarra before making a commitment. Our year runs from the first week of February until our annual showcase.

Extra practices are sometimes necessary during school holidays, weekends or public holidays. These are for the benefit of our pupils and they are expected to attend. Prior information will be sent home advising of these times. These are at no extra cost to members.

COMPETITIONS

Competitions are the highlight of the calisthenics year. Each section competes in 4-5 competitions including three local competitions, State Championships, and Ballarat. Competitions are held between July and October, exact times and dates will be advised around mid to late May. Please note competitions can sometimes fall in school holiday times in September. As this is a team sport, it is important that all pupils attend the competitions. More information will be made available throughout the year.

UNIFORM

For competitions, club events and concerts

- Leawarra jacket
- Leawarra polo
- Black pants
- Black shoes and socks

For class

- Black leotard
- Black footless tights or tight-fitting dance shorts
- Black crossover or a tight-fitting long sleeve top for use during cooler times
- Hair must be tied back at all times

For further information, please refer to our Uniform Policy.



COSTUMES

Costumes are required for competitions during the year and the end of year showcase. Leawarra has an extensive costume wardrobe, and we are adding new costumes each year. A costume manager is appointed to each section to coordinate the issuing and designing/constructing of costumes.

The member/parent is responsible for the construction of the required new costume and/or headpiece. There are dressmakers within the club who, if required, will make the required costume at a nominal cost to you. A list of dressmakers can be obtained from your team manager.

All costumes remain the property of Leawarra and must be returned at the end of the calisthenics year.

For further information, please refer to our Costume Policy.

FEES

Our fees are payable by an instalment option (either 4 or 8 instalments) or by an upfront yearly option with 10% discount. There are no refunds for missed classes due to injury, illness or other reasons. For further information on payment details, discounts, etc, please refer to our Fee and Payment Policy.

FUNDRAISING

Leawarra runs the annual Leawarra Solo Competition as our major fundraising event, bringing in significant revenue for the club. Without the Solo Competition, our fees would be considerably higher, therefore it is imperative for all families to volunteer for at least one shift. The 2024 Leawarra Solo Competition will run over three weekends at the Langwarrin Performing Arts Centre on 9 & 10 March, 23 & 24 March and 6 & 7 April.

Smaller opportunities are available to reduce your fundraising levy throughout the year, including Bunnings BBQ shifts and a working bee.

STAGE PRACTICE

Each year our club has a stage practice prior to the commencement of team competitions. Stage practice enables participants to get used to working on stage and are useful for the coaches to see what the items and costumes looks like on stage. Stage practice is compulsory to attend. Stage practice will be 15th-16th June with specific details communicated in the year.

PRESENTATION

Leawarra hold an annual presentation event in November to celebrate and recognise achievements on a team and individual level. This is a fun event where the club gets together as a whole to celebrate the achievements of the year. Presentation will be Saturday 9th November with specific details communicated later in the year.

ANNUAL SHOWCASE

Our Showcase a celebration of the year where we promote and encourage people to come and watch our exciting teams at their best. The Annual Showcase is compulsory to attend and is held at Frankson Arts Centre on Saturday 16th November with specific details communicated later in the year.

CALIXAMS (OPTIONAL)

The CaliExams Program is designed for performers who wish to focus on their personal skill development and further their calisthenics technique. The program has been designed to suit all levels of performers and provides the ability for performers to challenge themselves and strive for continued development and excellence.

Our levels co-ordinator will provide more details at the appropriate time.

SOLOS/DUOS/TRIOS (OPTIONAL)

Leawarra provides opportunities to those members wishing to learn a solo, duo and/or trio routine and compete at competitions held in the first half of the year. This must be done in addition to club team competitions.

If you are interested in knowing more about performing a solo, duo and/or trio, please talk to your team manager and refer to our Solos – Procedures and Policy.

LEAWARRA IS A CHILD SAFE CLUB

All children who are a part of Leawarra have a right to feel and be safe. The welfare of the children in our care will always be our first priority and Leawarra has a zero tolerance to child abuse. Leawarra aims to create a child safe and child friendly environment where children feel safe and have fun. Leawarra's activities are always carried out in the best interests of the children.

LEAWARRA COMMITTEE

All committee members and club helpers can be contacted initially via leawarra@leawarracalisthenics.com.au if you do not know the person directly. You can also speak with your team manager if you are unsure which person to contact. All positions for committee and club helper roles are elected each year and we welcome and encourage new members to participate.

President: Rebecca Mioduszewski

president@leawarracalisthenics.com.au

Vice President: Sue Lindell

Secretary: Kat Creed

leawarra@leawarracalisthenics.com.au

Treasurer: Meaghan Cornford

treasurer@leawarracalisthenics.com.au

Assistant Treasurer: Ange Libreri

Administrator: Gareth Angeli

Marketing: Jenelle Carson

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FIND US ONLINE



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Leawarra Calisthenic Club



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