



2020

National Teams

Information Booklet



PLEASE READ ALL INFORMATION CAREFULLY BEFORE SUBMITTING AN EXPRESSION OF INTEREST TO STAND FOR THE 2020 CASA NATIONAL TEAM

*****There will be a compulsory Parent/ Team Member information night.
Wednesday 4th December 2019 at 7.00pm *****

This will also be the only chance to try on the CASA Tracksuit

Eligibility:

In 2020 the Calisthenic Association of SA will be selecting teams to represent SA at Sub Junior, Junior, Intermediate and Senior level. To be eligible for selection participants must

(1.) have crossed the floor at the 2019 State Championships in all items, or if they are a Senior must have crossed the floor in at least 3 items or be an accredited level 1 coach registered with CALSAC. (please note: participants who will be 8 year old Sub Juniors in 2020 are ineligible to stand) and

(2.) must be registered with CASA , financial members of their club, and financial members of CASA.

Prior to Selections:

Thursday 7th November at 4pm all Sub Junior and Junior families that have submitted an expression of interest form via trybooking will be emailed a link to the selection work for the candidates to learn prior to the Sunday workshops and selections.

Register here <https://www.trybooking.com/BGFPN>

Download form here www.calisthenicssa.com.au/sa-national-selections

Selections:

Workshop / Selections for the 2020 National teams will be held on the following dates

Intermediates	Saturday 9 th November 2.00pm	Western Youth Centre
Sub Juniors	Sunday 10 th November 9.00am	Western Youth Centre
Juniors	Sunday 10 th November 11.00am	Western Youth Centre
Seniors	Sunday 1 st December 9.00am	Western Youth Centre

There will be a 1.5 hour workshop followed by a 2 hour selection for Sub Juniors and Juniors. All workshops are open to coaches. At the conclusion of the workshop the demonstrators will be on site demonstrating to counts and also with the music for 30mins. All items taught will be running with demonstrators concurrently during this time.

Intermediates and Seniors will have a 3 hour Workshop/Selection

ALL SELECTIONS are closed to ensure all applicants have every opportunity to concentrate and work without distraction.

Selection Day:

Registration opens 1 hour prior to the start time for your selection. **Please ensure you bring your signed expression of interest form** and trybooking receipt.

Hair should be in a neat bun and wear a black leotard. Tights are optional. All candidates must bring clubs, rod and an aesthetic skirt.

A warm up session is conducted by the coach and demonstrators at the beginning of the selection.

The Selection panel is sourced from a pool of experienced coaches and adjudicators and will include the coach of the team. Each panel member is trained in the marking system and once completed all girls are ranked according to the combined scores of all panel members, by an independent assessor. In the result of a tie, the panel is asked to review their marks for the tied participants and these are re-examined by the independent assessor to separate the participants. The panel's decision is final. Successful applicants will be announced in random order.

For 2020 there will be up to 24 participants selected in the Sub Junior, Junior and Intermediate Sections and 18 Seniors pending any change from the ACF.

General Information:

The 2020 ACF National competitions will be held in Darwin from 6th – 11th July at the Darwin entertainment centre.

ALL team members will be required to be available from Monday 6th - Sunday 12th July for practice, stage familiarisation, comp preparation, competitions and support for other teams / solo's / duo's / graceful's etc.

The 2020 practice schedule will be available at selections.

It is an expectation that every team member will attend every practice. If you require time off or you need to leave early / start late a leave of absence request form is to be completed and emailed to the team official for approval.

Please ensure that you have read and signed all the paperwork listed below (which will be given to you following selection) prior to you / your child being accepted as a member of the team:

- Member Agreement
- Medical form
- General information sheet
- Permission for photography etc
- Social media behaviour sheet

Travel and Accommodation plans are underway and families will be advised as soon as these details are confirmed. During the trip all meals, transport etc will be provided and team members will be the responsibility of their coaches, chaperones and managers. All Sub Junior, Junior and Intermediate team members will be in a room with an adult whilst in Darwin.

Practice times and Venues:

Practices will usually be held on Saturdays. There will be Sunday practices which will be outlined on the practice schedule.

The teams will practice at the following venues

Sub-Juniors – Henley High School
Juniors – Western Youth Centre
Inters – Flinders Park Primary School
Seniors – Henley High School

Practice Times are:

Sub Juniors - 4 hours per session
Juniors - 4.5 hours per session
Intermediates - 5 hours per session
Seniors - 5 hours per session

All Sessions include lunch break

All lesson times to be advised at first practice

In the event of Hot Weather teams may have to travel to alternate halls with Air Conditioning to meet CASA Hot Weather Policy guidelines.

Cost of Nationals participation for 2020

The Trip cost will be approximately:

\$ 3450 Sub-Junior
\$ 3500 Junior
\$ 3550 Intermediates
\$ 3600 Seniors

This will be dependent on the flight and accommodation costs

This **includes** the following items: One-way flight to Darwin, Accommodation, Meals, Transport, Lessons, Celebration Dinner, All Hair & Make up, Tanning Costs for team members for competition only, Costumes, Props, Team competition DVD, 7 team photos and competition entries and tickets for participants.

It does not include Team tracksuit, clubs, rods, dance shoes, wigs, mascots or gifts. NB: If participant owns a suitable wig, shoes or clubs, there is no requirement to purchase new ones.

\$5 per lesson (\$150 max) collected by parent rep for participants gifts/requirements.



Mindil Beach Sunset Markets

Payment of accounts:

All payments are to be made via EFT or over the counter deposit at Bank SA using your invoice number as your reference. Account details are as follows: Calisthenic Association of SA INC
Interstate account

BSB – **105-168**

ACCOUNT NO - **779113840**

It is essential that all participants follow the payment schedule and ensure that the \$600 payments are made by the due date for each instalment. If you are having any issues please discuss this with the team official as soon as possible and an alternative payment plan may be put in place.

The following are the scheduled dates for payment.

7th December 2019

25th January 2020

15th February 2020

14th March 2020

18th April 2020

16th May 2020 balance of payments including uniforms.

Fortnightly or weekly payments are welcome

All accounts MUST be finalised prior to competitions unless alternative payment plan has been approved and adhered to.

Uniforms:

All participants will be required to purchase (or source second hand) a new tracksuit including polo shirts and shorts which should be worn to lesson every week and throughout the competitions. Participants will be sized at the information meeting 4th December 2019. This will be the only chance to order.

The tracksuit will be approx. \$250 (dependent on how many shirts, pants jackets etc are ordered).

THESE MUST BE PAID FOR IN FULL BEFORE COLLECTION

There will be no walking out uniform for 2020

Costumes:

All teams will have a costume budget which must be adhered to. Chaperones will organise the making of costumes with the assistance of the parents in a timely and cost efficient manner. Unless otherwise approved, costumes will remain the property of the participant.

Photos & DVD's, Merchandise & Tickets:

Photo's and DVD's have been included in the total cost. Every Member will receive a Team competition DVD/USB and 7 photos of your choice.

Ticket information will also be provided to parents as soon as it is available to the association.

National Merchandise is available via the host state. We will forward information as it come to hand.

Expectations/Responsibilities:

All participants and personnel are expected to be at practice every week in a punctual manner with plenty of time to warm up prior to the commencement of lessons and are required to put in 100% effort at all times.

All participants will be treated in a fair and equitable manner and be given adequate notice of any requirements or changes to times as they may occur.

Parents are responsible for completing costumes under the advisement of the Chaperones. Parents should make themselves available during lesson to receive instructions. If they are unable to attend they will need to find a sewing buddy to relay the information

Should a participant suffer an injury at class an injury report form must be completed and the most appropriate treatment sought as soon as possible. Parent and team official should be notified as soon as possible.

If a participant has an injury (either from class or outside) a **medical certificate must be obtained stating the injury, what the participant can't do and can do and the expected time required for healing. Once the injury has healed a certificate must be obtained from the diagnosing doctor/physio stating that the participant can return to 100% training.** A copy of all certificates must be given to the CASA official and the coach.

Social Media:

It is essential that all participants and parents abide by the social media, bullying and harassment and member protection policies of the ACF and CASA. Any inappropriate behaviour via Facebook, Twitter, Instagram etc. will be dealt with in a serious manner and may have consequences applied.

Celebration Dinner:

The Celebration dinner information will be shared once it has been received.

CASA Officials:

CASA have appointed 3 national Officials to assist with every aspect of the national year Fiona Belton, Paul Faulkner and Paula Dowley. They will be supported by the National Sub Committee.

Questions:

If you have any further questions or issues please don't hesitate to email the National Sub Committee casateams@calisthenicssa.com.au