

## ACT CALISTHENICS SKILLS PROGRAMME 2023

Calisthenics ACT invites participants to register to present for Calisthenic Skills Examinations to be held as detailed below.

Class & Examination Dates, Venue and times, as well as any other correspondence, will be sent to you directly by email – Please provide a current email address on your registration form and check this regularly so that you are aware of any updates.

### Payment Schedule:

#### For Cali ACT classes and Exam registration:

Test 1 & Test 2	\$95.00
Test 3 & Grade 1	\$145.00
Grade 2 to Grade 4	\$185.00

#### Exam only fee for those attending private or Club lessons:

Test 1 & Test 2	\$35.00
Test 3 and Grade 1	\$50.00
Grade 2 to Grade 4	\$60.00



#### **Contact for Assistance:**

Email: [skills@calisthenicsact.com.au](mailto:skills@calisthenicsact.com.au)

Jacqueline Reber - 0438 104 860

If you wish to participate in the 2023 Calisthenics Skills programme you can do this in several ways:

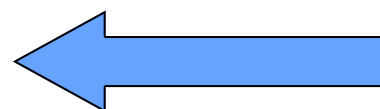
1. Attend Calisthenics ACT preparation classes followed by your exam
2. Attend classes that may be available at your club. If you choose this option you will need to register with Calisthenics ACT for your exam only
3. Organise your own coach for private lessons. If you choose this option you will need to register with Calisthenics ACT for your exam only.

**Please complete and return the registration form on Page 3 by Friday 6 October.** Do not make any payments - an invoice for payment will be sent to you once your registration form has been processed. Payments will be due 14 days after issue of invoice and must be paid in full prior to an exam time being scheduled.

A Confirmation Letter detailing class dates, times and venues will be sent out by email as soon as coaches availability and numbers of participants are known. Please contact the Skills Administrator by email if you have not received this information, or an update, by Wednesday 11 October. Participants will be required to wear correct examination uniform to all classes and the exam. These are detailed on page 4. Parents are encouraged to check with the Skills Administrator if in doubt as to whether the chosen attire meets exam uniform requirements. All participants will need a rod and clubs for each class and the exam - Please check that these are the correct length. Skirts are not required.

**Class times will be notified by email to each participant family. This will be done as soon as possible after we receive and process all registrations and participant numbers are known.**

**Exam times will be notified via email once the timetable has been completed.**



**Please see attached Schedule of Class and exam dates**

## ACT CALISTHENICS SKILLS PROGRAMME 2023

### **Preparation Classes will be Held as follows:**

<b>Week 1</b>	Saturday 21 <sup>st</sup> October - Namadgi School, Kambah
<b>Week 2</b>	Saturday 28 <sup>th</sup> October - Namadgi School, Kambah
<b>Week 3</b>	Tuesday 31 <sup>st</sup> October - Weetangera Primary School, Weetangera
<b>Week 4</b>	Saturday 11 <sup>th</sup> November - Namadgi School, Kambah
<b>Week 5</b>	Tues 14 <sup>th</sup> November - Weetangera Primary School, Weetangera
<b>Week 6</b>	Saturday 18 <sup>th</sup> November - Namadgi School, Kambah
<b>Week 7</b>	Tuesday 21 <sup>st</sup> November - Weetangera Primary School, Weetangera

**Exam Dates have been set as Saturday 25<sup>th</sup> and Sunday 26<sup>th</sup> November  
Venue – Weetangera Primary School**

There may be an opportunity for an exam on Friday afternoon/evening  
depending on Examiner availability

### **IMPORTANT NOTE:**

In order to provide the best possible opportunity to do well in the exam room participants need to be attending all classes. Parents should note that the syllabus is fully taught over the first 2 to 3 weeks and if the pupils miss these classes it is very difficult for them to catch up and severely impacts their level of confidence.

If you are unable to get your young person to the majority of these classes, particularly the first few, then it may be a better option to explore either of club run classes, private coaching or wait until next year.

## ACT CALISTHENICS SKILLS PROGRAMME 2023

<b>Participants Name:</b>					
<b>Participants Date of Birth:</b>					
<b>Age Group:</b> (Please circle or highlight)	Tinies - Must turn 7 years old in 2023	Sub Juniors	Juniors	Intermediates	Seniors or Masters
<b>Club:</b>					
<b>Last Skill Level Completed or New to Skills:</b>					
<b>Skill Level you wish to enrol in for 2023:</b>					
<b>Class Choice:</b>	Cali ACT Classes	Classes at my Club Check with your club to Ensure they are offering the level you need	Private Coaching Coach name:		
<b>Parents Name:</b>					
<b>Phone :</b>					
<b>Email contact:</b>					
<b>Address:</b>					
<b>Please advise if there is any time over the Exam Weekend (25/26 November) when the participant is NOT AVAILABLE to attend an exam:</b>					

**Please note the following terms and conditions:**

- In the case of a medically recognised disability, the Administrator needs to be notified and supporting documentation provided at the time of registration.
- Candidates with an injury, illness or physical limitation present at their own risk. Therefore medical certificates/letters are not required and will not be accepted at the time of examination.

To maintain the safety of all candidates Examiners cannot examine anyone with an injury or accept medical certificates. Please be fair to your Examiner by following these guidelines. Should you have a concern please discuss it with your State/Territory Administrator well before the scheduled exam.

I understand and agree that exams may be videoed for the purposes of Examiner training and education only.

Unfortunately if payment is not made by the due date as invoiced entries cannot be accepted. Correct spelling of candidates' names is imperative and will ensure successful candidates' names being transposed onto their respective certificates with accuracy. Please make sure hand writing is legible.

Enrolments close Friday 6 October for examination in 2023.

**Please note all requests for specific examination times must be made at the time of enrolment. Once exam timetables are finalised no changes of time can be made or refunds provided.**

The above terms and conditions have been read and accepted:

Signature of Parent/Guardian or Candidate if over 18 years: \_\_\_\_\_

Electronic signatures will be accepted as agreement to the above terms

## ACT CALISTHENICS SKILLS PROGRAMME 2023

### UNIFORM

In line with the change to the ACF Skills syllabus and music, the exam uniform has also been changed to align with a more inclusive environment for our participants.

All participants **MUST** wear the correct uniform for Skills exams and we encourage everyone to also wear the same clothing to class each week so that you are very comfortable on exam day.

#### UNIFORM

Modest black leotard  
no embellishments/  
adornments

OR

Well fitted black bicycle shorts  
with fitted plain black or white  
singlet top or T-shirt



#### TIGHTS

Not compulsory

If required Ballet tights only  
can be worn under leotard  
(footless or stirrups allowed)

These must be plain black  
or tan in colour.

**If unsure please check with Jacqui at class.**

Tape and colour on rod and clubs is optional  
but **NO** material covers on clubs.