ACT State Team 2019 - Information and Expression of Interest Form

Thank you for your interest in being involved in the ACT State Teams for 2019. Below is some information that as potential participants and parents you may find useful.

Coaches:

|  |  |  |
| --- | --- | --- |
| Team | Coach | Assistant Coach |
| Juniors | Grace Cox | Rachael Phelan  |
| Intermediates | Caitlin Waser and Hannah Webb |  |

**Workshop and Audition Dates/Times:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Date** | **Time** | **Venue** |
| **Juniors** | Workshop 1 | Wed 7 November | 5.30 to 8.00pm | Weston Hub |
|  | Workshop 2 | Wed 14 November | 5.30 to 8.00pm | Weston Hub |
|  | Audition | Sat 17 November | To be advised | To be advised |
|  |  |  |  |  |
| **Intermediates** | Workshop 1 | Mon 5 November | 5.00 to 7.00pm | Weston Hub |
|  | Workshop 2 | Fri 9 November | 5.00 to 7.00pm | Weston Hub |
|  | Audition | Mon 12 November | To be advised | To be advised |

**Team Selections:**

Anyone interested in team selection should complete an expression of interest form before attending at least one of the workshops to learn the work to be demonstrated for the selection panel at the audition class. To be considered for selection in an ACT team candidates must attend an audition unless previously agreed with the State Team Manager.

If successful, applicants and their families should understand that attendance at Rep team camp, all training sessions, including those in school holidays and on long weekends and the Showcase weekend are compulsory for all team members. Notice of training dates and times are made available in advance to enable families to work around scheduled training dates.

**What to Wear to the Workshops and Audition:**

Candidates should come to the workshops and audition wearing a plain black leotard and with hair in a neat bun with fringe pinned back. Plain black shorts, leggings or black sheer footless tights may be worn. Club and previous Representative Team training uniform, tracksuits, etc are not to be worn to the either the workshops or audition.

**What to Bring to the Workshops and Audition:**

1. Water bottle

2. Rod

3. Clubs

4. Aesthetic skirt

5. A willingness to learn and improve — you don’t need to be perfect yet!

6. Positive attitude and work ethic

7. A snack for break time or to nibble through class

**Costs:**

We are currently in the process of making arrangements for the 2019 Rep Team year and after this will be able to determine a budget for the year. Past years fees for interstate National competitions have been set at around $2,700, we will make every effort to keep fees under $3,000. The costs will be determined partly by the number of girls that are successful in obtaining a position in the Representative Teams and also the number of teams participating. We will endeavour to keep costs as low as possible while still providing for the needs of the teams. On completion of the audition process an information package will be sent out to successful candidates and will include a training calendar, explanation of fees and payment details.

**Weekly Classes:**

 Juniors will train on Saturdays each week from 9.30am to 2.30pm. Once the final team selections have been made it is envisaged that the first Junior classes will be held on Saturday 9th and 16th December, break for the holidays and then come back to training at the end of January 2019.

 Intermediate team members will train on Saturdays each week from 9am to 2pm. This time may be extended closer to Nationals if required. Once final team selections have been made the team will break for the holidays and commence training as follows:

* Sunday 20th January 9am to 2pm
* Monday 21st January 3pm to 8pm
* There will be no training over the Australia Day long weekend
* Friday 1st February 6pm to 8.30pm
* Saturday 2nd February 9am to 2pm
* Normal classes to commence weekly from Saturday 9th February

**Nationals 2019:**

Will be hosted in Perth from 8 to 14 July – this is the first week of the ACT school holidays.

If you require any further information or have any questions, please do not hesitate to contact me.

Jacqueline Reber

State Team Manager

Phone: 6294 1023

Mob: 0438 104 860

Email: repteam@calisthenicsact.com.au

Website: [www.caliact.com.au](http://www.caliact.com.au)