



Information Booklet *2025*



Welcome to Iconic Calisthenics!

We are delighted to have you and your child join us for an exciting and enriching year of calisthenics in 2025. This booklet provides essential information to help you get started and make the most out of your experience with us.





Communication

We believe in maintaining clear and open communication with all our members. To keep everyone informed and engaged, we use several platforms:

Private Facebook Group

Join our private Facebook group to connect with other parents, receive updates, and share experiences. This group is a great place to ask questions and stay informed about the latest news.

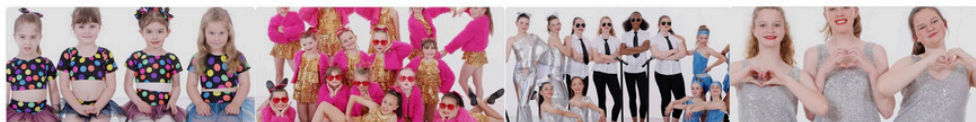
Band App

Download and use the Band app to keep track of important notes, dates, and events. The app allows you to receive timely notifications and reminders, ensuring you never miss any important information.

Contact Information

If you have any questions or need further information, please do not hesitate to contact us. We are here to support you and your child throughout the year.

Email: iconic.calisthenics@gmail.com



Iconic Tinies 2025

[Scan this QR code and join!](#)



Iconic Sub Juniors 2025

[Scan this QR code and join!](#)



Iconic Juniors 2025

[Scan this QR code and join!](#)



Iconic Intermediates 2025

[Scan this QR code and join!](#)

Our Coaches

At Iconic Calisthenics, we pride ourselves on having a team of experienced and dedicated coaches.

Each coach brings a wealth of knowledge and a passion for teaching, ensuring that every child receives the best possible training.



Renee Erwin
Principal

Tinies, Sub Juniors, Intermediates and Solos



Teaghan Moss
Tinies, Sub Juniors



Dayna Pepperell
Juniors, Solos



Shannon Pepperell
Juniors, Solos



Important Dates and Events

Throughout the year, we have several important dates and events that you should be aware of. These events are a great way for parents and children to engage with our community and celebrate their progress.

**Solo
Concert**

Friday February 14th
@ the Seniors

**Family Games
Night**

Friday March 28th
@ the Seniors

**Mid Year
Concert**

Saturday June 28th
venue tbc

Competitions

Late July to
Early October

**Presentation
Night**

Friday October 10th
@ the Seniors

**End of Year
Concert**

Saturday November
venue tbc



Fees

Our fee structure is designed to be transparent and provide value for the comprehensive training and opportunities we offer. Below is a breakdown of the fees for the year 2025.

Calisthenics Victoria Registration
\$127 Includes \$30 Equipment Hire

Term Fees

Tinies \$175

All other Age Groups \$200

Competition Fees

Tinies \$100

All other age groups \$150

Costume Hire

\$25 per costume



2025 Class Schedule

MONDAY

**Tinies
4:15-5:30**



WEDNESDAY

**Sub Juniors
4:15-6:15**



WEDNESDAY

**Intermediates
6:30-8:30**



THURSDAY

**Juniors
5pm-7pm**



Class Requirements



To ensure that your child is fully prepared for each class, please ensure the following:

Appropriately dressed in active wear

Hair neatly tied back, if their pony tail is long you may need to double it over or secure in a bun so it isn't dangerous when they're upside down

Bring Rod and Clubs to every class

Water Bottle and 1 small, neat snack

Jazz shoes or White Cheer Shoes, each group will be advised which is required during term 1.



Code of Conduct



Introduction

This Code of Conduct aims to establish clear guidelines and expectations for all members of the Calisthenics team, including children, parents, and coaches. By fostering an environment of respect, safety, and enjoyment, we strive to ensure that every participant can thrive and reach their full potential.

For Children

Respect and Sportsmanship

Treat coaches, teammates, competitors, and officials with respect at all times.

Show good sportsmanship, whether in victory or defeat.

Listen to and follow the instructions given by coaches and officials.

Encourage and support your teammates.

Avoid using inappropriate language, bullying, or engaging in any form of disrespectful behavior.

Commitment and Effort

Attend all training sessions, competitions, and team events unless excused by a parent or guardian.

Arrive on time and be prepared for all practices and performances.

Always give your best effort and strive for personal improvement.

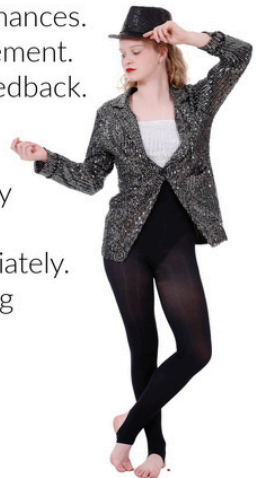
Maintain a positive attitude and be open to constructive feedback.

Safety and Well-being

Adhere to all safety guidelines and practices as instructed by coaches.

Inform your coach of any injuries or health concerns immediately.

Wear appropriate attire and use necessary equipment during training and performances.



Code of Conduct cont.



For Parents

Support and Encouragement

Encourage your child to participate and enjoy their calisthenics activities.

Provide positive feedback and support to your child and their teammates.

Respect the decisions of coaches and officials.

Model good sportsmanship and respectful behavior at all times.

Commitment to the Team

Ensure your child attends all training sessions, competitions, and team events.

Notify the coach in advance if your child is unable to attend a session or event.

Assist with team activities and events whenever possible.

Respect and Communication

Communicate respectfully with coaches, team members, and other parents.

Address any concerns or issues with the coach in a constructive and respectful manner.

Avoid negative discussions or criticism of coaches, officials, or other team members in the presence of children.



Code of Conduct cont.

For Coaches

Leadership and Example

Set a positive example for children and parents through respectful and fair behavior. Encourage and promote good sportsmanship and teamwork.

Provide clear and constructive feedback to help children improve their skills and confidence.

Safety and Training

Ensure the safety and well-being of all team members during training and competitions.

Provide appropriate training and instruction to help children develop their skills safely.

Recognize and address any signs of bullying, harassment, or inappropriate behavior.

Communication and Support

Maintain open and respectful communication with children, parents, and team members.

Listen to and consider the concerns and suggestions of parents and children.

Provide support and encouragement to help each child reach their full potential.

By adhering to this Code of Conduct, we can create a positive and supportive environment that benefits everyone involved in the calisthenics team. Thank you for your commitment to making our team a success.





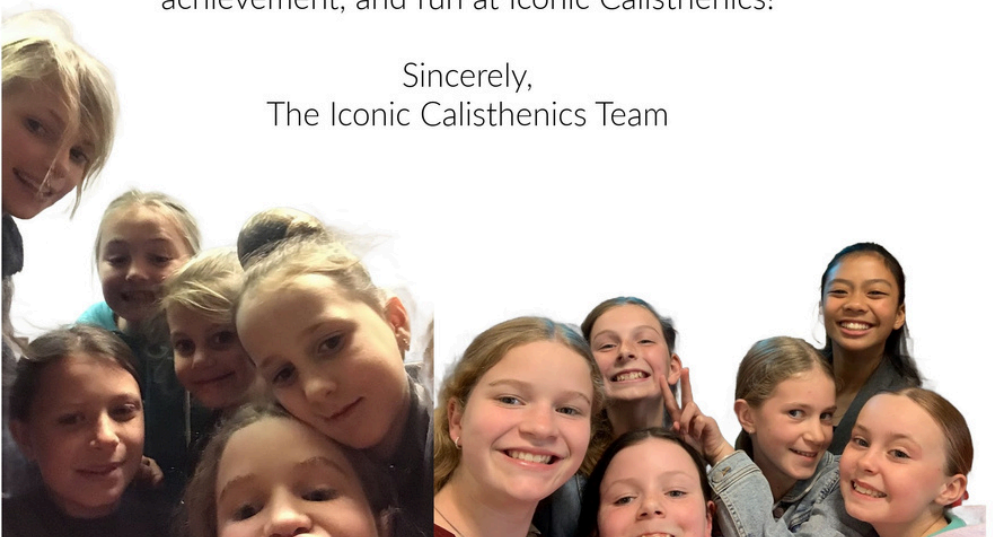
Commitment to Team Sport

Calisthenics is a team sport, and consistent participation is crucial for the success of the team. By joining Iconic Calisthenics, you and your child agree to commit to attending all scheduled classes and competitions. Withdrawing from commitments, especially close to competition dates, can be unfair to the team and affect everyone's performance. We ask for your dedication to ensure a positive experience for all members.

Parent's Signature: _____

We look forward to a fantastic year ahead filled with growth, achievement, and fun at Iconic Calisthenics!

Sincerely,
The Iconic Calisthenics Team





**Classes for 2025
commence
Monday February 3rd**



Please send all enrolment enquiries to
iconic.calisthenics@gmail.com
or alternatively message our Facebook page