

Code of Conduct 2020

At Sylvania Heights Physical Culture Club we pride ourselves on:

- Being supportive and respectful of one another
- Being passionate about our sport
- Displaying good sportsmanship on and off the competition floor
- Creating a positive, fun, family atmosphere to foster lifelong friendships

Our challenge is to encourage our members to be good sports and to ensure that everyone gets a fair go and has fun. We believe in equity for all our members and we respect the rights, dignity and worth of everyone. Here is our code of conduct.

MEMBERS' CODE and Appendix A (pg.4)

- Enjoy yourself and have fun.
- Respect all members.
- Show respect for and co-operate with your teachers and other officials and accept their decisions.
- Class environment needs to be enjoyable for both Teacher and Student to maximise results
- Be humble when you win and graceful when you lose.
- Aim for self-improvement.
- Have a healthy attitude.
- Be a good sport. Applaud other competitors whether they are from your club or another.
- Work equally hard for yourself and your team. The team will benefit and so will you.
- Be loyal to your club and support it.
- Be punctual, to class and in payment of fees

PARENTS' CODE

- Be positive - praise and encourage all members
- Focus on the child's efforts and performance.
- Never ridicule or yell at a child for making a mistake or for losing.
- Remember that children learn best by following your example. Applaud all competitors, not just those from your club.
- Show appreciation for teachers, officials and judges.
- Respect the judges' decisions and teach children to do likewise.
- Address conflict openly, honestly and respectfully.
- Consider volunteering your time to assist with the work of running of your club.

SPECTATORS' CODE

- Respect all competitors and applaud everyone.
- Ensure a fair and proper competition environment for all competitors by abiding by the following:
 - remain still and quiet when the music is playing
 - ensure that your children remain still and quiet
 - turn all mobile phones or other electronic devices to silent
 - keep belongings clear of the competition floor
 - do not let children sit around the edge of the competition floor
 - do not ever walk across the competition floor
 - do not use flash photography
- Respect the rights of competitors by only videoing or photographing your own child..
- Obey the rules of the venue and treat the venue with care. This includes clearing your own rubbish and not spraying cosmetics inside the venue.
- Be helpful and advise an official if there are problems or if help is needed for any reason.

SYLVANIA HEIGHTS PHYSICAL CULTURE CLUB GUIDELINES

Physie is a sport girl's and ladies can do all their lives. Sylvania Heights Physie is a non-profit club, affiliated with Bjelke Petersen School of Physical Culture and the Sylvania Height Youth Club.

Physie is combination of different forms of floor and standing exercises, basic and jazz ballet.

Our syllabus is updated annually and choreographed to modern and popular music that teaches movement, rhythm and enjoyment.

Classes are split into age groups for maximum benefit.

Physie teaches co-ordination, flexibility, good posture, promotes team work and improves confidence.

Physie is Fun!

Physie makes friends forever!

Physie keeps you fit!

AS PART OF JOINING OUR CLUB YOU MUST WISH TO FOLLOW OUR CODE OF CONDUCT AND CLUB GUIDELINES

CLUB GUIDELINES

INFORMATION COMMUNICATION

- Correspondence is by way of email and Club Facebook pages
- Teachers are always available to respond to emails or phone calls regarding any queries or questions that may arise.
- Breach of Code of Conduct – see Appendix A

WHAT TO WEAR

- Leotard or stretchable tight fitting gym like clothing must be worn to all lessons.
- Hair must be tied back.
- Junior girls from 5 years to 12 years must wear the Black Club Sylvania Leotard to class each week, during the colder months black crossover tops are permitted and black ballet tights.
- If your attire is deemed not to be appropriate and an OH&S risk your teacher will ask you to sit and watch the class.

MOBILE PHONES

Phones must be left at the back of the hall and be on silent at all times. If in case of an emergency, please speak with your Teacher

VIEWING TIMES

5-8years & 9-12years:- NO parents are allowed in the **Small** hall on Thursdays.

Viewing is allowed from the Glass Room on both Monday and Thursday each week.

13-16years & Seniors:- Monthly viewing in the main hall is the first Monday of each month and NO parents will be allowed inside the small hall on a Thursday.

FEES

New Members

New members receive a two free lesson trial before payment is required.

Rejoining Members

Fees & timetable are listed below. All members have to be a member of BJP and Sylvania Heights Youth Club. Term fees must be paid by the end of the calendar month after the term commences. We run on a three term fees for the year. A \$10 discount applies if you choose to pay for the year in advance. Life members receive a \$10 discount off their first term fees

MUSIC

On registering with BJP at a cost of \$88 the CD and DVD will be available to download for practice purposes at home for 5yrs to Ladies. This will be available by June 2020.

PRIVATE LESSONS

Fees are \$30 per hour for all age groups which includes hall hire and teacher fee.

Lessons can be one on one or in pairs. Organise times with your teacher.

TINY TOTS

- We encourage all babies to wear a leotard.
- Parents are able to watch at the back of the room.
- Other siblings are encouraged to sit on a chair at all times.

COMPETITIONS

Interclubs:

These are competitions organised by an individual Physic Club. They invite a few other clubs to participate as a practice before the Zone BJP competitions begin. Interclubs are usually held in August. As they are not organised by BJP the club charges an entry fee usually about \$10 per competitor. None of these are compulsory, however they serve as an opportunity to gain match fitness and experience and at least one Interclub should be considered preferably two.

Champion Girl/Lady:

The time required for your individual comp will be approximately 1 ½ to 2 hrs.

The dates are advised from BJP usually in June each year.

Junior Zone Competition is held where all competitors compete and then some are selected to compete in the "final". The first five places in the "final" proceed to the National final and the other competitors who make up the final proceed to the Repechage.

Junior National Finals are held at The Quay Centre, Homebush. This is where the place getters from every zone, from Queensland, NSW, Victoria and WA go through the same process to finally end up with 5 place getters in each age group, with the winner being crowned the National Grand Champion in their section.

Repechage is held at The Quay Centre, Homebush. The first five place getters at this event are able to compete in the National Final

Seniors compete at The Quay Centre, Homebush and the "final" is selected where competitors then proceed to the National Final at the Opera House.

Ladies Zone Competition is held and the first five places proceed to the National Ladies Competition held at The Quay Centre, Homebush.

Teams:

This is a totally different competition in the sense that it is as the name suggests a "team effort" consisting of 8 members who perform the set syllabus in a set formation in a synchronised way. The more precise the timing of the 8 members the higher the point scored which ultimately results in a higher position in the competition.

All clubs make teams in the same way, however, sometimes in an effort to make a team where numbers may be short in a particular age group some may be asked to work up or down to make up a team or compete in two teams.

All efforts are made to include all members in a team as to be part of a team builds camaraderie, team spirit and a healthy competitive attitude. However sometimes numbers just don't work out and it may be that a member may find that they are not in a team. This does not mean that they cannot attend classes and keep practicing with the team at team practices. For many varied reasons people have to pull out, even on the day of the competition, and they may be asked to fill in. Remember the more times you get to practice the better you become and the more tips you will pick up by listening to what others are told.

**NB

None of these competitions are compulsory, however, if you have been asked to be a member of a team and you accept then you must be aware that you are committing to attend all team practices (illness is an exception of course) and **MUST BE AVAILABLE FOR THE TEAM COMPETITION IN NOVEMBER**. It is preferred that no holidays are taken two months before the competition, remember that there are seven other members in the team who are relying on your support. If everyone comes to their team practices then no extra practice are needed. If you feel that you can't commit to these requests then it is your duty to discuss this with your teacher and they will not include you in a team situation.

Club Comps:

This is a competition held around October where only the members of our club compete against each other. It is a more relaxed competition where the girls compete individually in their age specific section. This is the only competition where the "Tiny Tots" (the babies of the club 3-4yr olds) will perform and show you what they have been learning all year. All Tiny Tots receive a prize. Perpetual Club Awards are also awarded by independent Judges e.g. Junior, Senior and Ladies Marching Champion and Junior, Senior and Ladies Club Champion and presented at the end of year Presentation Day.

Club Presentation Day/Night:

To end the year a Club Presentation is held around the first weekend of December. This is to congratulate the girls and ladies on their wonderful individual and team achievements throughout the year. Teacher's class awards and major club awards eg. Scholarships and Most Improved are given. It is a fun, relaxed day/night for all club members.

DRESS RULES RELATING TO JUNIOR GIRLS FROM 5-14 years in both teams and champion girl and inter-club competitions.

- a) **Hair:** They must have their hair done in SIMPLE STYLES ONLY. Long hair must be in a Pony tail - plaits - bunches - half up, half down - with no height (ie. no "boofs" in the front) - no pinned in elaborate curls or teasing . Similarly, short hair must not be teased for height or width. Hair must NOT be frizzed in high WIDE styles. False hair pieces are NOT ALLOWED.
- b) **Tan:** They MAY NOT wear leg, face or body tan in any circumstances with the exception of Junior girls being taken up to a Senior Team.
- c) **Eye Make-up:** 5-12 yrs - may not wear any eye makeup (this includes eye liner, mascara, false eye lashes or face and body glitter.) 13-14 yrs - **may** wear minimal eye makeup (ie. Mascara OR eye liner) they **MAY NOT WEAR FALSE EYE LASHES OR EYE SHADOW**, face or body glitter.
- d) **Face Make-up:** Only a minimal amount of lipstick, blush & foundation may be worn. No face glitter or body tan to be worn on the face.
- e) **Jewellery:** They may NOT wear jewellery of any description (however, the smallest size plain ear studs are allowable only if they cannot be removed).
- f) **Tights and Stockings:** 5-10 yrs - may NOT wear stirrups, tights or stockings of any description in teams or champion girl. However they may do so if they are being used as an exception in an 11-12yr team or above. 11-14 yrs - may wear stirrups, mesh or plain tights or stockings but these are optional.
- g) **Hair Accessories:** Junior girls from 6-14 years MAY NOT wear anything at all in their hair at the National Finals. Hair tinting and colouring to match leotard colour is NOT permitted. A minimal amount of ribbon or similar may be worn in the hair at Interclub, Zone and Repechage level.
- h) **Nails:** Junior girls from 5-14 yrs MAY NOT wear false nails or nail polish.
- i) **BJP Leotard** must be worn for all competitions. For champion girl any colour can be worn. For junior teams ages 5 to 8 years a pool of black leotards are available. Each girl is given a black leotard on Team day. Girls aged from 9 years to Seniors and Ladies need to buy their own leotard. These leotards can be purchased from Danz Design. Dates will be advised.

APPENDIX A

Management when a member is in Breach of Conduct:

1. First warning: Discussion between Teacher and Student/Parent with suggested strategies
2. Second warning: to be discussed with Teachers to resolve the issue
3. If point 1 and 2 cannot be resolved then the matter is taken to the Committee for action