



Information Booklet 2026



Welcome To Iconic Calisthenics!

We are delighted to have you and your child join us for an exciting and enriching year of calisthenics in 2026. This booklet provides essential information to help you get started and make the most out of your experience with us.



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
Tots, Tinies, Sub Juniors,
Intermediates and Solos

Development Coaches



Teaghan Moss
Tots, Tinies,
Sub Juniors and Solos



Dayna Pepperell
Juniors, Solos



Shannon Pepperell
Juniors, Solos

Foundation Coach

Olivia McKenzie
Intermediate Assistant



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
- ★ Black Jazz shoes are required for each age group
Inters will require Tan T Bars as well.



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 2026.



Calisthenics Victoria Registration

\$129 Includes \$30 Equipment Hire

This fee is payable directly to Calisthenics Victoria.

Term Fees

Tots and Tinies \$185

All other Age Groups \$220

Competition Fees

Tinies \$100

All other age groups \$150

Costume Hire

\$30 per costume

Competition Videos

\$30



To streamline our accounting process, this year all fees will be added together and equally divided across the 4 terms instead of receiving individual invoices for each item. Payment plans are available and will be invoiced for the whole year to easily track your account balance.

Class Schedule 2026



Monday

Tinies 4pm-5pm
5-7 Years



Wednesday

Sub Juniors 4:15-6:15

8-10 Years

Intermediates 6:15-8:30

13-17 Years



Thursday

Tots 4:15-5pm

3-4 Years

Juniors 5pm-7pm

11-13 Years

Competition Requirements



Our striking Aqua jacket is to be worn to all competitions with black leggings and white runners. The team jacket is available from Hip Pocket and we will advise when the portal is open for orders.

Tinies, Sub Juniors and Juniors wear their hair in a high bun, we use a hair donut to make it a nice big bun. Inters will wear their hair in a low bun with a centre part. Hair kits will be available for purchase in term 2 containing all your essentials.

Each child requires their own make up kit consisting of foundation, brown and white eyeshadow, mascara, eye brow pencil, black liquid liner, blush and red lipstick. Inters will wear false eyelashes as well. Due to peoples sensitivities with makeup, everyone will be responsible for sourcing their own products suited to their needs.

Each child requires a body suit to wear under their costumes. These can be purchased from ballet shops or sites like temu, ali express and shien.

Parents helping backstage at competitions are required to have a valid Working With Children Check. You can apply for a free volunteer card at <https://www.vic.gov.au/working-with-children-check>





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 6th
@ the Seniors

**Welcome
Dinner**

Friday March 13th
@ Seniors Parma Night

**Mid Year
Concert**

Saturday June 20th
Loreto College

Competitions

July to September

**Presentation
Night**

Friday October 9th
Venue TBC

**End of Year
Concert**

Saturday November
28th Mt Clear College

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

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.

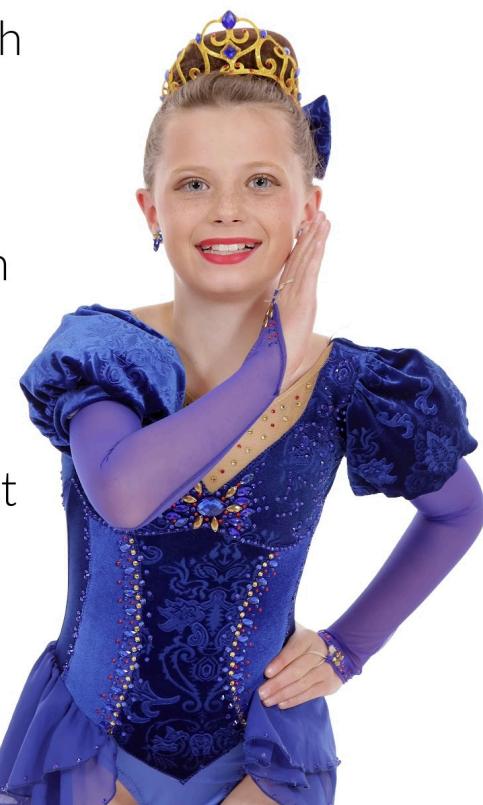
Communication and Support

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.



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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.



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 2026 commence

Monday February 2nd



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