

# ACT STATE TEAM WORKSHOPS AND AUDITIONS INFORMATION SHEET

Calisthenics ACT invites all participants who are interested in being part of a Sub-Junior, Junior, Intermediate or Senior State Team in 2018 to come along to the Rep Team Workshops. Workshops will be held for each age group to teach work which will then be assessed at an audition by a panel of coaches. The workshops provide an opportunity for girls to come along to meet the coaches and to find out more about what being in a State team is all about. This is also a good time for parents to ask any questions they may have.

An application form should be sent to the State Team Manager, Jacqui Reber, prior to the workshops. Please note that this application does not guarantee a place in the team and does not represent any form of commitment at this stage.

## What do I Need to Do to Try Out?

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 or leggings may be worn over the leotard. Club and previous Representative Team training uniform, tracksuits, etc are not to be worn to either the workshops or audition.

- Email your Application Form to the State Team Manager prior to workshop attendance - or you can email to advise of your intention to attend the Workshops and bring the Application form with you to hand in on the day.
- It is advantageous and strongly advisable that candidates attend both workshops.
- To be considered for selection candidates **must attend the audition** - Unless specific permission has been given by the State Team Manager in writing to allow a DVD audition to be accepted. Candidates who are unable to attend the audition and who have obtained written permission from the State Team Manager must lodge a written application stating the reason for not attending the audition along with a DVD demonstrating all necessary elements of the criteria. Applications should be lodged with Calisthenics ACT via the State Team Manager at least three days prior to the audition date.)
- In case of illness on audition day candidates should notify the State Team Manager as soon as possible so that alternate arrangements can be made.

## 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 small snack for morning tea break

## Costs:

We are currently in the process of making arrangements for the 2018 Rep Team year and after this will be able to determine a budget for the year. For the past two years fees have been set at around \$2,700, however as Nationals are to be held in Canberra in 2018 we are working towards a significant reduction in fees which are likely to be set between \$1,500 and \$2,000. 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.

For further information please email Jacqui Reber at:  
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