



Solo Policy

OUR COMMITMENT

Our club offers all members the opportunity to place their name on the solo waiting list.

PRE-REQUISITES

- Soloist are required to meet Calisthenics Victoria Inc. skill level requirements, applicable to their age, before being considered for selection as a soloist at the Horsham Calisthenics College.

WHAT WE WILL DO

- The Principal Coach maintains the Solo Waiting List.
- The Principal Coach will assess an individual's readiness to become a soloist prior to being placed on the waiting list.
- If a member is committing to becoming a soloist, then the member is expected to attend all training sessions and attend all nominated competitions. If a member is unable to attend a scheduled training session, the coach must be informed.
- Additional classes will be organised throughout the season, it is expected that the soloist attend all scheduled training sessions. This will ensure the best possible performances are presented at all competitions.
- The coaches will be committed to coaching all the soloist, aiming to showcase their skills and talents.
- The coaches have a duty of care to ensure that choreographed movements are appropriate to the age, strength and ability of the individual competitor. All movements must be performed with strength, control, excellent technique and correct alignment to ensure the safety and well-being of the performer.
- The coach will only agree to teach a pupil a routine that meets the individual's ability.
- A coach will ensure when choreographing a pupils solo that they only include movements that the coach has sound knowledge on the method and that the pupil is capable of performing.
- The Principal Coach will ensure a safe program is offered to all soloist pupils.



- The Principal Coach will ensure that pupils are only taught by a coach with either a Level 1 or Level 2 accreditation, registered with the Victorian Callisthenic Coaches Association.
- The Principal Coach will ensure that the person coaching your child is qualified. A cadet or assistant coach are not qualified to coach a soloist without the supervision of a Level 1 or 2 Coach present. If the person coaching your child is not qualified your child is not covered for any insurance, may be subject to inappropriate coaching methods, may not receive the best possible instructions and corrections for calisthenics skills and may be given a set of work that is not appropriate, which could result in injury.
- The coaches' aim is for the soloists to enjoy the sport of calisthenics and to flourish under their guidance and coaching.

WHAT MEMBERS AND GUARDIANS WILL DO

- If you wish for your child to be included on the soloist waiting list, you are to make a request to the Principal Coach.
- The club asks that all soloists and guardians respect the decisions of the coaches.
- If guardians or members have any concerns regarding such decisions, they are to speak respectfully to the coaches in private regarding the issue. Alternatively they are to speak to the Principal Coach.
- Parents/Guardians need to respect the judgement of the coaches with regard to movements choreographed within the arrangement. Your child has certain strengths that the coach will highlight within the item. Including movements that your child cannot perform correctly not only loses your child marks but places them in danger of injury.

Supporting Documentation:

- a) Calisthenics Victoria Incorporated, Solos – Guidelines for safety and success (2016).

Document Approved By:	Name	Signature	Date
President	Tammy Smith		
Principal Coach	Kylie Hermans		