

BERWICK CALISTHENICS CLUB INC

Competition Etiquette

- No admittance into the venue and dressing rooms until 45 minutes before your section is due to commence. *Early arrivals who enter competition venue before the stated time will incur a \$25.00 fine. The same fine will apply to those who do not vacate the dressing rooms within 15 minutes of the conclusion of a session.*
- Any girl who does visit the Auditorium must have her legs and feet covered so that no leg tan can transfer onto seats etc.
- Competitors must not put lipstick and leg tan on walls etc, in dressing rooms. Competitors are requested to keep away from the walls as the Club will be held responsible for the repair/cleaning of any marks on them
- No videos, cameras, thermos flasks, food and drink are to be taken into the theatre and all mobile phones must be turned off before entering the theatre
- **All girls must be dressed in complete Club Uniform at ALL competitions. No variations!**
- Applaud all places given by the Judge. To have our number called out in any place is a great achievement and an honour.
- **It is a Berwick Club rule that you are not to sit in the first 4 rows of the theatre.** The reason for this is when the girls are on the stage they can see those first few rows. If your daughter happens to spot you this could distract her and she may forget what she is suppose to be doing. ("or give a wave"). Also please don't tell your daughter where you are sitting as this also makes her pay more attention looking for you then doing her work.
- Have fun and be a good sport. Congratulate other Teams and wish them good luck. Be gracious in defeat.
- You must vacate the dressing rooms within **15 minutes** of the conclusion of a session. behaviour

As we are all representing Berwick Callisthenic Club Inc. it is important that we all do so with the "three P's"

Professionalism, Pride and Presentation

This applies to all family members. Being part of a Team and looking to be part of the Team are very important. We attend competitions to represent the Berwick Calisthenics Club and behaviour is extremely important.

Please make sure any brothers, sisters etc. we bring remain very quiet during performances. We don't want other people to distract our girls while they're on the stage so we must keep quiet for other teams. This also means in the dressing rooms as voices carry from them.

Please do not discuss another teams performance in anyway but nicely, nor another girl from our team who may have made an error. You never know who may be sitting behind or in front of you. Sportsmanship & Enjoyment is the name of the game and mistakes can easily be made.