



BUNDOORA

CALISTHENIC CLUB



Solos Gracefuls Duos & Trios



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What is a Solo?

A solo performance is an arrangement to music timed between 1.5 to 3.5 minutes (depending on age). The item consists of 50% physical movement (freearm) and 50% dance. The routine needs to flow and evolve and can have a theme, tell a story or mine. Soloists compete in their age group and start in the Novice section.

What is a Graceful?

A Calisthenics Graceful is performed to a flowing piece of music, and develops a performer's aesthetic and dance technique. The performer interprets the music through graceful flowing movements, feeling and softness demonstrated through body movements and facial expressions. The main benefit for performers competing in the Graceful Competitor section is the achievement of poise, grace and confidence.

Focal areas include: Personal Presentation, Grace and Poise, Flexibility, Expression and Interpretation, Dance Variety and Technique

What is a Duo?

A duo performance is an arrangement to music timed between 2 to 3.5 minutes (depending on age) where the participants display 50% physical movement (freearm) and 50% dance. Similar to a solo however, participants partner up with someone from their own age group or one year level below or above and incorporates partner work and uniformity with both performers ensuring strong technique is shown through movements. It is highly recommended that the partners display similar qualities and have the ability to work together as a team. Participants compete in the age group of the oldest performer and start in the Novice section.

What is a Trio?

Same as a duo but with three and is timed between 2.5 to 3.5 minutes.



Bundoora Calisthenics Solo Program

Bundoora Calisthenic Club has built a solo program to support all members to further their cali experience and knowledge through either recreational and or competitive competitions across all disciplines offered outlined above.

Recreational & Competitive:

- **Classes:** The Club offers both recreational and competitive solo classes in 8 x weekly 1-hour classes as per coordinated between the coach and soloist.
- **Location:** Classes are held at the [Rosanna Scout Hall](#)
- **Self Learning:** To ensure participant success, self-learning outside the scheduled solo class is vital.
- **Health and Safety:** For the health and safety of all members and coaching staff, please ensure Club medical records are up to date including treatment plans where relevant.

Competitive Only:

- **Registration:** Annual registration must be completed by the parent or soloist by the defined deadline date provided by CV. (*not yet open*)
- **Costume Hire:** Costume Hire options available, hire fees range depending on costume and if modifications are required.
- **Competitions:** Parent and soloist to decide on number of competitions entered and arrange competition registration entry through the My Stage portal.
- **Additional Classes:** Additional classes can be organised with the coach if required for an additional \$30 per class
- **Coach Responsibility:** Coach competition attendance required only for CVI, and for 1st competition for a first time Soloist
- **Parent/Soloist Responsibility:** Parent or Soloist to be responsible for makeup, eyelashes, competition registration, online music submissions, etc.



CLASS, COMPETITION & COSTUME FEES

Fees	Value	Description	Payment terms
Calisthenic Solo & Graceful	\$240.00	Class Fees 8 x 1hr weekly class	Must be paid in full prior to 1st class
Duo	\$120.00pp	Class Fees 8 x 1hr weekly class	Must be paid in full prior to 1st class
Trio	\$80.00pp	Class Fees 8 x 1hr weekly class	Must be paid in full prior to 1st class
Local Competition Entry Fee	\$55 solo	Novice	Must be paid in full by competition due dates. Includes 1 audience ticket.
	\$65	Elementary/Open Reserve/Open	
State Champs Competition Entry Fee	\$75	Novice	Must be paid in full by competition due dates. Includes 1 audience ticket.
	\$85	Elementary/Open Reserve/Open	
Costume Hire Fee	\$20-\$50pp	Dependent on requirements	To be paid once costume has been decided

AGE REQUIREMENTS

Discipline	Age Requirement
Calisthenic Solo	5+ years old
Graceful Solo	8+ years old
Duo	11+ years old
Trio	18+ years old



TIME LIMITS

AGE GROUP	TIME
5, 6, 7 yrs	1 ½ – 2 minutes
8, 9, 10 yrs	1 ½ - 2 ½ minutes
11, 12, 13 yrs	2 - 3 minutes
14 yrs +	2 ½ - 3 ½ minutes
Masters	2 – 3 minutes

Further Information:

- [Principal Coach - Leeanne Smith](#)
- [CV 2022 Solo Rules](#)
- [Metro Solo Competition Review](#)



PLEASE NOT: Performers do not require any of the below skill level or pass rate to compete in the 2022 solo, graceful, duo, trio competition season.

MINIMUM PERFORMANCE REQUIREMENTS

Age	Minimum Skills Accreditation	Notes
8 year old	Test 1	
9 year old	Test 2	
10 year old	Test 3	
11 year old	Test 3	
12 year old	Grade 1	
13 year old	Grade 1	
14 year old	Grade 2	
15 year old	Grade 2	
16 year old	Grade 3	Graceful: must attain 80% in Aesthetic & Dance sections
17+ year old	Grade 4	Graceful: must attain 80% in Aesthetic & Dance sections Solo/Duo: must attain 80% in Freearm, Aesthetic & Dance sections