

Core Values and Code of Conduct



Maroondah Calisthenics Club is a calisthenics club that aims to provide an enjoyable, nurturing and challenging experience for all club members and coaches, inspiring creativity and innovation without compromising our Core Values. In becoming a member of Maroondah Calisthenics Club you are expected to uphold the Maroondah Core Values and Code of Conduct.

Our Core Values are:

- To work together as a strongly linked team
- To ensure that every team member has the opportunity to reach their full potential
- To make good friends
- To keep our club evolving
- To have fun
- To build self-esteem and confidence
- To be 'good sports' and always respect the efforts of others
- To always do our best
- We are driven by a respect for each other and an underlying enjoyment of getting together, working together, learning together and having fun together.

Our Code of Conduct requires participants to:

- Display courtesy and respect for team members, coaches, adjudicators and fellow competitors
- Be punctual to class and competitions and notify your coach if you will be late or are unable to attend
- Be ready for class; in your practice blacks, hair tied back, with your rod, clubs, practice skirt and shoes (if applicable) each week
- Treat all equipment, props, costumes and apparatus with care
- Respect your coach and follow the coach's decisions/direction
- Not use bad language, either towards an individual or in general
- Choose an appropriate time to discuss any concerns with your coach – *not during class time*
- Accept that the coach chooses teams based on ability and reliability. *Any changes that are made are for the benefit of the team and should be accepted in a sportsmanlike manner.*
- Participate in team and competition activities to the full extent of your abilities
- Encourage all club participants, irrespective of whether they are part of your team
- Treat other people as you would like to be treated
- Represent your club with pride
- Not smoke or take drugs of any kind whilst representing the club at competitions or other events
- Show cooperation and complete loyalty to our club, its members, coaches and committee. *If you have a query please direct it to the class rep or to a committee member.*
- Refrain from bullying of any kind. *This includes: passive aggressive behaviour such as ignoring, excluding or freezing team mates out; starting or spreading rumours or gossip about any individual or the club as a whole; using social media such as Facebook, Twitter or anything similar in a way that is derogatory to any individual or the club as a whole.*

- Inform your coach of any injuries or illness you may have before the class begins. *It is your responsibility to provide the coach with details of any action required relating to the injury or illness.*
- Not use mobile phones during class. *Exceptions may apply in certain circumstances. Discuss this with your coach if needed.*
- Remain inside the hall with coaches at the end of a class until collected by your parent or guardian. *You are not permitted to wait outside to be picked up. (Only applicable to those who do not drive themselves)*
- Not to leave the hall during class times under any circumstances
- Take snack and drink breaks only at times advised by the coach
- Not chew gum during a class or competition
- Assist in ensuring the hall is left clean and tidy after class
- Wear shoes when leaving the hall. *This is for your safety; there is often broken glass in the car park.*
- Be dressed in the club tracksuit at all competitions. *Wearing correct uniform signifies we are proud to be part of our club.*
- Show good sportsmanship at all competitions both to our own club members and towards other clubs
- Do not criticise or ridicule anyone unfortunate enough to make a mistake
- Be on time at competitions. *Attendance at competitions is compulsory except in the case of serious illness. The only exception to this rule is where you have made special arrangements with the coach for exceptional circumstances.*
- Ask parents, friends, and family members etc. not to sit in the first three rows at competitions. *This is so that you do not become distracted.*

Australian Calisthenics Federation

In addition to the Core Values and Code of Conduct of Maroondah Calisthenics Club, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by ACF, a Member State or an Affiliated Club and in your role as participants of ACF, a Member State or an Affiliated Club:

- Respect the rights, dignity and worth of fellow participants, coaches, officials and spectators.
- Refrain from conduct which could be regarded as sexual or other harassment towards fellow participants and coaches.
- Respect the talent, potential and development of fellow team members and competitors.
- Care and respect the equipment provided to you as part of your program.
- Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
- Conduct yourself in a professional manner relating to language, temper and punctuality.
- Maintain high personal behaviour standards at all times.
- Abide by the rules and respect the decision of the adjudicator.
- Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
- Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.