



Bentleigh
Calisthenics

SOLOS & DUOS

Handbook

★ 2027 SEASON ★

*Together
We Inspire
Performers*





★ 2027 Season ★

INTRODUCTION TO 2027 SOLO SEASON

Bentleigh Calisthenics encourages all students to participate in programs that will improve their skills. A student's participation in solo/duo coaching is at the discretion of the student's parents/guardians and not compulsory.

Calisthenics Solo and Duo items provide an opportunity for calisthenics performers, who are part of a team and club, to learn a routine on their own, or with a friend and perform at competitions held in the first half of the year, throughout the metro Melbourne area.

Solo and Duo coaching provides dedicated one-on-one or small-group coaching with a selected coach and is undertaken in addition to team work. As a result, additional costs apply.



WHY PARTICIPATE IN SOLOS OR DUOS?

Participating in Solos or Duos can provide many valuable benefits, including:

- ✓ **DEVELOPING INDIVIDUAL SKILLS** through focused coaching and personalised feedback.
- ✓ **BUILDING CONFIDENCE** by performing independently or with a partner.
- ✓ **IMPROVING TECHNIQUE, FLEXIBILITY & PERFORMANCE QUALITY** through additional practice and attention to detail.
- ✓ **DEVELOPING RESILIENCE & INDEPENDENCE** by working towards personal goals and challenges.
- ✓ **LEARNING RESPONSIBILITY & COMMITMENT** through regular practice and preparation.
- ✓ **CREATING OPPORTUNITIES FOR PERSONAL ACHIEVEMENT**, regardless of competition results.
- ✓ **BUILDING TEAMWORK & CONNECTION** when participating in a Duo.
- ✓ **GAINING VALUABLE STAGE EXPERIENCE** and becoming more confident performing in front of an audience and adjudicators.
- ✓ **SETTING PERSONAL GOALS** and celebrating progress throughout the season.



Above all, Solo and Duo participation is an opportunity for students to challenge themselves, develop as performers and work towards achieving their **PERSONAL BEST**. Whether competing individually or with a partner, the experience can be both rewarding and enjoyable.



BENTLEIGH CALISTHENICS ELIGIBILITY REQUIREMENTS



1. Be a member of Bentleigh Calisthenics and compete in Bentleigh Calisthenics team.
See below for CV eligibility requirements.



2. Parent/student has discussed with Section Coach students recommendation for competitive or recreational solo.



3. Parent/student has submitted the Solo Coaching Request form and paid \$20 (per item) to register as a soloist with the club.



4. Fees and sundry amounts owing to the club are up to date. That is, no monies are currently owing to the club, both in terms of team section fees or solo coaching and studio hire fees.



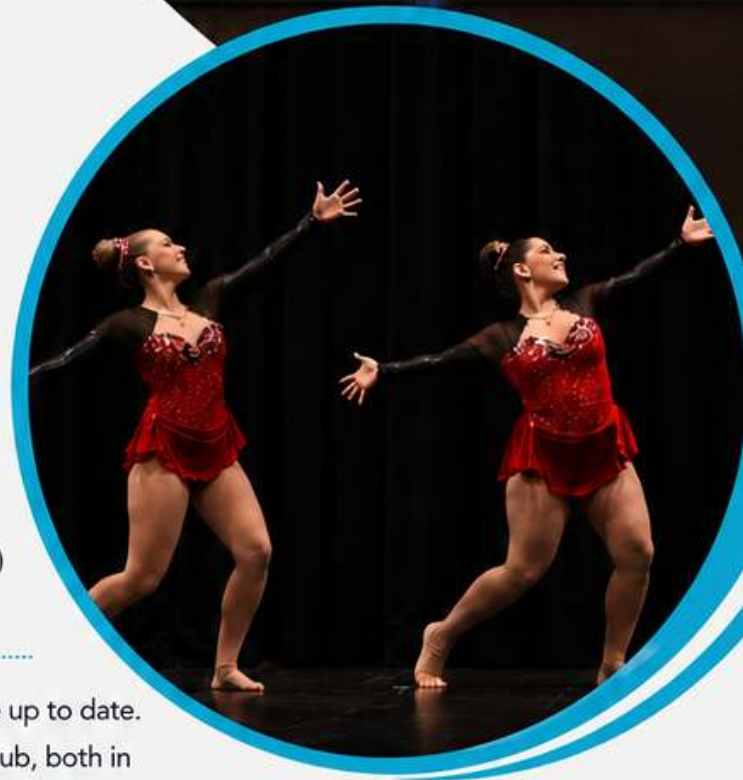
5. The student must maintain good attendance at team classes and competitions. An attendance rate of at least **90%** is required, excluding absences due to school commitments.



6. Although Cali Exams are not required to enter solo competitions it is highly recommended that you participate in the program offered by the club.



7. Fulfil the Calisthenics Victoria eligibility requirements.



2027

SOLO GRADING PROCESS

THE WEEK OF:

15
JUNE
2026



2027 GRADING LIST RELEASED

- Available via each performer's CaliVic Profile on the Calisthenics Victoria website.
- Performers who did not compete in a 2025 or 2026 Solo Competition will be removed from the 2027 Grading List.

15 JUNE –
28 JUNE
2026



GRADING REVIEW APPLICATIONS OPEN

- Grading Review Applications must be submitted by the performer's coach.
- Applications close at 11:59pm on 28 June 2026.

6
JULY
2026



REVIEW APPLICATIONS CONSIDERED

- The Grading Committee reviews all Grading Review Applications.

20
JULY
2026



UPDATED GRADINGS RELEASED

- Updated gradings are uploaded to performers' CaliVic Profiles.

20 JULY –
13 SEPT
2026



NEW GRADING APPLICATIONS OPEN

- For eligible performers requiring a new grading.
- All performers (Local, Regional and Interstate) must hold a grading to compete in any Solo Competition in 2027.
- A \$25 grading fee applies.
- The fee will be deducted from the performer's first competition entry.
- Applications close at 11:59pm on 13 September 2026.

14
SEPT
2026



LATE GRADING FEE APPLIES

- New grading applications submitted from this date will incur a \$50 grading fee.
- \$25 will continue to be deducted from the performer's first competition entry.

21
SEPT
2026



NEW GRADING APPLICATIONS REVIEWED

- The Grading Committee reviews all new grading applications.

30
SEPT
2026



NEW GRADINGS PUBLISHED

- New gradings are uploaded to performers' CaliVic Profiles.
- No further grading changes will be made after this date.

5
OCT
2026



PUBLIC GRADING LIST PUBLISHED

- Available on the CaliVic website.
- Will be taken down at 11:59pm October 18th.

1
NOV
2026



2027 REGISTRATIONS OPEN

- Including all Solo Coaches and Performers.

16
NOV
2026



COMPETITIONS ENTRIES OPEN VIA MYCOMPHQ

- New Entry Process Commences – further information to come at a later date.



CALISTHENICS VICTORIA GRADING PROCESS



2027 NEW GRADING APPLICATIONS

Grading applications are now open for performers who don't currently have a grading and want to compete in Cali or Graceful Solos. If your portal doesn't show a current grading, you'll need to apply for one.



Grading is **mandatory** for Local, Regional, and Country Solo competitions. It's not required for CaliStars or Recreational Solos.



Applications close **11:59pm, 13 September.**



There's a **\$25.00 application fee** (plus RevSport transaction fee), which will be deducted from your first competition entry.



This fee is **non-refundable** if you don't go on to enter a competition after receiving your grading.

2027 SOLO SCHEDULE INFORMATION



Please see below for the local competition weeks for the 2027 solo season schedule. Solo entries will open on the 16th of November with the preliminary schedule available before then.



Please note in 2027 there will be no trio sections offered.



LOCAL COMPETITION WEEKS

Week 1	13-14 February
Week 2	20-21 February
Week 3	27-28 February
Week 4	6-7 March
Week 5	13-14 March
Week 6	20-21 March
SC Week 1	1, 2, 3, 4th April
SC Week 2	7, 8, 9, 10th April
SC Week 3	16, 17, 18 April
SC Week 4	24-25 April

Please note: Dates are subject to change.

COUNTRY COMPETITIONS

Bendigo	Week 1 (13-14 February)
Jayde	Week 3 (27-28 February)
Larinda	Week 4 (6-7 March)
Ballaarat	Week 5 (13-14 March)
East Gippsland	Week 13 (15-16 May)
Twin City	Week 13 (15-16 May)



SOLO ITEMS AVAILABLE



The following categories of solos are available:



CATEGORY	DESCRIPTION	AGE
Calisthenic Solo	Combines elements of Free Exercises, Dance and may also include Aesthetic and Rhythmic style movement. Available for Tinies (5 yo +), Sub-Juniors, Juniors, Inters, Seniors and Masters.	5 yo +
Calisthenic Duos	Similar to Calisthenic Solo but with 2 people in a team. Team members must be registered in the same age group but do not have to be from the same club. Eg. Sub Juniors, Juniors, Inters, Seniors & Masters and you must register in the section you compete in for teams.	8 yo +
Graceful Solos	Combine elements of Aesthetic and Rhythmic items. Available for Sub-Juniors, Juniors, Inters, Seniors and Masters.	8 yo +

BENTLEIGH SOLO COACHES



To coach competitive solo and duocoaches must hold their **Development coach** qualifications, and be registered with **Calisthenics Victoria**.

These coaches have completed their Development Coach training, have up to date first aid qualifications, working with children's check, completed child safe training modules and completed any required ongoing professional development points.



Each year a list of qualified coaches offering their coaching expertise to Bentleigh Calisthenics is distributed to students who have expressed interest in participating in solos.



It is important that the person coaching you or your child is qualified. If they are not qualified, your or 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 calisthenic skills



may be given a set of work that is not appropriate, which could result in injury.

HOW TO SELECT A SOLO/DUO COACH



To make it a fair process for all students and coaches the following process is used to match coaches and students at Bentleigh Calisthenics. **Under no circumstances is a parent or student to approach a coach to request a coach.**

A coach may suggest that a student is ready to participate in solos (either competitive or recreational) however they will not offer to coach a particular student.



1 In September, the **Solo Information** is distributed, this includes a list of Bentleigh coaches available for coaching along with the link for the request for Solo/Duo Coach form.

2 Please speak to your student's **Section Coach** to ascertain if they are ready to participate in a competitive solo.

3 Parents/Guardians will complete the **Request for Solo/Duo Coach registration** specifying their three (3) coaching preferences.

4 You are required to make the following payments to participate in solos:



Registration fee of \$20 (per item). This fee includes the administration costs for the assignment of Bentleigh solo coach, invoicing of studio hire & solo coaching hours and administration of payment of coaches.



Choreography/music fee \$60 (per item). This is paid directly to the solo coach to contribute to some of the time it takes to prepare the choreography and to contribute to the cost of music preparation.

Please take time to check the coach's availability, preferred age/style and availability for solo class.

Please note: solo coaching is not available to students with any outstanding fees owing to the club.

5 The Secretary will then, based on student's preferences, email solo coaches with their list of students who have requested them as a coach. Coaches will then communicate with the Secretary their availability.

6 Coaches will take into account the following:

- ✓ Their availability
- ✓ What is the best fit for the student
- ✓ Attendance record of students in their team classes.
- ✓ Number of competitions the student wants to participate in

7 The Secretary emails each soloist with the coach they have been assigned.

COST OF PARTICIPATION

in Solos



CV REGISTRATION

All soloists must be registered with Calisthenics Victoria by 28 February. The cost (which includes participating in teams) was **\$99** in 2026.



CLUB REGISTRATION

All soloists must make the following payments to register with the club as a soloist:



\$20 admin/registration fee (per item) which assists to cover the costs to the club of administration of soloists.



\$60 choreography/music fee (per item) which is reimbursed directly to the solo coach to contribute to the preparation of choreography, music cutting preparation and DLP (if in Open Div) for the solo.



Solo/Duo Coaching \$30 per hour

Each student receives an invoice monthly for the cost of their coaching hours from the club. The committee would appreciate prompt monthly payment of these invoices so that the club can reimburse the coaches promptly.

Please note: Coaches cannot accept cash for any coaching hours.



INCLUDED IN THE COACHING COST IS THE FOLLOWING:



The choreographing of the performance that is suitable to the age and ability of the student and is compliant with the requirements of the item. Eg. solo, duo, trio graceful.



The preparation of the music for the student's performance.



The weekly coaching of the student in preparation for competitions and concert. Weekly classes are generally 30 mins per item.



Please note: There is no charge for the coach to attend any competitions but this is subject to the coach's availability and it is not compulsory for the coach to attend. The coaches are not paid to attend competitions but do this as volunteers.



COST OF PARTICIPATION

in Solos



STUDIO HIRE COSTS

At Bentleigh Calisthenics we would like to support our members (both students and coaches) in their solo or duo competition preparations. We therefore offer **discounted** studio hire rates to our performers (to obtain this discount you **must** be a member of the club).

COST PER HOUR (INC GST)	DAY / TIME	APPLICABLE TO	NOTES
\$28.00 ph (inc GST)	Weekdays 8am-3pm	When both student and coach are members of Bentleigh Calisthenics Club.	This rate is ONLY offered to our students and coaches.
\$30.00 ph (inc GST)	Weekdays 3pm-10pm	When both student and coach are members of Bentleigh Calisthenics Club.	This rate is ONLY offered to our students and coaches.
\$28.00 ph (inc GST)	Saturday 1:30pm-10pm Sunday 8am-10pm	When both student and coach are members of Bentleigh Calisthenics Club.	This rate is ONLY offered to our students and coaches.
\$30.00 ph (inc GST)	Saturday 8am-1:30pm	When both student and coach are members of Bentleigh Calisthenics Club.	This rate is ONLY offered to our students and coaches.
\$35.00 – \$40.00 ph (inc GST)	—	Studio hire for external hirers.	—



COMPETITION ENTRY COSTS

The rates for entry are subject to change and not within the control of our club.
For more information refer to the Calisthenics Victoria (CV) website.
The cost of competition entry per competition:



Approx **\$60** for solos per solo type per competition
(Local Competitions) approx **\$80** per solo type
(State Championships) - this includes 1 audience ticket.



Approx **\$80.00** for duos (Local competitions)
approx **\$95.00** (State Championships) - this includes 2 audience tickets (duos).





COSTS NOT INCLUDED IN THE SOLO COACHING FEE



The following costs to the competitor are **NOT included** in the solo coaching fee:



Costume



Headpiece



Makeup



Hair pins, hair spray, hair nets; and any other hair requirements.



Competition entry



Extra competition audience tickets



Attendance of coach at competition



Solo concert entry fee



Competition video recording and photos.



SOLO CLASS GUIDELINES



To ensure that each student gets the most out of their classes and to ensure the smooth running of classes for everyone, please ensure that you follow these guidelines.



- ✓ Solo classes may be held in block sessions and students must be available to attend on coaches allocated day/time block.
- ✓ No make-up classes are available generally due to studio/hall availability.
- ✓ Please **arrive at least 10 minutes** before the scheduled start time of your class. Solo students are expected to warm up ready to start class at their allotted time.
- ✓ If you don't attend a scheduled class without providing reasonable notice to your coach, you will be charged the coaching and studio hire fee. Reasonable notice is **at least two (2) hours before**.
- ✓ If you are unable to attend your solo class please **notify your coach as soon as possible** so that your allocated time can be used by another soloist. Please be aware that our coaches all travel from work, school or home to come to coach – many of them live outside the local area so the more notice you can give them the better. Parents and adult performers ensure you have your coach's mobile number so you can keep in communication.
- ✓ Ensure that you are **dressed appropriately** for class, every student needs to wear a leotard (tights are optional) and have their hair neat and tidy and off the face and no jewellery.
- ✓ If you are competing in a graceful, you will need to bring your **aesthetics practice skirt** to every class.
- ✓ Don't forget to bring a **water bottle**.
- ✓ A **small notebook** is also handy to bring to keep record of what your coach has asked you to practise.
- ✓ Remember to bring along any **critiques (crits)** the soloist has received at comps as this helps the coach with corrections and fine tuning the routine. If you have purchased a **video** from the competition this can also be very helpful for the coach to view.
- ✓ It is important to **show respect** to your solo coach, they will give you corrections so it is expected that you accept these gracefully. Your solo coach is working hard to assist you to improve. Please remember it is polite to greet your coach at the beginning of class and to thank them at the end of the class.

ON THE DAY OF THE COMPETITION



Please give yourself plenty of time to get to the competition and arrive with plenty of time to prepare. If you are meeting the solo coach please ensure you have your coach's mobile number to let them know if you are running late or have a problem getting there.



- 1 **Bentleigh performers are required to wear competition uniform** (club tracksuit top and/or black pants, black shoes). It can be worn over their over their costume.

Please ensure that leg tan has been applied at home.

- 2 You will need to check in as a competitor at the check-in desk so that the competition organisers know that the performer has arrived. A backup USB of your music should be taken to competitions just in case. Remember, your coach may not be able to attend the competition

- 3 Videos of competitions can be ordered through your Competition Pro account prior to or after the competition. These can be useful for coaching purposes as well.

- 4 You will then be directed backstage where your competitor can get ready for their performance. You do not need a coach's pass to go back stage or to assist with putting your competitor on stage. Speak to your coach regarding their expectations on hair and makeup, **no leg tan is to be applied backstage this must be done at home**. Your coach will then look after your competitor's warm up and preparation.

If your coach is not available, ensure that the performer is well warmed up backstage. A marshall generally calls out backstage when the section is starting, but you will need to be aware what number your student is and where they are up to in the program to then escort them to the side stage.

- 5 If you are going to the audience you will need to ensure you have a wristband (one adult ticket is included with each entry which can be collected at check in).

- 6 Remember that the competitor and family are representing Bentleigh Calisthenics and we expect only the best behaviour of competitors and spectators. Please familiarise yourself with the Competition Etiquette Policy available on the website or ask your class rep to view their copy.

- 6.1 For soloists this also includes accepting a place graciously both on stage and back stage and accepting **not** receiving a place graciously as well.
- 6.2 Please encourage your soloist to be friendly and congratulate all competitors backstage and in the dressing room.
- 6.3 Please show your appreciation by applauding all performers.

- 7 At the end of the section all competitors need to be back on stage. Competitors can sit in the audience and watch the other sections (they must be wearing shoes and have their legs covered) and remember to keep track of where you are up. Once everyone is assembled back on stage the place getters are announced.

- 7.1 Generally there are certificates/medals for HC (5th), a medal for HM (4th) and trophies for 1st, 2nd and 3rd (this will depend on the competition).
- 7.2 At Bentleigh Calisthenics we are proud of all our solo competitors so every competitor will receive a medal at the Bentleigh Solo Concert.

- 8 After the presentation you can go backstage to collect your competitor. Your student should then put back on their club uniform before leaving the dressing room.

- 9 Critiques must be collected (usually from the check-in desk). Your coach will need the student to bring the critique to the next coaching session so that they can discuss areas for improvement. It is helpful to keep a folder to store these in for the student and coach.

- 10 We encourage you to share your photos and results on the Bentleigh Facebook club group. <https://www.facebook.com/groups/BentleighCalisthenicsCollege>



COMPETITION UNIFORM

★ EXPECTATIONS ★

Bentleigh performers are required to present themselves in a neat, consistent and professional manner that reflects our club with pride.

COMPULSORY



Club Jacket \$80

Must be worn to and from the competition and during warm up.

COMPULSORY



Club Leggings \$70

Must be worn to and from the competition and during warm up.

OPTIONAL



Club T-shirt \$45

Optional to wear under jacket or for warm up. Not to be worn on stage.

RECOMMENDED



Backpack \$69

*personalised

Recommended to keep all belongings organised.

RECOMMENDED



Costume Bag \$50

*personalised

Recommended to protect your costume and accessories.

SOLO COMPS ONLY



Soloists can wear club shorts for solo comps.

Must be worn under costume and covered by costume.

GENERAL EXPECTATIONS

- ✓ Uniform must be clean, in good condition and worn with pride.
- ✓ Hair must be neat and off the face in the style required by your coach.
- ✓ Makeup must be performance ready as per your coach's guidance.
- ✓ No jewellery is to be worn on stage.
- ✓ Ensure legs are covered at all times when not on stage. Leg tan must be applied at home before the competition.
- ✓ Follow all directions from your coach and marshalls at the competition.

★
Let's show our
Bentleigh pride
and inspire
on and off
the stage! ★



PARENTS

INFORMATION SHEET



Supporting Your Soloist's Personal Best Journey



At Bentleigh Calisthenics, we support soloists to **be their best**.

We value effort, improvement, confidence and a positive attitude.

Success is about the journey, not just the result.



WHAT IS PERSONAL BEST?

- Trying your hardest
- Improving your skills
- Being confident
- Learning from every experience



IT'S NOT JUST ABOUT PLACING

- Placings can be exciting, but they are only one small part of the journey.
- We celebrate effort, improvement and growth.



HOW YOU CAN HELP

- Encourage effort, not just results
- Ask positive questions (see examples below)
- Celebrate progress
- Support a positive attitude



HELPFUL QUESTIONS TO ASK YOUR SOLOIST

Instead of asking:



"What place did you get?"



Try asking:

- ✓ Did you enjoy performing?
- ✓ What are you proud of today?
- ✓ What did you improve?
- ✓ What was your favourite moment?
- ✓ Did you give your best effort?



These conversations help soloists build confidence and enjoy their journey.



BEFORE A COMPETITION

- Be prepared
- Trust your training
- Focus on doing your best



Try asking: "What is one thing you would like to do well today?"



AFTER A COMPETITION

- Ask what went well
- Ask what they are proud of
- Ask what they learned
- Talk about what they will try next time



REMEMBER

- A first place doesn't always mean a Personal Best.
- A Personal Best doesn't always result in a placing.
- Both are achievements worth celebrating.



OUR GOAL



Confident



Resilient



Supportive



Courageous



Proud of their progress

To help every soloist become:

Thank you for supporting your soloist every step of the way!



BE KIND • BE SAFE • BE RESPECTFUL • BE YOUR BEST

Supporting every performer to learn, grow and thrive.



EXPECTATIONS

★ OF A ★

Solo Parent & Performers

Thank you for the extra effort you are putting into your **performer**, we are sure you will see the rewards for your effort. There are a number of expectations that you need to fulfil to ensure a smooth solo competition season:



Child Safety is everyone's responsibility

Bentleigh is committed to the safety and wellbeing of all children and young people.

- 1 Pay your invoices in a timely manner – it is not a pleasant task for our Finance volunteers to have to follow you up to request payment.
- 2 Familiarise yourself with the **Child Safety Standards** that can be found on the club website. Part of the policy is as follows:

Bentleigh coaches, committee and volunteers **MUST NOT**:

- exchange personal contact details such as phone number, social networking site or email addresses with children or young persons without written permission from a parent or guardian.
- Avoid direct (one on one) unsupervised contact with children and young person's where practicable
- Have unauthorised contact with children and young people online or by phone, unless necessary for the distribution of club communication materials such as newsletters or training videos. This includes the prohibition of coaches being Facebook friends with students, private communication in person, electronically or otherwise, unless written permission from the child or young person's parent/guardian"

- 3 A parent should stay with their child (under 18 years) whilst classes are taking place, as specified by the **Child Safety Policy**. If this is not practical then it is the responsibility of the parent/guardian to give written permission to coach your child for direct one-on-one contact. Written permission will also be required by a parent/guardian if you are comfortable with your coach liaising directly with your child via phone/

- 4 It is the parent's responsibility to register and pay for solo competition entries.
- 5 Once you receive the schedule you let your coach know the details soon as possible, so that the coach can plan their weekend and let you know their availability.
- 6 You are responsible for your performers hair and makeup, your coach may be able to assist you but please do not expect them to do hair and makeup. At the start of the competition season ask the coach for a quick lesson on hair and makeup if you are unsure.
- 7 If your coach is unable to attend the competition, you may be required to put your performer on stage. Good communication on dates and times will assist as there may be another coach available to assist. **Please note that coaches are not paid to attend competitions, they will if they can, but please understand that they also have work, calisthenics, personal and family commitments.**
- 8 Please remember that the choreography and music choice is at the discretion of the qualified coach, please refrain from changing or altering this in any way. A coach may ask your opinion but unless asked please do not coach or choreograph for your performer. Your coach knows what choreography, music and costuming is suitable for your performer's age group and ability.
- 9 If your performer is withdrawing from a competition, please let your coach know as soon as possible.
- 10 Please arrive on time and prepare for all classes and competitions. Coaches have multiple students so if you are late it will affect someone else! Please ensure that the student brings a water bottle as they will need to keep well hydrated.
- 11 Ensure that your child is dressed appropriately for classes. All students are required to wear a leotard. If coming after school, students are required to change into their leotard at the studio.
- 12 **Practice** – to get the most of your one-on-one classes performers need to practise. You might like to provide your student with a notebook that they can write down each week the points the coach has asked them to practise. Coaches also encourage you to video the routine.
- 13 Use your **free audience ticket** and watch and cheer for your student – our soloists work really hard to put their performance on stage and they look forward to you watching them. We also suggest you stay and support other Bentleigh soloists!
- 14 If you have any questions, please ask. We understand it can be a bit daunting, however feel free to ask your Solo Coach or other solo parents to clarify anything you are not sure of.
- 15 **Have fun!** Remember it is not all about placing but the performer's personal improvement. Please come along to watch, support and cheer your performers along at comps. Feel free to share any happy snaps on the club Facebook group.