



*Code of
Conduct
2020*

EP*physie*

OUR CLUB

Our goal is to create a safe space of positive encouragement and friendship. Our club has been established under our Instructress Louise Phillips for the past 30 years. She has been a member of Edith Parson's School of Physical Culture for the past 50 years.

We have a committee board made up of mums who have been with Louise for many years, be it through their children doing Physi, or a part of a team with Louise. All are experienced and live up to the protocols and rules of our Physi.

Meet our Board Members.

Louise Phillips - INSTRUCTRESS – Louise has been a part of Physi for 50 years. Having been a former student of Fairfield, a Sydney Club, she is a three time Junior Grand Champion in the 11-14yrs section, and has continued to gain Grand placings or a finalist level since 1969. She has been a member of many winning and placing teams, both in Sydney and on the Central Coast. She has three children of her own and a wonderful husband who supports this sport in which she dedicates many hours of commitment.

Nicola Gayner – INSTRUCTRESS – Nicola, daughter to Louise, has been doing Physi for 25 years. She has been in many well placed teams and has been to State and Grand herself for champion girl. She now sets a professional level of hairdressing, makeup artistry, photography, dress-making and teaching.

Melissa Brailey – INSTRUCTRESS - Melissa has been doing physi for over 35 years herself and has been a part of many placed senior teams for this club. Her own personal merits have been outstanding as she is still in the top 3 of NSW in the senior section, and has been for over 20 years. Out of that she has become the only person in Edith Parsons History to become Overall Grand Champion an amazing seven times. Melissa is a preschool teacher in her own right and is now bringing her daughters Brooklyn and Macy to physi. Melissa teaches and assists in many of our Junior sections as well as running our Tiny Tots group.

Sophie Kelaher – Assistant Teacher – Sophie is a long standing member of Tuggerah Lakes, competing in the Grand finals in her age groups for 13 of 15 years of physi. She is assisting Melissa with the Tiny Tots, and Louise with the 5-8 years.

Anna Jones – Assistant Teacher – Anna has been a part of Tuggerah Lakes since the 11 years section and has been a great addition to our club. She is assisting Louise with the 7-12 years sections

Debbie Legge – Debbie is a former teacher from the Central Coast; one of the youngest teachers ever to join the school of Edith Parsons in its history. She has become a champion in her own right, and has been member of many winning teams in her 40 years of Physi. Debbie continues with our club, assisting with hall hire and management, and teaching across many age groups.

Karen Faulkner-Hulls - Karen has been a part of Physi for a total of 30 years. She was a junior and intermediate senior champion of Physi. Karen has also been a member of many winning teams. Karen has had a large break from Physi, before coming back to Tuggerah with her beautiful daughters, Jade and Tina. Karen assists with any legal work, as well as teaching across age groups.

Leisa Griffin—Leisa has been with us for 15 years. She was once a part of our Ladies competing section in Tuggerah Lakes, but now stands with her daughter Daina, who has become a State and Grand finalist through her physi years. Leisa assists as a treasurer to the club, assisting Louise with fees and outstanding payments.

Caroline Kember - Caroline has been with our club, with her two girls Maddie and Evie. She is a strong competitor in the Advanced Ladies section. Caroline leads our marketing and social media section along with Nikki, and assists with the business management of the club.

Kristie Kelaheer – Kristie is a devoted physi mum. Her daughter Sophie has been with us for 15 yrs and has established herself as a well-known junior Grand finalist each year. Kristie owns her own preschool and her business ethics and input are important to the running of the club.

AGE GROUP MOTHERS:

These ladies are appointed each year by Louise to help warm up the girls at the beginning of a lesson, give the girls instruction on positions through warm up, and to correct a child when asked on their work.

These mothers can be asked about physi in general and the procedures of Physi competitions, leotards, ballet shoes, hair and fees. These mothers are also to be asked about 2nd hand uniforms, ballets and ballet elastic.

- Tiny Tots – Melissa Brailey
- 5 - 6 Years – Melissa Brailey
- 7 – 8 years – Melissa Jones
- 9 – 10 years – Melissa Dumas
- 11 – 12 years – Jo Mackie
- 13 - 16 years – Nikki Gayner

Our mums would love to talk to you briefly each week to give you any information you need. For this reason, we need you to **sign your child in** each week. This helps with attendance recording, as well as making sure you are kept informed.

Berkeley Vale Neighbourhood Centre

In this building we have different areas delegated for specific things.

The rooms in the back of the building will be used for warm ups which is in the first 15 minutes of each age group.

The main room right as you come in is the main hall for lessons. The next door is the kitchen where the girls will come out after their awards and talk has been done.

Please tidy up after yourself –we are primarily run by volunteers who are kind enough to donate their time to ensure our club runs efficiently. Please do not burden them with having to clean up your rubbish. Also please be aware of smoking laws in NSW.

OUT OF BOUNDS

No children or adults are allowed in the main lessons room until brought in by the age group mums. Also, no children are allowed to be in the car park area unsupervised.

Berkeley Vale High School

Our Monday and Thursday night classes will be held at Tuggerah Lakes Secondary College, Berkeley Vale Campus.

Our classes will primarily be in the School Hall, however on occasion we may be moved to the Dance studio. Please keep an eye on Social Media for any changes in venue.

As this is a school we must ensure that our members are safe. Please keep any young children in the under cover area at the back of the hall. NO parents or siblings are to be in the hall during class time, as it is distracting the girls. The outside area is covered, with bathrooms, stairs to sit on and space to move around.

Again, we are run by volunteers donating their time. Please use the bins provided, or take your rubbish with you.

OUT OF BOUNDS

As with the Neighbourhood Centre, no children are to be in the carpark without supervision, or in any other area of the school not previously specified.

DICIPLINARY ACTION

If class members fail to comply with the Code of Conduct, disciplinary action will be taken at the discretion of the Teachers or Age Group Mothers.

Parent or Supervisors failure to comply with the Code of Conduct may result in being asked to leave in respect to our class members and other parents.

OUR PROMISE

As Teachers and Age Group Mothers, we guarantee;

- Respect towards You and Your Children
- Fair and equal judgement towards any disciplinary action
- No favouritism toward any student or family member

MEMBERS CODE

*First and foremost ENJOY yourself and have fun. Treat all members in and out of your club with respect, the way you would like to be treated.

*Treat our teachers and age group helpers with the utmost respect they deserve. They are here for you to get to your top potential by looking the part and performing your best.

*When not in class, please keep all discussion quiet so that we don't interrupt the class before. Also, look to include all members; form large circles and welcome all new members to help them want to stay.

*Work equally hard for yourself and your team, be it at class or on the competition floor. Your team will benefit and so will you.

*When competing, enter the floor with the attitude; "I need to impress the judges, through my look, attitude and most of all my work." If you do not achieve as high as you might have hoped, keep your chin up and smile. If you have done your best, YOU are the champion!

*Do not criticise the judge, other club members or competitors as they are working as hard as you to impress. Respect all officials at competitions, as without other clubs and officials there would not be a competition.

*Resolve to be humble when we win and graceful when we lose. Always remember to congratulate others around you and be happy for their achievements. Disappointment is ok, but comes secondary to praising our friends and club members.

* Tuggerah's dress code is, elegance and comfortable. Take the opportunity to dress up as young ladies with pride. Your appearance, attitude and treatment of your fellow club mates at a competition reflects your club.

*When watching other age groups eg at club or competitions; always remain still while the music is playing and show respect for all age groups on the floor. Do not move until the music has stopped. Please do not eat in the front row as this is distracting. Watch and see who takes your eye at the competition or on the floor and later discuss why. This will help you to improve.

PARENT'S CODE

- *Respect all members of the club regardless of their ability and appearance in the sport.
- *Encourage your girls to participate for the whole year. To complete a year of a sport shows their class mates that they stick at a sport all year, not leave half way through and let their peers down.
- *Please leave all physi corrections to their teachers. If you are unsure of a position or movement, discuss it with your child, then encourage them to ask for clarification. We have the official notes to follow and will give them the correct answer.
- *Please keep all discussion in the foyer at a low noise level. While we may be in a separate room, neither is sound proof and sound will travel.
- *Focus on your child's efforts and improvements from the beginning of the year to the competition.
- *Do not yell or ridicule your child at class or at competitions, for making a mistake or not achieving your expectations. Children put enough pressure on themselves. Make sure encouragement is your go to response.
- *Respect the rights of competitors by only videoing or photographing your own child unless you have permission from both the parent *and* their teacher.
- *Children always learn from example. So always applaud and congratulate other club members and competitors at the competition. Encourage your daughters to do this as soon as possible also. Help them leave any disappointment until later.
- *Respect the judges' decisions and teach children to do likewise.
- *We ask for all parents to give positive reassurance to all girls including their own before and after class and competitions. Personal achievement is more important than personal gain.
- *Members and mums do not have a say in team uniforms. We know what looks good on the floor, so please trust your teacher's decisions.