



Information
Leaflet 2020

EPphysie

WELCOME TO ANOTHER YEAR OF TUGGERAH LAKES PHYSICAL CULTURE!!

Hi girls! Great to see you, whether you've been with us for ages, or just joining today! For those just joining us, welcome! Physi is a great sport, benefiting your health, fitness and mobility, as well as a great opportunity to meet friends. We hope you come to love it, just as we do.

If you haven't already, check out our website at www.tuggerahlakesphysi.com. On this page you can see all our achievements, photos and stories from past years. The **calendar** for both Tuggerah Lakes and Edith Parsons' events are also located within this page, as well as on Facebook.

Onto the business end!! For this year, **affiliation costs** are:

\$55 for under 5's.

\$80 for members 5 years and over.

This affiliation cost covers insurance for you/your child through the lessons, a team leotard for the junior sections (7&8 years to 15&16 years), music copyright and competitor's entry to the Sydney zone competitions later in the year. **Your insurance is not activated until you have paid this affiliation.**

Your fees cover all Monday or Tuesday lessons for the year. They also go towards hall hire for lessons, newsletters printed, awards/stickers and other small costs that add up week to week.

Yearly class fees are as follows:

\$160 for Tiny Tots.

\$200 for 5 – 16 years.

\$240 for all Ladies and Seniors

Alternatively, you can pay your yearly fees by breaking it into 4 term payments. In doing this, you will cover the entire year's fees. Please be aware that this covers ONE lesson per week, additional lessons will cost an additional \$7 per lesson.

To pay termly, it will cost:

\$40 per term for Tiny Tots
\$ 50 per term for 5-12 years
\$60 per term for 13 years and over

If you wish, you may also pay in weekly, fortnightly or monthly increments until the final yearly balance is reached. At certain points of the year, you will receive an invoice which will state your yearly remaining balance, as well as any added purchases (shoes, leotards, cd's etc.). This is just to keep you up to date with payments.

To ensure complete concentration within class, we are **asking that Tuesday parents** do not come into the main practice room at any point in time, including when Thursday lessons begin. On occasion a parent may request or be requested by the instructor to observe the class. Please note that this is at the discretion of the instructor and does not indicate favourable treatment to a pupil.

The foyer will be set up for your comfort. We also ask that there is no communication between **any** parents and the girls about their physi work, unless you are an appointed team mother. Also, any child that is inside are asked to speak and play quietly in respect to the girls working in the main room. Any running around or ball games will have to be taken outside to the grassed area. *Please be aware that no children are to be left unsupervised in the car park or grass area.*

To re-assure you as parents, there will be a pre-determined "age-group mother". This person, chosen by Louise and Nikki, will be asked to sit in on classes, watching the girls for both discipline and progress reasons. This team mother is also responsible for warming up the girls for in the first 15 minutes of the lesson, in the warm up room.

As per your code of conduct, these women are acting 2nd in Command to Nikki and myself, so please encourage your children to give the respect they deserve.

If there is any competition or class information needed by you, please approach these women first. If they are unable to answer your questions, you will then be referred to Louise or Nikki. Age group mothers are;

Tiny Tots and 5&6 years – Melissa Brailey (Macy's Mother)

7 & 8 years – Mel Jones (Samantha's Mother)

9 & 10 years – Melissa Dumas (Abbie's Mother)

11 & 12 years – Jo Mackie (Aliyah's Mother)

13 & 16 Years – Nikki Gayner

During the year there will be **Physi intensive days**. We spend one full day having multiple classes to strengthen the girls work. These are great days for everyone, as we grow as a group. The first of these days will be on May 9th. On this day the girls will learn Team work had core strength as well as focus on one aspect of their Physi work. More information for this day will be released soon. Our Second Intensive Day is on August 1st. These are held at Tumbi High School in the Drama space and Sporting hall.

If you have any questions, please don't hesitate to ask either your age group mothers or any of the committee members (Outlined in our Code of Conduct).

Looking forward to a great year!!

Louise Phillips 0414 325 418

Nikki Gayner 0478 145 859

Or Email us at: tuggerahlakesphysi@gmail.com

Bank Details for online Banking

Tuggerah Lakes Physical Culture

BSB : 06 2606 ACCOUNT: 1003 5500