



2021 Member Handbook



Welcome to SCPD

What is Physie and Dance?

APDA is a unique combination of multiple dance forms including contemporary, jazz, ballet and modern dance which is choreographed for girls and ladies of all ages.

Who are we?

SC Physie and Dance is an exciting, family friendly club, teaching the Australian Physie and Dance syllabus, in a safe, fun and motivating environment.

We challenge our students with new choreography each year that helps to build self-esteem, self-confidence and sportsmanship.

In the ultimate combination of dance and sport, APDA provides the platform for students to be able to perform and compete individually and also as a part of a team.

SC Physie and Dance is the only place in the Illawarra teaching the APDA syllabus, and our passionate and experienced teachers work to bring the best out of each and every student with more than 150 years of experience

2021 SCPD Executive Committee

President – Sue Barnes

Vice President – Rebecca Goodman

Secretary – Rhiannon Kelly

Treasurer – Sue Amadio

2021 Committee members

Teagan Brunero

Ashleigh Oppel

Deanna Carbonara – APDA Liasion

2021 Extended Comittee –

Parent Liasions – Rochelle Hogben and Katrina Murray

Karen Cohen – Teacher Liasion

Media and Communications officer – Laura Jullien

Maintenance Officer – Ashleigh Oppel

Uniform Officer – Claire Baker

Fundraising/ Social Events Officers – Jo Went and Teagan Brunero

Team Leotards – Rachael Lawler

Costumes – Jo Richardson and Lyn Boscuro

Our commiittee of volunteers works with our teachers and members to bring you the best posiible physie and dance experience. We are always looking for people to help with various activites that we run through out the year, if you would like to help, have any questions or concerns please let us know – shellharbourcity.physie@gmail.com

SCPD's Mission

SC Physie and Dance's mission is to provide a rewarding experience with physie and dance. We promote fitness and a general sense of well-being, self-worth, help to build self-confidence, self-esteem and sportsmanship, while in a fun and family friendly environment.

SC Physie and Dance embraces people of all ages and all abilities allowing everyone to express themselves through movement and dance.

SC Physie and Dance values each and every participant and hopes to achieve fairness, safety and equity for all.

Our Studio

We have our own studio 4/150 Industrial road, Oak Flats. We will hold most of our classes here, unless otherwise specified.

As we are located in a block of other units, we only have 2 designated car spots for SCPD. Most of the businesses do not close until 5pm, so if we could all park on the road and walk your child/ children up to the studio. This will prevent extra traffic in the car park and will be safer for the students with less cars coming and going. We do need to be aware of the other businesses around us and make sure we are courteous to their business needs as well as the safety of our students.

Our 2021 Teachers

Deanna Carbonara - APDA Tiny Tots, SCPD Petites Juniors 5 - 12 years & Ladies

Karen Cohen - 5- 8 years and Elite Seniors

Rhylee Bamford - Juniors 9 - 12 years, 13 years to Intermediate Seniors

Katie Richardson - 13 - 15 years, 16 years to Elite Seniors

Amanda Beveridge - Tiny Tots, 5-8yrs and Ladies

Sue Barnes - South Coast Over 60's

Jayne Cosgrove - Dance-Able

Teagan Brunero - SCPD Class - Strength, Conditioning, Performance and Dance

JATS (Junior Teaching Assistants) - Hannah Willams, Claire Barter, Maddy Rose, Sophie Parker, Rhianna Hogben

Senior Teaching Assistants - Robyn Sakey, Bonnie Comber and Teagan Brunero

All of our Teachers are accredited with Australian Physie and Dance association (APDA) and all have current First Aid training, current WWC checks and are qualified Physie and Dance judges .

All teachers are trained in First Aid. A first aid kit including epipen, ventolin and Defib are kept in our studio for emergencies. Any students who is required to carry an epipen should bring it to class with them, please contact your teacher about this if required.

If you have any concerns, please do not approach your teacher during class teaching time. Please call or message them to arrange a phone call or meeting, or see one of our friendly Parent Liasion officers. If an issue cannot be resolved with your teacher, you can email the club executive - shelharbourcity.physie@gmail.com



SCPD Classes -

Our classes are broken up into age groups as per the APDA age requirements. Your age group will depend on when your birthday is. Physie ages are from 1 September – 31 August.

Junior age groups -

APDA Tiny Tots – 2yrs to 4yrs

SCPD Petites – 4yrs to 5yrs

Juniors – 5/6yrs, 7/8yrs, 9/10yrs, 11/12yrs

Seniors -

13yrs and up. You can compete as a senior for as long as you like.

Ladies -

18yrs and up. Depending on your age and if you have done Physie before, this will determine the Ladies section that you will compete in. The categories are Beginner, Novice, Intermediate, Masters and Open. Check with your teacher if you need more information.

SCPD Class Policies

TINYTOTS & SCPD PETITES

Parents may view the class. Please be respectful of the class and other parents, and refrain from having conversations whilst class is in progress. If you have other children who are being disruptive it may be best to take them outside or bring something quiet for them to do. Whilst classes are in progress, please enter and exit quickly and quietly.

JUNIORS, SENIORS AND LADIES (5 years to 60+))

No viewing of classes is permitted except for the last week of term 1 and the last week of term 2. Parents should not enter the studio. If you wish to speak to a teacher please call them and leave a message, or speak with one of our Parent Liaison Officers (see communication section).

What to wear?

CLASS UNIFORMS

TINYTOTS

Any comfortable well-fitting dance gear, eg. Leotards, tutus, tights, cardigans, fitted long-sleeve tops. Please ensure any skirts are not a trip-hazard. No shoes are required.

Class colours are red and black. Red leotards or crop tops, black bike shorts, footless black or skin coloured tights, black cardigans. New junior members will be supplied with a red training leotard.

NO singlet tops or baggy clothes, these may be worn to and from class only. No shoes are required.

SCPD PETITES & JUNIORS (5-12 years)

Class colours are RED and BLACK ONLY. No coloured or prints are to be worn to class.

Red leotards, black bike shorts, footless black or skin coloured tights, black cardigans. No shoes are required. 9-12 years only may wear a black leotard or black/red crop.

No singlet tops, jumpers, or loose fitting clothing

(these may be worn to and from class only)

13YRS+, SENIORS AND LADIES

Comfortable well-fitting exercise gear. Avoid baggy pants and oversized tops. Your teacher needs to ensure your safety when executing skills, and they will be able to assist you much better if they can assess your posture and positions.

New members, including those transitioning from Tinytots into Junior classes, will receive one red leotard or crop top free of charge (after payment of registration and term 1 fees). You can order additional leotards, or purchase second hand ones at our Open Day, or by messaging 0409563546. Alternatively you can buy leotards and accessories from dance shops or other stores.

COMPETITION/ PERFORMANCES

Competition leotards are ordered once a year from the APDA supplier. There are a variety of styles and colours. If you do not wish to purchase a new competition leotard, there are plenty of opportunities to purchase second hand ones. SCPD hold 2nd hand stalls early in the year. You can also purchase 2nd hand leotards from facebook, search: Physie & Dance JNR Leotard Sales and SNR.

Competition leotards MUST be competition quality with the approved APDA logos (confirm with teacher if comp quality if purchasing a second hand one.) Junior from 5 yrs up don't wear tights, from 9 - 12 yrs fishnet tights are optional. Seniors and ladies can also wear shimmer tights and or fishnets. Seniors and ladies should also make sure that they have a good bra and clear straps if the leotard needs it.

All jewellery removed for Juniors,. Earrings unable to be removed must be covered by clear or skin coloured tape. Seniors and Ladies may wear earrings and rings, but nothing big or dangling.

Hair & Make up - Juniors 5-12 years

MAKE UP - minimal lipstick (red tones), blush and minimal eye make-up

HAIR - Neat, simple styles off the face, curls acceptable.

Strong quality - bobby pins and elastics

Hair ribbons to match leotard

No high teasing, no flowers, no feathers, no false hair pieces, or no hair tinting allowed.

Hair & Make up - 16yrs - Ladies

MAKE-UP - Foundation, bronzer, black mascara or false eyelashes, blush, white eye shadow, black eyeliner, and bright lipstick.

HAIR - Bobby pins - strong quality, hair elastics, teasing comb, hair brush, hair nets, hair spray -lacquer preferably. Ask your teacher for ideas for hairstyles.

Seniors and ladies may also wear tan.

Club Uniform – SCPD has a tracksuit, singlets, tights, shorts, crop tops and bags for purchase. We normally do an order once a year. There are also second hand items available from time to time. Our club uniform is not compulsory, however for competitions it is great for club unity and easier to find our members if we are all dressed the same.

What does the year ahead involve?

Classes – February to November

5 years–Seniors

No viewing of classes is permitted except for the last weeks of term 1 and term 2. Parents should not enter the studio.

If you wish to speak to a teacher please call them and leave a message. If you would prefer a conversation in person please contact your teacher to arrange a time.

Competitions/ Performances

These are a great way for students to show what they have learned, in class and build up self confidence.

Each year we attend 3 interclubs, team championships and Champion girl competitions. Once we are aware of dates for these competitions we will let everyone know. We will then ask students which competitions they are going to attend. There is no extra cost for these.

There are no discounts if you choose not to participate in any of the listed activities.

JULY/AUGUST – Interclubs (Individual competition – not compulsory)

A small number of clubs get together for a friendly comp prior to the commencement of the official APDA competitions.

SCPD will be holding our own Interclub in 2021.

SEPTEMBER – Teams competition/ “Stay in line and Keep in time”

Team consists of 8 girls (6 for seniors and ladies) and are judged on their ability to perform the syllabus correctly, using correct timing and technique. Leotard and hair bows for all junior teams are provided.

TBA – Seniors National Qualifiers & Ladies National Competition held at The Concourse, Chatswood.

TBA – Junior Champion Girl

An Individual competition held as the qualifying competition for Nationals.

SCPD are part of the South Coast Zone

TBA– Nationals Weekend ICC Sydney

All students Juniors through to Ladies selected at ‘Champion Girl/Zone’ from across Australia attend to compete against each other.

SHOWCASE – TBA

We all come together to perform and show everyone what we have all learnt through out the year. It is a beautifully presented showcase, thoroughly enjoyed by students and their family and friends.

PRESENTATION – TBA

Our last harrah for the year. We all come together, hand out the awards and celebrate the year that was.

Communication

We are very big on communication and like to make sure that all members are kept up to date with what is happening within our club. To keep up to date with what is happening at Shellharbour City Physie and Dance, make sure you like our facebook and instagram pages, request to become a member of our SCPD Members Chat page and download Team App on your phone and search for 'Shellharbour City Physie Dance' and request to join. We will also send out Newsletters, so make sure you keep your email address up to date.

We also have an exclusive area on our website for SCPD members. This area contains our Member Protection policy and our Social media policy. Please take the time to read these documents so you may understand our clubs policies. We will also use this area to put Newsletters, updates, photos and any information that we need to share with you.

Parent Liasion Officers

This year we have introduced our Parent Liasion officers, Katrina Murray and Rochelle Hogben. These ladies have been involved with SCPD for a number of years, and have the inside knowledge of being an SCPD Parent and competitor and they will be the best people to ask any questions. They will be available at some classes, if you don't see them, please send them an email and they will get back to you as soon as they can!

Rochelle – rochelle.hogben@gmail.com

Katrina – katmurray73@live.com.au

You can also contact the SCPD committee via shelharbourcity.physie@gmail.com



Being an SCPD Member

SC Physie and Dance values each and every participant and hopes to achieve fairness, safety and equality for all.

As such, all members of our club and governing association APDA are to abide by and follow the policies put in place by SCPD and APDA.

The policies include –

- SCPD Member Protection Policy 2021
- SCPD Social Media Policy 2021
- APDA Individual Membership Rules 2021
- APDA Code of Conduct 2021
- APDA Social Media policy 2021

You will be sent a link to these policies in your "Welcome" e-newsletter and they are also available in the Members section of our website – www.scphysieanddance.com

SCPD Member Protection and Social Media Policies

The main objective of our Member Protection Policy ("policy") is to maintain responsible behaviour and the making of informed decisions by members and other participants in this club. It outlines our commitment to a person's right to be treated with respect and dignity, and to be safe and protected from discrimination, harassment and abuse.

Our policy informs everyone involved in our club of his or her legal and ethical rights and responsibilities and the standards of behaviour that are expected of them. It also covers the care and protection of children participating in our club's activities.

This policy applies to everyone involved in the activities of our club whether they are in a paid or unpaid/voluntary capacity and including committee members, teachers, assistant teachers, members, parents and spectators.

Our policy covers all matters directly and indirectly related to SC Physie and Dance and its activities. In particular, the policy governs unfair selection decisions and actions, breaches of our code of behaviour and behaviour that occurs in class, at meetings, at social events organised or sanctioned by SC Physie and Dance. It also covers private behaviour where that behaviour brings our club or sport into disrepute or there is suspicion of harm towards a child or young person.

SCPD Social Media Policy refers to all social networking sites, video/photo sharing sites, blogs, micro-blogs, wikis, podcasts, forums, instant messaging and geo-spatial tagging (for example, Facebook check-ins).

Our policy has been developed to inform our community about using social media so people feel enabled to participate, while being mindful of their responsibilities and obligations. In particular, this policy provides practical guidance allowing all parties to benefit from the use of social media, while minimising potential risks and protecting those involved. Our policy assists to establish a culture of openness, trust and integrity in all online activities related to SC Physie and Dance.

This policy contains SC Physie and Dance's guidelines for the SC Physie and Dance community to engage in social media use. It also includes details of breaches of the policy. In circumstances where guidance about social media issues has not been given in this policy, we suggest you use common sense or seek out advice from those who have approved this policy.

Please make sure that you take the time to read all policies in full (available in the Members area of our website www.scphysieanddance.com) so the best practice can be used at all times to ensure the safety and protection of all our members.

Fees, Payments & the SCPD Shop

You can now pay your SCPD Term fees, APDA registration fee, and uniform orders (when they are available) via the SCPD Shop. Head to our website - www.scphysieanddance.com, click on the MORE tab and click on the SCPD Shop.

SCPD term fees -

Term fees include - SC Physie membership, 2 classes per week, syllabus video download, official music download and Teams and Zone competition fees. Interclub fees are extra.

New Junior members also receive a new red training leotard or crop top.

APDA Tiny tots: Term 1 - \$42, Term 2 & 3 - \$60 & Term 4 - \$48

SCPD Petites: Term 1 - \$60 Term 2 & 3 - \$90, Term 4 - \$75

Juniors, Seniors and Ladies: Term 1 - \$102, Term 2 & 3 - \$145, Term 4 - \$115

S.C.P.D Term 1 - \$35.00 (this is one class per week)

You can also use your Active Kids and Creative Kids vouchers with us.

APDA registration - This includes syllabus VD and music CD.

APDA Tiny Tots: \$45.00

Juniors, Seniors and Ladies: Returning members: \$75.00, New members: \$85.00

You will be able to pay for your purchases via credit card or paypal. Alternatively, please pay via Direct deposit:

SC Physie and Dance Inc.

BSB - 062 835

Account No - 1008 1237

Reference - Students names

If you have any queries about payments please email - shellharbourcity.physie@gmail.com

All the teachers and committee are so excited to see what 2021 will bring and we look forward to sharing with all of you!



website - www.scphysieanddance.com

email - shellharbourcity.physie@gmail.com

mobile - 0409 563 546

