**Knox Waverley Calisthenics Club INC**

*We present the following requests to all coaches, parents, performers, volunteers, and other members of the Knox Waverley community who will be attending competitions. Being part of a team, and looking to be a part of a team, is very important. When we attend competitions, we are representing Knox Waverley Calisthenics Club and the legacy that has been built by all members, past and present. As such, behaviour is very important. If you wish to continue enjoying the privilege of attending competitions with Knox Waverley Calisthenics Club, please behave in accordance with the following.*

**Competition Etiquette**

1. No admittance into the venue and dressing rooms until 45 minutes before your section is due to commence. This is in accordance with CaliVic Policy.
2. Any performer who visits the auditorium during a competition must have their legs and feet covered so that no tan can transfer onto seats.
3. Competitors must not make a mess with cosmetic products in dressing rooms (lipstick on walls etc) as the club will be held responsible for the cleaning of any marks left.
4. No cameras, thermos flasks, food and/or drink are to be taken into theatres (in accordance with most theatre policies). Mobile phones must be turned off before entering theatres.
5. **ALL performers must be dressed in complete club uniform at ALL competitions**! This includes club jacket, club pants and black shoes. No variations please.
6. Applaud all places given by the adjudicator. To have our number called for ANY place is a great achievement.
7. Have fun and be a good sport. Congratulate other teams and wish them good luck. Be gracious in defeat.
8. It is a Knox Waverley rule that you are not to sit in the first 4 rows of the theatre. The reason for this is when the performers are on the stage, they may be able to see those first few rows. This can be particularly daunting and distracting.
9. Dressing rooms must be vacated within **15 minutes** of the conclusion of the session.
10. When in the theatre, please remain quietly seated until the item is over and the music is finished. This is respectful to the performers on stage, ours, or those from other clubs.
11. Please do not discuss another team’s performance in anyway (besides nicely), nor performers from our own teams who may have made an error. You never know who may be sitting around you. Sportsmanship is important at our club.