

**EDITH PARSONS
SCHOOL OF PHYSICAL CULTURE**



INFORMATION BOOKLET

RULES

CODE OF CONDUCT

Kirsteen Browne: 0400 839 044

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BALLET SHOES:

Are compulsory for all girls/ladies for all competitions. All members MUST have a pair of silver ballets with silver ¼ inch elastic by 3rd term.

LEG COVERING:

Tights are optional up to 12 years but compulsory from 13 years and over.

Shimmer tights - Fiesta Brand skin tone colour full feet. Girls 11-14 years will require these for teams.

Fishnets (15/16 & seniors) - Paul Wright Brand toast colour stirrup - Must wear these for teams - Available at the desk

Ladies -Danskin brand - See Sue to order

LEOTARDS/SKIRTS:

All girls 7 year - ladies will require a team leotard and skirt. Individual leotards and skirts are required for inter club and champion girl/lady competitions for all members.

LEOTARDS are compulsory for all competitions. Style, colour, neckline are free choice providing that NO leotard has a bare midriff (front, back or sides)or gives the appearance of such. The back MUST be covered from the bra strap to the waist. The front MUST be high enough so it does not become lower when exercising.

SKIRTS are compulsory for all competitions and must be worn at all times when a leotard is worn. Skirts must not be transparent. They should be 6 panels and sit on the waist NOT hips. They may be sewn into the leotard or worn separate with a waistband. Splits are free choice.

Individual new & second hand leotards/skirts are available to purchase from our uniform shop (open 1st Tuesday of the month from May) or you may have one made.

For ideas for leotards/diamantes etc please see Kirsteen, Sue or Renee

I MUST SEE ALL INDIVIDUAL LEOTARDS/SKIRTS
BEFORE COMPETITIONS

DRESSMAKER: **Peta Hughes** (Club member ladies class)
Ph: 0412 315 166

DANCE SHOPS: **Neon Dancewear** (recommended for leotards/skirts)
neondancewear.com.au
Ph: 0430 020 217

Centrestage Dancewear
Shop 3/35 Monaro St, Seven Hills
Ph: 9624 3335

Tempo Dancewear
369 Victoria St, Wetherill Park
Ph: 9725 4047

MATERIAL SHOPS: Material must be at least 2-way stretch
My Hung Fabrics - High St, Penrith or
Church St, Parramatta

DIAMANTES: Available to purchase from Renee Jacobs (Ladies)
Club - see Gloria at desk
Crystals Andmore Galore on facebook

Best to order hot fix crystals/rhinestones. Size SS20 = 5mm is a good size.

Applicator available from Gloria to hire.

MAKE-UP: **NO** girl in the 3 - 12 years are permitted to wear make-up.

Any girl breaching this rule will be required to remove make-up before competing.

Natural make-up for 13 years & over.

Spray tans are allowed for 13 years and over.

Girls 13 years and over will be required to have a spray tan for teams.

NO glitter hairspray is to be worn at any competitions.

RULES AND CODE OF CONDUCT

TAKEN FROM THE EDITH PARSONS SCHOOL OF PHYSICAL CULTURE

2014 RULES AND CODE OF CONDUCT

- A girl/lady must compete only once in any champion girl/lady section. She must compete in her own age group. Age is the age you are on September 1 of this year.
- Syllabus – The syllabus for each group must be performed as taught and neither added to nor subtracted from in all competitions.
- Focus on your child's/your effort and performance rather than the outcome of the competition. Honest effort and participation are as important as victory.
- Please respect other clubs and their pupils.
- Never photograph or video another child or team without the parent's and/or teacher's permission.
- Do not question the judge's decision and honesty publicly.
- All auditoriums are for the performing, watching and judging of physi only. Hair and make-up must not be done in the auditoriums. Dressing areas are available in all venues for this.
- Audience must remain still and quiet whilst competitors are on the floor. Disruptive/restless children must be removed from the auditorium. No one is to copy the competitors on the floor by doing the work in the audience as it is distracting to competitors and judges
- Mobile phones must be switched off or on silence whilst in the auditorium.

Action will be taken against teams or individuals disobeying or not complying

REMEMBER PHYSI IS FIRST AND FOREMOST FOR ENJOYMENT AND EXERCISE