



AUSTRALIAN CALISTHENICS FEDERATION

RE-CHARGE CALISTHENICS A RECREATIONAL MODIFIED MASTERS PROGRAM

COACHING MODULE

Disclaimer: "Please note this document was researched and written in 2004 so some areas may have become outdated."

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AUSTRALIAN CALISTHENICS FEDERATION

RE-CHARGE CALISTHENICS A RECREATIONAL MODIFIED MASTERS PROGRAM

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PART ONE:

COACHING
MODULE

AUSTRALIAN CALISTHENICS FEDERATION

RE-CHARGE CALISTHENICS

A Recreational Modified Masters Program

COACHING MODULE

By Kristen Skinner

August 2003

RE-CHARGE MOTTO:

“Fun, Fitness, Fellowship & Time for YOU!”

1. OBJECTIVES & AIMS

Objective

To create and sustain successful modified Calisthenics classes for people over 30 years of age.

Aims

1. *To establish an enjoyable exercise class and social network for ex Calisthenics pupils*
2. *To establish an enjoyable exercise class and social network for Calisthenics parents/relatives/friends/other interested people etc.*
3. *To encourage the involvement of people from non-Calisthenics backgrounds to try a modified version of Calisthenics*
4. *To encourage retired Calisthenics ‘Senior’ pupils to continue their sport in a non-competitive manner*
5. *To gain wider acceptance, understanding and awareness of the sport of Calisthenics*
6. *To provide further coaching opportunities for Calisthenics coaches and retain qualified coaches within the sport*
7. *To increase participation and retention of numbers in Calisthenics*
8. *To offer this unique sport to people over 30 years of age in a well structured, tailored and professional capacity*
9. *To develop a representative group to promote the sport at displays/concerts/open days, gym galas etc*
10. *To form a group of pupils to participate in the Masters Games and like events*

2. THE RE-CHARGE HISTORY

In February 2001, Kristen Skinner, a previous Calisthenics participant and experienced Level 1 Coach, presented a proposal to executive representatives of both the VCCA and CVI on the development of a structured Masters Calisthenics Program. Similar ideas were given attention in the past, however, it was considered an opportune time to move forward with such a proposal in a joint fashion with both CVI and the VCCA and requested funding to support this project. In June 2001, a VicHealth grant was awarded for the implementation and trial of our proposal. A Re-Charge Action Group was formed and the planning of the project commenced.

Kristen Skinner coached the first pilot/trial classes in November 2001 with very successful results and continued on to coach another three pilot programs during 2002. By mid 2002, four separate subsidised pilot classes were operating in Melbourne (North, South and Eastern regions). Subsidised pilot classes finished in June 2003 in order to commence the written component and training manual for the project. Private, independent classes are ongoing today.

Funding for the project concluded in June 2003 and the final draft of the Coaching Module was launched.

3. FINDINGS OF RE-CHARGE MASTERS PILOT PROGRAMS (November 2001 – June 2003)

- ❖ The majority of people discovered the Re-Charge classes through ‘Clublink’, and via word of mouth.
- ❖ 63% of participants awarded the class content, on a scale from 1-5, a rating of 5.
- ❖ Highlighting the fun and social aspects of the program, participants reported they were grateful of the opportunity to meet people and forge new friendships.
- ❖ Participants felt that the classes were too short and also some reported that they struggled remembering routines. The production of a video was recommended to help improve retention of information, as well as introduce more aspects of Calisthenics.
- ❖ The 30-40 year old group generally wanted more new concepts/routines introduced into the classes more regularly than the 40-60 year old participants.
- ❖ Most participants preferred classes to start around March and end in November, with classes held any day from Monday to Thursday and, if possible, in the evening.
- ❖ Again on a scale from 1-5, nearly all participants rated 3 and above for recommending Re-Charge to other people, for those with, and without a Calisthenics background. All 30-40 year old participants said that they would consider attending Re-Charge classes in the future.

“Until Re-charge, I could never find an activity that was as much fun, social and physically challenging as Calisthenics, which I retired from 10 years ago.

When we perform our Re-Charge routines, in our own minds, we are better than we ever were”. Mrs Robyn Riley: Re-Charge participant.

4. RE-CHARGE COACH QUALIFICATIONS & PREREQUISITES

1. It is a requirement that all interested coaches wishing to become a qualified Re-Charge Coach have a Level 1 Calisthenics Coaching qualification.
2. Coaches must attend the Re-Charge coaching workshop.
3. Recognition of prior learning will be considered.
4. Coaches must have a genuine interest in the program and a desire to coach women and men over 30 years of age and up to 65 years of age.
5. Coaches must agree to abide by the Re-Charge guidelines and standards.

5. THE COACH AS A ROLE MODEL, COMMUNICATOR AND MOTIVATOR

“Regardless of age, every athlete should be treated by the coach as an individual. The enthusiasm, the desire and the commitment to perform does not abate with age and the coach must assist those who wish to perform and achieve at the highest level.....help them in their quest for excellence.”

Dr John Daly, OAM, former Coach to the Australian Olympic Track and Field Team.

As with coaching all age groups in any sport or skill, it is imperative that a Coach has the ability to clearly communicate and motivate his/her participants to learn and further develop their skills. Likewise, they must be able to provide a healthy and suitable image for participants from which to model.

Adult participants (in this case over 30 years) are well informed and have high expectations of the “ideal” Coach. They are more aware of their “freedom of choice” and can drop out of a class if the Coach is not deemed appropriate, for whatever reason. As with any athlete, the older athlete likes to feel valued, part of a group, and empowered when involved in a class environment.

A coach must have a number of basic skills to function effectively.

Based on a **knowledge of the sport** and an **understanding of coaching techniques**, the coach must be able to:

- DEMONSTRATE
- OBSERVE
- COMMUNICATE
- ORGANISE
- SHOW UNDERSTANDING
- ANALYSE, and
- IMPROVE PERFORMANCE

One feature which must always be present and which requires no adaptation is the necessity to be POSITIVE and ENCOURAGING at all times.

**(Adapted from Beginning Coaching - Level 1 Manual
Published by the Australian Sports Commission 2000)**

Actions of the coach will be mirrored in the group. Smiles, laughter and the desire for good health are contagious in all age groups.

6. THE FUTURE OF MASTERS SPORT

USE IT OR LOSE IT applies to everybody. Physical activity can play two roles in ageing, 'Preventative' and 'Therapeutic'.

“Within a few years over 50 per cent of the Australian population will be aged 35 years or more... this means that the potential market for mature age sport is the majority of Australians for the majority of their lives.”

Source: Mature Age Sport – The New Niche Market for Sport, 1992, ASC

Australia's ageing population, increased opportunities to continue in or take up a new sport, and increased acceptance regarding the benefits of sports to the older community has resulted in Masters Sport in Australia becoming the fastest growing area of sports participation.

The Masters Sport market consists of the largest segment of the population and trends indicate this will continue. By understanding the requirements of this age group, and by servicing their needs, Calisthenics can provide fitness, health and social benefits to this age group. This understanding is critical, as the population in Victoria continues to age, studies show that after 40 years or more there is a decline, in relation to age, regarding activity levels and membership at sporting clubs.

Source: Victorian Masters Sport - Resource Kit, 1999, Sport and Recreation Victoria, VicSport, VicHealth, 1999

CVI and VCCA recognised that the majority of their participants were below 20 years of age and that few clubs offered Calisthenics for adults. An application was made to VicHealth for funding and for the last two years an Action Group, combining members of CVI and VCCA have piloted ways to market, modify and deliver Calisthenics to this age group. This funding also allowed development of a Class Design and Coach Education resource for coaches to deliver Calisthenics to Masters aged participants. CVI and VCCA are committed to the Re-Charge Program and have committed to increasing the number of participants involved in Re-Charge Calisthenics.

“Congratulations” for taking an active interest in acquiring the skills necessary to coach the older athlete. On completion of the Re-Charge training module you can branch into new, exciting and developing areas of coaching modified recreational calisthenics.

“Modern medicine ensures that more Australians live longer and stay healthier than ever before, though their bodies may be aging. About 12 per cent of the population is past the age of 65 and in the next 40 years this figure will double. Life expectancy for an Australian rose from 57 years in 1900 to 78 in 1996. The old adage “if you don't use it you will lose it” is particularly true with advancing age. Keeping active mentally and physically is important and worthwhile”

(adapted from *The Human Body*, 2002, Professor David Fonda, Director of Aged Care at Caulfield General Medical Centre.)

7. WHERE TO GET FURTHER INFORMATION

❖ *Your Calisthenic State Body*

CVI (Calisthenics Victoria Incorporated)
PO Box 8041, East Oakleigh, 3166
Ph – 9562 6011
Email: calsvic@bigpond.net.au
Website: www.calisthenic.asn.au

❖ *VCCA (Victorian Calisthenic Coaches Association)*
PO Box 8085, East Oakleigh, 3166
Ph/Fax – 9543 3757
Email: adminvcca@vegas.com.au

❖ *Sport Education Victoria*
Ph –9290 8356
Email: sported@vis.org.au
Website: www.vis.org.au/sported

❖ *Sports Medicine Australia – Victorian Branch*
Ph – 9654 7733
Email: general@vic.sma.org.au
Website: www.smanat@sma.org.au

❖ *Australian Sports Commission – coaching and officiating unit website*
Website: www.coachingaus.org

❖ *Sport and Recreation Victoria website for User Friendly Clubs*
Website:
<http://www.sport.vic.gov.au/web/srv/srvimages.nsf/Images/UserFriendlySport>

❖ *Sports Dieticians Australia*
Ph. 96822442
Email: SDA@ausport.gov.au
Website: www.ausport.gov.au/SDA

Other relevant authorities:

VicHealth
Vicsport
Australian Institute of Sport
Council of the Aging (COTA)
Arthritis Foundation (Move It or Lose It)

PART TWO:

COACHING
MODULE

8. THE AGEING ATHLETE

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THE AGEING ATHLETE (The Masters Participant)

Reasons for Involvement

The majority of older athletes were active as younger people with most dropping out for reasons of family or work commitments. As a result, most masters participants have had an active interest in sport and are keen to become involved again in their chosen sport.

Older athletes are, in general, involved in sport for fun, fitness and friendship. While competing against others is important for some, competing against oneself is more important. However, as with younger athletes, **the reasons for involvement** vary enormously and include:

- Keeping physically fit
- Sharing the enjoyment of sport
- Developing skills and abilities
- Relaxation
- Meeting new people
- Socialising
- Competing

The astute coach must be aware that every masters athlete is participating for different reasons. Knowledge of why an individual is involved in the sport will maximise attendance and thus attainment of each athlete's personal goals.

Problems Associated with Adults Exercising

A number of problems are often encountered when coaching the older person, particularly in the initial stages of an exercise program/class.

PROBLEM	COACHING IMPLICATIONS
Overestimate ability	<ul style="list-style-type: none">• Stress need for progressive overload• Spend time with initial briefing
Embarrassed at lack of ability	<ul style="list-style-type: none">• Encouragement• Link with other people of similar abilities
Ashamed of physique	<ul style="list-style-type: none">• Link with similar body typed individuals• Encouragement
Impatience at slow progress	<ul style="list-style-type: none">• Initial education that progress will be slow• Mentoring with other athletes
Joint problems and immobility	<ul style="list-style-type: none">• Professional referral and input• Flexibility training
Cardiac risk	<ul style="list-style-type: none">• Medical screening• Be aware of use of medications and side-effects
Overweight	<ul style="list-style-type: none">• Education as to diets and exercise control• Encouragement
Increased risk of injury	<ul style="list-style-type: none">• Warm-up• Flexibility training• Technique training

**(Adapted from Beginning Coaching - Level 1 Manual
Published by the Australian Sports Commission 2000)**

Physiological Changes with Ageing

Unfortunately, for those people still involved in Masters Sport, many of the physiological changes that occur with ageing are inevitable. However, many of these declines may be due to inactivity as a result of taking a break from sport or decreased exercise volumes and intensities rather than ageing alone per se.

Changes That Occur With Ageing And Their Implications For Coaching:

PHYSIOLOGICAL CHANGES	EFFECT ON PERFORMANCE	COACHING IMPLICATIONS
Decreased aerobic capacity	<ul style="list-style-type: none"> • Decreased endurance • Slower to 'get going' • Fatigue more quickly and take longer to recover • Decreased thermoregulatory ability • Lungs stiffer 	<ul style="list-style-type: none"> • Train competitive athletes with intensity • Ensure warm-up includes intensity and is close to start of race/event • Provide adequate recovery times/phases during training • Prevent heat injuries/overheating
Decreased anaerobic capacity	<ul style="list-style-type: none"> • Decreased speed 	<ul style="list-style-type: none"> • <i>Include resistance training</i> • <i>Ensure quality speed work</i>
Decreased flexibility	<ul style="list-style-type: none"> • Decreased joint movement • Poor technique 	<ul style="list-style-type: none"> • Need for flexibility training • Increased susceptibility to injury
Decreased strength/power	<ul style="list-style-type: none"> • Decreased strength and power due to loss of muscle mass • Poor technique • Reduced balance 	<ul style="list-style-type: none"> • Strength training • Lower volume, not intensity of work
Decreased basal metabolic rate	<ul style="list-style-type: none"> • Tendency over time to put on fat weight unless dietary intake not tapered 	<ul style="list-style-type: none"> • <i>Include resistance training to maintain muscle mass</i> • <i>Monitor skin folds and body fat levels</i> • <i>Monitor athletes diet</i>
Decreased nervous system activity	<ul style="list-style-type: none"> • Slower reactions and speed 	<ul style="list-style-type: none"> • Maintain quality work that stimulates nervous system maximally

Decreased vision and hearing	<ul style="list-style-type: none"> • Decreased performance • Decision-making affected 	<ul style="list-style-type: none"> • Coach positioning and communication • Train in well-lit areas
Decreased health	<ul style="list-style-type: none"> • Decreased tolerance to quality work in unhealthy individuals 	<ul style="list-style-type: none"> • <i>Need for pre-participation screening by sports physicians, physiotherapists, dietitians</i>
Decreased muscle mass particularly after 50 years of age	<ul style="list-style-type: none"> • Decreased speed and basal metabolism 	<ul style="list-style-type: none"> • <i>Hypertrophy weight training to increase or maintain muscle mass</i>
Decreased bone density	<ul style="list-style-type: none"> • Increased risk of stress fractures 	<ul style="list-style-type: none"> • Include weight bearing activity • <i>Monitor calcium intake</i> • <i>Consider hormone replacement therapy</i> • Prevent falls by strengthening muscles • <i>Repetitive intense work</i>
Menopause	<ul style="list-style-type: none"> • Decreased performance • Increased recovery time • Increased fatigue • Increased irritability 	<ul style="list-style-type: none"> • <i>Encourage athlete to maintain a training diary</i> • Longer recovery within and between practice sessions • Reduce training intensity and volume • Demonstrate patience and understanding

(Adapted from **Beginning Coaching - Level 1 Manual**
Published by the Australian Sports Commission 2000)

(note: text in italics is not relevant to Re-Charge Classes)

Special Needs and Considerations of the Masters Participant

Initially the masters participant returning after a long lay-off from exercise may show **poor exercise tolerance**. However with graduated and progressive training, they can adapt well to physical exercise. The percentage improvement in strength, speed, power and endurance in the older person is the same as the younger person commencing exercise.

However, they will not in general, attain the levels they had as a younger person. Moreover, research also suggests that older persons take longer to adapt to both strength and endurance training programs.

Anecdotal evidence also suggests that **older participants take longer to recover from training and exercise**. This would suggest that recovery strategies such as massage, fluid intake and longer cool downs be incorporated into classes. Furthermore, **longer breaks between workouts** are recommended, with lighter work between those workouts.

For example, allow drink breaks after the warm-up component of class prior to commencing modified calisthenics or team work. Continue to monitor performance and offer additional breaks and rest periods as needed. Allow ample time for cool down and encourage massage in pairs or small groups.

Pre-participation screening: With increasing age comes an increased risk of heart disease and other health risk factors. The Australian Association for Exercise and Sports Science (AAESS) and Sports Medicine Australia (SMA) have developed a set of guidelines for persons commencing an exercise program. This is essential for **males over 35 years of age and females over 45 years of age and any athlete who displays any heart risk factors**.

Prior to commencing exercise/training, after many years away from sport, medical screening by a sports physician or general medical practitioner is recommended.

Other common illnesses and health complaints of the older athlete

Pre-existing Illnesses/Injuries: Some participants may come to class with a pre-existing ailment of some kind. The coaches awareness of this is vital in providing a duty of care to participants. Prior medical screening is recommended and, in some cases, information from a participant's doctor to help the coach plan accordingly. As coaches, we rely on our class members to advise us of any conditions we should be aware of when enrolling in a class and to keep us updated of health concerns at all times.

Asthma: Asthma is a fairly common disease, which affects the breathing. It is usually chronic (long term) with the patient suffering repeated, sudden attacks of breathlessness. Asthma sufferers have difficulty in breathing, especially in breathing out, wheezing, chest tightness, coughing and is generally worse at night or in the early hours of the morning. Coughing can also be brought on by laughter or exercise. A severe attack may cause pallor, anxiety, cold sweat and palpitations.

Arthritis: Inflammatory disorders of the joints, commonly referred to as arthritis, is a condition in which there can be mild to excruciating pain, swelling, restriction in movement, and in advanced cases, deformity. Currently there are more than 100 known types of arthritis, of which osteoarthritis and rheumatoid arthritis account for the majority of cases. Joints most commonly affected are the weight bearing ones, such as those of the spine, hips, knees and ankles and the disease is usually confined to one or only a few joints in the majority of sufferers. The hands are also a common site, especially in middle-aged women. This disease occurs in response to a recognisable factor such as injury or trauma to the joint, metabolic disorders, hereditary factors or simple wear and tear.

Diabetes: Diabetes mellitus is a condition in which the body makes insufficient (or nil) insulin. Insulin is a hormone, which enables the cells to absorb and convert glucose (sugar) into energy. As a consequence, blood sugar levels must be controlled by dietary measures in addition to taking insulin or other medications. Many of the rules for diabetics are also healthy guidelines for the population as a whole. Diabetics should aim to maintain their ideal weight and match their intake of kilojoules (food energy) with their energy expenditure.

Osteoporosis: Osteoporosis is a chronic disease in which the bones progressively lose some of their calcium and other minerals and therefore become brittle and fragile. With aging, almost everyone experiences some loss of bone mass, but incidents of severe osteoporosis are more common among women than men. Symptoms include, loss of height and development of a 'dowager's hump', fragile bones that break easily or spontaneously in severe cases, backache. Regular exercise, including exercises that place weight on the bones is one important way to avoid osteoporosis.

Recovering from Illness/Post operative restrictions: Exercise is important for everyone, and this applies to people who are recovering from illness, or with long-term medical conditions, just as much to those at peak health. With the exception of people suffering from an infection or anaemia (for whom exercise is inadvisable until fully recovered), a well-planned exercise class may produce a range of benefits. For example, help avoid a recurrence of the illness, speed recovery, promote a feeling of well being, counteract the depressive effect that may occur with illness, aid in management of long-term conditions, such as chronic back pain or diabetes. Those who stay inactive for too long risk a recurrence of the illness, or deterioration in health.

****Always advise participants to seek a doctor's advice before starting an exercise program after illness.***

Pregnancy Considerations

Although there are some concerns about pregnant women exercising too vigorously, it is widely accepted that the benefits of exercise during pregnancy far outweigh the risks. Exercise during pregnancy improves labour, helps prevent excessive weight gain and boosts general health and well being. It also helps to regain pre-pregnancy body shape more quickly.

The Major Implications For The Pregnant Participant Are

PHYSIOLOGICAL CHANGES	IMPLICATIONS
<ul style="list-style-type: none">• Cardiovascular Changes• Heart Rate Changes	Cardiac output increases by up to 50% at rest, due to an increase in heart rate and blood volume. These changes help deliver more oxygen to the fetus. Resting heart rate will increase during pregnancy. In general the heart rate should not rise above 140 – 150 beats per minute during exercise.
<ul style="list-style-type: none">• Ventilation Changes	The chest will change shape and this places upward pressure on the diaphragm. Ladies may feel out of breath. Extra oxygen is needed so there is less available during exercise. Participants should not exercise strenuously for more than 15 minutes.
<ul style="list-style-type: none">• Blood Pressure Changes	Blood pressure drops in the second trimester, meaning dizzy spells can occur with sudden changes of position.
<ul style="list-style-type: none">• Blood Glucose Changes	The body uses more carbohydrates for energy at rest and blood glucose levels can drop, making hypoglycemia (low blood sugar) a possibility.
<ul style="list-style-type: none">• Ligament Changes	Ligament laxity is caused by an increase in the hormone relaxin and occurs so that the joints of the pelvis can stretch and move during birth. Ladies should avoid over-stretching as this laxity extends to other ligaments in the body and can lead to permanent joint instability. Avoid bouncing and jumping movements. Moderate, low impact exercise/non-weight bearing exercise recommended.
<ul style="list-style-type: none">• Heat Changes	The core temperature rises and it becomes harder to dissipate heat effectively through radiation. Avoid overheating. Avoid exercising in hot, humid conditions. Keep well hydrated.
<ul style="list-style-type: none">• Abdominal Changes	The abdominal wall becomes thinner and stretches enormously. This can cause tummy muscles to separate. To support internal organs against the influence of gravity regular pelvic floor exercises are necessary.
<ul style="list-style-type: none">• Types/Positioning of Exercises	Avoid movements requiring deep flexion and extension. Avoid exercise lying on the back after the fourth month (the weight of the uterus can compress the vena cava and/or abdominal aorta and compromise blood flow).
<ul style="list-style-type: none">• Energy Requirements	Energy intake needs to be increased during pregnancy, especially if exercising. An extra 1200 kJ is required for the pregnancy and a further 1200kJ for the energy needs of your activity.

(adapted from Donna Jones, *Fit for Life, Body+Soul*, Sunday Herald Sun, Melbourne, 6/10/2002)

*Instruct all pregnant participants to use their commonsense at all times during exercise. If any sign of vaginal bleeding, dizziness or illness occurs – stop exercising immediately.

9. GETTING STARTED – COMMENCING YOUR OWN CLASS

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GETTING STARTED – Commencing Your Own Class

Media and Promotion

The potential market for participants in Re-Charge can be divided into four categories:

1. **Current participants who are about to become eligible**
2. **Parents with children involved in the sport**
3. **Retired participants who have ceased involvement for a variety of reasons**
4. **People who are entirely new to the sport**

Each of these groups will require a different message of encouragement/persuasion to get them to continue their involvement in the sport, return to the sport or to take up a new sport at a later stage.

Suggested promotional ideas and strategies:

- ❖ Examine membership records to identify retired members at individual club level and CVI/VCCA level (last year/previous years)
- ❖ Promotion within the sports network e.g. posters and flyers at competition venues, presentation to clubs at AGM's/committee meetings/parents meetings
- ❖ 'Bring a friend' to watch at existing classes
- ❖ Masters Games/Lifestyle/Fitness Expo's – promotional video and spokespeople
- ❖ Shopping Centres – promotional video and spokesperson
- ❖ Community Health Centres – trial classes
- ❖ Council Offices – add your class name and details to their list of activities
- ❖ Retirement Villages/Aged Care Facilities/Probys/U3A Groups – performance displays, video demonstrations, trial classes etc.
- ❖ Use of a high profile role model to appeal to the Masters age category
- ❖ Media Release in local newspapers and community newsletters (see sample following)

Sample Media Release:-

<p>Your letterhead</p> <p>Media Release – News Editors</p> <p>For: date you wish media release to be printed</p> <p>Title of the Story (centered on page)</p> <p>Body of Story – first paragraph should include details such as – WHO, WHAT, WHERE, WHY AND HOW. (Be concise, informative and interesting)</p> <p>Conclude with - For further information contact:</p>

Media Release – further details to consider

- Have an idea for an interesting photo
- Include statistics – if appropriate
- Have a spokesperson/ambassador where possible
- Always follow-up the media response and communicate regularly to establish a good working relationship

Re-Charge Branding and use of Logo

Once you have completed the Re-Charge Coaching Module you have access to the use of the Re-Charge logo for advertising/promotional purposes.

The logo must be printed in black ink. It may be printed on paper of any color and size but the design of the logo must not be altered in any way.

Venue Search & Selection

Factors to Consider when choosing a venue:

- Size – dependent on number of participants
- Floor – sprung floor or polished wood preferred
- Facilities – toilets, heating/cooling, ramps, kitchen area, outdoor lighting, storage
- Availability – day/evening classes, midweek or weekends
- Cost – ability to cover cost
- Location – accessible to coach, majority of participants, target area, ample parking, near public transport.
- Safety – a non-hazardous, low risk environment

Points of Contact for finding a venue:

- Calisthenics Clubs – contact them directly. Details of club officials available via CVI office
- Local Councils – have lists available of venues available for hire in the area
- Local Schools – contact office directly
- Community Health Centres
- Churches

Business/Club Registration

When starting up a new Re-Charge Group/Class you must register as a new Club/Class with your State Calisthenic body and follow the necessary procedures.

Similarly, all Re-Charge participants must be registered as “Recreational Members” with their State Calisthenic body e.g. CVI in Victoria. This payment covers personal insurance and development costs.

Insurance

As a qualified Level 1 Calisthenics Coach you will be covered for insurance as per Level 1 requirements.

Budgeting

In order to operate a successful Re-Charge Class it is important that your income exceeds your cost outlay and that you are prepared for any increases that may occur in hall hire/equipment etc.

Expected costs include:

- Hall hire
- Music
- Equipment e.g. mats, apparatus, tape/cd recorder, video tapes
- Tea/coffee making ingredients
- Administration e.g. stationery, phone calls, postage, email, fax
- First Aid Kit
- Coach/staff remuneration

As a guideline:

It is suggested that for a 1 - 1.5 hour class, based on 10 participants, you commence with a fee between \$7.00 – \$10.00 per class per person (dependent on cost of hall hire).

Full pre-payment of fees for a term or semester is an advantage for the coach as this ensures ability to cover costs from the outset and also encourages maximum attendance by all members.

Equipment Requirements

Following is a list of suggested equipment necessary to operate a successful Re-Charge Class:

- ❑ Tape/CD Player (remote control operation ideal)
- ❑ Floor mats
- ❑ First Aid Kit (see required contents list below)
- ❑ Apparatus/hand accessories
- ❑ Tea/coffee making items
- ❑ Mobile phone or access to a telephone

Contents of First Aid Kit (as per AMF recommendations) –

1	Rigid Strapping Tape (38 mm)
6	Betadine Swab Aids
1	Fabric Strips (50)
2	Combine Pads 9 x 10
2	Combine Pads 9 x 20
1	Cotton Buds (100)
1	Hospital Crepe Bandage 5cm
1	Heavy Crepe Bandage 7.5. cm
1	Heavy Crepe Bandage 10 cm
1	Heavy Crepe Bandage 15 cm
3	Sodium Chloride Eye Irrigation 30 ml
1	Sterile Gauze Pads 7.5 x 7.5 (5)
1	Betadine Ointment 100g
1	Vaseline 100 ml
1	Underwrap
2	Triangular Bandages Disposable
10	Vinyl Gloves
1	Safety Pins (10)
1	Paracetamol (24)
1	Lister Scissors
1	Forceps – Stainless Steel 12.5cm
4	Tongue Depressors
1	Eye Pad (5)
1	Wound Closures (5)
1	Micropore 2.5cm
1	Leuko Foam Pieces
1	Resus-O-Mask
1	Finger Tape 2.5cm x 3m
1	Woundaid 250ml
!	Sunscreen
2	Ice Packs - Instant

PART THREE:

CLASS STRUCTURE AND DESIGN

10. CLASS STRUCTURE & DESIGN

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CLASS STRUCTURE AND DESIGN

Introduction and Welcome

Allow approx. 10 - 15 minutes of your allotted “social time” for the Introduction and Welcome section of class (remaining time to be used for social “cuppa” and chat at the end of class).

N.B. (all class time allocations are based on a standard 2 hour class)

It is important that classes commence in a professional and friendly manner to set the scene for an enjoyable series of classes to follow.

Coach Guidelines

- Have music playing in background as participants arrive to set a positive and welcoming environment.
- Give summary of what the class and/or term/semester will contain. (i.e. give a breakdown of what activities are to be included in the class with estimation of appropriate time frames).
- Repeat Re-Charge motto or mantra each week in a fun and light-hearted way:

**“COME & RE-CHARGE... FUN, FITNESS, FELLOWSHIP
AND TIME FOR YOU!”**

- Encourage all participants, each class, to advise of new/existing health issues and injuries.
- Always remind participants to “WAYOP” – Work At Your Own Pace!
- Introduce new members to the group (incorporate a fun ‘ice-breaker’ game for the first few classes). Name tags are a good idea when commencing a new group/class.
- Reaffirm instructions from previous week if required.
- Take attendance roll each week.
- ‘Housekeeping’ information as required.

Cardiovascular Warm-Up

Allow 8 - 15 minutes.

This important component of the class should involve aerobic, active, full body movement to warm-up the large muscle groups and increase heart rate and body temperature for the stretching and routine work to follow. This should always be considered the “fun” section of the class where all involved can laugh and enjoy preparation together.

Coaching Guidelines

- Types of movements given should be relatively easy to follow/copy for all members thus allowing maximum participation at all times. No complex steps. Include low impact, “travelling”, aerobic style movements such as walking, skipping, sidestepping, and galloping with or without arm movements.
- Try to change music selection regularly for the cardio warm-up (preferably each week to maintain interest).
- In **all** types of cardio warm-up routines, always allow a “sit-out” option for those who may find moving for the entire period too taxing (i.e. suggest they march on spot or plie the knees on the spot until they feel they can once again join into the “travelling” exercises).
- Always remind participants to “breathe” during the cardio warm-up as it is common for people to hold their breath especially when trying to follow and keep-up with the coach and the group and/or when learning a new movement or changing to a different movement.
- Give the option for members to bring hand weights if they wish to increase the intensity and difficulty of the warm-up.
- Include fun patterning and themes within the cardio component of the warm-up to add interest and variety and to distract participants from experiencing fatigue.

Suggestions:

- ◆ 2 lines “follow the leader”
- ◆ Figure 8’s
- ◆ Circuit Exercises (*see below)
- ◆ Circle Dances/Patterns
- ◆ “Grease” theme
- ◆ 70’s theme
- ◆ “YMCA”
- ◆ A particular country’s style of dance e.g. Greek, Irish, Line Dancing
- ◆ Games. e.g. “Traffic lights & dead ants!”

Cardiovascular Warm-up cont.

- *Circuit Warm-up – *a circuit is a fun way to warm up the body and allows each participant to work at their own pace whilst increasing the heart rate and strengthening the body. Exercise stations are set-up around the room (approx. 4-6) with different exercises to be performed in each.*

For Example:

- *Dips*
- *Stomach toning exercise e.g. dead ants*
- *Squats*
- *Marching on spot*
- *Arm exercises*
- *Chest exercises*

Members are timed at each station (30 secs – 1 minute periods) and then move in a clockwise fashion to the next station. The circuit can be repeated twice as members become proficient and/or the time span lengthened etc. at each station.

A “sit-out” option or “time-out” area is necessary for those needing a rest from the exercise. The coach must offer a modified version/option at each station and perform a full demonstration of each exercise station prior to commencing. Good technique (quality not quantity) must be encouraged at all times and members can then practice such movements at home to improve fitness.

(See ‘sample circuit warm-up’ diagram following)

Exercise Intensity - GUIDE:

To improve cardiovascular fitness, participants need to exercise within 60-75% of their maximum heart rate, which is referred to as a “**Training Target Heart Rate**” and is calculated using this formula:

200 minus your age

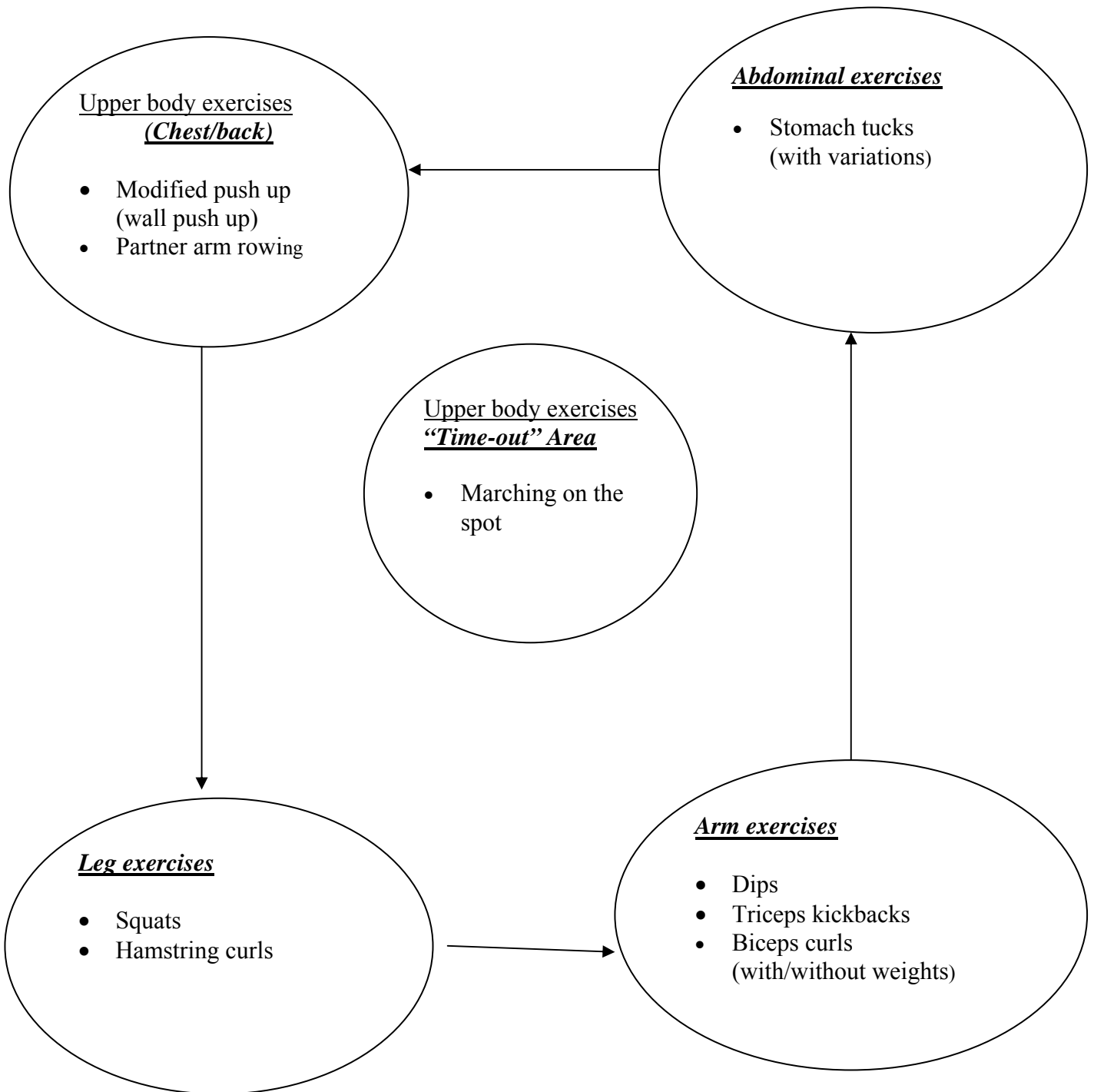
e.g. Age: 43

60% of (200-43) = 94 bpm (beats per minute)

75% of (200-43) = 118 bpm

Training Target Heart Rate = 94-118 bpm

SAMPLE "CIRCUIT WARM-UP"



Stretching, Body Toning and Conditioning

Allow 20 - 30 minutes (approx. 20 minutes stretch/10 minutes toning exercises)

Stretching is the process of placing particular parts of the body in positions, which will lengthen the muscles and tendons. Stretching is a simple and effective activity, which helps enhance athletic performance, decreases the likelihood of injury, enables freedom of movement and minimises muscle soreness.

Stretching exercises fall into four broad categories. Different forms of stretching delivers different results therefore it is important that the type of stretching is specific to the sports requirements.

The four types are:

- Passive stretching - static stretches held for 15 – 30 secs.
- ROM (range of motion) stretching - active stretching
- PNF stretching (proprioceptor neuromuscular facilitation) - resistance stretching
- Ballistic stretching - “bounce” stretching

**Passive, ROM and PNF stretches are the most appropriate for older participants and to incorporate into the Re-Charge program*

Rules of Stretching

- 1. Perform a cardio warm-up prior to stretching**
- 2. Stretch before and after exercise (cool down)**
- 3. Stretch all major muscle groups and their opposing muscle groups**
- 4. Stretch gently and slowly (avoid bouncing at all times)**
- 5. Stretch only to the point of tension**

The following list provides a sample **Stretch & Tone Routine** for a Re-Charge class

HEAD	<ul style="list-style-type: none"> • Head incline – left/right • Head turn – left/right • Head forward/down
SHOULDERS	<ul style="list-style-type: none"> • Shoulder shrugs, together alternate • Shoulder circles
ARMS	<ul style="list-style-type: none"> • Circles; elbows bent and with arms straight • Extension and Flexion • Triceps stretch • *use of light hand weights optional for bicep curls/tricep kickbacks
HANDS	<ul style="list-style-type: none"> • Roll in circular motion • Extension and Flexion • Stretching/opening of fingers/hands
TRUNK	<ul style="list-style-type: none"> • Contraction forward • Side bend with bent knees • Rotation with bent knees/twists
HIPS	<ul style="list-style-type: none"> • Rotations • Hip side swaying
QUADRICEPS	<ul style="list-style-type: none"> • Bent knee, foot towards buttocks (standing or prone lie) • Lunges • Squats/plies, parallel and turned out
HAMSTRINGS	<ul style="list-style-type: none"> • Lunges • Prone lie, leg extended towards chest (variations of this) • Trunk bend w/without legs bent (variation: one foot crossed over other) • Leg curls • Single leg lifts, supine lie with one leg crossed over other
INNER THIGH	<ul style="list-style-type: none"> • Sitting feet together, knees out to sides • Straddle stretch (seated or standing with trunk forward)
KNEES	<ul style="list-style-type: none"> • Flexion and rotation
CALVES/ ANKLES	<ul style="list-style-type: none"> • Achilles stretch flexion and extension, short lunges • Rise on demi and lower
UPPER BACK	<ul style="list-style-type: none"> • Cat stretch w/without twist • Prone lie and push up to ‘cobra’ position (on elbows/hands)
LOWER BACK	<ul style="list-style-type: none"> • Prone lie with push up and twist, as above • Supine lie with knee rotation/roll to side, arms at side raise position • Prone lie with gentle alternate lower leg raise from floor
PELVIC FLOOR	<ul style="list-style-type: none"> • Contraction and Release, prone lie position
HIP FLEXORS	<ul style="list-style-type: none"> • Forward kneel, feet parallel, push forward
ABDOMINALS	<ul style="list-style-type: none"> • Stomach tucks, prone and supine lie positions • Stomach tucks with leg raises (variations) • “dead bugs” (alternate arm/leg changes)

Movements to Avoid

- ◆ Forced activities at extremes or ranges of motion, especially in those with arthritis and osteoporosis
- ◆ Fast repetitive head movements
- ◆ Fast changes from dependent to standing positions (postural hypotension)
- ◆ Avoid deep squats and prolonged kneeling
- ◆ Ballistic or bouncing stretches
- ◆ Sagging push-ups
- ◆ Sit-ups (straight leg/hands behind head/feet & knees held/jack knife style)
- ◆ Anaerobic exercises e.g. star jumps, burpees, leg changes etc. as place strain on system but are of little value to heart/lung efficiency

Movements/activities to encourage

- ◆ Low Impact movements
- ◆ Strengthening of major muscle groups, postural muscles
- ◆ Gentle static stretching
- ◆ Knees bent is preferable in forward and side bending activities to take pressure off the back
- ◆ Balance and posture activities
- ◆ Adequate warm-up and cardiovascular component
- ◆ Breathing should be natural not forced (advise against breath holding)
- ◆ Try to pull navel towards the spine to increase abdominal strength/core stability

Body Toning and Conditioning is the component of the warm-up that involves exercises to increase the overall strength and core stabilisation of the body. Physical endurance, power, speed, muscle tension and co-ordination can be improved over time with regular body conditioning exercises.

The benefits of increased strength include:

- Decreases risk of injury and stress levels placed on the body
- Enhances sports specific performance (e.g. improved abdominal strength to perform specific free exercise movements)
- Improves efficiency, awareness and control
- Provides an important balance with a flexibility program
- Improves body tension and form

Coaching Guidelines

- The correct positioning of the coach is very important in this component of the class. The coach must be visible to all members of the class in order to demonstrate exercises properly, without viewing restrictions. For example, the coach should be positioned in the centre with members forming a semi-circle pattern (single or double) around the coach. Alternatively, the coach could be on a raised stage area to facilitate viewing.
- Correct exercise technique is vital in order to avoid injury and enjoy maximum benefit. Demonstrate and explain the technique and benefits of the movement fully before members attempt any exercise. Have a member of the class demonstrate the movement so you are free to point out and explain the teaching points.
- After demonstrating or introducing a new movement – “walk the room” to check that all members are performing correctly.
- Keep music to a low level (if required at all) to ensure all members can hear your teaching instruction and full explanation of the movement.
- Coaches, do not “self indulge” in this section of the class (or any section for that matter) and select exercises that you prefer or feel good doing. Be mindful at all times of the limitations and goals of your members and cater for them. For example, some Re-charge members may have a goal to once again perform “the splits” so you will need to allow time for the relevant stretches and strengthening movements to assist them (provide others members with an alternative).
- Always ‘err’ on the side of caution and suggest participants do not complete a movement if you and/or they feel it may be not suited to their body.
- Remind participants to “WAYOP” (Work At Their Own Pace) and “LISTEN TO THEIR BODIES”.
- Suggest participants bring a towel or small mat to aid their comfort while performing exercises on the floor or make mats available if you have access to them at your venue.

Modified Calisthenics

This component of the class can be as imaginative and creative as the Coach desires in order to explore the unique sport of Calisthenics for the adult participant.

Results from the various pilot programs conducted indicate that participants enjoy performing the following modified items:

- March and March Drills (Marching with Apparatus e.g. Dumbbells)
- Free Exercises (alone or combined with other items)
- Apparatus Work including Rods, Clubs, Flags, Ribbons, Balls and apparatus combined with other items
e.g. Free Exercises and Clubs used at the same time
- Dance: including Aesthetics, Rhythmics, Folk and Modern

A Dance Medley, Stage Medley or a combination of all Calisthenics items (traditional and non-traditional) could be combined into one item e.g. an “Artistic Interpretation” also incorporating vocals.

The options really are endless and it is a great opportunity for coaches to exercise their imagination and also cater to the particular interests and wishes of the group.

A sample two hour Re-Charge class may include the following items for instruction within a 12 week block:

- 1. March & Rods item combined “March with a Twist!”**
- 2. Free Exercises and Clubs/Flags item combined e.g. “Freeclubs”**
- 3. Modern Dance**
- 4. Aesthetics which leads into a Cool Down routine each week (optional)**

Coaching Guidelines

- Make a weekly lesson plan (brief only). This ensures an interesting and safe flow of the class, inclusion of all VIP content and ensures all objectives of that class and general program are covered.
- Generally between 10 - 20 minutes should be spent on each item. Alternatively, coaches may wish to concentrate on particular items during class time. Remember to allow the required time approx. 35-40 minutes for warm-up, stretch/tone and cool down. Important to also allow for the “social time” allotted (30 minutes) as planned.
- Three items to learn and “perfect” is considered a suitable amount for participants to cope with. Whilst enjoying challenge and variety, it is important not to overload participants and have them feeling “panic” in attempting to retain too much each week.
- The length and difficulty of routines should depend on the capabilities of the participants and be adapted accordingly.
- Constantly remind participants of
“WAYOP” – WORK AT YOUR OWN PACE.
- **Always** offer a modified version/alternative to exercises and demonstrate where possible, with good technique.
- Remind participants that they can also modify any movements throughout the class to suit their bodies at any time.

Cool Down

Allow 5 - 10 minutes

This period of the class should be one that participants look forward to and indulge in the opportunity to relax and wind down. Regular cooling down after an exercise class helps maintain flexibility, leads to faster muscle recovery and prevents stiffness. It helps to prevent blood pooling in the extremities, which in extreme cases can lead to fainting. It also helps in the removal of lactic acid and increases the rate of cardiovascular recovery.

Coaching Guidelines

- Cool Down should include a combination of slow, flowing range of motion stretches as well as some passive stretches (giving particular attention to the main muscle groups exercised during the class).
- The postural muscles such as the upper and lower back and stomach area should be stretched and soothed every class.
- Incorporating relaxation and group massage techniques is a worthwhile, effective and fun form of cool down.
- Fully demonstrate all cool down exercises and stretches and ensure good technique.
- Speak in a soft, calm voice to create a relaxed environment.
- Position yourself either in the centre of a circle or semi-circle to allow good viewing and hearing by all participants.
- Select soft, relaxing music avoiding too many changes in style of music throughout the 5-10 minutes.
- Time permitting, allow members to finish class lying on the floor (if comfortable) on their back with eyes closed to restore calm, allowing a totally “quiet time”.

Suggested Discussion Topics

As you get to know your class members it is a great idea to include and encourage discussion during class on interesting health and exercise topics.

This may be done during the social component of the class or during the cool down (when participants are able to follow your movement demonstration without a lot of spoken explanation or teaching cues).

Photocopies of an interesting article can be made available to participants or pinned on a noticeboard. You can also encourage members to bring along interesting stories/information that you can then copy and distribute at the following class.

Topics such as:

- Topical health issues in the paper/media e.g. HRT, Bone Density Testing
- Nutrition
- New recipes
- Health remedies
- Safety and community issues

General Re-Charge Coaching Guidelines and Suggestions

- Don't underestimate the importance and value of "Social Time" for the class members.
- Appropriate, non-restrictive clothing must be encouraged.
- The ideal group size would be 10 - 15 people to allow the coach to observe each person individually.
- Understand the benefits of BOTH repetition and learning new work for your members. It is important to repeat certain elements of your class each week in order to foster confidence and a comfortable level of expectation amongst members.

Likewise, understand when you need to be creative and inject new ideas, music, movements, routines into your class to maintain interest and keep your participants "coming back for more". If unsure ... ASK THEM.

- Show care and concern for the bodies and minds of participants at all times.
- It is important that you are not focussed on correct placement and uniformity of movement and encourage participants to aim for extension and freedom of movement ("variety as opposed to uniformity!") as this is of more value to the masters participant.
- Aim for laughter and encouragement to be incorporated in every class.
- Always check enjoyment levels of the class (throughout and on completion of a session).
- Continually ask participants if the exercise/movement is suited to their body and be ready to offer alternatives.
- Adhere to your class schedule/time frame to allow all different components to be adequately covered within the class time.

Music Selection and Volume

Music is a well-known motivator so the right musical choice for your particular group is very important.

Warm-up music – should be vibrant and positive in order to set the theme of the class and invigorate and motivate the participant from the outset.

Consider:

- Varying warm-up music each week to add variety and feelings of “expectation”.
- Use music that is enjoyable and appropriate to the common interests of the group.
(e.g. 70’s music.)
- Request members provide warm-up music of their choice occasionally.
(Always have a back-up tape ready in case they forget!).
- Thematic warm-ups are fun and take the mind off the job at hand (e.g. Line Dancing with Country and Western music, the ‘Nutbush’ etc).

Music for Routines – This music should also be varied to enable participants to enjoy a range of musical tastes and styles during a class.

For example, a classical piece may be used for a Free Exercises routine, a military piece for a March routine and a fun, light-hearted song for dance methods.

Cool Down music – This must be of a relaxing, quieter nature and evoke a feeling of calm in the room. Variance of this music is also important to maintain interest each week.

Volume of music must be considered carefully throughout the entire class. Ideally a coach should have a remote control device enabling him/her to adjust volume as needed.

Music should be soft/loud enough to be heard and enjoyed while, at the same time, participants need to hear coach’s instructions.

Class Evaluation

In order to ensure that you, as a Coach, are providing an **interesting, challenging, enjoyable and appropriate** class for all participants, it is important to evaluate your classes at certain intervals throughout the calendar year. You may wish to evaluate at the end of each term or class semester.

A suggested written evaluation form is enclosed as a guideline.

Other methods of evaluation may be in the form of :

- ❖ An informal discussion after class
- ❖ A formal question and answer discussion with members, with prior notice given
- ❖ A suggestion box readily available for members to put forward comments/ideas at any time
- ❖ Survey

As mentioned earlier, it is always a good idea to check the enjoyment level of classes regularly - ideally at the finish of each class. This way you are giving an opportunity for members to provide comments (positive, constructive or critical).

Participation Acknowledgment

Participation certificates are a positive method of rewarding members for their efforts and congratulating them for making **“time for themselves”** a priority.

A sample certificate is attached.

Other “special” certificates can also be given to individual members as a fun, motivational tool.

For example, “Most Improved”, “Encouragement Award”, “Most Punctual” etc.

This is a nice way to wind-up a semesters work and/or to conclude the year with some fun presentations and a light supper.

Experience has shown that an *informal “display” evening* can also be very positive and successful, where each member invites a special friend or two to watch and even participate in the final class.

APPENDIX



- ❖ ENERGISE
- ❖ MOTIVATE
- ❖ MOVE YOUR BODY
- ❖ EXERCISE FOR THE OVER 30'S WITH MODIFICATIONS FOR THE OLDER PERSON
- ❖ WANT TO KNOW MORE?

PHONE
CALISTHENICS VICTORIA INC.
9562 6011
FOR YOUR NEAREST VENUE

RECHARGE CALISTHENICS

**A RECREATIONAL MASTERS MODIFIED PROGRAM
FOR THE OVER 30'S**

***Introducing a new and innovative field in Calisthenics Coaching
"Re-Charge Calisthenics"***

"RE-CHARGE"..... ENERGISE / MOTIVATE / MOVE YOUR BODY

A newly developed coach education program providing you with the information and training to commence Re-Charge Masters Classes in your area and/or at your club and diversify your coaching skills and opportunities.

The Re-Charge module covers the following topics:

- ❖ Coaching the Ageing Athlete
- ❖ Commencing your Own Class
- ❖ Class Design

After a successful 2 year pilot and evaluation program, CVI together with the VCCA are pleased to launch this new concept and invite you to become a qualified Re-Charge Coach and/or simply find out more about this exciting program.

Re-Charge Class Motto: "Fun, Fitness, Fellowship & Time for YOU!"

.....
Register of Interest :

RE-CHARGE CALISTHENICS

I am interested in receiving further information on the following: *(please tick)*

- * The Re-Charge Coaches Module
- * Enrolling in the Re-Charge Coaches Module
- * Commencing my own Re-Charge Class
- * A spokesperson visiting my Club/Committee Meeting for a presentation on Re-Charge
- * Enrolling as a participant in a Re-Charge Class

Name:.....

Address:.....

Phone:..... Email:.....

Please mail to CVI - PO Box 8041, East Oakleigh Vic. 3166 Ph. 9562 6011

**"RE-CHARGE"
MASTERS CALISTHENICS**

EVALUATION

Please fill in the form below and return to your Coach. This will assist us in evaluating the success of the program and help us to plan for our future classes.

ABOUT YOU:

1. Circle the age bracket that is relevant to you.

30-40

41-50

51-60

61 and above

2. Was Calisthenics a sport you enjoyed as a child or young adult?

YES / NO

3. Are you a mother or relative of a child currently involved in a Calisthenics club?

YES / NO

COMMUNICATION:

1. How did you find out about our Calisthenics Masters Class: (please tick)

VCCA Newsletter

CVI Club Link

Word of Mouth

Other (please specify)

2. Did you find our written communication and information prior to classes commencing clear and easy to understand?

1
(Difficult)

2

3

4

5
(Very easy)

3. Do you have any comments or suggestions to assist us with future advertising and communication of the Re-Charge classes?

.....
.....
.....
.....

CLASS DESIGN/CONTENT

1. Has the class content been interesting and generally appropriate to the over 30's + age group?

1
(Not Appropriate)

2

3
(Appropriate)

4

5
(Excellent)

2. What did you like most about the pilot classes?

.....
.....
.....

3. What did you like least about the pilot classes?

.....
.....
.....

4. What improvements would you like made to future Re-Charge classes?

.....
.....
.....

5. How often do you want a new/different concept introduced into the class? E.g. Rods/Free Arm

.....
.....
.....

6. Did the Coach present a positive and healthy image?

YES / NO

Comments:.....

.....
.....
.....

FUTURE PLANNING:

1. Would you recommend “Re-Charge” Calisthenics to other women:

a. with a Calisthenics background?

1 2 3 4 5
(not recommend) (recommend) (highly recommend)

b. with a non-Calisthenics background?

1 2 3 4 5
(not recommend) (recommend) (highly recommend)

2. Would you consider participating in a regular “Re-Charge” class in the future ?

If so, which class do you think would best suit your needs?

a. “Re-Charge Masters” – intermediate to advanced level ‘modified’ Calisthenics (please tick)

Home ph: _____ Date of Birth _____ M/F: _____

Emergency Contact: _____ Ph: _____

Doctor's Name: _____ Ph: _____

Do you currently exercise? NO YES- Please describe

Have you participated in an exercise class before? NO YES

What do you hope to achieve by attending the Exercise Class?

**Recommended at all times to work at your own pace.*

Write one or two words to describe how you feel about your body today:

Write words to describe how you would like to feel:

Have you ever had or do you have any of the following?

CIRCULATORY PROBLEMS

Stroke

Chest Pain

Any Heart Condition

High Blood Pressure >140/90

Raised Cholesterol/ Triglycerides

Other

Diabetes

Parkinson's Disease

Eyesight problems

Dizziness or Fainting

Recent surgery or illness

Recurrent falls

Epilepsy

Allergies

MUSCULO-SKELETAL PROBLEMS

Lower Back pain/injury

Shoulder pain/injury

Knee pain/injury

Arthritis/ Joint pain

Osteoporosis

Joint Replacement

Other

RESPIRATORY PROBLEMS

Asthma

Emphysema

Other

MISCELANAOUS PROBLEMS:

Hearing difficulty

If you ticked any of the health problems, please detail condition/s:

Are you on the right prescribed medication? NO YES (Please give details)

Do you smoke? NO YES- Number per day? _____

Is there any medical/physical information not mentioned here that may affect your participation in an exercise class?

YES Details: _____

NO

If you have ticked YES to any of the above conditions we recommended that you take a Medical Permission form to your doctor and ask for a clearance for participating in exercise.

If you have already cleared the above condition with your doctor, please sign below:

Conditions cleared _____

EXERCISE ADVICE:

Work at a low level on your first visit and concentrate on learning to do the exercise properly. On each visit you will be able to work a little harder. Remember to always exercise at a pace where you can still talk comfortably. Should you feel faint or unwell at any time, slow down and inform your exercise leader. Should you suffer any injury or illness in the future, please tell the leader by completing this form again.

PARTICIPANT STATEMENT

I recognise that the exercise leader is not able to provide me with medical advice with regard to my medical fitness and that this information is used as guidelines to the limitations of my ability to exercise. I have answered the questions to the best of my ability and understand the advice above.

Participant Signature: _____

Date: _____

Organisers Signature: _____

Date: _____