



## Frequently Asked Questions

### Where and When is the Frangipani Challenge in Darwin to be held?

The WA State Development Team (WASDT) will compete at the NT Calisthenics Frangipani Challenge held in Darwin, 25-26 October 2025 at the Darwin Entertainment Centre, Mitchell Street

### Who can attend the WASDT trials and how do I register?

All financial club members are encouraged to attend trials for their age group, except if the member was a part of the 2023 State Team, a representative at Nationals in 2023, or has been in a State Team for their current age group.

### What do I wear and bring to the Trial?

Candidates should present to the trial wearing a plain black sleeveless leotard with hair neatly worn in a bun with fringe pinned back.

Club and previous representative training leotards, tracksuits, hair scrunchies and bags are not to be worn/taken into the trial. Please bring a water bottle, rods, clubs and aesthetic training skirt.

### Can parents/guardians or coaches watch the trials?

No, trials are closed to an audience.

### Are there any workshops prior to trials?

No, all work will be taught/demonstrated at the trial.

### How is the WASDT selected?

A trial panel consisting of the appointed WASDT coach and representatives from the CAWA Coaches Association and Adjudicators Association recommends candidates to the Board of Management on their performance, covering various aspects of calisthenic work.

The final selection of the team is decided by the Board. Criteria for successful selection include aspects of calisthenics ability, development, work ethic, social compatibility and overall suitability based at the trial.

Successful candidates are informed of their selection on the CAWA website within 3 days after the trial.

### When will the WASDT Train?

WASDT trainings commence date to be determined.

Attendance at every training session and is compulsory.

### What if I need to be absent from training?

Team members must attend each training session. Notice of training dates and times is made available in advance. Team members may request time off from one training session for an important occasion such as a school event, work commitment or religious ceremony. Requests must be submitted to the WASDT Manager and approval must be granted prior to the absence.

### What if I have a holiday planned?

At the time of registering for team selection any known holiday must be declared. Such information will be taken into consideration when the team is selected. Team members who take holidays

away from training during the WASDT year and have not advised this prior to selection will be deemed to be in breach of the Code of Conduct.

### Can I watch my child train?

Training sessions are closed to viewing; however, coaches may open the class on occasions for family to watch a training concert.

### Are parents expected to help?

Yes. It is expected that each team member will have the support of their parent/guardian to take on small tasks as directed. Each week a parent is rostered on stay at class to provide support as needed.

### How are coaches and team personnel appointed?

Coaches apply for their position and are employed by the CAWA Board of Management.

Personnel undertake their roles as volunteers and devote many unpaid hours at training sessions, working behind the scenes and taking annual leave from their employment to ensure the teams' needs are well met during the competition week.

### What uniforms are required?

Team members are required to purchase and wear the official WASDT apparel when attending class and when travelling with the team. The uniform comprises of an official hoodie, polo shirts, shorts and sneakers. Training leotards will be made for all teams.

There may be an opportunity to purchase second hand uniform.

### How much will the WA State Development Team experience cost?

Major expenses to be incurred are estimated at approximately \$XX and include personnel costs, costumes, competition tickets, DVD, equipment, bus transport.

Additional expenses may include hair piece, dance shoes, team photos and uniforms. A typical preliminary estimate of costs will be provided for your information.

A deposit of \$500 is payable at the first class and periodical payments for the balance are advised by the WASDT. Non-financial members will not be permitted to travel with the team.

### Will my child be wearing stage makeup, hair spray and body tan for the competition?

Yes. It is standard practice for calisthenic competitors to wear these products for performance. Makeup is to be removed prior to the team member leaving the competition venue.

### Can I commit 100% to the program?

If you feel that you are unable to meet all the WASDT requirements such as attendance at all compulsory training sessions, travelling with the team to compete at the Frangipani Challenge, and complying to policy, then being involved in a WASDT may not be for you.

If selected, members should consider their place in the team carefully. Parents also need to understand the commitment necessary to be involved in the team. If you have any concerns regarding the WASDT program, do not hesitate to contact the WASDT Manager.

### Where can I find out more information about WA State Development Team?

Please visit the CAWA website for further information on policies, codes of conduct, and much more. You're also welcome to contact the WASDT via email [wasdt@calisthenicswa.com.au](mailto:wasdt@calisthenicswa.com.au)