



Sport Aerobics Technical Bulletin – Volume 1 2004

Published by the Sport Aerobics – Sport Management Committee

To: Board Members
State Associations
National SMC Members
National Squad Members
Development Squad Members
Technical Members

Items: 1) 2004 Sport Aerobics Australian Championships
2) 2004 AEROSkools State and National Championships
3) 2004 Sport Aerobics Awards
4) 2004 Suzuki World Cup Report
5) 2004 FIG World Championships Report
6) 2004 ANAC World Championships Report

Attachments: 2004 Sport Aerobics Awards Nomination Form

In all States the Sport Aerobics State Championships have been successfully completed and athletes that have qualified to compete in the Sport Aerobics National Championships in Sydney from the 29th September - 1st October 2004 are busy fine tuning their routines in preparation for the event.

Over 1000 students competed in AEROSkools events across Australia over a 4 month period from June to August 2004. The successful teams that placed in the top 3 in their respective division of competition at their state championships have qualified to compete at the AEROSkools National Championships on the 29th September in Sydney. Interest in this national event is high and event organisers are hoping all states will be represented on the competition floor.

For the past 4 months international events have kept the 2004 Sport Aerobics National Squad athletes busy. Teams have travelled to Japan to compete in the Suzuki World Cup, to Bulgaria for the FIG World Championships and to Los Angeles USA for the ANAC World Championships. A summary of the results can be found in this Bulletin.

Kieran Gorman (WA) is a dual World Champion after successfully taking out the Gold Medal at the FIG Age Group Championships in Bulgaria and recently the ANAC World Youth Championships in Los Angeles. Kieran also won the silver medal at the Suzuki World Cup in Japan in April. He is trained by Trudi Nurse. Kieran is an outstanding athlete with a commitment to succeed in the sport at an international level.

Nominations for the 2003 Sport Aerobics Annual Awards have been called for in this Bulletin. Please note that these awards are based on the achievements and contributions in Sport Aerobics in 2003. It is important that all nominations are endorsed by the State Gymnastics Association and received by Gymnastics Australia no later than the 1st September 2004.

Please ensure that the information contained within this Bulletin is distributed within your state. The Sport Aerobics Management Committee welcomes your suggestions for improvements. Please contact Karon Williams on (08) 9245 6777 or email kwilliams@gymnastics.org.au

Karon Williams
Technical Director

The Gymnastics Australia Website can be found at:
www.gymnastics.org.au

2004 SPORT AEROBICS AUSTRALIAN CHAMPIONSHIPS

The 2004 Sport Aerobics Australian Championships will be held in Sydney at the Sydney Olympic Park in Homebush on the 29th September – 1st October 2004 as part of the Australian Gymsport Spectacular presented by Gymnastics Australia.

The 1st and 2nd Gymsport Spectacular Bulletin can be found on the Gymnastics Australia website located at www.gymnastics.org.au. The definitive entry deadline is Wednesday 25th August 2004. Included in the Bulletin is information on the following:

- Entry Process
- Entry Form
- GA National Entry Policy
- Competition Program
- General Information
- Travel and Accommodation

Special notice is given to highlight the entry process. Entries for the Championships will follow the National Event Entry Policy.

- All entries must be submitted to Gymnastics Australia accompanied by the appropriate fees.

- The State Associations must submit all entries only.
- Note: Entries cannot be submitted directly by any athlete, school or club.
- In 2004 all Definitive Entries will be entered via the IMIS database. The event entry system will be closed off on Wednesday 25th August 2004. Manual entries will not be accepted.

2004 SUZUKI WORLD CUP 15th Annual International Aerobic Championship
--

The Suzuki World Cup was held on the 16th-18th April 2004 and hosted by the International Aerobic Federation (IAF). The event was held at the Tokyo Gymnasium in Sandagaya, Tokyo. Over 6,000 spectators attended the 3 day event.

Competitors representing 18 countries competed in 4 categories of competition – Individual Male, Individual Female, Mixed Pair and Trio. Gymnastics Australia sent a team of 7 athletes and 3 support staff to the event. Karon Williams represented Australia on the judging panel as a Technical Judge. Trudi Nurse (WA) travelled with the team in the role as coach/administrator and worked tirelessly preparing the athletes and supporting them prior and post competition. Jacque Harper from Heath Central (WA) was the medical officer for the team and provided valuable support to all the athletes and officials.

Karon Williams represented Gymnastics Australia at the IAF World Congress held on the 19 April 2004.

The results achieved by the Australian team were excellent with all athletes placing in the top 10 and 2 individual athletes winning a medal.

Australian Results

Melissa Read	IF	5 th
Chris Behan	IM	6 th
Leah Henville	TRIO	5 th
Melissa Read		
Melissa Davies		
Kieran Gorman	VM	2 nd
Chloe Sargent	VF	3
Talea Graves	JVF	6 th

Full result details can be found on the International Aerobic Federation website located at: www.iaf-sportaerobics.org

2004 FIG WORLD CHAMPIONSHIPS

The 8th 2004 FIG World Sport Aerobics Championships were held in Sofia at the Winter Palace in Bulgaria from the 3rd-5th June 2004.

Competitors from 31 countries competed in the 3 day event. The standard of the performances was high and at the end of the event it was pleasing to see some new faces standing on the winning dais. Australia sent a Group for the first time to this event. This is an area that the FIG would like to see member federations' work towards increasing the profile of this division.

Australia was represented at the event by:

Karon Williams	Head of Delegation and Judge
Trudi Nurse	Coach

The results achieved by the Australians were disappointing however, for Australia to achieve in this event more opportunities must be provided to allow Australian athletes to compete in the FIG World Series events in the lead-up to the FIG World Championships in 2006.

Event Results

Melissa Read	IF	28/48
Melissa Read	TRIO	15/35
Leah Henville		
Melissa Davies		
Melissa Davies	GROUP	13/18
Hannah Davies		
Briony Tung		
Elizabeth Kane		
Kate Rebeiro		
Katherine Aquino		

The 2006 FIG World Championships will be held in Nanjing China.

A full set of results can be found on the FIG website located at:

www.fig-gymnastics.org

2004 1ST FIG INTERNATIONAL AGE GROUP CHAMPIONSHIPS

The 1st FIG International Age Group Championships were held in Sofia Bulgaria from the 28th-30th May 2004. During this 3 day competition the performances from the youth athletes competing in Sport Aerobics highlighted the high standard and interest in the sport at such a young age.

Australia was represented by 2 National Squad athletes – Kieran Gorman (WA) and Chloe Sargent (WA). Kieran impressed the judging panel with an excellent performance and placed first after the preliminary round and maintained the pacing in the final round to win the Gold Medal. Chloe Sargent placed 11th in a field of 30 youth females.

<p>2004 15th ANAC WORLD SPORT AEROBICS CHAMPIONSHIPS 2004 7th WORLD YOUTH SPORT AEROBICS CHAMPIONSHIPS</p>

The 2004 ANAC World Sport Aerobics and World Youth Sport Aerobics Championships were held in Los Angeles California USA from the 31st July–5th August 2004. The following National Squad athletes represented Australia at the event:

Emily Sharp	IF	7 th
Sandi Carmichael	IF	11 th
Emily O'Hagen	YVF	7 th
Chloe Sargent	YVF	6 th
Kylie Steere	YVF	17 th
Kate Parker	VTRIO	6 th
Coby Ramsden		
Mia Crawford		
Kieran Gorman	VM	1 st
Alexandra Kane	JVF	9 th

Anthony Ikin – Coach
 Kerryn Cormick – Head of Delegation

Kieran Gorman continued his medal winning achievements by placing first in the Varsity Male division competing against 11 other males. He impressed the judges with his speed and precision and was invited to perform his routine at the Finals of the Senior competition.

A full set of results can be found at the ANAC website located at :
www.sportaerobics-nac.com

<p>THE AEROSKOOLES PROGRAM</p>

The AEROSkools Program is a new and exciting Sport Aerobics Program, conducted in schools and gymnastics clubs, that aims to introduce basic Sport Aerobics movement patterns within a fun and challenging program.

The Program is aimed at school age children and youths aged from 10 – 18 years of age (Year 4 – 12) with both sexes actively encouraged to participate.

In total 6 AEROSkools State Championships have been held over the past 4 months – WA, SA, VIC, NSW, QLD and the NT with over 1,000 students vying for the right to represent their school at the National Championships. Students that place in the top 3 in their respective division qualify to compete at the AEROSkools National Championships to be held on Wednesday 29th September at Sydney Olympic Park in Homebush. A full set of results for each State Championship can be found at the AEROSkools website located at www.aeroskools.com.au

To register your interests in the program please contact the AEROSkools National Co-ordinator on (08) 9245 6777 or Mobile 041 313 7660
Email: kwilliams@gymnastics.org.au

2003 SPORT AEROBICS AWARDS

In conjunction with the 2004 Sport Aerobics National Championships, the Sport Aerobics Management Committee will announce the following 2003 National Sport Aerobics awards:

- Senior Athlete
- Junior Athlete
- Coach of the Year
- Official of the Year

Each State Association and the Sport Aerobics Management Committee is entitled to nominate one person for each of the above-mentioned awards. A brief summary addressing the following Selection Criteria should accompany the nomination.

Selection Criteria

Athlete:

- Results of competition performances throughout the year
- National Championships
- International competitions
- History of achievement over a number of years

Coach:

- Active involvement in State/National coaching activities
- Involvement in coaching state teams
- Athlete performance at competitions
- Team performance at competitions

Official

- Be an accredited state and/or national Sport Aerobics judge and have contributed towards judges' education.
- Be involved with the preparation of State or National team members.

Please complete the Nomination form on Page 7 and return it to Gymnastics Australia by **WEDNESDAY 1ST SEPTEMBER 2004**.



Gymnastics Australia
Sport Aerobics

2003 SPORT AEROBICS AWARDS NOMINATION FORM

State Association/SMC: _____

Senior Athlete Nominated: _____

Junior Athlete Nominated: _____

Coach Nominated: _____

Official Nominated: _____

Nominee Name: _____

Signature: _____ Date: _____

Post to:

Matt Connell
Gymnastics Australia
607 Canterbury Road
Surrey Hills VIC 3127

Nominations Close: Wednesday
1st September 2004