



Gymnastics Australia
Sport Aerobics

Sport Aerobics Technical Bulletin – Volume 3 2006

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From The Technical Director

Looking back over the past 12 months a lot has been achieved in Sport Aerobics thanks to the commitment and effort of volunteers, officials, Gymnastics Australia and State Association staff and of course, the athletes. Special thanks must go to each state Sport Aerobics Management Committee for managing the sport at a state level and providing event opportunities for athletes in the lead up to the 2006 National Championships.

Special thanks must go to the members of the National Sport Management Committee. Kerryn Cormick and Ellie Bunn have been a key component in the promotion of the AEROSkools program and the development of the AEROSkools resources. Liz Lyons has been working hard in Queensland, especially with the schools to promote the sport. She attended an international FIG judges' course in Hungary in March and gained her Brevet qualification. She immediately put her qualification to the test by representing Australia on the judging panel at the FIG World Championships in China.

Pam Behan took over the Sport Aerobics Program Manager position from Karon Williams in April. She is working with the committee to ensure the sport continues to provide opportunities for the beginner through to the elite athlete.

I am sure 2007 will continue to be a great year for Sport Aerobics. The SMC's focus will be on increasing participation in the school sector by promoting the AEROSkools program.

On behalf of the National Sport Aerobics Management Committee I would like to wish you all a very Merry Christmas and a safe and Happy New Year.

Karon Williams
Technical Director

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

2006 - 2008 SPORT AEROBICS NATIONAL STREAM RULES

The 2006 - 2008 Sport Aerobics National Stream Rules can be downloaded from the Gymnastics Australia's Sport Aerobics website: www.gymnastics.org.au

INTERNATIONAL RESULTS

AUSSIES WIN MEDALS AT ANAC

The Australian Sport Aerobics team achieved very good results at the ANAC International Aerobic Championships. The event was held in Los Angeles at the Manhattan Beach Marriott Hotel from the 23rd - 26th July 2006. Over 250 athletes from 18 countries competed in the youth and senior divisions of competition.

Two silver and one bronze medal were won by Australian athletes.

Results

Martin Warren (QLD):	Age Group 2 Individual Male:	2 nd
Kieran Gorman (WA):	Group	2 nd
Chris Behan (WA)		
Melissa Read (WA)		
Elizabeth Kane (WA)		
Eloise Kane (WA)		
Sarah Salerno (WA)		
Kieran Gorman (WA):	Senior Individual Male	3 rd
Chris Behan (WA):	Senior Individual Male	4 th
Melissa Read (WA)	Senior Individual Female	4 th
Brittanie Portelli (VIC)	Age Group 2 Individual Female	4 th
Chris Behan	Senior Mixed Pair	5 th
Sarah Salerno (WA)		
Chelsea Carroll (WA)	Age Group 1 Individual Female	6 th
Kelsey Cook (QLD)	Age Group 2 Individual Female	8 th
Elizabeth Kane (WA)	Senior Trio	8 th
Eloise Kane		
Sarah Salerno		
Eloise Kane (WA)	Senior Individual Female	10 th

Samantha Elkington (WA)	Age Group 1 Individual Female	12 th
Emily Sharp (SA):	Senior Individual Female	15 th

The team was headed by Karon Williams and coached by Trudi Nurse. Karon Williams was also Australia's judge on the judging panel.

2007 GYMSPORT SPECTACULAR AEROSKOOLS AND SPORT AEROBICS NATIONAL CHAMPIONSHIPS

The 2007 AEROSkools and Sport Aerobics National Championships will be held in Sydney at the Sydney Sports Centre on the 4th – 6th October 2007. Further event details will be published in the Gymsport Spectacular Bulletins and posted on the AEROSkools website www.aeroskools.com.au in 2007.

2007 AEROSkools/Levels Program

In January 2007 AEROSkools Kit (No. 7) will be released in time for the start of the school year. There will be two Level 1, one Level 2 and one Level 3 routines. The 4 tracks of music are:

Level 1 Milkshake	Level 1 Don't Pass Me By
Level 2 Pump It	Level 3 Just a Little Bit

This will ensure students and teachers will have choice and variety when it comes to selecting new routines in 2007. All AEROSkools routines from 2004 (Release 4) onwards can still be used in competition in 2007. Please check the AEROSkools website www.aeroskools.com.au on a regular basis for updates and new skills.

The 2007 routines have been choreographed by Kerryn Cormick and Ellie Bunn. The cost of the new kit will be \$60 and it can be purchased through Gymnastics Australia.

All AEROSkools enquiries should be directed to Karon Williams. Email: kwilliams@gymnastics.org.au or phone 0413 137 660.

AEROSKOOLS WORKSHOPS

The February and March 2007 Gymnastics Australia will be running a "Free of Charge" one day workshop in each state for any schools, teachers and students interested in getting involved with the AEROSkools Participation Program. The aim of the workshop is to provide teachers and students with all the information needed, including learning a Level 1 routine, to become involved in the AEROSkools Program and to enter events.

Workshop Dates

SA: Monday 26th February

NT: Wednesday 28 February

WA: Friday 2nd March
 NSW: Thursday 8th March
 QLD: Friday 9 March
 TAS: Wednesday 14 March
 VIC: Monday 19th March

For further information on the workshops please contact Kerryn Cormick on 0412 007 014 or Karon Williams on 0413 137 660.

2006 – 2007 National and Development Squads

Congratulations to the following athletes who achieved the qualifying scores for entry into the National and development Squads at the 2006 Sport Aerobics National Championships:-

National Squad

Kieran Gorman	WA	Chris Behan	WA
Melissa Read	WA	Elizabeth Kane	WA
Eloise Kane	WA	Sarah Salerno	WA
Emily O'Hagan	QLD	Kylie Steere	QLD
Kelsey Cook	QLD	Cassie Scully	NSW
Brittanie Portelli	VIC	Martin Warren	QLD
Chelsea Carroll	WA	Samantha Elkington	WA
Zoe Tisdale	WA	Catriona Cowden	WA

Development Squad

Chloe Wilson	NSW	Tia Pitarides	QLD
Stephanie Collins	WA	Catherine Brock	VIC
Alex Dawe	VIC	Janelle Marsh	WA
Louise Pearson	QLD	Alyssa Pauga	QLD
Chelsea Harris	NSW	Tamzen McAlpine	WA
Rebecca Boehm	WA	Rebecca Burnett	WA
Lydia Jones	WA		

2007 Sport Aerobics National Squad Training Camp

The National SMC will conduct its annual National and Development Squad Training Camps on the following dates in 2007:-

WA	24 – 26 February
VIC	27 – 28 February
NSW	1 – 2 March
QLD	3 – 4 March

Training camp staff will travel to WA, VIC, NSW and QLD to work with National and Development Squad athletes. At the conclusion of the training camps the Selection Committee will select the team to represent Australia at the 2007 Suzuki World Cup in Japan.

National and Development Squad athletes will receive more detailed information in the near future.

2007 International Events

Details have been received from the IAF and the ANAC with confirmed dates for the 2007 events:

IAF Suzuki World Cup	12 th – 17 th April 2007
ANAC International Aerobic Championships	19 th – 24 th July 2007

FIG Level1 Coaching Academy Course

Trudi Nurse (WA) travelled to Korea in November to attend the FIG Sport Aerobics Level 1 Academy Course. A total of 36 coaches from 4 countries attended the course. Trudi topped the course with the highest overall result demonstrating her expertise and her technical coaching competence. Gymnastics Australia is extremely proud of Trudi her results and acknowledges that this is a great achievement for Australia's premier Sport Aerobics coach.

Level 2A and 2B Judges Courses

Gymnastics Australia has released the Level 2A and 2B Sport Aerobics Judging Course resource for the 2006 – 2008 cycle. A copy of the resource has been sent to all State Associations. The National SMC will commence work on the 3A and 3B courses in the new year.

Call for Nominations – International Events 2007

It is standard practise for Gymnastics Australia to call for nominations from the Sport Aerobics community for appropriately qualified people to attend International Sport Aerobics events that Australia will take part in throughout 2007.

Please feel free to read through the following information and submit an application for any of the positions listed.

SPORT AEROBICS OFFICIALS FOR 2007 INTERNATIONAL EVENTS

APPLICATION INFORMATION

The Sport Aerobics SMC is calling for applications for all official positions in conjunction with 2007 International Sport Aerobics events.

The following positions may need to be filled, depending upon the final delegation size:

2007 IAF Suzuki World Cup Tokyo, Japan	-	Head of Delegation
	-	Judge
		-Team Coach
		-Medical Personnel
2007 ANAC International Championships (Senior and Youth) Los Angeles, USA	-	Head of Delegation
	-	Judge
	-	Team Coach
	-	Medical Personnel
	-	-
2007 New Zealand National Championships	-	Head of Delegation
	-	Judge
	-	Team Coach
	-	Medical Personnel

All applicants must complete the Application Form attached. Please complete a new form for each event and position.

The Sport Aerobics SMC will be responsible for assessing all applications and making final recommendations to the Gymnastics Australia Board of Management.

Please read the list of Team Roles and Responsibilities as well as the Selection Criteria to be used to assess all applications.

TEAM ROLES AND RESPONSIBILITIES

HEAD OF DELEGATION

The Head of Delegation shall:

- Represent Gymnastics Australia at all official functions and act as the spokesperson
- Organise Gymnastics Australia representation at all meetings and functions in consultation with appropriate team personnel
- Undertake Head of Delegation competition functions
- Arrange regular meetings with all delegation members to ensure communication is maintained, act as mentor to all team members and provide guidance where appropriate
- In case of conflict or problems, the Head of Delegation will adjudicate and will be the final decision maker, for example on issues of protocol, for emergencies, on disciplinary matters, etc
- Ensure correct processes and procedures are followed for selection of team members and start orders
- Prepare an event report within one month of returning to Australia and submit the report to the Sport Aerobics Program Manager

Selection Criteria

The following will be taken into consideration:

- Proven ability to lead a delegation to an international sporting event
- Well developed communication and conflict management skills
- Sound knowledge of all delegation members
- Sound knowledge of Gymnastics Australia Policies and Protocols

TEAM COACH

The Team Coach shall:

- Prepare the team for international competition/tour
- Advise the Program Manager of arrangements (travel, dates, times, etc) conducive to maximising athlete performance
- Plan training camps (when appropriate) for the preparation of athletes for international competition/tours
- Liaise with personal coaches to assist athletes to achieve their best performance at the training camp and competition/tour
- In consultation with the personal coaches, establish an appropriate training program for the duration of the competition

Selection Criteria

The following will be taken into consideration:

- Currently accredited Technical Member – Sport Aerobics Coach of Gymnastics Australia
- Proven ability to coach a team of athletes at an international sporting event
- Well developed communication and conflict management skills
- Sound knowledge of all athletes, their coaches and training programs
- Sound knowledge of Gymnastics Australia Policies and Protocols

JUDGE

The Judge shall:

- Represent Australia by impartial judging at all times
- Assist the Head of Delegation and Team Coach by providing evaluations of athletes at all training sessions
- Prepare a technical report for the National SMC within one month of return to Australia and
- Attend and report on judges conferences, meetings and keep the Head of Delegation and Team Coach informed, particularly on any matters that could improve or affect athlete performance

Selection Criteria

The following will be taken into consideration:

- Currently Accredited Technical Member – Sport Aerobics Judge of Gymnastics Australia
- Currently held FIG Sport Aerobics Judging Brevet
- Proven experience in judging at an International and National level
- Well developed communication skills
- Sound knowledge of all athletes and their routines
- Sound knowledge of Gymnastics Australia Policies and Protocols

MEDICAL PERSONNEL

Medical Personnel shall:

- Assist the Head of Delegation and Team Coach wherever possible and carry out all duties assigned
- Provide medical assistance (on a need basis) to all members of the Delegation and attend to their good health and well being
- Attend all training sessions
- Be on a 24 hour call (within reason) for the duration of the competition/tour unless exempted by the Head of Delegation
- Be responsible (where practical) for necessary equipment: and
- Submit recommendations for future tours

Selection Criteria

The following will be taken into consideration:

- Qualified in the area of specialisation
- Proven experience in providing medical support at an international sporting event
- Well developed communication skills
- Sound knowledge of all athletes and their general health
- Sound knowledge of Gymnastics Australia Policies and Protocols

SPORT AEROBICS OFFICIALS FOR 2007 INTERNATIONAL EVENTS

APPLICATION FORM

Send applications to:
Pam Behan – Gymnastics Australia
607 Canterbury Rd Surrey Hills VIC 3127

The closing date for applications is as follows:
2007 IAF Suzuki World Cup – Applications close 26th January 2007
All other events – Applications close 28th February 2007

Name: _____

Postal Address: _____

State: _____ Postcode: _____

Phone: () _____ Fax: () _____

Position: (please circle) HEAD OF DELEGATION
JUDGE
TEAM COACH
MEDICAL PERSONNEL

Event: (please circle) 2007 IAF Suzuki World Cup
2007 ANAC International Championships
2007 New Zealand National Championships

Please give a brief outline of your experience in this position:

State Association Endorsement:

State Association: _____

Position: _____ Date: _____

