



Gymnastics Australia
Sport Aerobics

Sport Aerobics Technical Bulletin – Volume 1 2005

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

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With the State Championships just around the corner the focus for the athletes is on achieving the goal of representing their state at the Sport Aerobics National Championships to be held in Sydney from the 29th September – 1st October 2005.

The AEROSkools State Championships are being run in conjunction with the Sport Aerobics State Championships. In July and August over 1000 students will compete in AEROSkools events across Australia. The successful teams that place in the top 3 in their respective division of competition at the state championships will qualify to compete at the AEROSkools National Championships in Sydney on the 29th September. 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 2005 Sport Aerobics National Squad athletes busy. Teams have travelled to Japan to compete in

the Suzuki World Cup and to Rodez in France for the FIG World Series event. Upcoming tours in August include the New Zealand National Championships and the ANAC International Championships in Los Angeles USA.

Nominations for the 2005 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 2005. It is important that all nominations are endorsed by the State Gymnastics Association and received by Gymnastics Australia no later than the 1st September 2005.

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

NATIONAL SMC UPDATE

Liz Lyons (QLD) has joined the National SMC and will take on the role of National Judging Co-ordinator. Liz has been actively involved in Sport Aerobics for a number of years. She is a State and National Judge and coach. Liz is a teacher at Moreton Bay College and is a member of the Queensland Sport Aerobics SMC.

NATIONAL JUDGES COURSE

A National Sport Aerobics Judges Course was held in Melbourne on the 12-13th March 2005. The following judges successfully passed the theory and practical examinations:

Liz Lyons (QLD)	Julie Hodges (QLD)
Michele Neylan (QLD)	Pam Behan (NSW)
Carolyn Diakoumis (NSW)	Judith Gillen (VIC)
Debbs Van Hagen (WA)	

The course was presented by Karon Williams and was based on the 2005-2008 FIG Sport Aerobics Code of Points.

TECHNICAL UPDATE

Coaches and athletes please note the following important information:

- The 2005 Sport Aerobics Competition Structure outlining the National and International Streams of competition can be found on the Sport Aerobics GA website.
- In the State and National Sport Aerobics Levels divisions of competition there is no longer a TRIO division. It has been replaced with a TEAM division comprising of 3-6 members. Individuals can compete in state and national events.
- In AEROSkools events there are only TRIO (3) and GROUP (4-6) divisions of competition.
- In the National Stream of competition (including Levels) the division in which an athlete competes is determined by their age in the year of competition. Where an athlete's age falls between two age groups they may choose to compete in either, however they must only compete in any one age group within the same year.
- In the International Stream the age is determined as of the 31st December.
- For National A and National B rules please refer to the Gymnastics Australia 2005-2008 National Stream Rules.
- For International Stream rules please refer to the FIG Sport Aerobics Code of Points. This document can be downloaded from the FIG website.
- Free elements can be used to satisfy the 4 group requirements in the National Stream divisions of competition.
- In the National A and National B divisions of competition the compulsory Jumping Jacks can turn and travel. The High Leg Kicks can travel and change direction provided at least one high leg kick is performed side on to the judges. Push-ups are not required to be side on to the judges.
- In the Levels divisions compulsory High Leg Kicks, push-ups and Jumping Jacks must be performed as demonstrated on the Levels video.
- Difficulty sheets for all National A, National B and International stream routines must be handed in prior to the competition or at registration. If the difficulty sheet is not handed in the athlete will not be permitted to compete.
- Difficulty Documentation Sheets can be downloaded from the GA Sport Aerobics website.
- Only International Stream athletes will be considered for National Squad selection.

2005 SPORT AEROBICS AUSTRALIAN CHAMPIONSHIPS

The 2005 Sport Aerobics Australian Championships will be held in Sydney at the Sydney Olympic Park in Homebush on the 29th September – 1st October 2005 as part of the Australian Gymsport Spectacular presented by Gymnastics Australia.

The 1st Gymsport Spectacular Bulletin can be found on the Gymnastics Australia website located at www.gymnastics.org.au. The provisional entry deadline is 27th July 2005. Included in the Bulletin is information on the following:

- Entry Process

- Provisional Entry Form
- GA National Entry Policy
- Championship Program
- General Information
- Travel and Accommodation
- Draft Schedule

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.
- Note: Entries cannot be submitted directly by any athlete, school or club.
- In 2005 all Definitive Entries will be entered via the IMIS database.

2005 AEROSKOOLES STATE CHAMPIONSHIPS

In 2005 the State Gymnastics Associations are responsible for the running of the AEROSkools State Championships. The events will be run in conjunction with the Sport Aerobics State Championships. For event and entry information please contact the Events Officer at your State Gymnastics Association.

Event Dates

NT	Cancelled
WA	2 nd July 2005
NSW	23 rd July 2005
VIC	29 th July 2005
SA	6 th August 2005
QLD	6 th August 2005

AEROSkools National Championships 29th September 2005

Please contact Karon Williams at kwilliams@gymnastics.org.au for all AEROSkools National Championship enquiries.

2005 SUZUKI WORLD CUP 16th Annual International Aerobic Championship

The Suzuki World Cup was held on the 8th-10th April 2005 and was hosted by the International Aerobic Federation (IAF). The event was held in the EXPO Dome at the World EXPO in Nagoya Japan.

Competitors representing 22 countries competed in 4 categories of competition in the Adult and Youth divisions of competition. Gymnastics Australia sent a team of 3 athletes and 3 support staff to the event. Karon Williams represented Australia on the judging panel as an Artistic Judge.

Trudi Nurse (WA) travelled with the team in the role as coach/administrator and worked tirelessly preparing the athletes for competition. Jacque Harper from Heath Central (WA) was the medical officer for the team and provided valuable medical support to all the athletes and officials.

Karon Williams represented Gymnastics Australia at the IAF World Congress held on the 11th April 2005.

Kieran Gorman and Chris Behan qualified for the finals and both placed in the top 5. This was a pleasing result considering the high standard of competition and it was Kieran's first senior international event.

Australian Results

Kieran Gorman	IM	3 rd
Chris Behan	IM	5 th
Eloise Kane	Youth IF	11 th

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

2005 FIG WORLD SERIES EVENT

The FIG World Series Event was held in Rodez, France on the 6-8th May 2005 at the Centre Sportif l' Amphitheatre.

174 competitors from 21 countries competed in the 3 day event. Australia was represented on the competition floor by Kieran Gorman and on the judges' panel by Karon Williams. The top FIG Sport Aerobics athletes from around the world competed in the event to gain competition experience in the lead-up to the World Games in July.

Kieran narrowly missed out on the Bronze medal and placed 4th in a field of 20 Senior athletes. Kieran's performance impressed the judges and fellow athletes. He has made his mark on the international competition scene and he is now considered an athlete with great potential to succeed in the sport.

NEW ZEALAND NATIONAL CHAMPIONSHIPS

The following athletes will travel to Auckland, New Zealand to compete in the New Zealand National Championships to be held on the 6-7th August 2005:

Trudi Nurse (WA)	Coach
Eloise Kane (WA)	Athlete
Samantha Rowney (WA)	Athlete
Emma Davies (WA)	Athlete
Chelsea Carroll (WA)	Athlete

This event will provide valuable competition experience in the lead-up to the ANAC International Aerobic Championships in August 2005.

2005 ANAC INTERNATIONAL AEROBIC CHAMPIONSHIPS

The following athletes and officials will travel to Los Angeles, USA to represent Australia at the 16th ANAC International Aerobic Championships and the 8th International Youth Aerobic Championships. The event will be held on the 14-17th August 2005 at the Manhattan Beach Marriott Hotel.

Kerryn Cormick (VIC)	Head of Delegation
Anthony Ikin (QLD)	Coach
Karon Williams (WA)	Judge
Emily Sharp (SA)	Athlete
Kieran Gorman (WA)	Athlete
Eloise Kane (WA)	Athlete
Samantha Rowney (WA)	Athlete
Emma Davies (WA)	Athlete
Martin Warren (QLD)	Athlete
Chelsea Carroll (WA)	Athlete

2005 SPORT AEROBICS AWARDS

In conjunction with the 2005 Sport Aerobics National Championships, the Sport Aerobics Management Committee will announce the following 2005 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 8 and return it to Gymnastics Australia by **WEDNESDAY 1ST SEPTEMBER 2005**.



Gymnastics Australia
Sport Aerobics

2005 SPORT AEROBICS AWARDS NOMINATION FORM

State Association/SMC: _____

Senior Athlete Nominated: _____

Junior Athlete Nominated: _____

Coach Nominated: _____

Official Nominated: _____

Nominee Name: _____

Signature: _____ Date: _____

Post to:

Karon Williams
Gymnastics Australia
607 Canterbury Road
Surrey Hills VIC 3127

Nominations Close:
1st September 2005

