



## ORMISTON COLLEGE SPORT AEROBICS COMPETITION TEAMS INFORMATION 2019

Sport Aerobics is a high paced, energetic combination of choreography, strength, flexibility and fitness. It combines the specific elements of aerobics, the flexibility, strength and agility of gymnastics and the showmanship, choreography and creativity of dance.

This information sheet provides details of the Ormiston College Sport Aerobics Competition Program for 2019. Teams will train and compete for the College at various competitions throughout the year.

The Ormiston College Sport Aerobics Competition Program is run by specialised sport aerobics coaches Pip Mainwaring and Penny McKinlay, both past students of the College. Coach Penny McKinlay was part of the first ever Sport Aerobics team at the College in 1995, and has since coached many school teams, and national and international competitors. Pip Mainwaring is a physical education teacher and qualified Sport Aerobics and Gymnastics coach with over 20 years teaching experience.

Pip and Penny will also be joined by a coaching staff made up of Ormiston College alumni, some with World Championship Sport Aerobics experience.

Teams will be selected and constructed by year levels and ability; coaches will actively encourage the enthusiasm of all students interested. Sport Aerobics lends itself to all ability levels and develops coordination, strength, fitness and positive team collaboration.

Last year's teams performed extremely well and had the opportunity to compete at the National Championships at Chandler. All participants thoroughly enjoyed their year and being part of a fun and energetic sport.

### TEAM TRIALS

Tuesday 5 and Wednesday 6 February from 7am to 8am in the multipurpose room at the Somerset Sports Centre. Please attend at least one of these times. Both is preferable.

### WHO CAN PARTICIPATE?

Students in Years 1 to 12 (girls and boys) may participate in the Ormiston College Sport Aerobics Primary Competition Program.

Teams will be finalised after the team trials.

### TRAINING SESSIONS:

Based on the team selections training times will be discussed at auditions, with the aim to schedule sessions to suit all team members and not clash with other school commitments. Where possible, training sessions will be scheduled for mornings, 7am to 8am. Some lunch time sessions may be considered.

### FEES

The 2019 Aerobics season will run from 12 February to 18 June (17 sessions).

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| • Team training                            | \$15.00 per session   |
| • Annual Club Membership                   | \$55.00   |
| • Industrie 1 Club Challenge Entry Fee     | \$15.00   |
| • FISAF Super Series Competition Entry Fee | \$18.00   |
| • State Championships Entry Fee            | \$25.00 (Does not include the National Championships entry fee which will be added to fees once we know which teams have qualified for Nationals) |



## NATIONAL CHAMPIONSHIPS

In the event that teams from Ormiston College qualify for the National event in August, the following extra training and costs will apply for the selected teams:

- Four extra weeks of training during Term 3 \$60
- National Championship entry fee \$20 - \$30 (dependant on team numbers)
- Compulsory Nationals DVD and photography levy \$20 - \$30 per competitor  
(determined by FISAF Australia, provides all students with footage of their routines at Nationals as well as access to all of the professional photos)
- Possible total of National Championships additional costs \$60 - \$75

## TERMS AND CONDITIONS

**Billing:** Fees will be billed to the Ormiston College Parent Account and are to be paid in advance each term.

Student commitment is required for the **full season** (students must be prepared to continue through to the National event in August if required). Withdrawal from a team after 12 February once team numbers are finalised will require full payment for the season.

**Club Membership:** An annual club membership of \$55 per child is non-refundable and will be billed on enrolment; this fee is for the purchase of music, DVD choreography package and other related items.

**Make-up classes/refunds:** Make-up classes are not available and a credit of the account will only be considered for acceptable absences such as periods of extended illness, important College events or College camps. Once enrolled, billing will apply for the entire season no refunds will be made in the event of withdrawal.

## COSTUMES

Students will be required to purchase the following to wear at all competitions:

- **Ormiston College Sport Aerobics competition leotard outfit** (one only for the year) will need to be purchased through Silvia P Sports Wear at Capalaba. Further information will be provided to students in this regard (approximate cost \$90.00-\$130.00).
- Plain white joggers – any brand
- Competition stockings for Aerobics (\$25.00 – order forms will be provided)
- White socks (\$5.00 – order forms will be provided)
- Students would also be required to wear the Ormiston College school tracksuit at competitions.

## COMPETITION CALENDER

- Saturday 18 May FISAF Super Series Gold Coast
- Saturday 8 June I1 Challenge, Somerville House
- 22 and 23 June FISAF State Championships
- 10 and 11 August FISAF National Championships at Chandler Sports Complex, Brisbane

The team should expect to compete in approximately three to four competitions for the year; these are generally in the Brisbane area, competitions are held on weekends. All efforts will be made to work time around Junior TAS commitments.

The National championships are being held in Brisbane this year at the Chandler Sports complex. Teams cannot compete if they do not have the required number of competitors, so competition attendance is vital. Please check all the dates above and inform coaches soon as possible if there are any foreseeable issues.

## COMPETITION TEAM EXPECTATIONS

Sport Aerobics is fun and exciting, and to make sure it is an enjoyable experience for all students involved, it is imperative that each child understands the commitment they are making to their team, their training sessions and all scheduled competitions.

**For more information please contact Pip Mainwaring on 0417 717 487 or email [octumblebees@gmail.com](mailto:octumblebees@gmail.com)**