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2020 Energise Aerobics Training, Fee Structure & Competition Requirements

Dear Parents,

I'm excited to announce that Energise Aerobics will continue to cater for students in Foundation to Grade 6, along with our Secondary students. Aerobics is a fabulous team building sport and provides students with opportunities to mix with new students and increase their level of fitness. They develop their coordination, strength, endurance and flexibility. Like all other sports, aerobics requires commitment and dedication from all group members.

Energise Aerobics Coaches for 2020:

Natalie Arundel, Courtney Meredith, Eboni Miriklis, Ella Smith, Miranda Hardenberg & Emma Costello

TEAM SELECTION POLICY:

We are extremely proud of everyone's efforts throughout skill development sessions. It is great to see athletes trying new skills and developing their technique. Routines taught in the skill development sessions will be used to select teams for the Future Legend sections in 2020. Parents will be notified of their child's timeslot via an email in mid December. All other teams will be selected at the beginning of 2020. Athletes will be selected on their skill level of all four compulsory moves, jacks, straddle sit, push ups (from knees) and high leg kicks.

- Athletes will be selected for teams and placements will be at the discretion of the coaches.
- Athletes will be selected for teams based upon the first two weeks of 2020, focusing on coordination, technique, flexibility, strength, fitness and showmanship.
- Athletes can perform above their age section, if it's approved by the coach.

UNIFORMS

Athletes who require uniforms, can try samples on Thursday 21st November at training and complete an order form. All uniform orders will be placed on Friday 29th November, as they take up to 6 weeks. Any orders taken after the holidays may have a delay on delivery. We have some current stock available, however sizes are limited.

Athletes will be expected to purchase:

- Club jacket
- T-shirt
- singlet top (optional)

Uniforms are required to be worn to training sessions and competitions. Athletes can wear black leggings or black shorts. Uniforms are not required for **Foundation** students.

Training in 2020 will be held in the hall and/or the Performing Arts Centre at Antonio Park Primary School.

- The program will cater for beginner and advance students in Foundation to Grade 6 and Secondary students.
- It is encouraged to both girls and boys from any school.
- We will develop aerobics' skills, coordination, strength, fitness, teamwork and social interaction.

2020 REGISTRATION FORMS

All athletes are required to return their completed registration form by Thursday 28th November. Athletes commencing in 2020 can return their registration form, at their first training session.

Training session days, times & fees for 2020:

Year Level & Teams	Training Day	Time	Fees Per Term
Primary Aerobics (Grade 5/6 students)	Tuesday Performing Arts Centre	3:45pm-5:15pm	\$195 Term 1 \$195 Term 2 \$195 Term 3
Secondary Aerobics	Tuesday Hall	5:30pm-7:30pm	\$275 Term 1 \$275 Term 2 \$275 Term 3
Foundation (Commencing Week 1, Term 2)	Thursday Hall	3:30-4:30pm	\$155 Term 2 \$155 Term 3
Future Legends (Teams will be notified to parents in mid December)	Thursday Hall	4:30-5:30pm	\$155 Term 1 \$155 Term 2 \$155 Term 3
Future Legends (Teams will be notified to parents in mid December)	Thursday Hall	5:30-6:30pm	\$155 Term 1 \$155 Term 2 \$155 Term 3
Primary Littlies (Grade 4 students)	Thursday Hall	6:00-7:30pm	\$195 Term 1 \$195 Term 2 \$195 Term 3

Term	Dates
1 – 2019	Tuesday 28 th January – Tuesday 24 th March
	Thursday 30 th January – Thursday 26 th March
2 - 2019	Tuesday 14 th April – Tuesday 23 rd June
	Thursday 16 th April – Thursday 25 th June
3 – 2019	Tuesday 14 th July – Tuesday 8 th September
	Thursday 16 th July – Thursday 10 th September

Competition Fees are due on the first training session of Term 1	<p>\$80.00 per primary athlete – includes: Regional, State, Action Challenge & Future Championship Cup competition fees. \$80.00 per secondary athlete (teams)– includes: Regional, State, Action Challenge & Future Championship Cup competition fees.</p> <ul style="list-style-type: none"> • A National Competition fee for primary and secondary athletes will be an additional fee, if teams qualify. • (Foundation students do not pay competition fees)
Costume Fees are due on the first training session of Term 1	<p>\$40.00 per primary athlete for the year \$50 per secondary athlete</p>

- All **2020 fees are due** the first **Tuesday or Thursday** of each Term. Term 1 also includes competition and costume fees.
- Payments can be cash, cheque or direct deposit. Please ensure all payments are in an envelope, clearly marked with your child's name and the amount owing. Please make cheques payable to Natalie Arundel. Parents will receive a receipt upon payment.
Direct Deposit to:
 Natalie Mackay
 BSB 083 230
 Acc 16 354 1952
- Athletes (Except Foundation) will be required to purchase a club uniform, white socks and white runners (not street shoes) for competitions.
- Additional training sessions may be scheduled before competitions.

PERFORMANCE NIGHT

All athletes will be performing their routines to family and friends on Tuesday 4th August at 7:30pm at our annual performance night. Further details to come throughout the year. Please ensure this date is put into your diaries.

PRESENTATION NIGHT

Our Presentation Night will be held on Monday 7th September at 7pm. All athletes are required to perform their routine, which will be followed by a presentation for each athlete. Please ensure this date is put into your diaries.

OUR PHILOSOPHY - *Energise Aerobics* aims to:

- Provide expert coaching in correct techniques through positive reinforcement, which in turn promotes self-esteem
- Provide a safe environment for learning/practising the sport of aerobics
- Create a positive atmosphere which values enthusiasm and develops confidence so all athletes have a true sense of achievement
- Foster Creativity, Confidence, Excellence & Resilience, as well as nurturing friendships
- Actively encourage a sense of both individual and team commitment
- Encourage and emphasise the importance of commitment to participation in training sessions and the benefits of practising at home
- Encourage mutual respect between coaches and athletes by explaining clearly the role and expectations of coaches whilst also considering each athlete's individual talents and needs.
- Treat athletes, coaches and parents or guardians with respect.
- Provide a positive environment for our coaches and athletes by encouraging all members of the Energise community to respect the important role of each individual coach and team member

TRAINING:

All classes are closed to parents and siblings. This is to ensure the athletes are not distracted by noise or other people within the hall. Parents will be welcomed into the hall or the Performing Arts Centre at the end of the session to watch their child's progress. If you arrive early, please wait in the front foyer. It's really important for all team members to attend each training session, as we only train once a week. Training at home will be required by all athletes to improve and develop their skills. All athletes are required to learn the routine taught each week and refer to the videos on our Facebook Page.

What to wear/bring: All athletes are required to wear their uniform and black leggings/bike shorts or shorts to training. Hair needs to be tied back and not a distraction to their training. Socks and runners must be worn to training. All athletes need to bring their drink bottle, to avoid leaving the hall or performing arts room. All athletes will be provided with a goal book at the beginning of the year, all goal books need to come to training each week.

COSTUMES

All athletes will be provided with a costume in a zip-lock bag, before the competition season begins. Athletes are responsible for taking care of the costume throughout the year. Athletes need to cover their costume, if they're eating, do not wash the costumes, only wear costumes at competitions and return the costume in the zip-locked bag at the end of the year, at presentation night.

CODE OF CONDUCT

AT COMPETITIONS ATHLETES ARE EXPECTED TO:

- Compete in good spirit
- Be positive and encouraging to their team mates and other competitors. Competition etiquette will be discussed with all athletes/parents prior to competitions.

AT COMPETITIONS COACHES ARE EXPECTED TO:

- Communicate to the parents/guardians about the requirements for each competition
- To encourage all athletes by creating an enthusiastic and positive atmosphere at the competitions.

AT COMPETITIONS PARENTS ARE EXPECTED TO:

- Ensure that athletes arrive at competitions at the required time
- Make sure that each athlete has their hair up according to each coach's specifications
- Ensure all costumes/white socks/white runners are brought to the competition
- Be aware of competition etiquette
- Support your child in a positive manner
- Conduct themselves in a manner befitting the philosophy of Energise Aerobics.

Dates for the following competitions:

ALL SECTIONS COMPETE AT COMPETITIONS, EXCEPT FOR FOUNDATION STUDENTS.

Below are a list of competitions for the year. It may look like a lot, however all teams will only participate in 3 competitions for the year and the remaining competitions are only if teams qualify.

RED – Primary competitions Blue – Secondary Competitions Black – Both sections

Date	Competition	Venue	Section
Sunday 26 th April	School Aerobics Regional Qualifiers – Region 1	Doncaster PAC Doncaster Secondary College	Primary & Secondary Teams
Saturday 6 th June	School Aerobics State Finals	The Arena, Geelong	Secondary Teams, if they qualify from Regionals
Sunday 7 th June	School Aerobics State Finals	The Arena, Geelong	Primary Teams, if they qualify from Regionals
TBA	Action Challenge	Langwarrin Performing Arts Centre	Primary & Secondary
Thursday 7 th , Saturday 8 th & Sunday 9 th August	School Aerobics National Championships	Gold Coast Convention Centre, QLD	Primary & Secondary Teams, if they qualify
Saturday 12 th September	FISAF Future Championship Cup	Langwarrin Performing Arts Centre, Langwarrin	Primary & Secondary

All athletes will need to commit to the following:

- All athletes need to commit to training and competitions for the duration of the year
- Be prompt to all training sessions
- Stay positive and support all team members
- Learn the routine
- Undertake personal training at home, fitness, strength and flexibility
- Wear appropriate clothing and footwear to all training sessions
- Bring a water bottle to training
- Come to training unless they're sick
- Accept team placement by the coach

COMMUNICATION

Please visit our Facebook Page (**Energise Aerobics**) to be notified of training sessions, events, routine updates, competition results, photos, etc. This is a closed page and ONLY Energise Aerobics families are members. Please sign up, as weekly routine updates will support your child.

I'm extremely excited to expand Energise Aerobics and look forward to the big year ahead. If you have any questions, please email me or speak to me at training sessions. All new athletes are welcome.

Thank you Natalie Arundel ☺