Dear Parents,

**Aerobics 2017**

In 2017 students will once again have the opportunity to participate in the State / National Championships and the Future Champions Cup.

The State / National Championships are designed for students who display the necessary fitness characteristics and are looking to further their skills in aerobics. It also enables students who are ready to progress to the next stage, to do so.

This year 4 teams were chosen to compete at the State / National level, this however, may differ in 2017 and is dependent on individual ability and student numbers.

Trials for our representative squad will occur on **Thursday, 10th November**:

- 3:15pm – 4:15pm for students who will be in Years 2-6 in 2017.
- 4:15pm – 5:15pm for students who will be in Years 7-12 in 2017.

Students will learn a short routine and display their skills during this trial period. They will need to be in aerobics attire or their PE uniform for these trials. The teams selected at the trials will be made up of students from Year 2-12 who show enthusiasm and a commitment to aerobics, and who can demonstrate the necessary skills required to compete at State / National level.

Following these trials, if your child is successful in making one of our State teams, we will begin training on the first week back for 2017, Tuesday, 31st January from 3:15 – 5:15pm (time dependent on grouping). Please be aware that if your child is successful in making one of our State / National teams, training sessions will be 2 days a week (Tuesdays / Thursdays) and there will be extra rehearsals leading up to the competition day and fitness sessions throughout the semester. You will be advised about this by your child’s coach.

The **Future Champions Cup** is a competition that is designed for those students who are just beginning aerobics or who have only competed limited times. This competition gives students an opportunity to be involved in a great sport and have fun learning something new. The Future Champions Cup will be open to all students from Years 1 – 12 and registration for this event will occur at the end of Term 1, 2017. Students will be put into teams to compete at the Future Champions Cup (we will do our best to place all students into teams; however, this may depend on numbers). Rehearsals for the Future Champions Cup teams will begin in Term 2. Rehearsals / Training will commence the first week back in Term 2, Thursday 27th April from 3:15pm-5:15pm (time dependent on teams).
Uniform Requirements
Students selected in the State / National teams will have the opportunity to design and wear a selective leotard. This year the cost of the leotard was approximately $120.00.

For the Future Champions Cup event students will be able to order items through the uniform shop. Please note however that 2016 was our last year with the current navy blue leotard and a new leotard will be available for students to purchase in 2017.

- Training Short approx. $30
- Competition Leotard approx. $100
- Shimmer Tights $25 (available from Flight Dance Supplies Maitland)
- Shoes approx. $50

HVGS Registration Fees are as follows and will be required at a later date.

- Future Champions Cup $300.00 per year.
- State / National $400.00 per year.

If you have any questions regarding HVGS Aerobics please feel free to contact me via email karakam@hvgs.nsw.edu.au

Yours sincerely

Maree Karaka
Teacher in Charge-Aerobics

Tony Burgess
Director of Sport 7 – 12

Brett Blake
Director of Administration
Aerobics
(Please return permission note to Mrs Karaka by Thursday, 3rd November 2016)

Student Name: ____________________________ Mentor Group: ______________

Student DOB:________________________ Student’s current sport: ______________

I have read and understand the information contained in this permission letter. Listed below are any special requirements or medical conditions that staff need to be aware of for the student to participate in the activity.

________________________________________________________________________________________________________

________________________________________________________________________________________________________

I give my child permission to trial for the HVGS School aerobics teams to compete at State Championships. I have indicated below which trials my child will attend:

☐ Thurs, 10th Nov 3:15pm – 4:15pm for students who will be in Years 7-12 in 2017

☐ Thurs, 10th Nov 4:15pm – 5:15pm for students who will be in Years 7-12 in 2017.

Signature: ____________________________ Date: __________________________

Parent/Guardian