

FISAF AUSTRALIA QUARTERLY

ISSUE 2, 2024

WELCOME

It's hard to believe that we are already more than half way through the 2024 season! It's certainly been an exciting one so far!

With so many new schools and clubs joining FISAF this year, we are seeing the difference at each competition being packed to the rafters! Thank you to everyone who has joined us at the Super Series and State Championships. There are just two more state-level competitions to go - Queensland clubs and schools. These events will be held over the next two weeks. Preparation for the Future Champions Cup events, and of course the National Championships are well underway.

As always, if you have any questions throughout the season, please visit our website or speak to your coaches as they receive the most up-to-date information as soon as it becomes available!

Happy reading, and keep training hard everyone!

In this issue you'll find photos we've captured throughout the season so far!



LATEST NEWS

A wonderful result of our sport growing so rapidly is that we are able to increase the number of competitions we offer. Please find some statistics from Super Series below. Figures from States will be in the next issue as the Queensland comps are yet to come.



SUPER SERIES

- 7 Events
- 2014 Performances*
- 4816 Athletes*
- 22 Judges
- 4 Judges-in-training
- 3070 Medals
- 8576 Spectators

* Athletes can perform at as many Super Series events as they like.



NATIONALS

8 WEEKS TO GO!!!!

As is widely known, Nationals will be held at the Gold Coast Sport & Leisure Centre again this year.

This state-of-the-art venue boasts ample warm-up space, premium flooring, lots of spectator seating, and a range of outlets serving delicious food and drinks.

Venue information

*Visitor Guide coming soon!
Keep an eye on our socials.*



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NATIONALS SCHEDULE

Wednesday 28th August

Session 1

Phase 1 X-Mini Elementary Individuals - FINAL
Phase 1 Pre-Mini Elementary Individuals - FINAL
Pre-Mini National Individual (Unisex) - FINAL
Phase 1 Mini Elementary Individuals - FINAL
Phase 2 Mini Elementary Individuals - FINAL
Mini National Novice Individual - Female - FINAL
Mini National Advanced Individual - Female - FINAL
Phase 1 Cadet Elementary Pairs - FINAL
Phase 2 Cadet Elementary Pairs - FINAL
Cadet National Pairs - FINAL
Phase 1 Junior Elementary Pairs - FINAL
Phase 2 Junior Elementary Pairs - FINAL
Junior National Pairs - FINAL
Pre-Mini National Fitness Teams - FINAL
Mini National Fitness Teams - FINAL
Phase 1 Cadet Elementary Small Teams - FINAL
Phase 2 Cadet Elementary Small Teams - FINAL
Cadet National Sport Aerobics Teams - FINAL
Phase 1 Junior Elementary Small Teams - FINAL
Phase 2 Junior Elementary Small Teams - FINAL
Junior National Sport Aerobics Teams - FINAL

Session 2

Cadet International Individual - Female - SEMI FINAL
Cadet International Individual - Male - SEMI FINAL
Junior International Individual - Female - SEMI FINAL
Junior International Individual - Male - SEMI FINAL
Youth International Individual - Female - SEMI FINAL
Adult International Individual - Female - SEMI FINAL
Adult International Individual - Male - SEMI FINAL
Master International Individual - Female - SEMI FINAL
Master International Individual - Male - SEMI FINAL



Thursday 29th August

Session 3

Junior National Novice Individual - Female - SEMI FINAL
Phase 1 Cadet Elementary Individuals - FINAL
Phase 2 Cadet Elementary Individuals - FINAL
Cadet National Novice Individual - Female - FINAL
Cadet National Advanced Individual - Female - FINAL
Phase 1 Junior Elementary Individuals - FINAL
Phase 2 Junior Elementary Individuals - FINAL
Junior National Advanced - Female - FINAL
Junior National Novice Individual - Female - FINAL
Phase 1 X-Mini Elementary Pairs - FINAL
Phase 1 Pre-Mini Elementary Pairs - FINAL
Phase 1 Mini Elementary Pairs - FINAL
Phase 2 Mini Elementary Pairs - FINAL
Mini National Pairs - FINAL
Cadet National Grande Aerobic Teams - FINAL
Cadet National Petite Aerobic Teams - FINAL
Junior National Grande Aerobic Teams - FINAL
Junior National Petite Aerobic Teams - FINAL
Phase 1 Pre-Mini Elementary Small Teams - FINAL
Phase 1 Mini Elementary Small Teams - FINAL
Phase 2 Mini Elementary Small Teams - FINAL
Mini National Sport Aerobics Teams - FINAL

Session 4

Junior International Duo - SEMI FINAL
Youth International Duo - SEMI FINAL
Adult International Duo - SEMI FINAL
Junior International Trio - SEMI FINAL
Youth International Trio - SEMI FINAL
Adult International Trio - SEMI FINAL
Master International Mixed Teams - SEMI FINAL
Junior International Petite Aerobic Team - SEMI FINAL
Adult International Petite Aerobic Team - SEMI FINAL
Cadet International Grande Aerobic Team - SEMI FINAL
Junior International Grande Aerobic Team - SEMI FINAL
Adult International Grande Aerobic Team - SEMI FINAL



NATIONALS

Friday 30th August

Session 5

Youth National Novice Individual - Female - SEMI FINAL
Phase 1 Youth/Adult Elementary Individuals - FINAL
Phase 2 Youth/Adult Elementary Individuals - FINAL
Youth National Advanced Individual - Female - FINAL
Adult National Novice Individual - Female - FINAL
Adult National Advanced Individual - Female - FINAL
Adult National Individual - Male - FINAL
Youth National Novice Individual - Female - FINAL
Cadet International Individual - Female- FINAL
Cadet International Individual - Male- FINAL
Junior International Individual - Female- FINAL
Junior International Individual - Male - FINAL
Youth International Individual - Female- FINAL
Adult International Individual - Female- FINAL
Adult International Individual - Male- FINAL
Master International Individual - Female- FINAL
Master International Individual - Male- FINAL
Phase 1 Youth/Adult Elementary Pairs - FINAL
Phase 2 Youth/Adult Elementary Pairs - FINAL
Youth National Pairs - FINAL
Adult National Pairs - FINAL
Junior International Duo - FINAL
Youth International Duo - FINAL
Adult International Duo - FINAL
Phase 1 Youth/Adult Elementary Small Teams - FINAL
Phase 2 Youth/Adult Elementary Small Teams - FINAL
Youth National Sport Aerobics Teams - FINAL
Adult National Sport Aerobics Teams - FINAL
Junior International Trio - FINAL
Youth International Trio - FINAL
Adult International Trio - FINAL
Master International Mixed Teams - FINAL
Adult National Grande Aerobic Teams - FINAL
Adult National Petite Aerobic Teams - FINAL
Junior International Petite Aerobic Team - FINAL
Adult International Petite Aerobic Team - FINAL
Cadet International Grande Aerobic Team- FINAL
Junior International Grande Aerobic Team - FINAL
Adult International Grande Aerobic Team - FINAL



Saturday 31st August

Session 6

Primary Small Teams (Prep - Yr. 2) - FINAL
Primary Pre-Choreographed Teams Yr. 1 - Yr. 2 Phase 2- FINAL
Primary Large Teams (Prep - Yr. 2) Phase 2 - FINAL
Primary Pre-Choreographed Teams Yr. 1 - Yr. 2 Phase 1- FINAL
Primary Large Teams (Prep - Yr. 2) Phase 1 - FINAL
Primary Pre-Choreographed Teams Yr. 1 - Yr. 2 Phase 1- FINAL

Session 7

Primary Pairs - FINAL
Primary Pre-Choreographed Teams Yr. 3 - Yr. 4 Phase 2- FINAL
Primary Large Teams (Yr. 3 - 4) Phase 2 - FINAL
Primary Pre-Choreographed Teams Yr. 4 Phase 1- FINAL
Primary Large Teams (Yr. 3 - Yr. 4) Phase 1 - FINAL
Primary Pre-Choreographed Teams Yr. 3 Phase 1- FINAL
Primary Advanced Teams (Yr. 3 - 4) - FINAL
Primary Pre-Choreographed Small Teams - FINAL

Session 8

Primary Small Teams (Yr. 3 - Yr. 6) - FINAL
Primary Pre-Choreographed Teams Yr. 6 Phase 1 - FINAL
Primary Advanced Teams (Yr. 5 - 6) - FINAL
Primary Pre-Choreographed Teams Yr. 5 - Yr. 6 Phase 2 - FINAL
Primary Large Teams (Yr. 5 - 6) Phase 2- FINAL
Primary Large Teams (Yr. 5 - Yr. 6) Phase 1 - FINAL
Primary Pre-Choreographed Teams Yr. 5 Phase 1 - FINAL
Primary Boys Teams - FINAL
Primary Fitness Teams - FINAL

School Stream

NATIONALS

Sunday 1st September

Session 9

- Secondary Individuals - FINAL
- Secondary Pairs (Yr. 7 - 9) - FINAL
- Secondary Pairs (Yr. 10 - 12) - FINAL
- Secondary Boys Teams - FINAL
- Secondary Small Teams (Yr. 7 - 9) - FINAL
- Secondary Small Teams (Yr. 10 - 12) - FINAL
- Secondary Pre-Choreographed Teams Yr. 7 Phase 1 - FINAL
- Secondary Advanced Teams (Yr. 10 - 12) - FINAL
- Secondary Pre-Choreographed Teams Yr. 7 - 12 Phase 2 - FINAL
- Secondary Large Teams (Yr. 7 - 12) Phase 1 - FINAL
- Secondary Large Teams (Yr. 7 - 9) Phase 2 - FINAL
- Secondary Advanced Teams (Yr. 7 - 9) - FINAL
- Secondary Large Teams (Yr. 10 - 12) Phase 2 - FINAL
- Secondary Pre-Choreographed Teams Yr. 7 - 12 Phase 1 - FINAL
- Secondary Fitness Teams - FINAL

School Stream



SPOTLIGHT

LEAH DOGHERTY (Bach. Sport & Recreation Management; Cert III Fitness) **FISAF AUSTRALIA JUDGE**

We are excited to spotlight Leah Dougherty in this issue and share some of the wonderful contributions and achievements she has brought to sport aerobics and to FISAF in Australia.

Leah began dancing at 6 years old, but it wasn't until she was in Year 7 at Avila College that she discovered sport aerobics.

While she found it challenging at first, she loved it, and when she attended her first National Championships she became absolutely obsessed with it!

In 2007 she joined Aerosport Allstars and began her training journey as a club athlete. As a sign of dedication to her training, Leah travelled 2 hours each way from her home in Melbourne to the Club which is located in Geelong and Torquay several times a week. Her determination paid off though as she qualified for the World Championships the very next year which was held in Russia. Over the course of her career, Leah competed in four World Championships and won a bronze medal in Martinique in 2015.

In 2011 a fellow team mate asked for her help to coach at Electrix Aerobics, for which she did, and eventually took over as owner and head coach. Under Leah's leadership, Electrix was home to athletes at all levels including a number of successful international stream athletes.

Despite its success over the years, Leah decided to close Electrix in 2021 to focus on her young family with partner Sean and their son Beau, in addition to her job outside of aerobics which is in economic development for her local council.

Her love of the sport continues though. She has been a member on our Technical Committee right up until this year, and in 2022 Leah became an accredited FISAF Australia Judge. She continues to be a valuable member of our judge team still. According to Leah, she loves watching athletes reach their full potential on stage while their team mates and friends are cheering them on.



*Leah Dougherty
Current FISAF Australia Judge*

Watching athletes on stage embracing the performance side of the sport is also something she particularly loves. Some of Leah's happiest life moments have been competing with FISAF and her old team mates are still her best friends.

Looking forward, Leah loves the idea of becoming an international judge one day which we think would be a fantastic addition to FISAF International.

We'd like to thank Leah for her involvement and remarkable contribution to our sport throughout the years. We look forward to many more years of working with you!

ONLINE PRODUCTS

Save yourself time and money this season by ordering all your accessories from one place, for less than the cost of buying them at the shops.

Our Hair Essentials Kits have been very popular this season, as have our competition socks and tights. We also have FISAF T-shirts still available in a number of sizes. Flat rate Australia-wide shipping of \$9.95 is available on all orders.

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SPORT AEROBICS HAIR ESSENTIALS PACK *Pre-Orders Available Now!*

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- 30 bobby pins
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