

FISAF AUSTRALIA QUARTERLY ISSUE 1, 2024

WELCOME TO THE 2024 SPORT AEROBICS SEASON!

It's going to be a busy year, and we have lots of exciting plans in the works for our events. In this issue you will find information about education initiatives, the online shop, our event calendar, international competition opportunities, and lots more.

This season we have 17 competitions on the calendar, including the Pacific International Open that will be hosted by our neighbours in New Zealand! Specific event information (such as the program and ticketing information) is released a few weeks before each event, so please keep an eye out for updates on our Facebook page, and website.

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!

click
here

[EVENT CALENDAR](#)



SUPER SERIES
RECEIVE FEEDBACK FROM THE JUDGING PANEL BEFORE STATES

GOLDEN GROVE, SA - 4 MAY
COFFS HARBOUR, NSW - 4 - 5 MAY
ROWVILLE, VIC - 11 - 12 MAY
GLADTONE, QLD - 18 MAY
NEWCASTLE, NSW - 18 - 19 MAY
BRISBANE, QLD - 25 - 26 MAY
NATHAN, QLD - 7 - 8 JUNE

MORE INFORMATION:
WWW.FISAF AUSTRALIA.COM.AU



FISAF AUSTRALIA PRESENTS

2024 STATE CHAMPIONSHIPS

NEW SOUTH WALES - 15 - 16 JUNE
SOUTH AUSTRALIA - 22 JUNE
VICTORIA - 22 - 23 JUNE
QLD CLUBS - 13 - 14 JULY
QLD SCHOOLS - 19 - 20 JULY

WWW.FISAF AUSTRALIA.COM.AU

ONLINE PRODUCTS

Visit our online shop to purchase our brand new "Hair Essentials Kit". Save yourself time and money this season from having to source your accessories from multiple shops.

The kits have everything you need to perfect your competition hair, and it all comes in a handy cosmetics bag. The kits will be available for dispatch around mid-April, but we are taking pre-orders now so don't delay - stock is limited.

Competition tights and FISAF Australia crew socks are also available to purchase.

 www.fisafaustalia.com.au/shop

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

EVERYTHING YOU NEED IN ONE KIT! **\$25**

Each kit includes:

- 1 styling comb
- 1 bun donut (small/large available)
- 5 bun nets
- 10 hair elastics (5 thin + 5 thick)
- 60 bun pins (30 small + 30 large)
- 30 bobby pins
- 1 cosmetic bag to keep it all in one place!

Don't pay over \$40 at the shops!!

CHOOSE FROM BLONDE, BROWN OR BLACK!

**AVAILABLE FOR SHIPPING FROM MID-APRIL
PRE-ORDER YOURS TODAY IN TIME FOR YOUR FIRST COMP!!**



SPORT AEROBICS ACCESSORIES *Order yours today!*

BE READY FOR COMP SEASON!

3 pairs for \$13.50

All sizes \$22.00

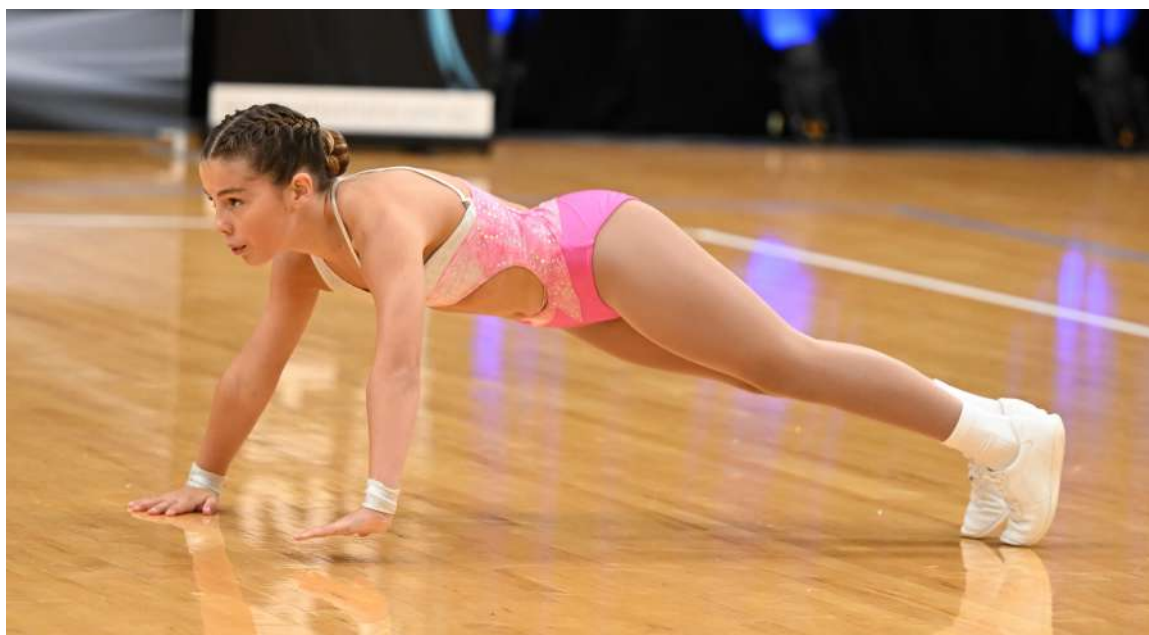
FISAF Competition Crew Socks

Flat-rate shipping \$9.95

Capezio Ultra-Shimmery Footed Competition Tights

WWW.FISAF.AUSTRALIA.COM.AU / SHOP

Please note: If these items are ordered in conjunction with a pre-order of the Hair Essentials Kit, all products in the order will be dispatched mid-April.



EDUCATION

COACH DEVELOPMENT WORKSHOPS

At the end of January we hosted two coach development workshops which were a great success.

Workshop 1: General Principles of Coaching Sport Aerobics

This workshop was developed for coaches with athletes in the School and Elementary Streams. Both of these streams are heavily weighted with pre-choreographed categories so this workshop focussed on training drills and technique more routine than choreography. Participants learnt techniques to get the best results from beginners, how to create unique start and end sets of a routine, judge roles, ideas for use of stage, and common mistakes made.

Workshop 2: Transitioning into Choreographing

This workshop was developed for coaches who are new to choreography and those who want to learn different choreography techniques. Modules included sourcing appropriate music, music mapping, routine structure and a practical element to explore suitable choreography and receive specialised feedback.

Missed these workshops?

If you missed out on these workshops but would like to access them, you can purchase the livestream recording and workshop materials via our online shop - look for the Education Workshops section.

Please note: these workshops are for registered FISAF Australia coaches only.

JUDGE DEVELOPMENT WORKSHOPS

Before the competition season officially begins, we have a number of judge workshops planned for both our current and new shadow judges. These workshops are designed to spotlight specific categories/criteria to help enhance knowledge and consistency across our judging panels in Australia.

The judge workshops being held prior to competitions starting include:

- Fitness
- Pre - Choreograph & School Stream
- Skills Judge

In addition to the specialised workshops, an annual updating workshop will also be held to talk through rule changes and make sure everyone is prepared for the year ahead. This is a compulsory workshop for all judges, both existing and new.

SPOTLIGHT

KIRA TREVARROW

OWNER & COACH, AEROBLITZ

FISAF EXECUTIVE COMMITTEE MEMBER

It is with pleasure that we spotlight ever-smiling, hard-working, and very talented Kira Trevarrow in this issue! Kira is the owner of Aeroblitz in South Australia, and has also been an active member of the FISAF Australia Executive Committee for three years.

First becoming involved in sport when she was just two years old, Kira participated in calisthenics, gymnastics and ballet. Her parents owned a fitness centre as she grew up, so she got to see athletes training there and competing in sport aerobics throughout the 90's. When the sport opened up categories for youngsters, she was 13 years old and able to begin her journey as an athlete herself.

Throughout the years, Kira has competed in an impressive number of state, national and world championships. At Worlds she has earned herself 1 gold medal, 2 silver medals and a bronze medal as part of a trio.

In 2010 Kira opened her own club and has successfully coached athletes of all ages and all levels. Kira loves coaching and said that the most rewarding part is seeing the improvement of athletes throughout the years, as well as creating a supportive and inclusive environment for them to train in. The bond between Kira's athletes is evident at the competitions. Kira also loves the camaraderie between athletes at the competitions, particularly at Nationals and Worlds.

Outside of running her club, Kira also supports her husband's business, and together they are raising their two gorgeous children, Ashlynnne and Chase. Following in her mum's footsteps, Ashlynnne joined the Aeroblitz team as an athlete two years ago and absolutely loves it.



*Kira & Ashlynnne Trevarrow
Aeroblitz, South Australia*

We love working with Kira and are so proud of her achievements so far in sport aerobics.

We thank Kira for her care and effort to give back to the sport through her work on the Executive Committee, volunteering her time to assist us by running a workshop at a conference for HPE teachers, and bringing her vast knowledge, experience and warmth to her involvement in our community.

INTERNATIONAL NEWS

2024 PACIFIC INTERNATIONAL OPEN 1-2 JUNE

We are so excited about the Pacific International Open being held in New Zealand this year!

International athletes are invited to this event. Australian National Stream athletes are also welcome to enter the NZCAF categories.

Information will be uploaded to the dedicated event website as it becomes available.

Head to <https://fisafpacificopen.com/> for the latest information on the event, or ask your coach!



2024 WORLD CHAMPIONSHIPS 19 - 20 OCTOBER

This year, the FISAF International World Championships will be held in Capao de Canoa, in the municipality of Rio Grande do Sul, Brazil.

This event is hosted by FISAF International who are collaborating with LIBRAF Brazil, who have 23 years of experience in organising sport aerobics events.



Capao de Canoa in Brazil

OFFICIAL PARTNERS

Special thanks to our Partners:



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FISAF Australia members receive 10% off all online orders! Simply enter *FISAF* as your discount code.



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GYMWEAR

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www.goodlife.com.au



Fitness First

www.fitnessfirst.com.au

Contact us to get our exclusive code to receive 10% off 12-18 month memberships!



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