

FISAF AUSTRALIA

QUARTERLY

ISSUE 3, 2024

WELCOME

Hello FISAF Australia Community,

What an incredible season it has been for sport aerobics, filled with memorable moments and outstanding achievements! With the recent launch of our 2025 Event Calendar, pre-choreographed packages, clubs across the country are already gearing up for an exciting new season. We're thrilled to hear that many of our clubs have welcomed new members and that more schools are showing interest in joining the sport aerobics community.

As we approach the festive season, we've got something special for you! In this issue, you'll find the latest news and events, plus some helpful resources to support your planning for the 2025 season.

We hope you enjoy this final issue of the year's newsletters, and we can't wait to continue this journey with you.

Warm regards,
The FISAF Australia Team



LATEST NEWS

SCHOOLS DEVELOPMENT

We have been busy creating a new information brochure specifically to help more schools learn about our sport and get involved. Please check the brochure out [here](#).

If your school currently doesn't offer sport aerobics - please be sure to share it with them!

COACH DEVELOPMENT WORKSHOPS

We were delighted to have such a big turnout at the two workshops held at the start of Term 4. Over 85 coaches attended in-person or via livestream.

The workshops included:

- General Principals of Coaching Sport Aerobics - suitable for school and elementary coaches coaching the pre-choreographed routines.
- Transitioning into Choreographing Routines - suitable for individuals looking to move into choreographing both fitness and sport aerobics routines in school, elementary and national streams.

If you missed the workshops, you can still purchase the livestream via our [online shop](#)!

Check out our fun Instagram [reel](#) from the day!



NEW SHOWREELS

Each year, following Nationals, we create showreels to highlight our sport. If you haven't seen them already, please find links to them below. We invite you to share them with your family, friends and colleagues!

*click
Here* →

[2024 National Championships Showreel](#)

*click
Here* →

[2024 School Stream Showreel](#)

INTERNATIONAL NEWS

FISAF International have released their latest newsletter which has some really interesting updates inside. Please be sure to check it out - [here](#).

FISAF Australia is very pleased to have our very own Tracey Speville appointed as Chair of the International Technical Committee, and member of the Executive Committee. Well done, Tracey.

2025 INFORMATION

EVENT CALENDAR

Australian Events: 2025 competition locations and dates can be found [here](#).

Pacific International Open: Wellington, NZ on 7-8 June.

World Championships: Prague, Czech Republic on 21 - 23 October.

INFORMATION FOR ATHLETES AND COACHES

We are pleased to release updated versions of all of our rules, regulations, prices, forms, and guidelines.

Coaches, parents/carers and athletes can access these [here](#).

REGISTRATIONS

Club and school registrations - open now! To register click these links [Clubs](#) ; [Schools](#)

Individual registrations - open on 24th January 2025:

Club parents/athletes, please remember that your club must complete their registration in order for you to select the club in the dropdown list on the registration form. If you can't see your club in the list, please contact your coach.

ARE YOU INTERESTED IN BECOMING A JUDGE?

We always welcome interest from people interested in becoming a FISAF judge. If you would like more information, please email Tracey at officials@fisafaaustralia.com.au.

TECHNICAL COMMITTEE NOMINATIONS

Exciting Opportunity: Nominations for the 2025 Technical Committee are Now Open!

We are thrilled to announce that nominations for the 2025 Technical Committee are now open! This is a unique opportunity for individuals who are passionate about the future of Sport Aerobics and want to play an active role in shaping its development.

As a member of the Technical Committee, you'll have the chance to:

- Influence key decisions, such as 'requests to compete'
- Contribute to discussions on stream and category changes
- Offer expert advice to the Executive Committee on matters requiring their approval.

Nominations close on 15 January 2025.

If you are ready to make a difference and help guide the growth of Sport Aerobics in 2025, we encourage you to submit your nomination.

Please click [here](#) to nominate.

(Please note that nominees must be a club owner, club coach or a judge).



SECURE YOUR PLACE!

FISAF
AUSTRALIA
SPORT AEROBICS

INAUGURAL FISAF AUSTRALIA CONFERENCE

REGISTRATION
NOW OPEN!



Mercure Sydney

22-23 February 2025

GUEST SPEAKERS



Prof. Tina Skinner
Exercise Physiology, Injury
Prevention & Recovery



Peiling Kong
Mental Health in
Sport



Steph Keily
Transitions, Skill Progressions
& Injury Prevention



Gaia Brambilla
Specialist
Skills coach



Sandi Heard
Strength, Skills &
Conditioning



Justine Bratanavicius
Skill
Development

CONFERENCE INSIGHTS



ACTIVE LEARNING
SESSIONS



MENTAL HEALTH
SEMINARS



NETWORKING
DINNER



CLUB/PROGRAM
DEVELOPMENT



ADVANCING YOUR
COACHING



OUTDOOR MORNING
TAI CHI SESSION

REGISTER NOW



<https://form.jotform.com/243158326961865>

Earlybird pricing ends 13th Dec 2024

For more information email:
natalie@fisafaustralia.com.au



🎅 MERRY CHRISTMAS!

From all of us here at FISAF Australia, we wish you and your loved ones a very safe and relaxing Christmas.

We look forward to seeing you all for an even bigger sport aerobics season in 2025!

The FISAF office will be closed from Friday 13th December to Sunday 12th January.

