

FISAF AUSTRALIA QUARTERLY

ISSUE 2, 2025

WELCOME

Hello FISAF Australia Community,

The competition season is just around the corner, kicking off with the Super Series in Coffs Harbour! This year's event is shaping up to be the biggest yet, with more participants than ever before.

In this issue, we have exciting updates and important information about the competitions ahead.

As you prepare for the season, we wish you all the best—remember to enjoy the journey! One of the most special things about our sport is the incredible community spirit and camaraderie, and we can't wait to see it shine throughout the 2025 sport aerobics season.

Warm regards,
The FISAF Australia Team

Behind the scenes at our Inaugural FISAF Australia Conference in February 



UPCOMING EVENTS

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.

IMPORTANT REMINDERS:

Event programs and other information is released 2-3 weeks prior to each competition and are available on our website here: www.fisafaaustralia.com.au/events/spectator-information.

Our website is a great resource in terms of information about FISAF Australia Sport Aerobics. Please head to our website as all of our documentation is publicly available there - www.fisafaaustralia.com.au.



SUPER SERIES

RECEIVE FEEDBACK FROM THE JUDGING PANEL BEFORE STATES

COFFS HARBOUR, NSW - 2 - 4 MAY

HYDE PARK, SA - 10 MAY

NEWCASTLE, NSW - 10 - 11 MAY

ROWVILLE, VIC - 17 - 18 MAY

CRESTMEAD, QLD - 24 - 25 MAY

CLEVELAND, QLD - 13 - 15 JUNE

MORE INFORMATION:
WWW.FISAF AUSTRALIA.COM.AU

INTERNATIONAL NEWS

NEW PRESIDENT

On 30 March, the FISAF International Annual General Assembly convened with representatives from all member countries. With the current president's term ending, a new President, Musta Elbahi from Denmark, was elected for the next four years.

2025 WORLD CHAMPIONSHIPS

This year's FISAF World Championships will take place in Prague, Czech Republic, from October 21-23.

Our Team Manager, Tracey Speville, has distributed expression of interest forms to all clubs and coaches to assess participation for the Australian Team trials. Over the coming months, Tracey will provide further details regarding uniforms, accommodation, and selection processes.

For any questions, please contact Tracey at worlds@fisafaaustralia.com.au.

INTERNATIONAL JUDGES CERTIFICATION PROGRAM (JCP)

We are proud to announce that our current international judges have successfully completed the JCP certification and passed their exams, allowing them to continue judging at the international level.

A huge thank you to the following judges for their dedication and hard work:

- Kristy De Lore
- Gemma Macmillan
- Sandi Heard
- Lucy Goddard

Additionally, we are thrilled to welcome two new judges who have also passed their JCP exams. They will now move to the next phase of training, shadow judging at the World Championships.

Congratulations and best of luck to:

- Nicole Coull
- Justine Bratanavicius



Kristie De Lore



Gemma Macmillan



Sandi Heard



Lucy Goddard



Nicole Coull



Justine Bratanavicius

JUDGE NEWS

As competition season draws closer, our judges are preparing by updating their knowledge through our home-based training materials. Staying up to date with the latest judging criteria is essential, and we're proud of the effort and dedication our officials continue to show.

Each of our judges has received workshop materials from experienced, qualified judges from around the world. These resources focus on key aspects of sport aerobics judging, specifically Aerobic and Artistic criteria. In addition, all judges have received a copy of the international workshop covering the various fitness categories and their specific judging requirements. This ensures consistency and accuracy in scoring, helping to maintain the high standards expected in our competitions.

We are also thrilled to welcome several new judges who have recently passed the Australian judges' exam. As part of their ongoing development, they will be shadow judging at multiple events throughout the year. This hands-on experience is invaluable in refining their skills and gaining confidence in a live competition setting.

It's always exciting to see fresh faces join our judging community, and we strongly encourage more members to get involved. Our long-term goal is to have every club represented on judging panels. By growing our pool of judges, we continue to strengthen the sport and provide the best possible experience for athletes and spectators alike.

If you or someone from your club is interested in becoming a judge or learning more about the process, we would love to hear from you. Please contact Tracey at officials@fisafaustalia.com.au for more information on how to get involved.

We look forward to another fantastic season and appreciate the dedication of all our judges—both experienced and new - who help make our competitions fair, professional, and inspiring for all.



EXCITING NEWS



We are thrilled to announce the formation of our very first FISAF Australia Well-being Working Group!

A special welcome to **Peiling Kong**, whose extensive expertise in Clinical Psychology will be an invaluable asset to the group. Pei's deep passion for helping others is truly inspiring, and we are grateful for her involvement in this initiative.

The **Well-being Working Group** is dedicated to developing projects that enhance the well-being of the FISAF Australia community. Members will collaborate in small teams, working on meaningful initiatives with support from FISAF Australia as needed.

After a competitive nomination process, we are proud to introduce the incredible individuals selected for this group:

- 📍 **New South Wales** – Breanna Beveridge, Kristy De Lore, Tori Lee, Paige Kerby
- 📍 **Victoria** – Ella Gurry, Madeleine Hatt
- 📍 **Queensland** – Holly Pereira, Lucy Goddard, Sandi Heard
- 📍 **South Australia** – Samia Turci, Elizabeth Taddeo

Members of the group convened at the first meeting this month, and are all very keen to get working on some exciting new projects..

FISAF CONFERENCE

In February, we hosted the inaugural FISAF Australia Conference in Sydney, marking a significant milestone for our community. This two-day event brought together coaches and senior athletes from across Australia, offering an enriching platform to enhance their knowledge and skills in various aspects of their sport. The conference was a resounding success, providing valuable insights and fostering professional growth.

Event Details

The conference took place at the Mercure Sydney, featuring an extensive lineup of workshops and presentations led by industry experts. Attendees engaged in sessions covering a diverse range of topics aimed at holistic athlete development.

Workshops and Sessions

Participants had the opportunity to learn from specialists on key topics, including:

- Goal setting and mental performance strategies
- Transitions and acro techniques
- Social media's impact on athletes
- Managing performance anxiety and fostering a positive body image
- Injury prevention, recovery, and strapping techniques
- Skill progressions and club development
- Effective training drills and choreography
- Nutrition and fueling for sport
- A Q&A session with our Executive Committee

Special Activities and Networking

Beyond the educational sessions, the conference also provided valuable networking opportunities. A formal networking dinner allowed attendees to connect and share experiences. Additionally, Sunday morning began with a rejuvenating Tai Chi session in a nearby park, led by Tai Chi master Elena Villacorta Cortez.

Feedback

The response from attendees was overwhelmingly positive, with many expressing a strong desire for the conference to become an annual event. The engaging sessions, expert-led discussions, and well-organized structure contributed to the overall success of the conference.

Acknowledgments

We extend our gratitude to our exceptional presenters, dedicated attendees, and the Mercure Sydney staff for their outstanding hospitality. Their contributions played a crucial role in making this event a memorable and impactful experience.

The first-ever FISAF Australia Conference was a milestone achievement, setting a strong foundation for future events. We look forward to continuing this tradition and furthering the development of our community in the years to come.



FISAF MERCHANDISE

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NEW! FISAF Totes

3 fun designs to choose from
Retro, Love and Classic
\$20 each

Hair Essentials Kit

Enough for at least 5 competitions!

Each kit contains:

- 90 pins (bobby, small bun & large bun)
- Hair donut (small or large)
- Bun nets (5-pack)
- Styling comb
- Elastics (thin and thick)
- Durable cosmetic bag

\$25 each

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All Child & Adult Sizes
Footed & Ultra-shimmery
\$22 each

FISAF Crew Socks

3-pairs
Excellent quality
Child & Adult Sizes
Easy to identify in the wash!
\$13.50 /3 pairs

***Get it all in our Ready Set Shine
Bundle and save over \$10!***

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OFFICIAL PARTNERS

EXCITING PARTNERSHIP ANNOUNCEMENT!

We're thrilled to announce our brand-new partnership with Dreamworld and WhiteWater World! As award-winning Best of Queensland Experience operators in 2024, these iconic theme parks offer world-class attractions and unforgettable experiences. With recent upgrades, Dreamworld is truly a dream destination for theme park enthusiasts!

Exclusive Perk for FISAF Members: You can now enjoy special discounts on all passes—just visit our website to access your exclusive deal. We're excited to collaborate with Dreamworld and WhiteWater World and look forward to an incredible partnership ahead!

But that's not all...

We're also proud to renew our partnerships with *HART Sport* and *Obsessed Gym Wear* for another year! These industry leaders provide top-quality products and exceptional service, ensuring FISAF members have access to the very best. These organisations both offer 10% off online purchases for FISAF members.

✦ *For more information on our partners and accessing these generous offers, please head to our website here - [Official Partnerships](#)*

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