

# FISAF AUSTRALIA

# QUARTERLY

## ISSUE 4, 2025

## WELCOME

*And just like that, the 2025 season comes to a close!*

With the final routines of the 2025 World Championships now complete, we couldn't be prouder of our Australian sport aerobics community. It's been a remarkable year—one filled with fierce competition, expanded education opportunities for coaches and judges, and countless unforgettable moments.

In this issue, we look back on an inspiring National Championships, revisit the excitement of the World Championships, and share insights from our Team Australia Manager, Team Captains, and Team Coach. You'll also find important information as we look ahead to the 2026 season.

From all of us at FISAF Australia, thank you for your support throughout the year. We are incredibly grateful for this vibrant community and for the part you play in our shared journey.

Enjoy the read!



# NATIONAL CHAMPIONSHIPS

## WHAT AN INCREDIBLE EVENT!

This year's National Championships were our biggest and most exhilarating to date—six full days of outstanding performances and truly unforgettable moments. Our club athletes set a remarkable standard from Tuesday through Friday, and our school stream competitors carried that momentum into the weekend with displays of exceptional talent, teamwork, and spirit.

We extend our deepest gratitude to our judging panel for their precision, professionalism, and the countless hours invested in preparation. Their unwavering commitment to excellence remains the foundation of this event.

To all coaches—thank you for your dedication, guidance, and steadfast support. Your work behind the scenes and throughout the competition makes an immeasurable difference. And to every athlete who took the floor: be incredibly proud. The standard this year was exceptional, and your enthusiasm, confidence, and camaraderie helped make this Nationals truly special. We can't wait to welcome you back next season.

We also acknowledge our technical and media partners for bringing the event to life—Robert, Courtney, and the EVENTS HD team for their outstanding videography, and Shaun and the WinkiPop Media crew for capturing each moment with exceptional photography. Thanks also to Annabelle Stray from Aura Myotherapy for supporting athletes with myotherapy treatments and first aid throughout the competition.

Finally, a heartfelt thank-you to our brilliant MCs—Taylor Seage, Ashlee Lollback, and Sarah McDougall—whose energy, professionalism, and stage presence elevated every session. Your contribution helped make this year's Nationals one to remember.

*Have you seen our Nationals showreel yet?*

*Check it out!*



**6** EXCITING DAYS  
**332** COACHES  
**932** CLUB ATHLETES  
**1124** ROUTINES  
**2176** SCHOOL ATHLETES  
**6755** SPECTATORS



# WORLD CHAMPIONSHIPS



## TEAM AUSTRALIA YOU DID US PROUD!

Ninety-nine outstanding athletes were selected at Nationals to represent Australia on the world stage in Prague, Czech Republic. Earning a place on this team is an exceptional honour, and from that moment on, each athlete demonstrated unwavering commitment and passion for the journey ahead.

We would like to congratulate every competitor on their performances, of which we are incredibly proud. We are equally proud of the way you supported one another—showcasing true team spirit and cheering each other on as one united Australian team.

## 2025 TEAM AUSTRALIA REPRESENTATIVES

### OFFICIALS

Tracey Speville - Manager  
Sandi Heard - Coach  
Jack Maillard - Captain  
Sophie Herbert - Captain  
Annabelle Stray - Myotherapist

### ATHLETES

#### Cadet

Arabella Tokin - Activ8  
Dominique Arentz - Activ8  
Ivy Le Roux - Capital  
Jack Gosling - Activ8  
Lily-Rose Marshall - Industrie 1  
Lulu Jagllio - Activ8  
Sarah Morrissey - VLSA  
Yuki Cheang - Activ8

#### Junior

Angelique Le Roux - Capital  
Ayla Little - Level 8  
Ben Ellis - Industrie 1  
Brodie Kelly - Revival  
Chloe Hancock - VLSA  
Cleo Gad - Activ8  
Deanna Fernando - Capital  
Emma Corfield - Capital  
Indira Dudley - Activ8  
Jessica Walkom - VLSA  
Katie McKeague - Aerosport  
Larasati Dudley - Activ8  
Lori Morath - Activ8  
Lucy Stanton - Activ8  
Lucy Henderson - VLSA  
Mali Cummings - Activ8  
Martina Lim - Capital  
Matilda Fidden - VLSA  
Poppy Thorne - Level 8  
Ruby Allen - Level 8  
Saffron Winchester - Capital  
Winnie Katsaros - Activ8  
Yesenia Fair - VLSA  
Zoe White - Activ8

#### Youth

Amber McClung - VLSA  
Eliza Turley - Aerosport  
Evie Smith - Aerosport  
Imogen Prentice - VLSA  
Izzy Morse - Aerosport  
Poppy Allen - Level 8

#### Adult

Alana Bellman - DNA  
Alana Wilkins - Action  
Ali Cronk - Aerosport  
Ava Kilcullen - The Ultimate Beat  
Baylee Caruso - Industrie 1  
Blair Fisher - Ace Collective  
Brianna Kilpatrick - DNA  
Caitlin Murphy - MRSA  
Cassie Bell - The Ultimate Beat  
Charlie Toone - DNA  
Chloe Hissey - Capital  
Courtney Bellman - DNA  
Courtney Brown - VLSA  
Elena Swyny - Capital  
Ella Gurry - Action  
Ella Hinton - Action  
Ella Murphy - MRSA  
Ella Douglas - The Ultimate Beat  
Emily Fellows - Action  
Hannah Silvester - Capital  
Hannah Swilks - The Ultimate Beat  
Hayley Dalton - Capital  
Holly Clarke - Odyssey  
Jack Maillard - Action  
Jasmina Theresine - MRSA  
Jaymee Turnbull - Capital  
Jenai Monz - The Ultimate Beat  
Jessica Barrett - The Ultimate Beat  
Jordan Gallucci - VLSA  
Kenji Fujihara - Haileybury College  
Khloe Lugton - Industrie 1  
Lara Ellis - Action  
Lily Miller - Aerosport  
Lily-Rose Thong - MRSA  
Maddi Hatt - Capital  
Maddison Drake - DNA

#### Adult (continued)

Madi O'Connor - VLSA  
Maya Gurry - Action  
Megan Lim - Capital  
Melanie Lillis - VLSA  
Mia McDowall - Aerosport  
Nicole Pedler - Capital  
Paige Kerby - Capital & United  
Peyton Waller - MRSA  
Rin Dyer - Odyssey  
Ruby Tynan - Odyssey  
Shanisse Edson - Odyssey  
Sienna MacKenzie - MRSA  
Sienna De Vitis - The Ultimate Beat  
Sophie Herbert - United  
Steph Cage - Edge  
Tahnee Bratanavicius - Aerosport  
Tamika Stavrou - Odyssey  
Tara Ash - Capital  
Tori Lee - Capital

#### Masters

Ashlee Lawson - Ikin  
Daniel Johnson - Revival  
Jen Beveridge - Ikin  
Sean Reynolds - Revival  
Sid Mather - Ikin

#### COACHES

Alex Liacos - Revival  
Allira Bull - Level 8  
Ashlee Bellman - DNA  
Breanna Beveridge - Ace  
Brenton Andreoli - Capital  
Brie-anna Moore - Action  
Jasmyn Smith-Freer - Odyssey  
Justine Bratanavicius - Aerosport  
Katie Cummings - Activ8  
Lewis Handy - Edge  
Madi Towers - Ace Collective  
Meg Ryan - MRSA  
Nicole Coull - The Ultimate Beat  
Penny McKinlay - Industrie 1  
Samia Turci - Activ8  
Vivienne Lattimore - VLSA





# TEAM AUS RESULTS



This was one epic year for Australia at the FISAF World Championships, and we couldn't be prouder. Please enjoy looking through the results below.

## **ADULT WOMEN:**

Tori Lee - 1st WORLD CHAMPION  
Steph Cage - 2nd  
Blair Fisher - 7th  
Sophie Herbert - 10th  
Lili Miller - 11th

## **ADULT MEN:**

Jack Maillard - 1st WORLD CHAMPION  
Kenji Fujihara - 3rd

## **MASTERS:**

Sean Reynolds - 1st WORLD CHAMPION  
Daniel Johnson - 3rd  
Giant Jen & the Jumping Jacks - 1st - WORLD CHAMPIONS

## **ADULT DUO:**

Khloe Lugton & Baylee Caruso - 4th  
Paige Kerby & Sophie Herbert - 8th  
Charli Toone & Maddison Drake - 10th  
Ali Cronk & Mia McDowall - 11th  
Jessica Barrett & Jenai Monz - 12th

## **ADULT TRIO:**

Spellbound - 3rd  
Hit The Road - 4th

## **YOUTH WOMEN:**

Poppy Allen - 7th  
Imogen Prentice - 10th  
Evie Smith - 11th  
Izzy Morse - 12th  
Amber McClung - 14th

## **YOUTH DUO:**

Izzy Morse & Katie McKeague - 7th  
Evie Smith & Eliza Turley - 8th

## **ADULT GRANDE TEAMS:**

RAVE - 3rd  
Ascend - 4th  
Boom - 10th

## **ADULT PETITE TEAMS:**

M.J Legacy - 1st WORLD CHAMPIONS  
Shady - 4th  
Trafik - 6th  
Whip It - 8th  
Bodacious - 9th

## **CADET WOMEN:**

Lily-Rose Marshall - 6th  
Ivy Le Roux - 7th  
Sarah Morrissey - 8th

## **CADET PETITE TEAMS:**

Elev8 - 6th

## **JUNIOR STEP TEAMS:**

Step It Up - 4th

## **JUNIOR PETITE TEAMS:**

Girling - 6th

## **JUNIOR GRANDE TEAMS:**

Deton8 - 6th

## **JUNIOR WOMEN:**

Poppy Thorne - 5th  
Ruby Allen - 6th  
Katie McKeague - 7th  
Emma Corfield - 9th  
Ayla Little - 12th

## **JUNIOR MEN:**

Brodie Kelly - 1st WORLD CHAMPION  
Ben Ellis - 2nd

## **JUNIOR DUO:**

Ruby Allen & Ayla Little - 6th

## **JUNIOR TRIO:**

Denot8 - 6th



# TEAM AUS REPORTS

## TEAM MANAGER - TRACEY SPEVILLE

### *World Championships 2025 — What a Year for Team Australia!*

Another Worlds in the books, and once again I'm left incredibly proud and deeply grateful. I've had the honour of serving as a coach or team manager for Australia almost every year since 2008, and this experience continues to bring me so much joy.

This year's team was exceptional. The professionalism, determination, and heart they showed both on and off stage made it a privilege to witness.

To the athletes – thank you for your hard work and commitment, and the way you carried yourselves as representatives of our country. You gave everything, and you made us proud.

To the coaches – I know how demanding this role is. The emotional and physical energy it takes to guide athletes through comp days, keeping them grounded, focused, and ready to perform is enormous. Your work doesn't go unnoticed.

To the families, friends, and supporters who travelled to cheer us on – your presence meant everything. Your energy helped lift our team, and we appreciate you travelling across the world to cheer the team on.

Our Team Captains: Jack & Sophie, what an amazing job you did in preparation for this role. The team meeting was fantastic and your support throughout the event to all the athletes I know meant so much to them all.

And special shoutouts to:

- Annie, our team myotherapist – who worked tirelessly all four days to keep our athletes physically prepared and recovered each day to compete.
- Sandi, our team coach – your experience, leadership, energy and care were invaluable. The entire team benefited from having you there, and I'm so grateful for everything you gave to this group.

Being part of a team like this—seeing how much goes on behind the scenes to help athletes succeed—is something I'll never take for granted.

Thank you all for an incredible year.

Bring on 2026.

## TEAM CAPTAINS - JACK MAILLARD & SOPHIE HERBERT

We could not be prouder of how Team Australia performed at the 2025 FISAF World Championships, whether it was their tenth worlds or their first, every member of the team gave their absolute best. The amount of determination, resilience, and pride in representing our country was so incredible to see and the memories made will last a lifetime.

Beyond the results, what truly stood out was the way our athletes carried themselves, with so much respect and support towards not only one another but to athletes from other countries as well.

They embodied the Australian spirit, giving their all and exceeding expectations. All while showcasing what it truly means to be a member of team Australia, by getting behind one another and helping everyone to rise together.

As captains, we couldn't have asked for a better group to share this journey with, and we're so proud of the way Team Australia represented our nation on the world stage.

Forever grateful, Sophie and Jack.



# TEAM AUS REPORTS



## TEAM COACH - SANDI HEARD

*"Sportsmanship embodies respect, integrity, and teamwork, reminding us that how we play the game is just as important as winning".*

It was my greatest honour and privilege to serve as this year's FISAF Australia Coach for the 2025 World Aerobics and Fitness Championships.

Having been involved in this incredible sport for 27 years, this experience has left me with a renewed sense of achievement, compassion, connection, knowledge, appreciation, and above all, overwhelming pride for our entire Australian team.

This role was truly a dream job, but one I worked tirelessly for — to ensure I was there for our athletes in every capacity. I live for the industry of fitness, wellbeing and uplifting others — whether through coaching, supporting athletic performance, judging, or drawing from my own experiences as an athlete who knows the feelings of pressure, nervousness, and self-doubt. I also deeply love the energy and passion our sport deserves. I gave my whole self to this role and, although it was exhausting at times, I would do it again in a heartbeat!

My goal from the beginning was to help however I could. Having once been in the athletes' shoes — self-coached at these very events — I know how much the support of others can mean. I still remember those superstars of the sport who offered encouragement backstage or side stage when they didn't have to, even while managing their own athletes. That inclusivity, fun and inspiration shaped my own experience, and I wanted to be that person for our Australian team — whether it meant pinning a leotard, giving a "you are deserving" pep talk, or sharing a quick "shake it off" dance before they went on stage.

Our Australian team was huge this year, and the standard was outstanding. The support, camaraderie and humility displayed throughout the competition were admirable — and our results, the best to date, speak for themselves. For many of our first-time World athletes to experience two or even three rounds of competition was an incredible achievement, and to witness their growth in confidence and sense of worth was truly rewarding.

I must also acknowledge the wonderful culture within this year's Australian team. The parents and supporters were there all day, cheering and celebrating every moment — even allowing me to block their view as I jumped for joy during Aussie routines! Their enthusiasm each morning at breakfast set the tone for the whole team.

The club coaches were the silent superstars of the event. Their preparation, dedication, and pride in their athletes shone through every performance. Even in defeat, their humility and grace were inspiring. We can't all produce World Champions, but I'm proud to say that Australian coaches are unmatched in their integrity, work ethic, and commitment to helping athletes find pride in doing their best — no matter the result.

And now, a special moment for our incredibly talented athletes. This team came home with six WORLD TITLES! The determination and passion in those finals performances gave me goosebumps. The years of hard work behind each routine were remarkable, and it was my absolute honour to stand alongside such extraordinary athletes — and even more extraordinary human beings.

To every athlete who stepped on stage: medals aren't the only measure of success. The real victory lies in the memories, the growth, and knowing you gave it your all. You are deserving of your place on that world stage.

This year's team was truly one for the ages. Our Team Manager, Tracey Speville, worked tirelessly to build an unbreakable team culture. Our Team Captains, Jack and Sophie, were rockstars — creating an inclusive, supportive environment where every athlete felt seen and valued. And our superhuman Myotherapist, Annie, was the secret weapon we never want to be without!

Finally, I'd like to thank the entire FISAF Australia community for the opportunity to serve as the Australian Coach. It was, without question, one of the greatest experiences of my life.

# EDUCATION UPDATE

It has been a strong year for education at FISAF Australia. We continued to provide more resources for our members across all areas of the sport, and the growth in participation has been clear.

## JUDGES

Our judges received updated resources and training from both FISAF Australia and the international federation through workshops and the international judges training materials. We welcomed new shadow judges who progressed through the year and finished by judging events at the end of the season. Two judges also began their international judges training, which culminated in shadow judging at this year's World Championships.

Looking ahead to 2026, we are excited to welcome a large group of judge candidates who have already signed up to begin the course and complete training before events start next year. With so many new officials joining the pathway, we will expand our online training and have our head judges play a stronger role in guiding and supporting their development.

## COACHES

One of our main focuses is the education and continued development of our coaches. In 2025 we launched our inaugural Members Conference and it was a major success. The event featured presentations and interactive workshops delivered by industry experts covering skill development, mental health, judging criteria, injury prevention, club management, and more.

We are already looking ahead to the 2026 conference, which is shaping up to be another strong event with an exciting lineup of presenters ready to help coaches feel confident and prepared for the next competition season.

Alongside the conference, we will host two free online workshops with expert judges. These sessions will give coaches a closer look at what judges are evaluating, with a focus on specific criteria. We will also run a school-based workshop early in the new year to support school coaches and coordinators as they prepare for the season ahead.

This year we also updated our pre-choreographed training plan documents along with new skill descriptions documents for elementary and school stream sections.

Each year we learn more about what our members need, and we are committed to building and delivering resources that support their growth. Our goal is simple. We want every coach, judge, athlete, and club in FISAF Australia to feel supported, informed, and equipped to succeed. The growth we saw in 2025 showed that when we invest in education, the entire community benefits.

As we move into 2026, our focus remains on delivering training that is practical, accessible, and relevant. We will keep building our library of resources, strengthening our workshops, and creating more opportunities for members to learn from experts across the industry.

FISAF Australia is proud of the progress made this year, and we are committed to pushing even further. Education is at the heart of everything we do, and we are excited for another year of growth, collaboration, and development across the sport.



# 2026 INFORMATION

It is with great excitement that we announce the release of our brand-new Pre-Choreographed Packages for the 2026 competition season!

Alongside our Executive & Technical committees, we have spent time reviewing feedback received throughout the 2026 season to ensure our pre-choreographed packages are reflective & appropriate for our growing FISAF community! We'd like to say a huge thank you to our committee members and everyone involved in providing feedback and guidance throughout this process.

We'd also like to thank the talented choreographers from around Australia who created the routines for the 2026 Pre-Choreographed packages, and the athletes who dedicated time to learn and perform the routines for filming. The entire FISAF Australia team has worked tirelessly to bring these packages to life and prepare them for release, and we are very excited about the finished product!

For a preview video of the new SCHOOL Stream routines, [CLICK HERE](#)

For a preview video of the new ELEMENTARY Stream routines, [CLICK HERE](#)

## **PRE-CHOREOGRAPHED PACKAGES AVAILABLE NOW!** **[PURCHASE HERE](#)**

*(Packages are available for FISAF club and school coaches to purchase only).*

## **2026 EVENT CALENDAR** **[VIEW HERE](#)**





# 2026 CONFERENCE

Join us!  
2026

## MEMBERS CONFERENCE

REGISTRATIONS  
OPEN  
21 NOV @ 9AM



21-22 FEBRUARY

PULLMAN MELBOURNE  
ALBERT PARK

*Don't miss this opportunity to level up your knowledge, skills and connections!*

//// \$350pp ////

(Limited places available - so be quick!)

**FISAF**  
AUSTRALIA  
SPORT AEROBICS

Register Here >>>



SCAN

Check out our awesome presenters



**HERE**



# OFFICIAL PARTNERS

**OBSESSED**  
— GYMWEAR —



**HART**  
**SPORT**

SKYPOINT



As we wrap up another brilliant year of hard work, high energy and unforgettable achievements, we want to give a huge shout-out to every athlete, coach, judge and supporter across our sport aerobics community. Your passion and commitment continue to lift our sport to new heights.

As we head into the Aussie summer break, we hope you enjoy some well-earned downtime—whether that's soaking up the sunshine, spending time with family and friends, or simply putting your feet up after a massive season.

Wishing you a joyful festive period, a safe and relaxing summer, and a fresh, exciting start to the new year. We can't wait to see you back in 2026, ready to shine even brighter!

To everyone who is joining us for the first time in 2026 - we can't wait to have you involved in our wonderful FISAF community!

From all of us at FISAF Australia 

**SUMMER OFFICE CLOSURE**  
Friday 12 Dec - Sunday 18 Jan



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