



**SANTA SABINA COLLEGE
SPORTS CONTRACT
COMPETITIVE AEROBICS
YEARS 3-12
2013**



Dear Parents and Students,

Competitive Aerobics aims to provide Primary and Secondary students with an avenue to improve their fitness, confidence, health and self-esteem through participation in healthy and fun competitions. Teams of 3 – 12 are required to perform an energetic, original, and exciting routine containing aerobic skills of flexibility, strength, power and endurance. Individual performers will also be considered at auditions. This sport is suited to all students who have an interest in improving their overall fitness. A background in dance and/or gymnastics would be an advantage but not essential.

CLASS TIMES AND VENUE:

In 2013 training will be held on Tuesday afternoons for students in Years 7 – 12 and on Friday afternoons for students in Years 3 – 6 as detailed below. Additional training session may also be organised as the competition dates get closer if required.

Competitive Aerobics Squad members must attend the Aerobics Club Classes and Competitive training.

Year Group	CLASSES	DAY AND TIME	VENUE
Years 7 – 12	Aerobics Club	Tuesdays 3:30pm – 4:15pm	Varies* SSC Hall or SSC Strength and Conditioning Room
	Competitive Training	Tuesdays 4:15pm – 5:30pm	Varies* SSC Hall or SSC Strength and Conditioning Room
Years 3 – 6	Aerobics Club	Fridays 3:30pm – 4:15pm	Varies* DM Hall or Uniting Church Hall
	Competitive Training	Fridays 4:15pm – 5:30pm	Varies* DM Hall or Uniting Church Hall

The first trainings in 2013 will be held on Tuesday 5 February and Friday 8 February.

* **At the time of printing the venues for the classes have not yet been confirmed.**

Classes will be held in either the Santa Sabina Hall, Del Monte Hall or the Uniting Church Hall located next door to Del Monte in Carrington Ave. The exact venue for each term will be advertised via the Daily Messages, Veritas Voice, and SSConnect. On the odd occasion training may need to be moved to a different venue. Any changes of this nature will be advertised with as much notification as possible.

COST:

A non-refundable fee of \$200 will be added to the next 2 Fee Instalments in 2013 (total \$400). Please note that this will cover the cost of all aerobics club classes (Term 1 - 4) and competitive trainings throughout the competitive season.

These fees are **non – refundable** so once a contract has been signed and the student is successful at the auditions, fees will be charged.

Costumes for competition and competition entry fees are an additional cost.

As a rough guide Competition entry fees can range from \$20-\$30 per person, costumes vary greatly in price depending on what the team chooses to wear. The coaches organise the costumes through their professional contacts. In the past costumes / leotards have cost between \$60 and \$85. In addition to this girls may need to purchase shimmers and socks which cost approximately \$25 and \$8 a pair respectively. White competition aerobics shoes will also be necessary. Shoes will vary in cost.

UNIFORM:

The uniform items required for this sport are as follows

- Costume / Leotard for competition including shimmers, socks and shoes as mentioned above.
- Sports Shoes must be predominantly white and clean for competitions. They must also be worn at all times during training.
- For competition days, students are to wear their College tracksuit over their costume. At no time should non-regulation clothing be worn when representing the College in sport.
- For training - College P.E. Uniform or comfortable sporting attire that is suitable for the activity

COMPETITIONS AND EVENTS:

There are a number of competitions available for the students to compete in. These include:

- Schoolaerobics
- CGSSSA Dance Championships (Years 7 – 12 only)
- FISAF
- Schoolaerobics Spring Challenge

In addition to these competitions the Competitive Aerobics teams are also required to perform at school events such as the Santa Showcase, School Fete or Fair and at College assemblies.

Schoolaerobics and FISAF:

State Preliminaries and Finals

Times and dates were unavailable at time of printing this contract. However, the Schoolaerobics competition is generally held on two Sundays during late May or early June, and the FISAF competition is generally held on a weekend during July.

The competition usually starts at approximately 8:00am and is finished by 5:00pm (students must arrive in time to warm up and prepare for their performance and can leave the venue after the winners of their section are announced).

National Finals

The National Finals for these events only relates to those teams who qualify from the NSW State Finals. In 2013 the Nationals dates and exact venue are yet to be determined. It may be possible that the Finals will be held interstate.

CGSSSA Dance Championships:

Available to students in years 7 – 12 by invitation only. This event is held in Term 3 on a school day at Santa Sabina College.

NB: Progression from State to National to World Events

Each competition has its own rules regarding the number of teams that they allow to progress from State to National events and National to World events. It is also not unusual for Competition organisers to change their published rules during the competition, particularly if scores are close.

There is no obligation to compete at the National Finals or World events. If a Santa Sabina team is fortunate enough to qualify for one of these events, consultation with the College Executive and Aerobics coaches will be held to determine our teams' attendance. If we believe that it is appropriate, beneficial and feasible for our teams to compete, consultation will be held with parents and competitors.

AUDITIONS:

Details of the auditions are as follows:

YEAR GROUP	DATE	VENUE	TIME
Yrs. 7 – 12 (2013)	Tuesday November 13, 2012	Santa Sabina College Hall	4:00pm – 5:45pm
Yrs. 3 – 6 (2013)	Friday November 16 2012	Del Monte Hall	4:00pm – 5:45pm

The coaches, will warm the girls up and prepare them for the audition by teaching them a routine that they will need to perform. **Auditions are closed to Parents and spectators.**

We can only accommodate a limited number of competitors, so it is essential for all students interested to be part of the 2013 Competitive Aerobics squad to attend the audition. In extreme cases where a student is unable to attend, a written explanation from the parents must be attached to their child's Sports Contract. If a student is unable to attend at short notice then the parents of that child should contact Mr. Nam Pham at the Sports Office on 9745 0223. Attendance at the auditions or appropriate notification of the inability to attend is essential to be guaranteed an alternate audition time.

TRAINING:

Students will be required to attend the Aerobics Club classes from 3:30 – 4:15pm before the competitive aerobics training session at 4.15 - 5.30pm. The classes will focus on the development of cardio respiratory fitness, strength and flexibility through traditional aerobics classes and may include Pilates, yoga, circuit, and body combat. The purpose of this is to improve the student's fitness and coordination so that they are better equipped to learn the complex routines and perform the difficult skills required in the competitive routines.

Training is compulsory for all Competitive Aerobics Squad members until the end of the Competitive Aerobics Season (including all Competitions and Events).

On the rare occasions that it may be necessary for a student to miss training

- If the inability to attend is known in advance - **a letter of explanation from the player's parent/guardian is to be given to the coach in advance. This notice should be given as early as possible.**
- If the player is absent from school on the day of training - **the player's parent/guardian is asked to advise the relevant school office staff member of their child's absence from training when advising of their absence from school. The office will then relay this message to the relevant sports staff member.**
- **At other times** - a letter of explanation is to be given to the coach at the next available time.

Please Note: Failure to attend training without a timely written explanation is unacceptable and can jeopardise players continued involvement in sport at the College.

It is expected that students are punctual, dressed in school sports attire and have appropriate safety equipment for all training sessions. **All training sessions are closed to Parents and spectators.**

Students in Years 3 – 6:

For training, all Del Monte children are to get changed in the toilets located next to OOSH. They are then to meet their coach on the allocated seats in the undercroft area. The coach will escort the DM children from the undercroft to their training venue.

Students in Year 6 need to get changed at MDP and make their own way to the training venue.

Students in Years 3 – 6 should be collected from training by the scheduled finishing time. In the event that a parent /guardian is unavoidably detained, thus unable to collect their child within 10 minutes of the end of the scheduled training time, their child will be escorted to OOSH Centre on the Del Monte Campus from where they can be collected. If your child is taken to OOSH, after training, fees will be charged at the standard rate per visit.

Students in Years 7 – 12:

Senior squad members are to get changed in the VAT change room and make their own way to the training venue.

THE COACHES:

In 2013, Synergy Fitness, a company that provides qualified Aerobics instructors to schools and gyms will conduct the aerobics program. Many of Synergy Fitness' coaches are Australian Representative in Sport Aerobics. We are very fortunate to have these highly experienced and dedicated coaches available to us.

COMMUNICATION:

Our main forms of communication with the students and their parents are via the team coaches, Veritas Voice, SSConnect, sports notice boards, messages at Del Monte and morning messages (Yr 6-12). Please ensure you regularly attend to these to ensure you are well informed regarding Competitive Aerobics 2013. The Veritas Voice and morning messages are also published on the College SSConnect.

COMMITMENT & CONTRACTS:

Once the 2013 Aerobics Contract has been completed and your daughter has been successful in gaining a place in the team she is expected to continue to train until the end of the Competitive Season. Students will not be allowed to drop out of the team prior to the competition, as this will disadvantage the whole team and in some cases may mean that the team will have to withdraw from the event. Failure to fulfil this commitment could jeopardise your child's future involvement in Sport at the College. Please consider these conditions carefully before signing the Contract.

This contract must be signed and returned

- *All new students in 2013:* To the sport stall on Orientation day.
- *All current students:* To the Del Monte office or SSC Sports Office by Monday 15 October 2012

Students who do not return a signed contract will not be permitted to audition.

WHAT TO DO IF YOU DON'T MAKE THE TEAM:

We encourage all of the students who may miss out in 2013 to register with the Aerobics Club as this will help them to develop their strength, flexibility and cardiovascular endurance which will hold them in good stead for future auditions.

If you have any further queries, please contact Mr Nam Pham on 9745 0223

Regards,

Mr Nam Pham
SSC Sports Department
Phone: 9745 0223
Email: n.pham@ssc.nsw.edu.au



SANTA SABINA COLLEGE
SPORTS CONTRACT
COMPETITIVE AEROBICS
YEARS 3-12
2013



Contracts Due:

- *All new students in 2013:* To the sport stall on Orientation day.
- *All current students:* To the Del Monte office or SSC Sports Office by Monday 15th October, 2012

STUDENT NAME: _____

YEAR GROUP (2013): (e.g. 6, 4) _____ **D.O.B:** _____

POSTAL ADDRESS: _____

PARENT EMAIL ADDRESS: _____ **(mum)**

PARENT EMAIL ADDRESS: _____ **(dad)**

PHONE No. Home: _____

Parent Mobile: _____ **(mum)**

Parent Mobile: _____ **(dad)**

RELEVANT HEALTH INFORMATION:

We understand and agree to meet the commitment being made in undertaking to be a member of the Competitive Aerobics Squad for Santa Sabina College and acknowledge that

- sporting activities are dangerous and may result in personal injury, disability, illness or death and resultant economic loss or property damage and that the named student participates in sporting activities voluntarily and at her own risk
- A **non-refundable** fee of \$200 will be added to the next 2 Fee Instalments in 2013 (total \$400).
- my daughter **will not** be permitted to withdraw from Competitive Aerobics
- my daughter **will be** available to attend the competitions.
- the information collected in Sports Contracts may be made available to sports associations, parents, student and coaches to facilitate the smooth running of the school sports program.

SIGNED: Student: _____ Date: _____

Parent: _____ Date: _____