

Victorian Aerobics State Team Training 3 – PODIUM TRAINING
State Netball & Hockey Centre, Parkville
Sunday 2nd October 8.30am – 11.00am

Dear Coaches & Athletes,

The third and final State Team training will take place on Sunday October 2nd at the State Netball & Hockey Centre Parkville. We have been fortunate to negotiate extra time on the podium, therefore the session will now commence at 8.30am. Each club has been allocated a time to use the floor. While it is up to each club how they utilise their allocated time, we suggest you make use of the surrounding 12 x 12m floor space around the taped competition square for skills etcetera while routines are being performed. Clubs may arrive at any time to warm up and depart once they have received their event T-shirts and athlete accreditation.

All athletes and coaching officials are **required to be in a State Team photo at 9.55am in full state team tracksuit**. During the training, athletes are to have their hair in buns, wear competition shoes and neat bike shorts. The 2011 State Team gift are training singlets, however these may not be available on the day. If you have a 2010 singlet, please wear this or state team t-shirts, club training leotards are also preferable.

The Australian Championships work order Version 2 is now available on the Gymnastics Australia website so please familiarise yourself with this. It is also advisable that you check this closer to the date.

Any queries please contact Head Coach Jenna Flack on jenna.flack@loretotoorak.vic.edu.au or on 0439 344 370. Please store this number in case you need to contact me throughout the Australian Championships competition. I look forward to seeing you on Sunday and I wish you the best of luck for the competition. Congratulations once again for being selected to represent Victoria at the 2011 Australian Sports Aerobics Championships.

Regards,

Jenna Flack
AER State Team Head Coach

The following time allocations have been divided evenly by the number of routines in each club

8.30 – 8.42am	St Helena
8.42 – 8.57am	Rebound
8.58 – 9.15am	Knox
9.16 – 9.33am	Melbourne Girls College
9.34 – 9.43am	Jets / Woodleigh
9.44 – 9.55am	Ace / Ivanhoe Grammar / Billanook
9.55 – 10.05	STATE TEAM PHOTO
10.05 – 10.14am	Aerosport Allstars
10.15 – 10.26am	Cheltenham
10.27 – 11.00am	Loreto Toorak