

State Team Training 1 – Sunday August 28th

High Performance Centre, Green Street Prahran

Dear athletes and coaches,

Congratulations on qualifying for the 2011 Victorian State Team and the chance to represent your state in the upcoming Australian Sport Aerobics Championships. Please find below the schedule for your first State Team Training

All athletes must arrive at least 10 minutes prior to their commencement time; all personal coaches must arrive with their club at the allocated time slot. The warm up will be taken by the personal coach, personal coaches will move with their club to each station learning and taking notes from each State Team Coach.

The total training time will be 2 hours in duration. This session aims to be intense and specific to your clubs individual athletes ensuring you have the most up to date information and requirements moving forward into the 2011 Australian Championships.

Please Note: All athletes **must** have their hair in a neat bun, be wearing tight singlet tops or training leotards and bike shorts (no leggings). It is also highly recommended that you bring your competition shoes and a notepad and pen, to write down feedback and information gathered throughout the session. It would also be extremely beneficial to bring your feedback score sheets for the Victorian State Championships.

We look forward to seeing you all there,

Kind Regards,

Jenna Flack (Head Coach) & Justine Bratanavicius (Coaching Coordinator)

Schedule

Commence	Clubs	Finish
9.00am	Loreto Toorak 1	11.00am
9.30am	Loreto Toorak 2	11.30am
10.00am	Cheltenham / Jets	12.00pm
10.30am	Ace Aerobics / Ivanhoe Grammar / Woodleigh	12.30pm
11.15am	MGC	1.15pm
11.45am	Knox	1.45pm
12.15pm	Rebound	2.15pm
12.45pm	St Helena / Billanook	2.45pm
1.15pm	Aerosport Allstars	3.15pm

Warm up & State Team Information	30 minutes	Personal Coach Directed
Flexibility, Routine Choreography & 24 counts	30 minutes	
Skills	30 minutes	
Judging	30 minutes	
Cool Down		Personal Coach Directed