



Gymnastics
Australia



Issue 6: Term 2 2016

2016 DATES

AeroSchools State Championships

VICTORIA - Thursday 11th August (Senior School), Friday 12th August (Primary School)
State Netball Hockey Centre, Parkville] *entries close 6 July*

NEW SOUTH WALES - Friday 22nd July
[Tivoli Theatre, Rooty Hill] *entries close 20 June*

SOUTH AUSTRALIA - Sunday 17th July
[Marion Fitness and Leisure Centre, Morphettville] *entries close 17 June*

QUEENSLAND - Friday 12th August
[Carrara Indoor Stadium, Carrara]

WESTERN AUSTRALIA - 28th to 30th June
[SGC Hall 1] *entries close 23 May*



TASMANIA, ACT and NT - we don't have plans as yet, but get in contact and we're happy to start an event if we have a few schools interested!

Have your school's AeroSchools coordinator email:
erenes@gymnastics.org.au

AUSTRALIAN CHAMPIONSHIPS

Schools that excel at their State Championships are eligible to attend the Australian AeroSchools national championships.



Ulumbarra Theatre, Bendigo, Victoria
Friday 16th September 2016

Definitive Entry Closing Date - Wednesday 10th August
Definitive Entry Fee - \$35 per athlete.

All entries for AeroSchools should be sent to Gymnastics Australia by each competing school via [qualifying](#) through your state's championships.

2016 Tips!

In 2016 it is imperative coaches are familiar with the list of elements which can be performed in each routine. Each year this list is updated and schools must stay abreast of any changes that occur.

Two elements that are commonly seen modified in Level 3 routines are the sagittal split and single toe push up. If you change these elements and do not perform the modification listed in the AeroSchools rules this will attract a Chair of Panel deduction referred to as a change to choreography.

For example if you decide not to perform the splits then a straddle sit is the only option. A bent knee split which was an alternative many years ago will receive a deduction. When changing the single toe push up performing it on the knees is the only option available, a wide leg push up will receive a deduction.

aeroschools.gymnastics.org.au

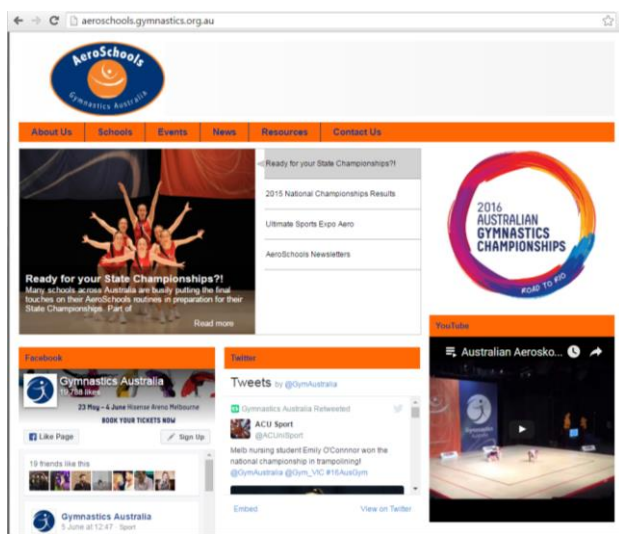
More newsletters

Like what you're reading? Share this newsletter with your AeroSchools community, print a few copies for your students or school notice board. Sharing is caring 😊 More newsletters available from our website! Under 'News'

Have you seen our new website?

We've recently updated our website with the new spelling of the nationally (and internationally) recognised AeroSchools title.

Aeroschools.gymnastics.org.au



Loads of information on our events, the program, resources for students, parents, teachers, coaches, clubs and schools... plus contacts across our great country.

Who to contact in you State

NSW State Contact

Pam Behan

Email: AER@gymnsw.org.au

QLD State Contact

Liz Lyons

Email: lyonsaerobics@gmail.com

SA State Contact

Chelsea Wilkinson Email: admin@gymsa.com.au

VIC State Contact

Various info@gymnasticsvictoria.org.au

Event (Carolyn) cjones@gymnasticsvictoria.org.au

WA State Contact

Events Officer

Email: event.schools@gymnasticswa.asn.au

TAS/ACT State Contact

Sport Development Officer, Jo Penny

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NT State Contact

Executive Director, Hannah Quilford

Email: executivedirector@gymnt.com.au



2016 National Clubs Championship

What a great opportunity to compete again and represent your school or aerobics club. On Tuesday 20 September the inaugural National Clubs event will be held at the same venue (Ullumbarra Theatre) in Bendigo. You can compete in up to five different categories for the chance to be crowned Club of the Year.

