



Gymnastics
Australia

2009 AEROSkools Workshop



Expression of Interest Form

An AEROSkools workshop is planned in **South Australia for Monday 30 March 2009**. Gymnastics Australia in conjunction with Gymnastics SA will hold a **free** one-day workshop for teachers and students to learn how to go about entering a team(s) in the State AEROSkools Championships held in July 2009.

Who Can Attend:

Any school who would like to participate in the 2009 AEROSkools State Championships. Two teachers and up to 15 students from any Primary or Secondary school are invited.

Draft Agenda:

9.00am	Students and teachers arrive
9.30am	Introduction, watch DVD of Sport Aerobics routines, Aerobic warm ups and stretching ideas
10.30am	Routine Development - learn the new 2009 AEROSkools Level 1 routine
11.30am	Skills and Compulsory elements – what are they? Learn the correct technique.
12.00pm	Lunch
12.30pm	Routine Development and Formations
2.00pm	Routine Development continued... Teacher In-service – where to from here? Learn about costumes, hair & competition entry forms etc...
2.30pm	School Team Performances
2.45pm	Conclusion and Questions
3.00pm	Depart

**Venue: St Peter's Woodlands Grammar School,
Glenelg South**

What You Will Receive:

The latest Level 1 choreography, a showbag and everything schools, teachers and students need to know to participate in the AEROSkools program and compete in the State AEROSkools Championships in 2009.

A workshop not to be missed!

For more information please go to: www.aeroskools.com.au

Name: _____

School _____

Address _____

Suburb: _____ State: _____ Post Code: _____

Contact Number: _____ Email: _____

Names of teachers to attend (if known): _____

Approx. number of students to attend (maximum 15): _____ Year levels: _____

Has your school purchased the AEROSkools kit in the past? _____ Year: _____

Has your school competed in the State AEROSkools Championships before? _____

Please fax or mail to Gymnastics Australia by **Monday 9 February 2009**
Fax 03 9271 0599 or Gymnastics Australia, 32 Cleeland Rd, Oakleigh, South, 3167