



**Gymnastics**  
Australia

## 2009 AEROSkools Workshop



### Expression of Interest Form

An AEROSkools workshop is planned in **Victoria for Monday 2 March 2009**. Gymnastics Australia in conjunction with Gymnastics Victoria 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 Friday 31 July 2009 in Richmond.

#### 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

<b>Venue: TBC</b>
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#### 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](http://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