

Welcome to the first Aerobics SDC (Sport Development Committee) newsletter for 2017. A newsletter will be produced after each SDC meeting to help keep our community up to date on news, information and events.

This newsletter contains information on:

- International tours for 2017 and 2018
- The Sport Development Committee (SDC) and decision making
- Judging notes on common errors during the competition season
- Nationals AER Forum
- Aerobics snapshot 2017
- Useful resources

INTERNATIONAL TOURS

ANAC TOUR 2017



CONGRATULATIONS TO the team who represented New Zealand at ANAC (Association of National Aerobic Championships) competing in Phoenix, Arizona from 29th July – 2nd August:

AG2

- Brooke Davies (Soul 2 Sole/Howick Gymnastics)
- Catrin Pearce (Bay Aerobics)
- Kaylee Goodyer (Triple A Aerobics)
- Sarah Spargo (Aspire Aerobix)

Senior International

- Hannah Wilton (Aspire Aerobix)
- Jaimie Le Bas (Aspire Aerobix)
- Jennifer Groom (Triple A Aerobics)
- Kate Harvey (Fuel Fitness/Invercargill Gymnastics Club)
- Laura Furse (Triple A Aerobics)
- Taylor McCaughan (CSG)

The team was supported by Bronte Coluccio (coach), Cath Thomson (judge) and Zita Davies (manager). Both Brooke and Sarah made finals for AG2 with their final placings 7th and 9th respectively. In the Senior division, Laura, Kate and Taylor made semi-finals with Laura going through to finals and placing 5th. Awesome effort everyone!



FURTHER INTERNATIONAL COMPETITIONS 2017

Laura Furse is off to Europe to further her training in preparation for 2018 and will compete in the Plovdiv Cup in Bulgaria and the Hungarian Open in Pecs, both at the end of October.

INTERNATIONAL TOURS 2018

The following events have been selected by the SDC for inclusion in the international tours calendar for 2018:

- Suzuki World Cup, Japan
- Australian National Championships
- Heathrow Open, Great Britain
- World Championships, Portugal
- ANAC, USA
- Plovdiv Cup, Bulgaria

Due to closing dates and entry requirements, NZ Nationals 2017 will be the qualifying competition for all these events except ANAC and the Plovdiv Cup - a fitness test to confirm readiness will take place in late January/early February. The first competition in 2018 will be a trial for ANAC. Given feedback from the community, international athletes will only be required to commit to overseas travel once every two years. More information, including qualifying scores, is contained in the GNZ Memo.

AEROBICS DECISION MAKING

The below flowchart identifies how matters are processed by Gymnastics NZ and the SDC as well as who you contact.

Please note that a form is being created to be used for all dispensation requests. This is to standardise the process, and to ensure that decisions are made based on the same criteria and rationale.

DECISION MAKING PROCESS

Coaching Questions

Judging Questions

Aerobics specific question
/setting up an aerobics
programme etc

Dispensation requests

In the first instance please contact Cath Thomson SDC chair. She will forward to the relevant SDC member. For dispensation requests please fill out form and email to Cath and Danielle. This will then be forwarded to all SDC members as appropriate (i.e. unless there is a conflict of interest) for a decision.

headlesscatherine@gmail.com



Gymnastics
NEW ZEALAND

Club administration/
affiliations/general enquiries



helpdesk@gymnasticsnz.com

Resource/product
requests



[http://www.gymnasticsnz.com/
gymsports-member-
resources/product-orders/](http://www.gymnasticsnz.com/gymsports-member-resources/product-orders/)

Coach/Judging courses



[http://www.gymnasticsnz.com/
education-calendar/](http://www.gymnasticsnz.com/education-calendar/)

Events



[http://www.gymnasticsnz.com/
national-events-calendar](http://www.gymnasticsnz.com/national-events-calendar)



The Judges Table

WITH A NEW CODE OF points and new judging criteria everyone has put in a big effort to meet the new requirements. There have been some amazing routines from all levels up and down the country however over the competition season the judges have observed some areas where small changes could help the athletes achieve even better scores and enhance their overall performance.

Common errors are:

- Routines having two elements from the same family.
 - o e.g. Push-up on knees (outside of compulsory elements) and 1 leg push up or a push up and wenson push up.
 - o Some occurrences of repeating the same elements e.g. performing two air turns.

Please review the Code of Points page 20/29 [here](#) which has a table showing family groups. Note the AER Handbook 2017 states "there must not be any repetition of an element family."

- Many scissor kicks do not meet the minimum requirement which is that the leading leg must be at least parallel to the floor
- General content - Some Aeroschools athletes are not gaining many or any G+ (assessed in the Artistic score under General Content)
 - o There is the opportunity to choreograph something in first and/or last 8 counts to improve this.
 - o G+ requirements can be found [here](#). (Pg 16/27 3.1 Complexity/Variety). Please note the judges will account for the athlete's age and level when

determining the complexity required to learn the transition/partnership/acrobatic element)

- Aerobic content - the opportunity to gain A+ in AMP's has been missed by many athletes (assessed in Artistic under Aerobic Content).
 - o A+ requirements can be found [here](#) (page 10 and 11 of 27 in Appendix 1 (Complexity/Variety AMP sequences). The last three points are the most achievable for Aeroschool athletes (orientation changing, formations changing, travelling).

USEFUL LINKS

<http://www.fig-aerobic.com> – link to interactive code of points with videos of each skill, as well as the minimum requirements.

<http://shiftpointscience.com/> - website with information on conditioning and injury prevention.

<https://www.instagram.com/aerobicfactory/?hl=en> – lots of great drills and skill videos by TuUL Aerobic Gymnastics in Finland.

NATIONALS – AEROBICS FORUM

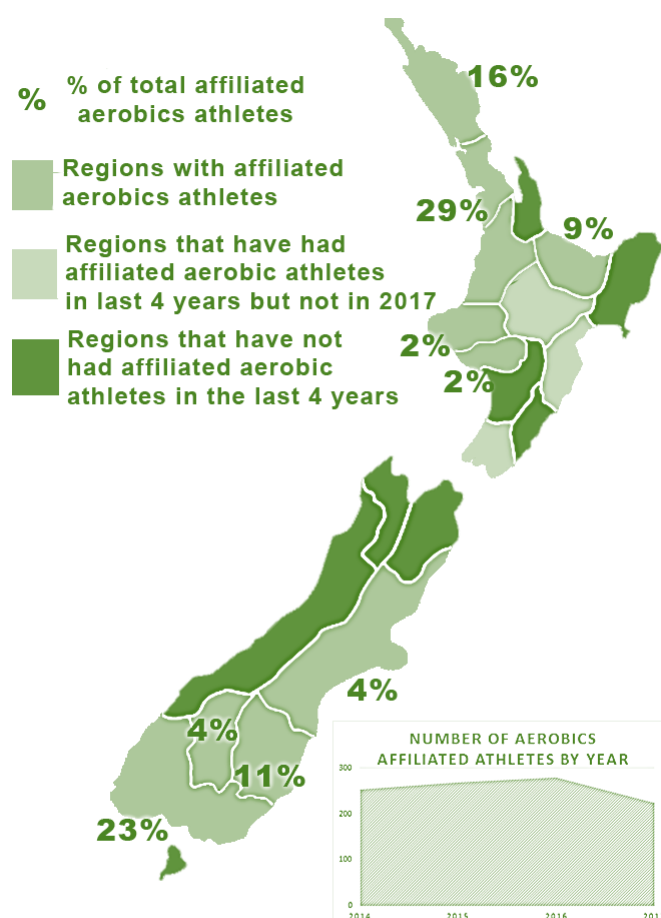
The AER Forum will be held on Saturday 7th from 3:00 – 4:00pm. All coaches, club directors/managers are encouraged to come to find out about:

- The role of SDC's moving forward
- Updates to the AER Handbook for 2018
- Changes to International for 2018
- Proposed NZ Aerobic Development Camp 2018
- Changes to Nationals 2019 onwards
- Judges levies/potential for an Aerobic Development Fund

If you are unable to attend, information on what was discussed will be available post Nationals.

AEROBICS SNAPSHOT

There's been considerable developments in aerobic gymnastics across NZ in the last several years with new clubs coming on board and new regions competing. Here is a quick snapshot of information based on available affiliation data (2014 – 2017) and competition entries for 2017.



% of new athletes in 2017 35%

% of athletes who are still competing in 2017 and were competing 4 years ago 23%

% of Gymnastics NZ affiliated clubs with aerobic affiliated members to date in 2017 13%

NEWSLETTER 2

The next newsletter and final one for the year will go out after Nationals. Please contact rachel@bayaerobics.co.nz with ideas of other features or information you would like to be kept informed on in future newsletters.