



**SPORT AEROBICS & FITNESS**

*by Tina Perry*

**Coached by Allira Bull**

## **CONGRATULATIONS!!!**

You have been selected to represent Physical Funk Sport Aerobics for 2012.

**START DATE:** 10<sup>th</sup> February 2012

**TRAINING TIMES:** SECONDARY AEROBICS (B)

**Friday** 5.00pm - 6.00pm

**Saturday** 2.00pm - 3.00pm

We expect 100% effort at all training sessions. If commitment is not there your position will be reviewed.

**WHAT YOU NEED FOR CLASS:** Physical Funk Long Pants & Black Crop Top or Singlet

**WHAT YOU NEED FOR COMPETITIONS:**

- Reebok princess shoes purchased at Amart, Paul's Warehouse or Rebel Sport (\$100)
- Shimmer tanned stockings (Bloch) \$30
- Leotards will be organised for 2012 **Cost:** Approx \$80 - \$150 maximum
- Club Uniform will be organised for 2012

**Competition Music:** \$60 for the team, then will be divided amongst athletes

**Competition Entry Fees:** \$100 per team (each competition) – also divided amongst members

**Class Fees:** \$10 per class

If you do not attend class you will have to pay a 50% fee next session; however, if you have a doctor's certificate, this will be waived.

Dates to put aside as there will be **"NO CLASSES"**:

**Saturday 31<sup>st</sup> March**

**Friday 27<sup>th</sup> July**

**Saturday 28<sup>th</sup> July**

### **School Aerobics Competition Dates**

**NSW Preliminary Finals:** Saturday May 26 - Entertainment Centre, Sutherland

**NSW State Finals:** Saturday June 16 – Entertainment Centre, Sutherland

**National Championships:** Sat / Sun August 18 – 19 – Greenhalgh Theatre UTS Linfield  
Sydney

**Spring Challenge:** November 10 – Newcastle

\*Please keep in mind you will only progress to state & Nationals if you qualify at preliminary finals. Please remember you are responsible for all travel expenses

For more information please contact Miss Allira on **0403 662 622**  
or check for updates on our website **[www.physicalfunkforkids.com.au](http://www.physicalfunkforkids.com.au)**