



2006 Melbourne Commonwealth Games Future Athletes Program

GYMNASTICS (SPORT AEROBICS) CLINIC APPLICATION FORM

ABOUT THE PROGRAM

The 'Future Athletes Program' is an initiative of the Victorian Government designed to introduce secondary school age students competing in representative school events to a wider developmental pathway in their sport. During 2005 the Victorian Institute of Sport, in conjunction with the 16 Commonwealth Games sports associations, will conduct sport specific clinics providing:

- Technical Tips from leading Coaches
- Training advice from a State or National representative Athlete
- Valuable information on Sports Nutrition, Training and Injury Prevention
- Skill Practice and Assessment
- Information on how to take the 'next step' in sporting development

Clinics are scheduled from 10:00am until 3:30pm, and are free of charge to participants.

ELIGIBILITY and SELECTION to ATTEND a SPORT AEROBICS CLINIC

All Victorian secondary school students who meet the selection criteria may enrol in a 'Sport Aerobics' gymnastics clinic. Clinic participants should be involved in an AEROSkools program at their school or have a genuine interest in sport aerobics. Selection criteria have been developed in consultation with Gymnastics Victoria to assist athletes in taking the 'next step' in their sporting development.

To be eligible to attend a 'Future Athlete' Sport Aerobics clinic:

- Students must submit a signed application form to the VIS 5 working days prior to the scheduled clinic.
- Applicants must be enrolled in a Victorian secondary school (i.e. grades 7 through 12). Male and female applicants are encouraged to apply.
- Applicants should have 'better than average' fitness and mobility to successfully complete a basic sport aerobics routine.
- It is desirable (although not mandatory for selection) that the applicant should preferably have at least one of the following levels of experience
 - have some participation background in Aerobics.
 - have some participation experiences in gymnastic sports (including aeroskools/sport aerobics, artistic, trampolining or cheerleading).
 - have advanced experience in dance movement skills.
- Please note that students may attend only one 'Future Athletes Program' sports clinic during the school year.

SCHEDULED SPORT AEROBICS CLINICS

- *Monday 27th June 2005*
Carey Grammar Sports Grounds, Bulleen (Metro Victoria)
- *Monday 4th July 2005*
Win Minerdome, Ballarat (Country Victoria)
- *Saturday 16th July 2005*
Mentone Grammar Junior School, Mentone (Metro Victoria)





FUTURE ATHLETES PROGRAM



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Complete and mail or fax this form to:
Future Athletes Program – Sport Aerobics Clinic
Victorian Institute of Sport
P.O. Box 12608
Melbourne VIC 8006
Fax 9425-0100

Enquiries, please e-mail future.athletes@vis.org.au or phone 9425-0030

Student's First Name _____

Surname _____ Date of Birth _____

Name of secondary School attending _____

Address or Location of School _____

If currently a member of a Gymnastics Victoria Club, please indicate:

Do you have any previous experience in Gymnastics or Sport Aerobics: Yes / No

Clinic applied for (date & location) _____

Home Address _____

_____ Post Code _____

Phone _____ E-mail Contact _____

Name of Parent / Guardian _____

Signature of Parent or Guardian (date)

Signature of Student

All applicants will be notified by mail about the status of their application

