

PINNACLE SPORT AEROBICS ATHLETE HANDBOOK 2022

The logo is centered within a large, light pink circle. It features the word "Pinnacle" in a bold, black, cursive script font. A solid black horizontal line is positioned directly beneath the word "Pinnacle". Below this line, the words "SPORT AEROBICS" are written in a black, all-caps, serif font.

Pinnacle
SPORT AEROBICS

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WELCOME TO PINNACLE SPORT AEROBICS

2022 SEASON

Pinnacle Sport Aerobics is very excited to have you on board for our 2022 season. Jessie is eager to work with you throughout the year and take you to the pinnacle of your potential. This booklet contains all the relevant information of our club structure, fees and expectations. Our main point of communication will be email and text. Please ensure you are up to date with all correspondence.

CONTACT INFORMATION

Owners and Head Coach: Jessie Curtain

Phone Number: 0408 065 720

Email: info@pinnaclesportaerobics.com.au

Hallam Training Venue:

Hallam Recreation Reserve Hall
118-126 Frawley Road, Hallam 3803.

Brighton Training Venue:

St Andrew's Parish Hall
19-21 St Andrews Street, Brighton 3186.

Website: www.pinnaclesportaerobics.com.au

Facebook: Pinnacle Sport Aerobics

Instagram: @pinnaclesportaerobics



CLASS DESCRIPTIONS

Recreational Sessions: Tailored towards athletes who are new to aerobics or those that do not wish to compete in the 2022 season. This class is open to athletes aged 5+ and focuses on an introduction to the basics of Sport Aerobics. Recreational sessions will develop gross motor skills and coordination for any sport and provide athletes a way to build and improve their fitness.

Sport Aerobics: This competition category involves both choreography and skills varying in difficulty performed as a single, pair, trio or team. Skills involved in this section cover flexibility, strength, jumps and dynamic elements.

Fitness Teams: This competition category involves a high intensity routine, demonstrating cardiovascular endurance, balance and co-ordination performed in conjunction with continuous movement patterns. These teams range from 5 – 10 members.

Skill Development and Fitness Sessions: Designed for developing athletes' strength, flexibility and ability to perform the dynamic movements required for their routines. These sessions will also work to build and progress an athlete's cardiovascular fitness for routine performance and overall fitness. Skill Development and Fitness sessions are compulsory for all competition athletes that perform a routine with skills. For the 2022 season this will be included in the sport aerobics/fitness team training session.



TERM DATES

Term 4 2021 8th November – 7th December (5 weeks)

Term 1 2022 31st January – 8th April (10 weeks)

Term 2 2022 25th April – 24th June (9 weeks)

Term 3 2022 11th July – 16th September (10 weeks)

Term 4 2022 7th November – 9th December (5 weeks)

*All training sessions that fall on a public holiday will remain and run as per schedule, unless otherwise decided and communicated to you in due course.



TERM FEE STRUCTURE

Athletes/Parents will receive an invoice prior to the beginning of each term. Failure to make payment by the invoice's due date will result in a late fee of 10% of the total invoice amount being added to your invoice. If your invoice has not been paid by week 5 of classes, the athlete will be removed from classes.

Invoices can be paid via cash (enclosed in an envelope), internet transfer (please see banking details below) or weekly direct debit (see website for direct debit form).

Banking Details:

Account Name: Pinnacle Sport Aerobics

BSB: 062-692

Account Number: 3966 6594

Sport Aerobics/Skill development session – 1 Item *2 hours	\$36.00 per class	Competition
Sport Aerobics/Skill development session – 2 Items *2.5 hours	\$52.00 per class	Competition
Recreational Aerobics *60 minutes	\$25.00 per class	Recreational



ANNUAL REGISTRATION FEE - \$175.00

This once off yearly payment covers music, choreography, insurance, public liability, and all administration duties required throughout the 2022 season.

*Pinnacle Sport Aerobics have a one-time payment option for a lifelong membership. For a once off \$550.00 payment athletes/parents will not be required to pay an annual registration fee for the rest of their time at Pinnacle Sport Aerobics.



COSTUME FEES FOR COMPETITION ATHLETES - \$85.00

Costumes each year are organised by Pinnacle Sport Aerobics for all athletes. Each athlete will be provided a costume that they will wear at all competitions throughout the year. At the conclusion of the 2022 season the costume must be returned.

Athletes will be charged for any damage that needs to be repaired on costumes. If the costume is damaged beyond repair, you will be charged to replace the costume. If the costume is returned stained or washed incorrectly (colour run or fade), a cleaning fee will be applied.

If an athlete competes in more than one competition section and requires two separate costumes, they will be charged for each costume hire.

Shoes/Stockings/Socks:

All competition athletes are required to purchase their own shoes, stockings and socks.

Appropriate sport aerobics shoes must be worn. Reebok Princesses are the preferred shoe.

All Sport Aerobics competition athletes must purchase their own Fiesta Dance Tights to wear underneath their costume.

All competition athletes are required to wear scrunch down white sport socks for competitions.



COMPETITION INFORMATION

Pinnacle Sport Aerobics must enter the FISAF (Federation of International Sport Aerobics and Fitness) competition. Athletes have the option of entering the School Aerobics competition if they wish.

Both FISAF and School Aerobics have a state and national level competition. There is also a one-day event at the beginning and end of the season. Please see the competition calendar below.

FISAF Website: www.fisafaaustralia.com.au



2022 EVENT CALENDAR & DUE DATES

Event	State	Venue	Date	Entries & Payment Due	FRFs Due (International & National Stream Only)	Music Due <small>Note: Opening announcement and upload details will be provided via email prior to each event.</small>
SUPER SERIES (Open to all athletes/teams)	NSW	Sports Central, Coffs Harbour	30 th April & 1 st May	27 th March	20 th April	27 th April
	SA	Helen Reid Hall, Hyde Park	7 th May	3 rd April	22 nd April	4 th May
	NSW	Hunter Theatre, Broad Meadow	20 th & 21 st May	10 th April	6 th April	18 th May
	QLD	Gladstone Entertainment Convention Centre, Gladstone	20 th & 21 st May	19 th April	6 th April	18 th May
	VIC	River Gum PAC, Hampton Park	28 th & 29 th May	26 th April	13 th May	25 th May
	QLD	Logan Metro Centre, Crestmead	17 th , 18 th & 19 th June	8 th May	3 rd June	15 th June
STATE CHAMPIONSHIPS (Open to all athletes/teams - Qualifier for the National Championships)	NSW	Hunter Theatre, Broad Meadow	24 th & 25 th June	23 rd May	10 th June	22 nd June
	SA	Helen Reid Hall, Hyde Park	25 th June	15 th May	10 th June	22 nd June
	VIC	River Gum PAC, Hampton Park	23 rd & 24 th July	5 th June	8 th July	20 th July
	QLD	Edmund Rice PAC, South Brisbane	29 th , 30 th & 31 st July	26 th June	15 th July	27 th July
FUTURE CHAMPIONS CUP (Open to all athletes/teams)	QLD	Carrara Indoor Sports Stadium, Carrara	12 th , 13 th & 14 th August	3 rd July	28 th July	10 th August
	VIC	TBA	20 th & 21 st August	10 th July	5 th August	17 th August
NATIONAL CHAMPIONSHIPS (Via qualification only)	QLD	Chandler Theatre, Chandler	8 th , 9 th , 10 th & 11 th September	1 st August	24 th August	5 th September

Please Note: These are just preliminary venues/dates. Please do not rely on these dates as exact. In the instance there should be any changes, you will be notified of these in early 2022

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COMPETITION FEES

Each competition that an athlete or team enters has an entry fee. Once entries are finalised, athletes/parents will be invoiced the entry fee amount.

FISAF Australia Membership: athletes who compete in FISAF Australia competitions must be registered as yearly FISAF members. Memberships are completed online by each athlete. Head coaches will advise athletes when this is required to be purchased.



CLUB UNIFORM

Club uniform is compulsory to be worn to, from and at ALL competitions. This includes the Pinnacle Sport Aerobics singlet and jacket.

Both competition club uniform and additional uniform items are purchased via a uniform order form.

HOLIDAY TRAINING

Holiday training sessions will be scheduled for all competition athletes. Holiday training costs are **not** included in your term fees and will be invoiced separately. It is expected that all competition athletes make themselves available for holiday training sessions.

Recreational classes will not run during the school holidays.

Pinnacle Sport Aerobics will be running holiday trainings for all athletes who are available at the end of January 2022. We highly recommend attending as it will help with preparation for the 2022 competition season.



REFUND POLICY

If an athlete is unable to continue at Pinnacle Sport Aerobics, the balance of term fees will only be refunded under the following terms and conditions

- The athlete has been injured and is unable to participate at training for more than 3 weeks. A medical certificate must be provided.
- The athlete is moving interstate or internationally.
- In the case of a family emergency, this will be approved on a case by case basis.



CLUB EXPECTATIONS

Pinnacle Sport Aerobics expects all its coaches, athletes, members and community to act respectfully towards one another and behave in an appropriate manner.

Jessie encourages all of the Pinnacle Squad to have fun, work hard and encourage their peers.

We expect all Pinnacle Sport Aerobics athletes and members to act in a respectful manner to one another and all other competitors at competitions. Remember, you are not only representing yourself, but also Pinnacle Sport Aerobics.

We look forward to having you on this journey with us to take you to the pinnacle of your potential!

