



TO	AER Community	DATE	August 25th 2009
FROM	Natalie Gabites, Performance Coordinator	CC	HPAG, AER CSC
RE	Suzuki Cup 2010 and World Champs 2010		

Dear Aerobics Community

Notes from the High Performance Coaches Sub Committee Meeting

Recently the Aerobics Coach Sub Committee met to discuss Squads and International Events for 2010 and beyond.

Important notes from the meeting:

- All athletes must trial in the grade in which they are going to compete in at the nominated international event
- When competing in an international event, athletes must be competing in the same grade in the New Zealand competition system. This rule applies for all international competition, including club competitions with the only exception being ANAC.
- In order to be eligible for the performance squad, athletes must be competing in the international stream in the New Zealand competition system.
- Squads are selected in the year preceding the squad meets and international competition calendar (e.g. – Squads are selected in 2009 for the 2010 year beginning 1st January – 31st December).
- Each squad member’s coach will be required to submit an event and periodisation plan to the AER Coach Sub Committee prior to the first squad meet on 6th March 2010.
- Squads will be selected by a combination of their competition results, skill testing and a physical ability test.
- The skill test and physical ability test will be conducted on Saturday 24th October 2009 in Auckland.
- The skill test and physical ability test will be distributed to all coaches at the beginning of September 2009.
- Talent Development and Performance athletes will have two combined squad meets in 2010 and both will be held in Auckland.
- Dates for squad meets:
 1. 6th/7th March 2010
 2. 31st July 2010

The squad meets will be made up of different activities including:

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|-----------------------------|--------------------------------------|
| ❖ <i>Skill development</i> | ❖ <i>Variety of support services</i> |
| ❖ <i>Movement exercises</i> | ❖ <i>Judge Sessions</i> |
| ❖ <i>Dance</i> | |

- The level of dress and behaviour expectation will be outlined in a formal agreement which athletes and coaches will be required to sign.

Suzuki Cup, April 2010: Tokyo, Japan

- The trial for the Suzuki Cup 2010 will be held at the National Championships in Hamilton, September 26 – 30th 2009.
- The qualification scores for this event will be published next week via email and on the GSNZ website.
- This tour is aimed at the performance and high performance level athletes.

World Championships, June 2010: Rodez, France

- The trial for the Suzuki Cup 2010 will be held at the National Championships in Hamilton, September 26 – 30th 2009.
- The qualification scores for this event will be published next week via email and on the GSNZ website.
- This tour is aimed at the performance and high performance level athletes.
- Upon qualification, athletes will be required to have 3 training sessions with a Brevet Judge prior to the 1st March 2010. This will be discussed further with the athletes who qualify.
- In preparation for the World Championships, a World Cup tour may be undertaken in May/June 2010 in Europe. This will be discussed further with the athletes who qualify.

Australian Nationals, October 2010: Melbourne, Australia

- This tour is for talent development and performance athletes.
- The trial date and qualification score is to be confirmed.

Further communication will follow shortly outlining:

- a) Qualification scores for the Suzuki Cup and the World Championships
- b) Skill Testing List
- c) Physical abilities test
- d) Further information about the October 24th Squad Meet

Please do not hesitate to contact me should you have any questions.

Kind regards

**Natalie Gabites**

Performance Coordinator

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