



Ormiston State School

An Education Queensland Independent Public School
Teamwork | Ownership | Participation | Sensitivity

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SPORT AEROBICS PROGRAM 2025

We are excited to announce that Ormiston State School will be offering a Sport Aerobics program again for 2025! Sport Aerobics is a fast pace, energetic dance style that is great for fitness, coordination and strength. In teams, it helps develop confidence, cooperation and school pride.

The 2025 Sport Aerobics Program will offer students two options as outlined below. Please read all points carefully to help decide which option will best suit your child.

OPTION 1:

- Participate for fun and fitness
- School based performances only (parades each term and an end of year showcase)
- Attend all before school training sessions on Friday mornings 8am (regular missed attendance without notification from parents will result in participants missing out on performance opportunities)

OPTION 2:

- Participate competitively
- Attend 3 -4 competitions throughout the year (Saturday attendance)
- Attend all before school training sessions on Friday mornings – if unable to attend, parents must notify coaches via email.
- Attend extra lunch time training as required closer to competition time
- Understand and agree to team selection process (see below)
- Commitment to purchase all competition uniform requirements with estimated total cost approximately \$150 (leotard, scrunchie and stockings (girls) or singlet and shorts (boys), white socks, all white sport aerobics shoes)
- Demonstrate a high level of school appropriate behaviour when representing Ormiston State School at various competitions

PLEASE READ THE BELOW CAREFULLY IF YOU ARE CONSIDERING OPTION 2

Team Selection Process:

- Coaches will select and develop teams based on observations in the first few weeks of training
- Teams will be developed according to ability (skills and performance) to build our strongest teams for the purposes of competing
- Friendship groups and personal requests **will not** be considered for team selections
- Once team selection is complete, students will not be moved into another team unless coaches determine exceptional circumstances requiring changes
- If student numbers are significantly higher than previous years, coaches may be required to complete auditions for team selections due to limited coaching capacity – please be mindful that our coaches are our teachers who volunteer their time before school, during lunch breaks and on weekends to be able to coach these teams. Teachers are not paid extra to take on these coaching roles. Therefore, we need to ensure team numbers are manageable with the staffing resources we have.

Kind Regards,
Sport Aerobics Coaches

AEROBICS PROGRAM PERMISSION FORM 2025

I give permission for my child _____ in class _____ to participate in the Sport Aerobics Program at Ormiston State School.

Please tick which option your child will be participating in, as outlined above:

	Option 1 Just for FUN!
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	Option 2 COMPETITIONS
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<p>*Please Note – by selecting 'Option 2' you agree to ensuring a high level of commitment to all training sessions and competitions. You also acknowledge an understanding of the team selection process for competitions.</p>
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Parent signature: _____ Date: _____

PERMISSION FORMS ARE DUE BACK AT OUR FIRST TRAINING SESSION