



HUNTER VALLEY
GRAMMAR SCHOOL

Dear Parents / Guardians,

HVGS Aerobics Development Squad 2017

In 2017 students will have the opportunity to participate in the **HVGS Aerobics Development Squad**. This program replaces the Future Championships program from recent years. This is designed for those students who are just beginning aerobics or who have only competed limited times. It gives students an opportunity to be involved in a great sport, and have fun learning something new. The HVGS Aerobics Development Squad will be open to all students from Years 1 – 12 and will include fitness training, skill development and choreographing. Coaching will be under the guidance of 5 time World Champion Allira Bull and her coaches.

Unlike previous years, students participating in this opportunity will not be competing in any competitions. Rather this is an opportunity for students to get a taste of the sport and it will assist towards our selections for our representative teams for 2018.

Training will commence in Term 3, on Thursday **3rd August** from 3:15pm-4:15pm in the Cameron Centre. This will continue each and every Thursday until Term 4 Week 4.

Uniform Requirements

For the HVGS Aerobics Development Squad students are required to wear their navy school sports shirt and long black tights with suitable sport shoes.

Cost of the Program: \$0

If you have any questions regarding HVGS Aerobics please contact me via email karakam@hvgs.nsw.edu.au

Kind regards,

Maree Karaka
Teacher in Charge – Aerobics

HVGS Aerobics Development Squad

(Please return permission note to Mrs Maree Karaka by Friday, 23rd June)

Student Name: _____ Mentor Group / Class: _____

Student DOB: _____ Student's current sport: _____

I have read and understand the information contained in this permission letter. Listed below are any special requirements or medical conditions that staff need to be aware of for the student to participate in the activity.

Signature: _____ Date: _____

Parent/Guardian