

YOUR AEROBICS CHECKLIST – TERM ONE

Have you got the following things?

EQUIPMENT –

- **Clear file** – bring this with you to all your training sessions.
It is a good way to keep all your notices, choreography notes, leotard designs etc. in one place.
- **Pencil/rubber/pen** – slip a pen/pencil into your clear file so that you can scribble down your choreography notes, or reminders.
- **Plain/lined paper** – put a good supply of spare paper into your clear file. You never know when you need to write something down!
- **A drink bottle** – everyone must bring a drink bottle to training. It's a good idea to write your name on it.
Fill it up before your session starts so you don't have to make trips to the water fountain.
- **Suitable training footwear** – comfortable, lightweight, footwear is essential when training (converse shoes are not acceptable).
It is recommended, that you do not train in your aerobics shoes (try to keep them as clean as possible), **but** it is recommended that you wear your aerobics shoes every now & then so it doesn't come as a shock when you put them on for competitions.
Please note – Nike airs are recommended, they provide support & are lighter than regular running shoes. However, these are not compulsory.
- **Suitable training clothing** – Tights (leggings) or bike shorts are to be worn at training. Shorts, track pants are not acceptable.
Tight fitting singlets, t-shirts must be worn at training. Baggy/oversized tops are not acceptable, as we cannot see your form (You may wear a hoodie while warming up if the weathers cold).
- **Hair ties, bobby pins** – Make sure you arrive to training with your hair in a clean pony tail/ bun.
If you have a fringe, please clip it up off your face, as it is distracting for yourself and your coach if you have it out and about.
If you have long hair, a bun is recommended rather than a ponytail – to avoid hair flicking in your face.
- **Injuries** – If you have an injury & treatment plan – ensure you have the right equipment with you for your injury treatment (e.g. a support, strapping tape and scissors).
Please ensure you arrive to training with you're injury attended to prior to training.
- **A music player device** – Once you have chosen your music, please ensure you copy your music onto something you can listen to while at training (and at home).
An iPod, MP3 player, or your phone is the best option, but if you don't have one a blank CD is fine.
It is compulsory to bring this along to each training session you attend.
Please make sure you have **headphones** to listen to your music so you don't disturb others.

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YOURSELF –

- **Goals** - Set yourself some goals for this year. Try & choose at least three things that you would like to achieve by the end of the year. Example: Learning a new hold, qualifying for nationals, and improve leg strength.
Goals are personal, so you don't have to share them with others.
Remind yourself of these goals on a regular basis: Once you have set your goals, it's important to keep reminding yourself of them. A good way is to put pictures of your goals somewhere you see them every day e.g. beside your bed, in the bathroom, or as a screensaver on your computer. Go on the Internet and find a picture of each of your goals. If your goal was to "learn how to do a new hold", you might choose a picture of an athlete performing a V-Hold.
- **Music** – Start thinking about your music now. Talk to your coach /manager about where to find good aerobics music, and who can edit/cut it.
- **Leotard(s)** – Think about leotard and costume design. Talk to your coach / manager and find out if there is the option to get a new costume made. If you're getting a new costume, start sketching designs, and get them approved by your coach.
- **Responsibilities** – Ask yourself what responsibilities do you want to take up this year? Whether it's coaching, taking a warm up/stretching or conditioning – any of these jobs will be much appreciated. Try and make your coach's job, as easy, as possible.
- **Your plan** – Train at home, as well as with your coach's. Write yourself a weekly fitness plan to complete at home. It can be as simple as, stretching in the add breaks, while you're watching TV or heel raises while you brush your teeth. Come up with something, just to keep your training consistent.