

# NZCAF National Aerobics and Hip Hop Championships

## September 20-22 2013

### DUNEDIN

## NATIONALS NEWSLETTER #1

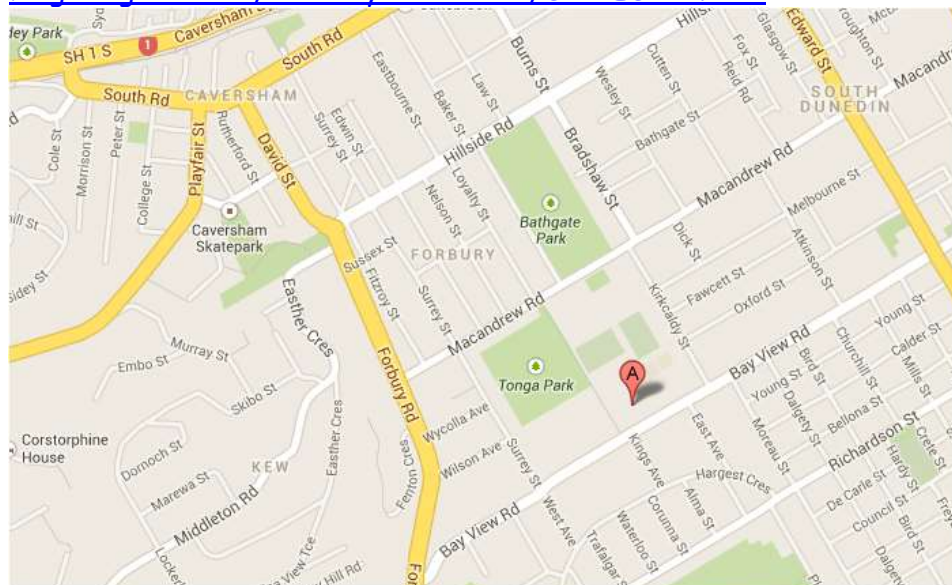
The following preliminary information is aimed at helping you plan your trip to Dunedin for the NZCAF nationals in September. We look forward to seeing you in Dunedin and we wish you a successful competition.

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### VENUE ADDRESS

**Kings and Queens Performing Arts Centre (PAC)**

**[Kings High School, 270 Bay View Road, DUNEDIN 9012](#)**



## CONTACTS

- Helen Lowther (Event Manager) for **event enquiries** [helenl@queens.school.nz](mailto:helenl@queens.school.nz)
- Sean Cresswell for any correspondence regarding **entries** [president@nzcaf.com](mailto:president@nzcaf.com)

## ENTRIES

### To enter

To enter go to the NZCAF website <http://www.nzcaf.org.nz> and complete the on line entry forms.

**One master payment** is to be completed per school/dance school/club where possible.

### Late entries

Entries close on **Friday August 30<sup>th</sup> 2013**.

All fees **must** be paid by this date. Any entry paid after this date will incur a late fee of \$20.00 per athlete/entry.

No entries will be accepted after **Tuesday September 3<sup>rd</sup> 2013**, and no correspondence will be entered into.

### Entry fees

#### Individuals:

NZCAF: All categories	\$30
FISAF: Cadet, Junior, Senior	\$40
Second and subsequent entry	\$15 *

\* If you are also entering into the event as part of a team/group you are only required to pay the 'Subsequent entry fee' for your individual entry - and not the full Individual Entry fee amount.

#### Teams:

NZCAF: All categories	\$30 per team member up to a maximum of \$180
FISAF Trios:	\$100
Hip Hop:	\$35 per crew member up to a maximum of \$200

*NOTE: Entries do not include the NZCAF membership fee for athletes, as this has already been paid with regional entry.*

### Payment options

Direct Credit: Westpac Please use surname/team name /school/club as a reference  
HA Lowther  
03 1732 0102103 001

Cheque: Make cheques payable to: HA Lowther  
Please add 50c clearance to all cheque

Post Cheques to: 138 Surrey Street  
St Clair  
Dunedin

Please pay by **ONE** cheque or **ONE** internet banking transaction per school/dance school/club where possible.

### Athlete waiver

A **waiver form** (attached) must be completed for each competitor. This should be signed by a parent if the athlete is under 16. The waiver form can also be downloaded from the website above.

**Bring waiver forms with athlete profile forms to registration at the competition.**

Please note that if the waiver is not completed or signed, the athlete will be unable to compete. They cannot be signed by coaches/managers.

### FRF skills list

An FRF skills list must be submitted for all **FISAF** entries.

FRFs must be emailed to [Tanya.Houpt@nzcaf.com](mailto:Tanya.Houpt@nzcaf.com) no later than **Friday August 30<sup>th</sup> 2013**.

## **REGISTRATION**

### Aerobics and Hip Hop

Registration will take place at the venue.

To avoid congestion, we ask that no more than **TWO** representatives per school/dance school/club should attend registration:

Friday	September 20	6.30-8.30pm	Aerobics
Saturday	September 21	8.00-9.00am	Aerobics
Sunday	September 22	10.00-11.00am	Hip Hop

Please contact the Event Manager if you cannot make these times.

### Bring to registration:

1. Your music CD - labelled carefully with:
  - competitor/team name
  - category eg "Year 9-10 Novice Individual"
  - school / dance school / club (FISAF)
2. Completed profile sheet - (*coming in [NZCAF Nationals Newsletter #2](#)*)
3. Waiver forms (signed, one per athlete)- see note above

### Notes on music:

- Please bring **TWO** copies of your music on CD (not just on i-pods, or memory stick)
- Hand in one copy and keep the other copy with your team manager.
- It is your responsibility to check your CD on several stereos to make sure it plays - not just on a computer.
- There should be only ONE track of music on your CD and no other audible sound
- Please ensure that you have chosen suitable music - no swearing or inappropriate lyrics.

***We advise bringing spare blank CDs and your music on an ipod - just in case!***

### [Run through on stage for aerobics competitors.](#)

The stage will be available for a practice from 6.30-8.30 on Friday September 20. Athletes should be accompanied by a coach/manager. Consideration should be given to other competitors so time on stage is limited.

NOTE: This will not be a sound check.

*Hip Hop Teams Note: The stage depth is only 8.5 metres. The line at the back of the stage will be close to the wall.*

## ENTRY CONFIRMATION

Once entries close, a list of entries will be sent to each coach. It is the coach's responsibility to check this list to confirm all athletes are entered correctly.

## TICKETS

*Ticket purchase information will come out in [NZCAF Nationals Newsletter #2](#)*

1. Spectator tickets will be available online through iTicket **once entries have closed**. Visit [www.iticket.co.nz](http://www.iticket.co.nz) and search for aerobics.
2. Door sales will be available, but online tickets will be cheaper. Eftpos will be available at the venue.

## TRANSPORT FROM THE AIRPORT

If you are not hiring a vehicle, it would pay to book a shuttle from the airport as transport is limited and it is a 25km journey to Dunedin. There is no airport bus.

## PHOTOS and VIDEOS

A photographer will be taking photos at the competition.

There will also be photographer taking photo booth style photos. All photos will be available for purchase.

The competition will be videoed. DVD orders will be taken at the competition.

*(Details coming in [NZCAF Nationals Newsletter #2](#))*

Videoing your own athletes for your school will be permitted. All video cameras must be registered at the ticket desk.

**You will not be able to video athletes from other schools.**

## T-SHIRTS

NZCAF Nationals T-shirts will be for sale.

These can be ordered online to be collected at the competition. Order forms will be posted on the NZCAF website soon. *(Details in [NZCAF Nationals Newsletter #2](#))*

## FOOD

### At the venue

The event will have a small cafeteria serving food during the day. You will also be able to order food for your group in the morning to be collected at lunchtime. This will consist of a roll or sandwich, a slice and a piece of fruit at a cost of \$5.00 per person. For catering purposes, please let Helen Lowther know by email if you will take advantage of this service.

### Food outlets nearby

There are various fast food restaurants located - approximately 2 kms drive from the venue.

At the Esplanade (St Clair Beach) there are three café/bars (Salt, Starfish, Pier 24 and Neptuno - more suitable for the coaches!) and a café at the Salt Water Pool. It has the best view of the beach in town! (The café is open, but the pool is closed).

Filedelfios is a pizza restaurant located at 3 Tomahawk Road, Andersons Bay - 7 minutes drive from the venue.

### Supermarkets

The most convenient supermarkets are;

Countdown supermarket - Andersons Bay Road

Pak'n Save - Hillside Road.

There are also Countdown and New World supermarkets in the centre of town.

## ACCOMMODATION

- Dunedin iSite : [click here to visit their website](#)
- Travel Bug Accommodation Search : [click here to see Travel Bug deals](#)

Below are the details of some Holiday Parks and Motels in Dunedin.

[Click here to see a map showing their locations](#)

### Holiday Parks

#### Closest holiday park to the venue

##### Dunedin Holiday Park

41 Victoria Road,

St Kilda, Dunedin

[office@dunedinholidaypark.co.nz](mailto:office@dunedinholidaypark.co.nz)

0800 945 455

#### Other holiday parks 15 minutes drive

##### Aaron Lodge Top 10 Holiday Park

162 Kaikorai Valley Road

Kaikorai Valley, Dunedin

[stay@aaronlodge.co.nz](mailto:stay@aaronlodge.co.nz)

0800 879 227

##### Leith Valley Touring Park

103 Malvern Street

Woodhaugh, Dunedin

[lvtpdun@xtra.co.nz](mailto:lvtpdun@xtra.co.nz)

0800 555 331

## Motels close to the venue

### Esplanade motel

14 Esplanade

Saint Clair, Dunedin

[bookings@esplanade.co.nz](mailto:bookings@esplanade.co.nz)

0800 377 233

### Best Western on Bayview

55 Anderson Bay Road

Dunedin

[stay@555onbayview.co.nz](mailto:stay@555onbayview.co.nz)

0800 555 779

### Carrisbrook Motel

169 South Road,

Dunedin

[www.carrisbrook-motel.co.nz](http://www.carrisbrook-motel.co.nz)

0800 187 100

### Bayfield Motels

210 Musselburgh Rise

Dunedin

03 455 0756

### Beach Lodge Motel

38 Victoria Rd

Dunedin

### Dunthat Motel

353 King Edward St

South Dunedin

03 455 1355

### Arcadian Motel

85 Musselburgh Rise

Sunshine, Dunedin

[www.dunedinmotel.co.nz](http://www.dunedinmotel.co.nz)

03 455 0992

## AEROBIC ROUNDUP ROUTINE

The roundup routine is a fun way to introduce each school to each other and to the judges. A video of the choreography will be available this weekend. You will be able to watch it on the NZCAF YouTube channel and NZCAF Facebook page

[www.youtube.com/NZCAF](http://www.youtube.com/NZCAF) [www.facebook.com/NZCAF](http://www.facebook.com/NZCAF)

### Choreography

Run onto stage for 16 counts starting with R leg 1-16

Double knee over R leg 1-4

Double knee over L leg 5-8

Grapevine R 1-4

Scissor R X 2 5-8

Pony X 2 L & R 1-4

Stride jump X 2 5-8

Pivot on R 1-4

Jump kick R to side 5-6

Step R and jump together 7-8

Run off stage starting with R foot 1-16



## HIP HOP FREESTYLE ROUNDUP

The Hip Hop freestyle roundup is similar to the Aerobics Roundup – but without set choreography. Like the above, it's a fun way to introduce each school to each other and to the judges.

Each crew will be given a 20s slot to free style, while the sound crew play a Hip Hop mix (approx. 135 bpm)

## SCHOOL BANNER & CHANT OFF COMPETITIONS

Schools are encouraged to compete in two competitions which are a tradition at National Championships.

### Banner competition

Get creative and paint, draw, glue and glitter an amazing banner that shows off your School Pride, and your love of Aerobics & Hip Hop.

Your School Competition Banner will be displayed during your school's Round-Up Routine which will be used to introduce and parade the competitors in their school groups.

While competitors perform the Round Up Routine your school banner or will be displayed by NZCAF stage volunteers who will stand to the back of the stage area as your school performs.

### Chant off competition

Get creative and get loud! Make up a chant that shows pride in your school, and expresses passion and energy!

The Chant-Off concept, which is based on the sport of cheerleading, encourages schools to include their supporters in a display of poetic entertainment.

There will be prizes presented to the winning schools.

We encourage all athletes to enter with their schools – regardless of how many in your team!

## TROPHIES AND AWARDS

Below are some of the trophies and awards that will be presented over the weekend.

### Aerobics:

- Tanya Houpt Award for Technical Excellence
- Mihi Aston Trophy for Artistic Excellence
- Harding-Tiki Trophy for Most Promising Primary/Intermediate Team
- Tina Ball School Shield – Awarded to the highest placed school  
*3 points for 1st place, 2 points for 2nd place, 1 point for 3rd*
- Jean Shalders Cup for Winner of Junior Secondary Open Individual
- Tanya Houpt Trophy for Most Promising Individual Performer
- Jean Shalders Trophy for Most Potential

- Sportsmanship Challenge Cup  
*Awarded to the School group that shows the best sportsmanship during the event.  
This is voted for by your fellow athletes attending the competition.*

#### Hip Hop:

- Most Innovative Choreography
- Most Promising Senior Dance Crew
- Most Promising Junior Dance Crew

## **NZCAF AGM**

All NZCAF Members and interested parties are invited to attend the Annual General Meeting of the New Zealand Competitive Aerobics Federation

Come along and meet the team behind NZCAF and learn about our vision and direction for 2014.

**When:** Saturday September 21 2013. Approx. 12.30pm (TBC)

**Where:** Kings High School PAC

Please email the NZCAF Secretary ([secretary@nzcaf.com](mailto:secretary@nzcaf.com)) if you wish to attend so that we can cater for numbers accurately.

#### NOMINATIONS INVITED

NZCAF is run by a small group of dedicated volunteers, making up the NZCAF Executive and our Regional Representatives.

All of the team love Aerobics and Hip Hop, and we're looking for new people to join us guiding NZCAF in 2014. Nominations are invited for the positions detailed in the NZCAF constitution (available at [www.NZCAF.org.nz](http://www.NZCAF.org.nz)).

Nominations must be emailed to the NZCAF Secretary by the September 14.

The following positions have been vacant for a few years, and it would be great to see them filled this year:

- Website coordinator
- Funding coordinator
- Newsletter author / Facebook page master