



Some Feedback to help with your Performance Aerobic Routines

FISAF International has created a category that no other organization has...Performance Aerobic Teams. And what is better, is this category was developed through a brainstorming forum of Fitness Teams Specialists from many various countries in 2017. It was recognized that athletes want to continue to participate in our sport, especially in a team environment which encourages the social and fun side of sport, but not to be training similar hours as Sports Aerobics or Grande Fitness Teams. It was also recognized that it is easier to gather five athletes to create a team, and to have shorter routines, hence the changes.

Your Performance Teams are breaking ground, in that you are setting the 'trend' and 'style' of this category for the future. This is extremely exciting and to help you 'shape' this category, according to the ideas of the Forum Specialists, here are some tips and general feedback resulting from several National Competitions and the European Championships;

Tip one:

- Remember the description of this category is; *'A Performance Aerobic routine is focused on performance, connecting with the audience and entertainment. A combination of High Impact Aerobics and Dance are used to show the dynamics, artistry and fitness ability of a small group. There are no compulsory or obligatory elements as skill elements are not a feature of this category.'*

Tip two:

- Performance routines are NOT THE SAME as Petite or Grande Aerobic, it is a NEW and DIFFERENT category with a different accent of importance. For Step the accent is 'use of Step', for Grande Aerobic the accent is 'high impact moves' and for Performance the accent is 'a combination of dance aerobics and entertainment' ...it's a show!
- Think INTENSITY = ENERGY but NOT cardiovascular endurance.

Tip three, how to make the routine different to Petite or Grande Teams:

- It is suggested not to put traditional sports aerobics skill elements into a Performance routine.
- Music is an EXTREMELY IMPORTANT part of building a Performance routine so choose music that has a lot 'to play with' such as; specific styles, different rhythms, clear lyrics, lots of crescendos and lows, different instrument accents, etc.
- Really use the music to bring out the dance and entertainment factors. This means using the music in its most honest form and to avoid editing it so that you show the art of putting movement to music. Match the moves to the music...'Dance is what the music would look like' (Tony Stone).
- Remember you have the freedom to use a wide range of BPM and you can change the BPM through the routine. This can help you create some contrast in your movement and 'feel' of the choreography which will make it different to Grande.
- Use attire/costume that will enhance the choice of music, or style of the routine. We encourage you to think about attire that is different to Step and Grande Teams, but being mindful about parts that could fall off.

- Use lots of interaction between team members but present the performance as ONE team.
- Lifts, supports, and propulsions should only be done if they fit the style of 'dance' and music and not just because you can do them.
- You now have the opportunity, to really affect an audience, so create a routine that will make the audience FEEL something. Of course, this means you will also have to 'feel/express' your performance for it to come across to the audience.
- A Performance routine should be fun to train and fun to watch.

Tip four;

- Be brave and dear to change and be different. Be part of creating the new Performance direction!

If you would like to learn about creating a great Performance routine, you might want to join our workshop during the World Championship in Leiden;

When: Thursday 18th October

Time: 1100 - 1315

What: Performance Teams; Dare to be different!

By Who: Presented by Tine Ceusters (Belgium), Betka Budinska (Czech Republic) and Niki Hind (Australia)

Cost; 10 Euro per person

