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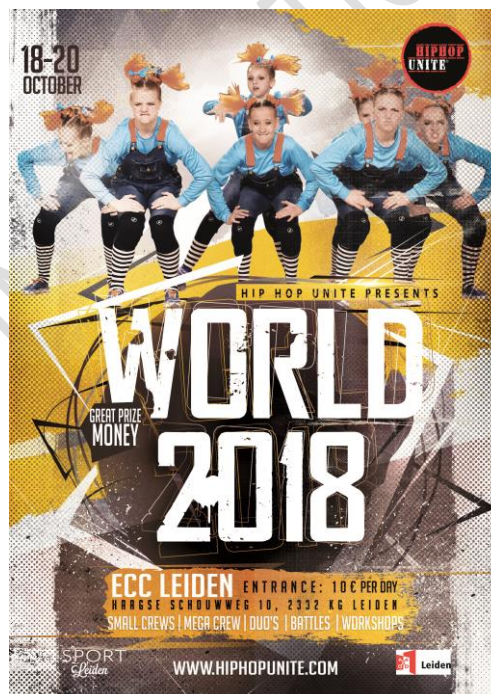
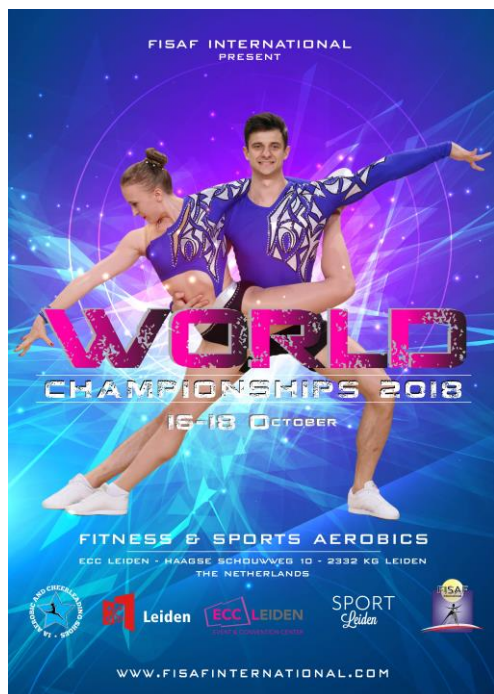


15<sup>th</sup> of November - 12/2018

# BULLETIN

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**Thank you all for the wonderful event we had altogether in Leiden!**



**FISAF International Fitness & HIP HOP UNITE 2018 Championships are over, and we are already working on future events; 2019 Europeans and Worlds – very soon we can give you information regarding these.**

**Right now we can inform you about actual changes to the Sports Aerobics and Fitness Technical Regulations which you can find on**

**<http://www.fisafinternational.com/en/fisaf-int-technical-regulations>**



### Jump like a Champion

We hope you managed to attend the amazing ‘Power for Jumps’ workshop with Brenton Andreoli. His presentation consisted of training drills and tips for increasing execution and power of jump elements. The feedback from this workshop was that it was extremely educational and useful.



2018 is the first year for the Performance Teams category. Kristy De Lore, Niki Hind and Nicole Maslowski teamed up to present; Performance Teams, Dare to be different. This new, fun and exciting category is infectious and, for sure, there will be more teams entering next year.



### Everything is about the core

With Tanya Houpt you got the chance to participate in the practical workshop about “Let’s get right to the core”. The session focused on learning how to truly activate the core and transfer core strength to skill elements and movement, together with addressing muscular and postural imbalances to avoid injury.



**Old School Workshop with Eszteca from The Netherlands**

**Thanks for a great workshop with Eszteca at HHU World Championship 18 in Leiden, Netherlands**



**Hip Hop Workshop, Andrew Cesan from New Zealand**

**The second workshop with Andrew Cesan was a blast!!**

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