

Chelsea jumps at overseas trip

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Chelsea Harris heads to Italy later this month. Picture: BRENT MCGILVARY.

SELF-CONFESSED show-off Chelsea Harris has danced, kicked and jumped her way to Torino, Italy, for the Federation of International Sport Aerobics and Fitness Sport Aerobic and Hip Hop European championships later this month.

The Beecroft 17-year-old, who turns 18 in March next year, started doing gymnastics when she attended Tara Anglican School for Girls in North Parramatta, aged six.

When sport aerobics was introduced to the school she decided to "give it a go".

Chelsea now trains four times a week at Ikin Dance Australia in Lindfield.

Sport aerobics involves performing agile movement patterns to heart-pounding music, according to the Gymnastics Australia website.

"Sports aerobics is more about dancing than gymnastics, it's a showmanship sport and I like that side of it," Chelsea, who now attends Barker College, said.

"I love doing my routine.

"It's a lot more fun than gymnastics and you get to show off."

Chelsea's competition routine lasts for two minutes.

“There are certain skills that are compulsory. For example, you have to do splits, jumps, kicks and push-ups, and the rest of the moves are your own.

“You have to be able to show strength, flexibility and fitness.

“It definitely keeps you fit.”

After competing at state and national championships, Chelsea was selected as a member of the Australian Sport Aerobics team.

“I will be competing at the senior female level against other girls 17 and above,” she said.

“The world champions are usually in their 20s but the majority of competitors are between 18 and 20.”

Chelsea is looking forward to her overseas trip, from June 22 to 25.

“Torino is the biggest tournament I have entered. It’s an exciting competition and I am looking forward to seeing the sights of Italy.”

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