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Gymnastics WA Bulletin

May 2004 Edition



Gymnastics
Western Australia

Gymnastics Week 15th-23 May 2004

Inside this issue:

From the ED's Desk

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Coaching/Judging courses,
articles

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Gymnastics WA

BOARD OF MANAGEMENT

President Steve Chetkovich
Vice President Steve Turpin

Elected Board Members:

Gail Melinger
Garry Bartle NW
Debbie Van Hagen
Jenny Smith

Appointed:

Gratton Wilson ED
Richard Edinger Finance

OFFICE STAFF:

Executive Director Gratton Wilson
director@gymnasticswa.asn.au

Office/Sports Manager – AER/MAG HPC
Roy Robinson
sportaer@gymnasticswa.asn.au

Sports Manager –MAG/GG/ACRO/TRAMP
Marie Arendt
mag@gymnasticswa.asn.au

Sports Manager – WAG/RG
Sue Georgeff
wag@gymnasticswa.asn.au

Club 10 Officer Sam Marsh
club10@gymnasticswa.asn.au

Education Jane Collins
coach@gymnasticwa.asn.au

MAG HPC Head Coach
Igor Bepalov
dessdimitrov@hotmail.com

REGIONAL COORDINATORS:

NWRGA Andrew McLaughlin
Andrew.T.Mclaughlin@BHPBilliton.com

SW Krystie Camisa
krystie.camisa@wapl.com.au

GSCSRGA Marie Arendt
mag@gymnasticswa.asn.au

LIFE MEMBERS:

N Read J. Simensen (deceased)
T Delhanty P King
N Hunt N Jol-Jacoby
V Norris A Kovacs
M Panizza D Robertson (deceased)
C Burch B Thompson
M Strauss (deceased) L Chetkovich
J Biloft

SPORT MANAGEMENT COMMITTEE EXECUTIVE:

WAG

Chair Deb Van Hagen
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Coaching Coordinator Dhana Antulov
Judging Coordinator Pam Pryce

MAG

Chair Ann Ranieri
Coaching Coordinator Des Dimitrov
Judging Coordinator Ann Ranieri
Zoey Blampey

RG

Chair Karyn Murray
Technical Director Karyn Murray
Coaching Coordinator Stella Johnston
Judging Coordinator
Elite Barbara Smith
Levels Karen Gilgallon

GG / ACRO

Sports Manager Marie Arendt
Club Representatives

AER

Chair Karon Williams
Coaching Coordinator Trudi Nurse
Judging Coordinator Karon Williams

TRAMP

Chair Pam Walker
Coaching Coordinator Philippa Preuss
Judging Coordinator Dick Townsend

SPONSORS

- BHP
- Healthway
- Department of Sport & Recreation
- WAIS
- Ricoh
- Foam Sales
- QANTAS

ADVERTISING IN GWA BULLETIN

(Free for all members. Cost for non-members only – or clubs with non gymnastics related ads.)

¼ page	1 issue (300 copies)	\$50.00
	Full Year	\$200.00
½ page	1 issue (300 copies)	\$100.00
	Full Year	\$500.00
1 page	1 issue (300 copies)	\$250.00
	Full Year	\$1000.00

DEADLINE: 2nd Wednesday of each month

FROM THE EXECUTIVE DIRECTOR



Gymnastics
Western Australia

Woodside Launch

Congratulations to the MAG HPC on the announcement of their successful three year partnership with Woodside Energy.

Clubs, athletes, parents, Woodside Energy and the Minister for Sport and Rec joined in the celebrations at the sponsorship launch for what was a truly great evening.

Woodside Energy has come on board as the naming rights sponsor for the MAG HPC which will now be known as the Woodside Energy Squad.

Club Promotion – Important News

Any feedback on the fantastic Club promotion through Supa Valu? Email me - director@gymnasticswa.asn.au.

Sam taking Club 10 to the NW

We have been successful in gaining a small grant for Sam to visit Clubs in the NW with the Club 10 Program. Great to see Club 10 reaching throughout the length and breadth of WA.

State Team Selections

Once again congratulations to those selected in the MAG, WAG, and RG State teams for the National Championships in Sydney in May.

It will certainly be interesting to get the feedback from the MAG, WAG and RG disciplines on the holding of their event together for the first time. A truly gargantuan effort by all concerned - congratulations.

School Promotion - Gym Week

More promotion. As part of a promotion for Gym Week letters and flyers containing free lesson vouchers for new members have gone out to over 250 schools around affiliated metropolitan gymnastics clubs.

Cirque in 2004 – Expressions of Interest

Cirque de Gymnastique is planned to return again this year - bigger and better this year! Expressions of interest for involvement in the 2004 Cirque have been sent to Clubs in April/May.

We have called upon the expertise of the innovative performance company Skadada to help turn the show into one like no other. Skadada will work on the presentation of each group's display and assist in the coordination of the show.

The event will tie in with the Artrage Festival with shows in the October school holidays from Thursday 14th to Saturday 16th October 2004 at Challenge Stadium.

Interested clubs will need to fill out the previously sent expression of interest form and return to the GWA office ASAP.

Bulletin on line

The bulletin is now available on-line, you can download by section, or choose to get the whole document.

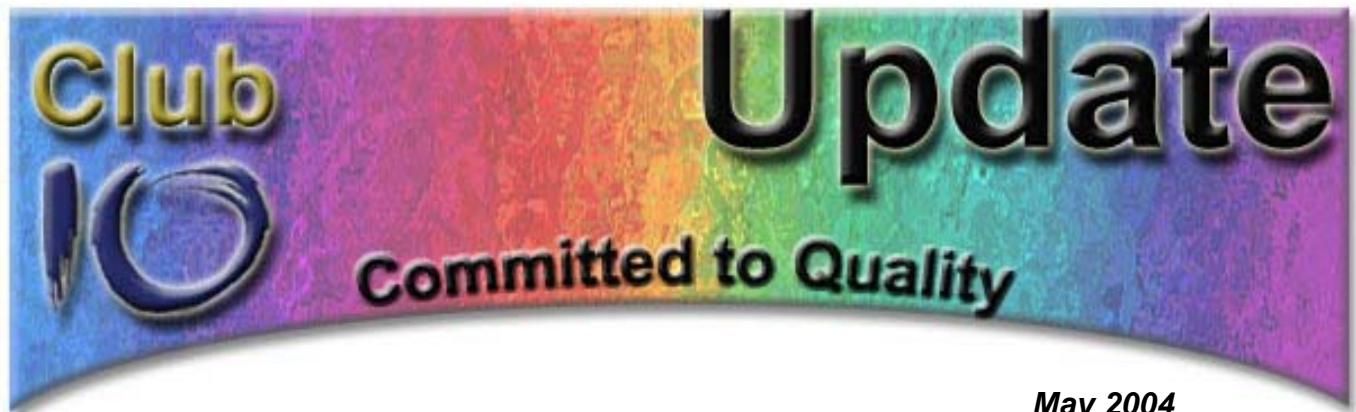
Perth Angels Off to Hong Kong

WA's Perth Angels have been invited to attend the launch of a new shopping centre in Hong Kong. Great stuff girls – if this is where cheerleading can take you where do I sign up (Oh please!).

Cheerleading

Still on the cheerleading front, great to see over 300 participants at the first event of the year. By all reports the show was a ripper.

The Cheerleading group have been invited by the Board to form their own Sports Committee, and Briony Tung of Angel's fame is heading up our newest Sports Management Committee.



May 2004

Club 10 Checklist

Now is the time to start going through the Club 10 Checklist if you are planning on applying this year. Applications will close **2nd August**.

To move from Star 1 to Star 2 Accreditation clubs only need to successfully complete and return the Introductory Checklist to me. The Introductory Checklist is included on the GWA Affiliation CD. Please contact me if you require a copy to be posted to you.

Clubs seeking Accreditation in Star 3 - 5 categories should be working through the main Club 10 Quality Improvement Checklist. The QI Checklist can be sent to clubs via email, CD or printed copy. Assistance is available by contacting me at GWA.

Club Visits

I have recently visited West Coast Gymnasts and Star-Mites Gymnastics. West Coast have just repainted the walls in the gym and are currently working through the Club 10 Quality Improvement Checklist. Star-Mites have expanded their premises into the adjacent unit and have built their own Sports Aerobics floor. I have included some photos of the clubs on the next page.

Club 10 NW Tour

Over the next month I will be visiting some of the North West clubs including Kununurra, Broome, Port Hedland, Karratha and Wickham. I am looking forward to the visits and finding out more about the individual needs of the clubs.

Funding Opportunity

Club Guru is a funding program to assist the development of youth sport leadership initiatives. More information at;

<http://www.dsr.wa.gov.au/programs/sportsfun/clubguru.asp>

Check out this Website

Play by the Rules is an online training and information resource for sporting clubs.

<http://www.playbytherules.net.au>

Change of Details

My v-app account will be closing at the end of the month so please ensure that your contacts are updated to my Club 10 email address listed below. I check this account from home and work. Also please note that my last name is now Williams.



WA Club 10 Officer
Sam Williams 0427 251 074
club10@gymnasticswa.asn.au

**Club Visit to
West Coast Gymnasts**



Clear signage outside the gym

**Club Visit to
Star-Mites Gymnastics**



Welcoming front desk area



Committee & coach profiles on wall



Floor and vault room



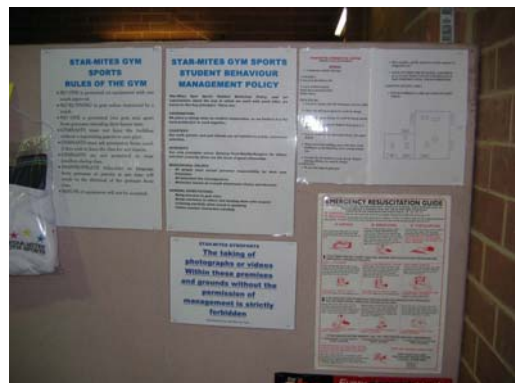
Gym area with freshly painted walls



New aerobics and beam room



Billboard adds colour & interest
(given to club after ad campaign)



Rules and policies on display

JUDGING INFORMATION



Enrolment

All candidates must complete an enrolment form and return to GWA with payment at least one week prior to the course. This process has changed as Gymnastics Australia now requires all Judging Courses to be sanctioned and entered onto the GA database in the same manner as Coaching Courses are currently. Enrolment forms are available on the GWA website at <http://gymnasticswa.asn.au/forms.htm>

Upcoming Judging Courses

RG Level 1A Course

Day 1: 12th June
2 - 5.30pm
Montgomery Hall
Heritage Lane
Mt Claremont

Day 2: 13th June
Time TBA
Scarborough PCYC

Bring: Pen, Paper, RG Levels Manual

Cost: \$55 (including State Registration)

AER Level 1 Course

Day 1: 13th June
10am – 5pm

Day 2: 23rd June
7pm

Venue: Len Fletcher
22 Emmerson St
North Perth

Bring: Pen, Paper and Lunch

Cost: \$40 (including State Registration)

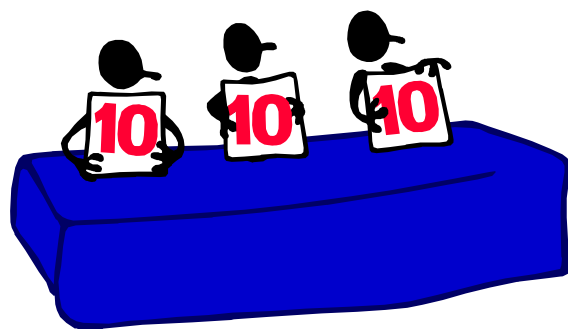
Calling all WAG Judges

The Judges Invitational Competition will be held this year on 12th/13th June. The Judging Committee would be pleased to hear from any judges who are able to help at the competition in areas other than judging.

Positions vacant at this time are:

- Canteen Co-ordinator and assistants
- Venue Co-ordinator and assistants
- Scorers and assistants
- Raffle Co-ordinator and assistants
- Floor Managers, Judges and Judges assistants

If you can help out in ANY way please contact the WAG Judging Co-ordinator, Pam Pryce on 0402 079500 or email pam@collegeparkgymnastics.com.au



Happy Judging

Sam Williams
Judging Administrator
club10@gymnasticswa.asn.au

MEN'S ARTISTIC



Woodside Energy Squad Launch

The official launch of the Woodside Energy Squad, WA Men's High Performance Gymnastics Program was launched at the Champions' Club, Challenge Stadium on Friday 30 April 2004.

A highlight of the evening, was a display by a number of our Squad Gymnasts, in the training gym prior to the official function.

It was also wonderful to see the expressions of joy shown by the boys, who were all wearing their new Squad uniforms, as they each were introduced to the attendees.

About 120 people attended the launch and included Bob Kucera, MLA, Minister for Sport and Recreation. Sandra Jamieson Coordinator, Corporate Affairs Woodside Energy, Ranae Hibben, Adviser Corporate Affairs Woodside Energy, Steve Chetkovich President Gymnastics WA, Gratton Wilson Executive Director, Gymnastics WA.



Bob Kucera MLA Min for Sport & Recreation

Mr Kucera spoke briefly, making particular reference to the role of parents of children in an elite program. Mr Kucera's daughter Jo Edinger, head coach of the RG HPC, is a former RG elite gymnast, so his comments were very meaningful and well received.

MAG Clubs Participating in the program attended the launch and were each presented with a Launch poster to display at their premises



Sandra Jamieson, Igor Bespalova, Gratton Wilson and Ranae Hibben with one of the Launch posters

Sandra Jamieson presented a "cheque" to the HPC FOR \$105,000, which represents the value of the sponsorship over three years.

The lion's share of the sponsorship will go towards funding the new coach, who will commence with the Squad as soon as he gets through the red tape that is holding up his departure from Moscow.

Our thanks go to Woodside Energy, not only for this sponsorship arrangement but also for the wonderful function they arranged as part of the Launch celebrations.

National Championships 2004

As you read this the very best of Western Australia's male gymnasts are competing at the Championships. We wish the boys all the best and hope they are victorious!



Woodside Winter Challenge

This event was a great lead up competition for National Championships. The Woodside Energy Squad boys looked fantastic in their new uniforms.



Accreditation 2004

Please ensure judges and coaches have renewed their accreditation for this year. Unregistered coaches and Judges who are not registered or participants in the CAPS program under direct supervision of an accredited coach or a member in training under the direct supervision of an accredited coach will not be permitted on the competition floor.



MAG Assessment Day

Please remember entries for MAG Assessment day are due on 24th May. As I am away at Nationals the closing date will be extended until 31st May. Any entries received after this date will incur a \$10 late fee.

Please note that gymnasts are not required to wear full uniform for assessment day. A T shirt and shorts will be acceptable if a gymnast doesn't have a leotard yet for the year.

WOMEN'S ARTISTIC



AUSTRALIAN NATIONAL CHAMPIONSHIPS

As you read this bulletin, gymnasts from our State are competing at the National Championships 2004. We wish all the athletes the best of luck during their time in Sydney.

NEWS FLASH!!

WA has just won a silver medal in the Level 7 AND 8 Team events at Nationals.

Congratulations girls!!

BADGE TEST TIMES

Date: Sunday 30th May

Venue: Len Fletcher Pavillion

	National Level 4-6	State Level 4-10
Registration	8.45 am	12.15 pm
Comp start time	9.25 am	1.00 pm
Presentations	12.30 pm	3.30 pm

NATIONAL DEVELOPMENT PROGRAM INFORMATION

Entry into States

Due to the fact that the 3 divisions in the NDP have different start values, it was decided that the score to gain entry into State Championships should reflect this. For 2004 the following will apply :

The scores to gain entry into State Championships for the respective divisions will be :

Division A -30.00

Division B - 26.50

Division C - 24.50

NDP TEAM EVENTS

There has been much discussion and speculation over how the Team events for the NDP will be run in 2004. Will there be combined teams? How will that work? Is it fair to all?

This was discussed at the May SMC., with the following motion:
" That Level 1 & 2 NDP Teams can be comprised of any divisions ie composite teams"

However, some of the outcomes have concerned clubs that have heard of this decision. The SMC is therefore calling for discussion at the June Meeting. Please have your say at the next SMC. Some of the thing on the agenda:

Combined Teams - Should we do this?/ How should we do this?
Team pennants/State Championships - At present, division C (for example) can only ever achieve a bronze medal. Is this fair? Please come and have your vote.!!

The JUNE SMC is scheduled for :

When : Tuesday 1st June
Where: Len Fletcher
Time: 7.00-9.00pm

NDP A Division competitions

"All A division Level 1-3 to compete in a competition separate to B/C division". This was voted on unanimously at the May SMC

NDP Vault amendment

Level 1A, with a 10.00 start value on vault, the following will apply for competitions:

"The 2 vault scores will be averaged to arrive at the final vault score"

NDP music

Level 1 Floor music
Within the state, floor music may be used for Level 1 routines. The same music must be used for all gymnasts from the same club. However, if a

club is to travel interstate, they would need to check rulings with the respective state.

AIRBOARDS

At the last SMC, the following was voted on unanimously:

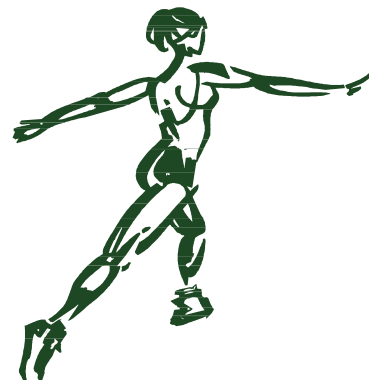
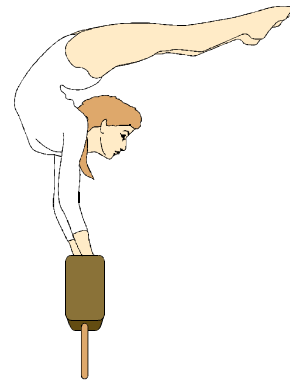
" Within the state, National Level 7-10 & International 6 and above are the only divisions who are NOT to use an airboard at competitions.

SKILLS CLARIFICATION

"V" holds on beam may be done in a Straddle, pike or wolf.

Clarifications

There are some clarifications from Gymnastics Australia regarding the NDP program. Please find 2 pages of these within this bulletin.



Clarifications to the Level 1 – 3 National Development Program

(from the GA Judges Bulletin April 2004- Jill Wright)

Level 1 – 3 National Development Program

An inaugural level 1 judges course has now been conducted in each State. The response to the courses and the program has been very positive. Please make notes of any issues or queries that arise as you implement the program and submit these to the National SMC for further discussion.

Vault

1. Overarm action 1.00 deduction should be listed for all vaults.

a) What about handstand vaults does the deduction still apply?

Yes, applies to all vaults

2. Level 2 SV 9.00 vault lists "lack of repulsion/flight 0.05 deduction as well as lack of height 0.05 – 0.5. This is really the same deduction and should only be listed once.

Remove lack of repulsion/flight deduction.

BARS:

1. Cast to handstand deductions to be corrected:

- 0.00 deductions for casts within 10o vertical,
- Up to 0.2 for casts within 30o
- 0.3 for casts up to 45o
- below 45o deduct the value of the cast to handstand (B – 0.5) from the start score

2. Level 3 8.50 routine states that the glide swing from box holding bar glide swing back to box.

Gymnast does not swing high enough to get back to box, what is the deduction? 0.1 would be appropriate for lack of amplitude in back swing (look at judging video). The emphasis for this skill is not on whether the feet return to the box but whether the hips are high enough on the return swing.

3. Level 3 – 10.00 routine – the gymnast can only do clear hip circle, stalder circle or inside stalder circle. The **clear** circling skill is the objective, body and feet away from the bar.

4. Level 3 10.00 SV can the gymnast return to front support after the cast then glide kip cast? NO – it must be 3 consecutive and continuous glide kip cast action.

5. In level 2 and 3 on Bars - can they straddle in the cast to hstd. If they are not permitted to straddle but do, what would be the deduction?

NO straddle casts.

Gymnasts must not straddle. Body position faults and legs apart deductions would apply. The coach must be aware of the need to follow the program as set and the coach is not doing the gymnast any favours if they allow the gymnast to straddle. Peggy will be educating the coaches.

6. Level 2 9.00 routine should read cast to horizontal.

Beam

1. If the gymnast performs a controlled Handstand but falls off before replacing foot on beam - what is the deduction? Deduct 0.5 for fall, skill has been performed so no other deduction.

a) If she is on the way up to handstand and has not achieved the vertical position deduct 0.3 value of skill and 0.5 fall. (No omission deduction as she has attempted the skill).

2. If the gymnast does not swing legs after the straddle mount to squat stand – deduct 0.1 for minor error, not 0.3 for whole element.

3. Forward kicks on beam:

- Level 2 8.5 routine - forward kicks should be minimum: *45o below horizontal*
- Level 2 9.00 routine - forward high kicks should be minimum: *horizontal or above*
- Level 2 10.00 routine - forward high kicks should be minimum: *45o above horizontal*.

4. The lead up leap spring steps in Level 3 8.50 beam routine the emphasis is on the “spring” and that the ones in the video are deductible. (These are lead up skills for leaps).

5. The Level 3 9.00 and 10.00 SV routines can start the mount on the side if they have insufficient room to swing to pike stand.

The gymnast may jump from the side of the beam to begin the cross press mount (along the beam).

6. Level 3 9.00 routine the skill is handstand step in – an extra deduction should be included in the text: up to 0.2 for lack of dynamics in lifting the chest strongly to vertical after foot snaps down.

7. The leg in the Y scale should be minimum of 45o above horizontal.

8. Needle scale to tic toc – the requirement is to show good split in needle scale, up to 0.2 for lack of split in handstand position. Up to 0.2 only deduction for lack of full split in handstand. Minor deductions can be applied for amplitude in split positions.

9. Level 3 10.00 SV routine: gymnast purposefully jumps off beam after cartwheel and does not remount to do the tuck back salto – what is the deduction? Deduct 0.3 for omission and 0.3 for A value of tuck back salto taken from the start score. No deduction for connection as there is no connection required and no extra deduction such as abandoning the apparatus etc.

Only take 0.5 for fall if the gymnast actually falls.

10. Beam series - eg level 3 SV 8.50 - tuck jump, straight jump x2. If they omit one or more of the jumps - what is the omission dedn. Do they lose each time (ie 0.3 plus value) for each A being omitted or is it just 0.30 plus value (if so how much) as it is a series.

If the whole series is omitted the deduction would be 0.3 for omission plus 0.3 for each A element omitted = 1.20 deduction. If they miss one jump only just deduct the value of the element (A – 0.3) as they have not omitted the whole series.

11 a) If a gymnast does split handstand and does not join legs what is the deduction? Is the handstand still paid - ie - do they get omission dedn? Omission deduction is only applied when the skill has been omitted. If the legs are not joined then the deduction should be for legs not together, also body position deductions.

12. Straight jump dismount on beam is down as "A" value in the manual, is this correct. YES.

13. Level 1 9.00 and 10.00 routines: must show side and forward passé position in pivot walks, 0.1 deduction for no side position shown.

Floor

1. The cartwheel can finish in either side stand or with $\frac{1}{4}$ turn.

2. Level 1 9.00 the gymnast does 4 jumps instead of three, there is no deduction but you can take execution errors on all 4 jumps. \

If they only do 2 deduct 0.1 for a minor error.

Same applies for straight jumps with $\frac{1}{4}$ turn in Level 1 10.00 routine. More or less jumps- more jumps the gymnast incurs more execution errors – if there are any – and less jumps 0.1 per jump.

3. Level 3 8.5 and 9.00 routines add deduction up to 0.2 for lack of dynamics in lifting chest to vertical after second leg snaps down from cartwheel.

4. The body wave at the start of the routines must be a forward body wave. Need to see contraction and wave action. Deduct up to 0.3 for skill as it is an A value part.

5. Split jump off two feet – if the split jump lands on one foot deduct 0.1 for minor error.

The takeoff is where the emphasis should be, so if they land one foot instead of two deduct 0.1 minor error

6. Level 3 10.00SV Roundoff flic tuck back salto – technique states rebounds to be dynamic, same applies in Level 2 10.00SV routine from roundoff flic jump.

The judge should not deduct for landing faults from salto or jump, only take deductions for lack of control, the emphasis is on dynamic tumbling.

One example on the video shows dynamic tumbling with one step – no deduction.

7. Level 3 10.00 SV routine the gymnast has the option to do handspring front tuck salto OR front tuck salto handspring. The requirement for the connection from the front tuck salto into the handspring – the gymnast can step and hurdle from front salto with two foot landing OR can takeoff two feet and handspring.

8. In the floor routines the two sissones together are the skill, if the gymnast does two sissones but both on the same leg she has completed the skill so no omission deduction should be applied. **NEW** deduction to be included in the manual – if both sissones are performed on the same leg deduct 0.3 for value of element (not omission).

Questions and Answers for clarification to Levels 4 – 6

Level 4 and 5 beam get bonus for any B mount.

1.208 is squat or stoop through to clear pike support.

5.204 is clear pike support held for 2 seconds.

Yes, pay the B bonus for this mount

A sissone may be replaced by a split jump in Level 4 - 6 will apply to beam as well as floor.

Question 2.

The 2 acro series in a Level 6 floor routine were:

R'off flic tuck and R'off flic flic.

Since the last flic is the third one that means she does not have the second acro series.

The above case does not have the 2nd acro series. (Level 4 and 5 both had forward/side tumbling, and it shouldn't be hard to do h'spring r'off flic or complete the acro series in a different order.)

RHYTHMIC



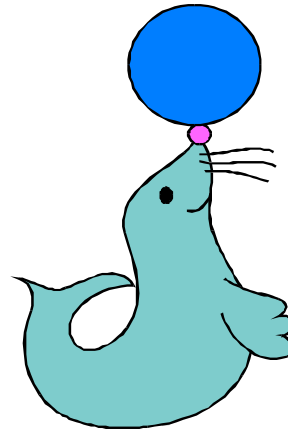
UPCOMING EVENTS

N.A.T.

Date: 13 June
Venue: Scarborough PCYC
Time: To be advised

Schoolgirls

Date: 4th July
Venue: Mercedes College
Time : To be advised



We need clubs to host the upcoming Levels 4-6 and Multiples competitions. Please call Sue at the office if your club is interested. If there is no expression of interest, clubs will be designated.

JUNE SMC

This will be held directly after the conclusion of the NAT on Sunday June 13 at the Scarborough PCYC. Time will be advised once times for the N.A.T. are confirmed.

COACHING COURSE

Day 2 of the Level 1 RG Sport Specific Coaching Course has been changed. It is now to be held on Sunday 27th June, at the HPC. To enable our programs to move ahead, we need more coaches. There may be someone within your club who is interested in coaching. Please ask around. It is not too late to enrol in a course for 2004!! And help our sport grow!

AUSTRALIAN NATIONAL CHAMPIONSHIPS

As you read this bulletin, gymnasts from our State are competing at the National Championships 2004. We

wish all the athletes the best of luck during their time in Sydney.

RIBBON RULING

A ruling has come from the National SMC re ribbon length. These will apply at National clubs in September 04:

- Category 1 & 2, Grades I-III, the minimum length is 4.5mtrs
- Category 3 & 4, Grades IV- V, the minimum length is 5 mtrs
- Grades VI-VII, in accordance with FIG, minimum length for junior is 5mtrs, and 6mtrs minimum for seniors.
- Ribbons may be different colours but uniform in length.
- 10, gymnasts may use a 5 mtr ribbon only when competing Grade V and category 4

ELEMENT CHANGES:

There have been some changes to elements in the National Levels Manual

Levels 1-3 page 26 Element 4
Total circumduction travelling and turning, hoop held in 2 hands changed to total bodywave or circumduction- forward, backwards or sideways with rotations

Levels 4-6 page 44 element 6
Total bodywave down to change floor changed to passes promenade 360degrees

Page 47 element 4
Backbend of the trunk below the horizontal changed to bodywave down to the floor

Page 47 element 4
Backbend of the trunk below the horizontal changed to total bodywave down to the floor

Level 7-9 page 57 element 2
Kneeling arabesque balance with roll on body changed to kneeling arabesque balance with bounce
Element 3 Cossack balance with handling changed to cossack balance with roll on body
Page 60 element 4
Side split balance without help with handling changed to side slit balance with release

Page 64 element 6
Front or side split without help 360 degree promenade with handling changed to front or side split without help 360 degree promenade with spirals
Body Technique
Pg 70 Add – cossack balance horizontal – side C
Pg 74 Add Sideways illusion A

Judges Invitational

This is to be held on:

Date: 25 July

Venue : HPC

The following apparatus will apply:

Division	Apparatus
Level 1-6	As per Technical Regulations 2004
Level 7	Ribbon, Clubs, Hoop
Level 8	Ribbon, Ball, Rope
Level 9	Clubs, Hoop, Ball
Level 10	Ribbon, Clubs, Rope
Stage 1	Free, Hoop, Ball
Stage 2	Free, Rope, Hoop
Stage 3	Free, Ball, Clubs
Stage 4	Ball, Clubs, Ribbon
Junior	Rope, Club, Ribbon
Senior	Ball, Club, Ribbon



GENERAL GYMNASTICS

gw04



GYM WEEK 2004

Hope clubs are geared ready to go for Gymnastics Week this week! This year we've got some fantastic promotions going for this week.

We have had many calls through the GWA office in response to the Gymnastic Week Flyers that went out to over 250 schools as well as lots of enquires regarding the promotion through Supa Valu and Healthway. Radio Stations have also been approached to promote Gymweek. Gymnastics WA hopes that these promotions will aid in boosting numbers at your club and increase the awareness to the public about the benefits gymnastics has to offer- That's what Gymnastics Week is all about!

Clubs have also organised displays in local shopping centres and put on special theme days and bring a friend day.

Great work to those clubs who are taking part! It is a great opportunity to showcase what your club has on offer to the public who are yet to discover the benefits of gymnastics!

Colouring- In Competition

Clubs- don't forget to send your gymnast's colouring-in competitions to the GWA office. Feel free to display these at your Club for the week, then send them to the office before Friday 4th of June. They will be displayed for 1 week after which the winner will be decided. Prizes for 1st and 2nd in each division will be awarded.

Circus At Northern Districts!

The circus has arrived at Northern Districts

Gymnastics Club. This event has been for Gymnastics Week. After having their faces painted, the gymnasts enter the massive circus circuit including cloud swing, tissue, German wheel and activities in the circus tent.

Participants have been encouraged to bring a friend and everybody has taken the opportunity to do so. The competitive gymnasts have attended the classes to assist the coaches with the large numbers that are attending the classes.

The 'colouring-in' competition is in progress and all the members of the club will be participating in this event.

The coaches have enjoyed dressing up as clowns! Circus displays are the highlight of the lesson and these are being performed by Harlequin Spirals as part of the Gymnastics WA Display Team. On the way out the gymnasts are able to purchase 'pop corn' - to encourage that real circus feeling.

Photos will be included in the next bulletin.

General Gym Videos/ Festivals

Apologies for delays with the GG display videos. These will be sent out to clubs within the next fortnight. It is great to see many people interested in this video- Hope this means we'll see some great routines at GymFest this year!

Also a list of Festivals for this year will become available on the GWA Website for any clubs wishing to promote their club through displays and festivals. If you know of any others or you require more information, please do not hesitate to contact Marie at the GWA office 9228 9399.

Cheerleading Poms, Drills and Dance

The first Cheerleading Competition for the year was held at Warwick Leisure Centre recently. The atmosphere was awesome with some 600 Athletes and Spectators. The event was a great success with the athletes looking very professional and having a fun and wild time.

The event couldn't have been successful without the lovely ladies at the door Val and Norma, as well as DJ Chris Martin and Roy on the microphone for help revving the crowd up.

Of course the event would not have taken place with out the judging talents of Anne Ranieri and Karon Williams. A special thankyou to the Judges!



Teams were judged using a trial version of a new system developed by Gymnastics Australia. This system is very comprehensive and allows each team to see where they need improving. All teams will get a copy of the judging sheets over the next fortnight.

2004 CHEER CAMP DOWN UNDER featuring NRL GRANDFINAL PERFORMANCE

Gymnastics Australia has great pleasure in inviting your cheerleading team to participate the 2004 Cheer Camp Down Under.

**Olympic Park, Homebush
NSW
Thursday 30th Sept -
Sunday 3rd Oct**

For further information on this exciting event, and to register your team's interest in participating in the 2004 Cheer Camp Down Under, **please find first information bulletin on GA Website.**

If you have any further queries, please do not hesitate to contact:
Nerine Cooper
Ph/Fax: (07) 5437 7775



SPORT AEROBICS

WA ATHLETES OFF TO BULGARIA

The Australian Sport Aerobics team comprising of all Western Australia athletes and officials will be heading off to Sofia in Bulgaria at the end of May to compete in the 8th FIG World Sport Aerobics Championships and the 1st FIG International Age Group (Youth) Championships.

The Youth Championships will be held in Sofia from the 29th – 31st May 2004 and the World Championships from the 1st – 7th June 2004.

For the first time Gymnastics Australia is sending 6 female athletes to compete in the Group division. It is quite difficult to find 6 athletes that train at the same centre, have a similar skill level, be injury free and be available to compete at the event. Thanks to the efforts of coach Trudi Nurse at Spirit Gym Sports, she has put in a tremendous amount of time and energy to prepare the Group for international competition.

Gymnastics Australia is also sending 2 Youth athletes to the FIG International Age Group Championships. Kieran Gorman and Chloe Sargent recently returned home from the IAF Suzuki World Cup in Japan. Both were successful in winning a medal and will now test themselves at the FIG event. They are very talented athletes and will be up against the world's best at this event.

The Australian Team comprises of 10 athletes and 2 officials. They are:

Karon Williams	Head of Delegation/ Judge
Trudi Nurse	Coach
Melissa Read	Individual Female

Melissa Read Trio
Leah Henville
Melissa Davies

Melissa Davies Group
Hannah Davies
Elizabeth Kane
Briony Tung
Katherine Aquino
Kate Rebeiro

Kieran Gorman Senior Youth Male

Chloe Sargent Senior Youth Female

GWA wishes all team members every success and safe travelling.

Athlete of the Year

At our last SMC it was agreed that there needed to be some changes to athlete of the year voting to accommodate those athletes who represent Australia.

As they can't compete in all Series events these athletes obviously won't accumulate points for those events where they would have normally have been a place getter.

The system for voting for Levels competitors will not change, however for Senior and Youth divisions the award recipients will be decided by the SMC.

Judging Course

Make sure you read the details of our forthcoming judging course which appear in this bulletin.

The course is planned for Saturday 13 June and Wednesday evening 23 June.

Your assistance in making sure that this course runs will help greatly in improving the level of service we offer our clubs



TRAMPOLINE SPORTS



Congratulations to the following bouncers and officials who have been selected to represent Western Australia at the Trampoline Sports National Championships:

Head of Delegation and Team Manager: Pam Walker

Assistant Team Managers: Carol Berrington, Michael Simpson

Coaches: Melissa Berrington and Philippa Pruess

Judges: Dick Townsend, Philippa Pruess, Pam Walker and Maureen Turk

Athletes:

Females

Samantha Dilley 17+
Corissa Reger 17+

Rachel Healy U/17
Brittany Mercer U/17

Maddy Shepherd U/15

Alexis Eales U/13
Shannan Parker U/13
Casey Mehew U/13
Megan Davies U/13

Sarah Wignall U/11
Kylie Ledbury U/11

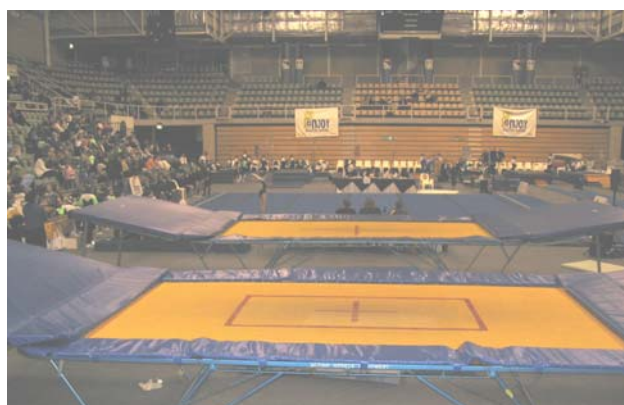
Males

Jeremy Hill 17+

Matt Lean U/17

Kristian Paul U/15
Peter Merenda U/15

Peter Simpson U/13
Alex Zagari U/13



KATANNING GYMNASTICS CLUB INC.

LIFE MEMBERSHIP PRESENTATION

On Monday 10th May 2004 the Katanning Gymnastics Club was extremely proud and thrilled to have awarded Mrs Rosalie Baxter with our clubs' very first Life Membership.

Tania Wolfe (2003 President) and Irene Laurino (2003 vice-president) were delighted to present Rosalie with her badge and certificate. Much to the delight of the gymnasts who were present, Rosalie received the award by thanking every one, especially the children.

“Rosalie’s dedication, support and commitment to the club over the past 14 years is awesome and the club are thrilled to bestow this honour of Life Membership of the Katanning Gymnastics Club to her”, said Mrs Wolfe.

It takes considerable time and effort to be head coach of our busy club and at times Rosalie has been our only coach. Last season saw Rosalie take on the mammoth job of coaching all 6 classes, from kindergym to the seniors level. This dedication is a true indication of Rosalie’s enthusiasm for gymnastics and our club.

In recent years, Rosalie has been instrumental in maintaining the clubs energy and we are proud to be able to take this opportunity to, THANK YOU, Rosalie Baxter, for all your hard work, dedication and devotion to the Katanning Gymnastics Club.



Tania Wolfe, ROSALIE BAXTER, Irene Laurino

My name is Ellen McDermott, and I am writing to express my interest in coaching in Australia. I have been coaching for 16 years here in the U.S., and I am looking for a new opportunity. I would be interested in any type of gymnastics work, although my main interest is in WAG. I'd like to know if you know of any opportunities that would be able to provide me with a temporary position, perhaps just for the summer, (with the possibility of long term). I have also forwarded my resume to you for your review. Please feel free to contact me by email or at one of the following phone numbers: 708-952-0132 or 978-866-6087.

Thank you very much for your time and consideration.

Ellen McDermott

Ellemcd68@aol.com