

If undelivered return to:
GYMNASTICS WA
22 EMMERSON STREET
NTH PERTH WA 6006

SURFACE MAIL
Print Post Approved
PP 634660/0007

POSTAGE
PAID
AUSTRALIA

Healthway



Gymnastics WA Bulletin

April 2006 Edition



Gymnastics
Western Australia

Well Done!
WA athletes
have great success
at the Pacific Alliance
in Hawaii

Inside this Issue:

From the ED

Club 10 Update

Men's Artistic Gymnastics

Women's Artistic Gymnastics

Rhythmic Gymnastics

General Gymnastics

Sport Aerobics

Cheerleading

Sports Acrobatics

GSCS Region

Advertisements

Gymnastics WA



Gymnastics
Western Australia

BOARD OF MANAGEMENT

President: Steve Turpin
Vice President: Steve Chetkovich
Elected Members: Gail Melinger
Hillary Morup NW
Debbie Van Hagen
Kim Tarzan
Appointed: Gratton Wilson ED
Richard Edinger Finance

OFFICE STAFF:

Executive Director:
Gratton Wilson director@gymnasticswa.asn.au

Office/Sports Manager – AER/TRP:

Jo Hammond sportaer@gymnasticswa.asn.au

Sports Manager –MAG/GG/ACR/CHEER:

Marie Pudelek mag@gymnasticswa.asn.au

Sports Manager – WAG/RG

Karyn Murray wag@gymnasticswa.asn.au

Club 10 Officer

Alida Scott club10@gymnasticswa.asn.au

Education

Jane Collins coach@gymnasticwa.asn.au

Finance

Sally Cruttwell finance@gymnasticswa.asn.au

MAG HPC Manager

Zoey Blampey z_blampey@hotmail.com

REGIONAL COORDINATORS:

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

SW:

Krystie Camisa krystie.camisa@wapl.com.au

GSCSRGA:

Marie Pudelek 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 Biltoft	D Segon
T. Fritz	

SPORT MANAGEMENT COMMITTEE EXECUTIVE:

MAG

Chair Ann Ranieri
Coaching Coordinator Kris Pudelek

Judging Coordinator Zoey Blampey

WAG

Chair Deb Van Hagen
Technical Director Julie Biltoft
Coaching Coordinator Desiree Jones
Judging Coordinator Jo Bulsing

RG

Chair/Technical Director Karyn Murray
Coaching Coordinator Krasi Yurukova
Judging Coordinator Karen Gilgallon

AER

Chair Karon Williams
Coaching Coordinator Trudi Nurse
Judging Coordinator Debbs van Hagen

TRAMP

Chair Pam Walker
Coaching Coordinator Eric Lyon
Judging Coordinator Melissa Berrington

ACRO

Chair/Technical Director Debbs van Hagen
Coaching Coordinator Kris Pudelek
Judging Coordinator Jane Collins

CHEER

Chair Briony Tung
Coaching Coordinator Debbie Gough
Judging Coordinator Ann Ranieri

GG

Sports Manager Marie Pudelek

PARTNERSHIPS AND SPONSORS

- BHP Billiton
- Woodside Energy
- Healthway
- WA Institute of Sport
- Gymnastics Australia
- Department of Sport and Recreation
- WA Olympic Council
- Commonwealth Games Assoc of WA
- WA Sports Federation
- Womensport West

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

Board Retirement – Garry Bartle

The AGM, and in particular the North West Regional Gymnastic Association, would like to thank Garry Bartle for his overall contribution to gymnastics and to the development of the sport in the North West over the past seven years.

GWA Board Changes

Gymnastics WA welcomes Hilary Morup to the Board. The Gymnastics WA Board is now made up of;

Steve Turpin – President
Steve Chetkovich - Vice President
Gail Melinger
Debbs van Hagen
Kim Tarzan
Hilary Morup
Richard Edinger
Gratton Wilson.

Constitution

At the AGM Gymnastics WA introduced a draft new constitution for comment and written feedback.

Pacific Alliance

Congratulations to Daria Joura and Martin Jozwiak on their great results at the Pacific Alliance Championships.

Salvation Army Red Shield Fundraising Appeal

The Salvation Army Fundraising Appeal May 27 – June 4 offers Clubs the opportunity to get together and assist with their community fundraiser through the community door knock for the Salvos.

This is a great way for Clubs to do a community service and promote your Club at the same time.

Some groups fundraise in Club uniform, collect donations and promote their Club with free lesson vouchers at the same time. The main door knock days are May 27, 28 but Clubs can also door knock till Sunday 4th June.

If you want to know more let me know or alternatively ring Emily Widdowson direct on 9227 7010.

GWA Raffle

The Gymnastic WA equipment Raffle will be held in third term of 2006.

UTA Trampoline Challenge

Congratulations to Alex Zagari and Eric Lyon who represented WA at the UTA Challenge in Tasmania.

State Team

Well done to all selected on State Team for National Championships and Border Challenge

MAG	Position
Ann Ranieri	Head of Del
Marie Pudelek	Team Manager
Alida Scott	Team Manager
Krzysztof Pudelek	Ass't Man/Coach
Igor Bepalov	Head Coach
Oleg Tarkov	Coach
Dess Dimitrov	Coach
Michael Williams	Coach/Judge
Zoey Blampey	Coach/Judge
John Carroll	Senior
Ian Greenwell	Senior
Joel Murray	Senior
Brenton Treacher	Senior
Martin Jozwiak	Level 10 U18
Elliot Cook	Level 10 U18
Arran Gray	Level 9 U17
Steven Sandell	Level 9 U17
Ammar Jaafar	Level 8 U15
Matthew Goonatillake	Level 8 U15
Tashi Hart	Level 8 U15
Mitchell Nylander	Level 8 U15
Adam Reed	Level 8 Open
Jewayne Loong	Level 8 Open
Oliver Booth	Level 7 U13
Kyle Holmes	Level 7 U13
Bijan Khadembashi	Level 7 U13
Charles Paino-Povey	Level 7 Open
Jordan Begley	Level 7 Open
Steven Brits	Level 7 Open
Glen Dearle	Level 7 Open
Joshua Pinker	Level 7 Open
Kurt Brownley	Level 7 Open
Matthew Hopkins	Level 6 U12
Fletcher Donohue	Level 6 U12
Cameron Olson	Level 6 U12
Aden Messori	Level 6 U12
Lachlan Sykes	Level 6 U12
WAG Elite	Position
Liz Chetkovich	Team Manager - Elite
Nikolai Lapchine	Coach - Elite
Martine George	Coach - Elite
Vladimir Joura	Coach - Elite
Dhana Antulov	Coach - Elite
Mat Burgin	Psychologist
Tameira McLean	Coach - Apprentice/ Junior Manager / Judge
Joanne Norcott	Physiotherapist
Alison Slattery	Massage Therapist
Daria Joura	Senior International
Olivia Vivian	Senior International
Shannae Brydon	Senior International
Jade Martin	Junior International
Kiara Isard	International 10
Tain Molendijk	International 10
Emily Little	International 10
Ashley Cooney	International 8

Georgia Simpson	International 8
Emily Salotti	International 8
Jessica Thompson	International 6 –Team
Courtney Barnard	International 6 –Team
Courtney Peoples	International 6 -Team
Serena Martin	International 6 -Team
Sian Holtzman	International 6 -Team
Rae Gidley	International 6 - Team
Emma Prunty (not age eligible)	International 6 - Individual
Karina Donatti	International 6 - Individual
Shanae Withers	International 6 – Individual
WAG Levels	Position
Sue Georgeff	Head of Delegation
Louise Morgan	Team Manager
Desiree Jones	Levels Head Coach/Judge
Ruth Gibbons	Levels Coach 10, 7
Kaz Jednorog	Levels Coach 9, 8
Tara Burnett	Levels Assist Coach 7
Jane Collins	Judge
Heidi Rose	Judge
Allana Slater	Judge
Jo Bulsing	Judge
Debbs van Hagen	Judge
Tamiera McLean	Judge
Jess Bolton	National Level 10
Corri Keating	National Level 10
Brooke Clarke	National Level 9
Joslyn Pickens	National Level 9
Leigh-Anne Scalley	National Level 9
Britanny Choy	National Level 8
Shannon DeLuca	National Level 8
Beth Simpson	National Level 7
Ashleigh Smith	National Level 7
Ashleigh Roberts	National Level 7
Kirsty Hall	National Level 7
Emma German	National Level 7
Julia Garside	National Level 7
Others– Special Requirements	Melic Tichabaev - Personal Coach
RG Elite	Position
Karyn Murray	Judge/ Head of Delegation
Suellen Turco	Team Manager – Elite
Sue Abbott	Team Manager –Elite Assistant
Sharon Leonhardt	Team Manager –Elite Assistant
Krasimira Yurukova	Coach – Elite
Jo Edinger	Coach – Elite
Simone Allen	Judge
Barbara Smith	Judge
Karen Gilgallon	Judge
Janine Murray	Senior Elite
Emma McCarthy	Junior Elite – Team
Elizabeth Cumming	Junior Elite – Team
Chloe Hayes	Junior Elite – Team
Cody Turco	Junior Elite – Team
Renee Griffin	Junior Elite – Individual
Samantha Capelli	Junior Elite – Individual
Jessica Leonhardt	Stage 3 Elite – Team
Alecia Creighton	Stage 3 Elite – Team
Sophie Creighton	Stage 3 Elite – Team
Alexa Wesson	Stage 3 Elite – Team
RG Levels	Position
Juanita Brewer	Team Manager – Levels
Leah Gay	Coach – Levels
Tanya Vahala	Coach – Levels
Kate Dolan	Level 10

Tahnee Cowie	Level 10
Kelsey Brewer	Level 9
Stacey Rowe	Level 8 – Team
Kiara Bezuidenhout	Level 8 – Team
Chloe Waideman	Level 8 – Team
Samara Cowie	Level 8 – Team
Kelly Goh	Level 8 – Individual
Danielle Scalzi	Level 7 – Team
Brittany Naylor	Level 7 – Team
Lucy Rudd	Level 7 – Team
Maddie Chappell	Level 7 – Team
Estella Yeap	Level 7 – Individual

Border Challengege

WAG Levels	Position
Desiree Jones	Head of Delegation/Levels Head Coach
Anna Hill	Team Manager
Tracey Holmes	Coach
Ruth Gibbons	Coach
Kate Rowney	National Level 6
Caitlin Gilchrist	National Level 6
Emma Hill	National Level 6
Emily O'Neil	National Level 6
Natalie Duncan	National Level 6
Penny Rose	National Level 6
Kara Criddle	National Level 7
Matilda Mealiff	National Level 7
Jessica Hamilton	National Level 7
Meagan Rego	National Level 7
Amber Laycock	National Level 7
Jaimee Hadley	National Level 8
Casey Hopkins	National Level 8

CLUB 10 UPDATE

New Checklists

Well I am please to advise that the drafts of the new checklist for Star 1 – Star 3 are almost complete and should be available in early May. As soon as they are available I will send them out to the clubs to start working on. If you are renewing your Star 2 rating then you will be renewing on the new checklists, still by the current timeline of August 2006. If you are renewing or commencing Star 3 then there is the possibility of an extension this will be discussed and confirmed in the near future. If you are currently a Star 3 and contemplating moving towards Star 4/5 the review for this will be hopefully completed by the end of the year.

Managing Risks of Coaching

Please ensure that you encourage all coaching staff and administrators to take the time to complete the above course on line, remember you get 3 updating points.

Great Southern Central South Congress

I recently visited the GSCS congress in Katanning, and I have to say the gym club looked fantastic. There was a good representation from the region for the whole weekend and also at the Club 10 workshop. So well done to all who attended.

Congratulations and Welcome

Congratulations to the following clubs who have recently renewed or achieved the next Star rating.

Star Mites	Star 4
College Park	Star 3
Spirit	Star 4 and

Welcome to Newdegate a new club in the GSC region.

Education Calendar 2006

(Updated Apr 7 2006)

Date	Closing Date	Course	Venue
Apr 22	Apr 10	Level 1 Coaching Part 2: Kindergym	Metro
Apr 23	Apr 10	Kindergym Updating Workshops	Metro
Apr 30	Apr 21	Cheerleading Basic Stunts Workshop	Star Mites
Apr 30	Apr 21	RG Level 1A Judging Course	Metro
May 5		Acro Judges Video Night	
May 6	Mon 24 April	Level 1 Coaching Part 1: Principles of Gymnastics	Metro
May 7	Mon 24 April	Level 1 Coaching Part 2: MAG/ WAG	Metro
May 7	Mon 24 April	Level 2 Coaching Part 2B: Principles of Gymnastics	Metro
27 May	Fri 19 May	WAG NDP/L2 Judging Course	TBA
3 June		NW Coaching Clinics & Badge Test	TBC
10 June	Fri 29 May	Level 1 Coaching Part 1: Principles of Gymnastics	Tom Price
11 June	Fri 29 May	Level 1 Coaching Part 2: Kindergym	Tom Price
11 June	Fri 29 May	Level 1 Coaching Part 2: Sports Acrobatics/ Sport Aerobics	Metro
16-18 June	Fri 9 June	WAG National Judging Course	TBA
9 July	Mon 26 June	Level 1 Coaching Part 2: RG	Metro
Sept 2	Mon 21 August	Level 1 Coaching Part 1: Principles of Gymnastics	Metro
Sept 3	Mon 21 August	Level 1 Coaching Part 2: MAG/ WAG/ Kindergym	Metro
Sept 3	Mon 21 August	Level 2 Coaching Part 3A: MAG/ WAG	Metro
Sept 30-Oct 1		NW Op Spec & Clinics	NW
Nov 4	Mon 30 Oct	Level 1 Coaching Part 1: Principles of Gymnastics	Metro
Nov 5	Mon 30 Oct	Level 1 Coaching Part 2: MAG/ WAG/ Kindergym	Metro
Nov 5	Mon 30 Oct	Level 2 Coaching Part 3B: MAG/ WAG	Metro

Please note all dates and venues are subject to change. Details are confirmed on receipt of an application form and payment.

Education Calendar 2006

(Updated Apr 7 2006)

Other Relevant Courses

Date	Course	Contact Details
Feb - April 6.00 – 9.30pm Weds evenings	Level 2 Part 1 :Coaching Principles (all Sports)	Andy Ross Central TAFE andy_ross_05@hotmail.com Forms and info from www.dsr.wa.gov.au
	Officiating General Principles Course – (all disciplines)	Liane Tooth 9387 9787 liane.tooth@dsr.wa.gov.au
Monthly	SMA Community Education Seminars	As above

MEN'S ARTISTIC GYMNASTICS



Gymnastics Australia
Men's Artistic Gymnastics

State Team 2006

Congratulations to the following athletes, coaches and officials who have been selected for the 2006 West Australian States Team:

Head of Delegation: Ann Ranieri

Team Managers:

Marie Pudelek
Alida Scott

Assistant Team Manger:

Kris Pudelek

Head Coach:

Igor Besspalov

Coaches:

Oleg Tarkov
Dess Demitrov
Michael Williams
Zoey Blampey
Krzysztof Pudelek

Judges:

Zoey Blampey
Michael Williams

Athletes:

Level 6 U12

Matthew Hopkins
Fletcher Donohue
Cameron Olson
Aden Messori
Lachlan Sykes

Level 7 U13

Oliver Booth
Kyle Holmes
Bijan Khadembashi

Level 7 Open

Charles Paino-Povey
Jordan Begley
Steven Brits
Glen Dearle
Joshua Pinker
Kurt Brownley

Level 8 U15

Ammar Jaafar
Mitchell Nylander
Tashi Hart
Matthew Goonatillake

Level 8 Open

Adam Reed
Jewayne Loong*

Level 9 U17

Arran Gray
Steven Sandell

Level 10 U18

Elliot Cook
Martin Jozwiak

Senior

John Carroll
Ian Greenwell
Joel Murray
Brenton Treacher



2006 Pacific Alliance

Championships Results

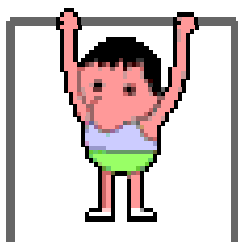
Congratulations to the following athletes on their medal performances at the recent Pacific Alliance Championships held in Honolulu from 13 - 15 April:-

Junior Team Bronze Team Members:

Martin Jozwiak
Mathew Curtis
Michael Mercieca
Sean O'Hara

Martin finished fifth all around at Pacific Alliance (Juniors). Made floor, vault and high bar final and scored silver on the High bar final.

Well Done Martin!!!!



Men's Artistic - Program CD **Version 2**

The following errors on the MAG Program CD have been reported to GA:

In Levels 3,4,5,6 Pommel Horse, the link to the printed manual page goes to the Level 7 Pommel Horse routine

In Level 3 Rings, the link goes to the printed manual page for the Level 7 Pommel Horse

Unfortunately the link to these routines on the CD has been broken with the resultant difficulties.

To correct the error, a pdf version of the Level 3, 4, 5 and 6 Pommel routines is now available to be downloaded from the GA [MAG web site](#).

A PDF Version of the Level 3 Rings routine is also available for download.

The "missing" routines are actually still available on the CD and accessible via explorer for anyone who is keen (ie it's only the link that is broken). This error will be amended in the next reprint of the CD.

Currently the routines can be viewed on screen by choosing to open the 'Manual' section of the CD and going to the 'Compulsories Levels 0 - 8'. If you wish, this version can be printed out from the CD by the "print all routines" option which works fine,

rather than printing them one at a time (based on 8 levels x 6 apparatus).

In this version you can also elect to print the pommel versions or the Rings version that are incorrectly linked by just printing the appropriate page numbers for that routine.

ASDA Drug Lecture

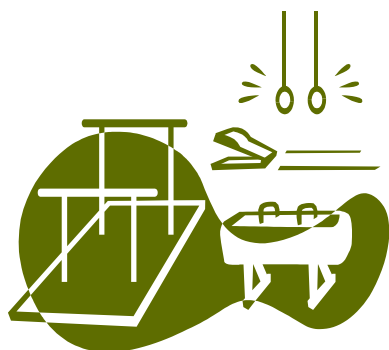
The ASDA Drug Lecture will be held on Sunday 29th April from 2-3pm in the Challenge Stadium Lecture Theatre. This lecture is compulsory for all athletes travelling to the National Championships in May. For more information contact GWA.

Level 1 and 2 Judging Course

The Next MAG Level 1 and 2 judging Course will be held on 6th and 7th May. Please find enrolment form on the GWA website and return to GWA ASAP. Please contact Zoey Blampey at the GWA office for more information.

Gymfest in the West at the Royal Show!!!!

Gymnastics WA is excited to announce that this year's Gymfest in the West will be at the Royal Show 30th Sept- 7th Oct. See GG Section for details



WOMEN'S ARTISTIC GYMNASTICS



Gymnastics Australia
Women's Artistic Gymnastics

State Team 2006

Congratulations to the following athletes, coaches and officials who have been selected to represent Western Australia at the upcoming Australian Gymnastics Championships in Sydney.

Team Manager

Louise Morgan

Head Coach

Desiree Jones

Coaches

Ruth Gibbons

Kaz Jednorog

Tara Barnett

Judges

Jane Collins

Jo Bulsing

Heidi Rose

Allana Slater

Debbs Van Hagen

Tamiera McLean

Level 7

Beth Simpson

Ashleigh Smith

Ashleigh Roberts

Kirsty Hall

Emma German

Julia Garside

Level 8

Brittany Choy

Shannon DeLuca

Level 9

Brooke Clarke

Joslyn Pickens

Leigh-Anne Scalley

Level 10

Corri Keating

Jessica Bolton

ELITE

Team Manager

Liz Chetkovich

Coaches

Nikolai Lapchine

Martine George

Vladimir Joura

Dhana Antulov

Apprentice Coach/Judge/Junior Manager

Tameira McLean

Physiotherapist

Joanne Norcott

Massage Therapist

Alison Slattery

Senior International

Daria Joura

Olivia Vivian

Shannae Brydon

Junior International

Jade Martin

International Level 10

Kiara Isard

Tain Molendijk

Emily Little

International Level 8

Ashley Cooney

Georgia Simpson

Emily Salotti

International Level 6

Jessica Thompson

Courtney Barnard

Courtney Peoples

Serena Martin

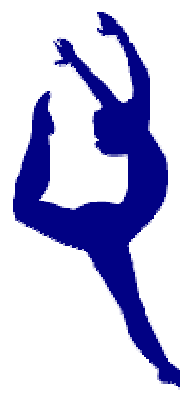
Sian Holtzman

Rae Gidley

Emma Prunty Ind

Karina Donatti Ind

Shanae Withers Ind



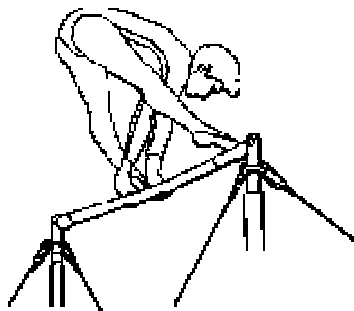
ASDA Drug Lecture

The ASDA Drug Lecture will be held on Sunday 29th April from 2-3pm in the Challenge Stadium Lecture Theatre.

This lecture is compulsory for all athletes travelling to the National Championships in May. For more information contact GWA.

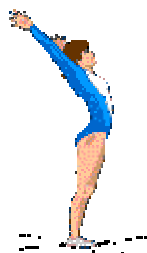
L1&2 Judging Course

The Level 1&2 Judging Course will be held on the 27th and 28th of May, at Dryandra Primary School. All Judges are required to resit the judging course this year. Please contact Jo Bulsing (artiolee@aapt.net.au) for more information.



National Judges Course

The National Judging Course will be held from the 16th-18th of June this year. Any coach who is training up to L6 Gymnasts should attend as an observer. Times, Costs and Venue TBA.



Coaches Technical Workshop

There will be a Coaches Technical Workshop held in either June or July. Clubs will be advised when a date has been confirmed. More information on this workshop is available from Karyn at GWA.



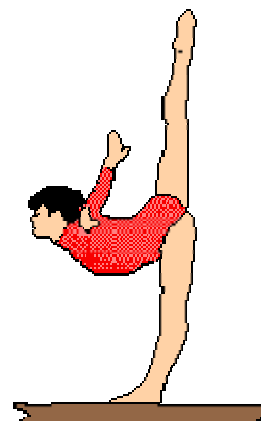
Congratulations

Congratulations to Olivia Vivian on her fantastic performance at the Friendship Classic in Pottsville, Pennsylvania. She placed a commendable 3rd on Bars and 4th Overall.

Well done also to Daria Joura on placing 5th Overall at the Pacific Alliance Gymnastics Championships Held in Hawaii this Month.

Gymfest in the West at the Royal Show!!!

Gymnastics WA is proud to announce that this year's Gymfest in the West will be held at the Perth Royal Show. For more information please see the GG section of this Bulletin.



RHYTHMIC GYMNASTICS



Gymnastics Australia
Rhythmic Gymnastics

SMC Events Committee

First of all, thank you to all who have given their time and invaluable effort to help organizing the selection trials for Australian Nationals. A reminder that we are still looking for volunteers for the following positions:

L 4-6 Coordinator
L 1-3 Coordinator
Secretary

ASDA - Drugs in Sport lecture

The attendance is compulsory for all gymnasts who have been selected to represent WA at the Australian Nationals. The lecture is on 29 April 2006 from 2 - 3pm at the lecture theatre in Challenge Stadium. We encourage all parents to be in attendance where possible, particularly if a gymnast has not attended an ASDA lecture in the past.

HPC Invitational



The 2006 RG HPC WA Invitational Championships will take place on 22nd and 23rd of April at RG HPC - Montgomery Hall, Heritage Lane, Mt

Claremont.
Any queries please contact Sharon Leonhardt, RG HPC WA Administrator on 9244 7777 or rg@hpcwa.org.au

Competition program:

Saturday (22 April 2006)
9.30-11.00 – Level 7 Stage 3
13.00-16.45 – Level 8,9,10, Junior International, Senior International
Sunday (23 April 2006)
9.30-11.00 - Level 1 to 6, Stages 1&2

Gymfest in the West at the Royal Show

This year's 'Gymfest in the West' will be at the Royal Show, 30th Sept- 7th Oct.

National Championships, Sydney

Congratulations to those gymnasts and officials selected to represent WA at the 2006 National Championships. The team will consist of:

Head of Delegation: Karyn Murray

ELITE

Team Manager Sue Turco	Senior Janine Murray
Assistant Team Manager Sue Abbott Sharon Leonhardt	Junior Emma McCarthy Elizabeth Cumming Chloe Hayes Cody Turco
Coaches Krasi Yurukova Jo Edinger	Renee Griffin (ind) Samatha Capelli (Ind)
Judges Karyn Murray Barbara Smith Simone Allen Karen Gilgallon	Stage 3 Jessica Leonhardt Alecia Creighton Sophie Creighton Alexa Wesson

LEVELS

Team Manager Juanita Brewer	Level 7 Maddie Chappell Lucy Rudd
Coaches Leah Gay Tanya Vahala	Brittany Naylor Danielle Scalzi Estella Yeap (ind)
	Level 8 Stacey Rowe Chloe Waideman Samara Cowie Kiara Bezuidenhout Kelly Goh (ind)
	Level 9 Kelsey Brewer
	Level 10 Tahnee Cowie Kate Dolan



We would like to wish them all the best!

Level 1A Judges Course

This course will be held on Sunday 30 April 2006 at the RG HPC, Montgomery Hall, Heritage Lane, Mt Claremont from 12.00 noon to 4.00pm. Will all interested candidates please contact Simone Allen by email. Her address is:- sim_allen@optusnet.com.au

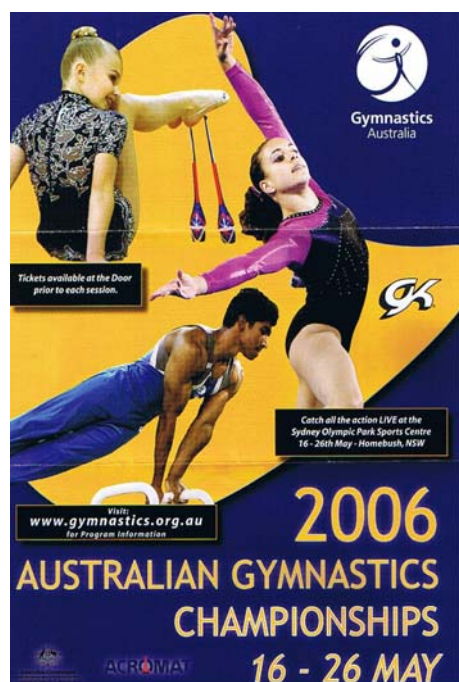
Level 2 Coaching Course

The Level 2 Part 2B Coaching Course will be held on Sunday 7th May at West Coast Gymnasts, Malaga. Please contact GWA to confirm attendance if pre-booked.

Congratulations

Congratulations to Karyn Murray and Audrey Ng who were part of the Australian delegation at the Pacific Alliance Championships in Hawaii from 11th – 15th April 2006. The three-day event features artistic gymnastics, rhythmic gymnastics and trampoline.

Congratulations to Chloe Hayes whose clubs' routine starting position is on the Australian Nationals 2006 poster (top left).



RG News

Malaysian press reported, that the national top rhythmic gymnast See Hui Yee, one of the most successful athletes at the Manila SEA Games in December 2005, has quit the national team after six years of service.

Despite her two-gold medal feat in Manila, Hui Yee was left out of the Commonwealth Games after an unscheduled selection trial.

The disappointment proved too much for Hui Yee who said she wanted to pursue her studies now and was no longer interested in competing in the sport.

Two and a half years before the upcoming Olympic Highlight in Asia-Pacific, the "XXVIII Olympic Games" in Beijing the Japanese gymnastics federation works very hard to prepare a new group team. Last month 30 young RG gymnasts were given an audition for a very new group team which will represent Japan at Beijing Olympic 2008.

The head coach of the national team, Miss Hiroko Yamazaki said for GYMmedia: " We have to unite gymnasts together for making an excellent group team toward to Beijing 2008.

Of course, we prepare a good environment for the team including training camp to tune up for it.

We think seriously about RG group Japan's future. Our goal is an Olympic medal, so I hope."

Second Hand RG Equipment

Spirit Gymsports are looking to buy any good quality second hand Rhythmic Gymnastic Equipment. Please contact Sarah Adams on 0432 962466

Happy Birthday

GWA wishes the following Happy Birthday for April and May birthdays:

Krasi Yurukova
Lauren Murray
Tandia Jaye Walsh

GENERAL GYMNASTICS



Gymnastics Australia
General Gymnastics

Kindergym Corner

As you will be well aware GWA in conjunction with GA are bringing Kit Poole, Kindergym Leader of the Year 2005 to Perth.

Kit runs her own club called Scallywaggs in Gosford NSW with hubby Rod and a great team of coaches. Scallywaggs are a Star 4 club and Kit is well known for her excellence as a course and workshop presenter.

If it is ideas and wows and ooohs and arrrrgs then DON'T miss out on the exciting sessions that you will experience with Kit.

For more information on the Kindergym Course, Saturday at LFP or the workshops on the Sunday at West Coast Gymnasts, please checkout the previous bulletin or the GWA website.

Have fun and hoping to see you there.

Alida

The Kindergym Magic newsletter is a fantastic resource all kindergym coaches should be reading. There are some really good ideas in the newsletter. If you have some great ideas and would like to share- send them in! If you would like to join the email contact list for Kindergym please contact the GWA office and speak to Alida Scott.

The GA website, through the club search section, now identifies clubs who are conducting Kindergym at their club.

Gymnastics Australia has some old Kinder Gym Crew books and old music tapes they are selling for very reasonable prices. Check with GA to see what's available.

Joondalup Festival 2006

The Joondalup Festival Parade was once again a great success. Thank you to Jollettes, West Coast and the Wheel team who participated in the event and had an awesome time.

A special thank you to Lauren, Janette, Kara, Fiona, Alida, Debbie, Jo, Kris and Marie for creating the Gymnastics WA float. It was very creative and looked great on the day. A special thanks to Kris who transported the large item and the wheels to Joondalup in the pouring rain!

The event was a fantastic promotional event with huge numbers of people lining the streets. Over 500 GWA flyers were distributed to delighted bystanders.

Harlequin Spirals update

The team recently performed at the WA Youth Awards at the Perth Convention on Thursday 6th April, it was a great performance by the team, well done to all.

We are now getting ready for the GG performances for 2006 with lots of exciting things happening, with the FIG Gala, Royal Show, Cirque and the Northam Festival.

If you are interested in joining the team then come and check out a training session at LFP on Wednesday nights from 5.30 – 7.30pm

Wheeling around

Alida and the team.



FIG Gala

Congratulations to the clubs who are going to the Gymsports Spectacular in September who have expressed interest in the FIG Gala performance. The Gala will sure be a great event! A timeline for guiding your preparation has been sent via email. Please contact Michelle Doepel 0417943384 if you require more information.

Gymfest in the West at the Royal Show!!!!

Gymnastics WA is excited to announce that this year's Gymfest in the West will be at the Royal Show 30th Sept- 7th Oct. See flyer on next page for details. Thank you to those groups who have all ready expressed interest



GG planned Events for 2006

As well as the Royal Show, there are plenty of events happening this year for General Gymnastics. Some of the major activities include:

Displays at GWA major events-

State Championships

5th-10th Sept

Op Spec State Championships

10th-12th Nov

National Gymweek

23rd- 30th September

Aussie Gymfest 2006

28th- 30th September (Sydney)

FIG Anniversary Gala

30th Sept (Sydney)

Northam International Festival

11-12th November

Gymfest in the West

30th Sept – 7th Oct

General Gym Contact List

If you are interested in joining in any of the exciting events and displays GWA has on offer please contact Marie as she will include you in any future emails.

**GYMNASTICS WA IS EXCITED TO ANNOUNCE
GYMFEST IN THE WEST 2006
WILL BE AT THE ROYAL SHOW
30th SEPTEMBER TO 7TH OCTOBER**

Gymnastics WA has been invited to put forward a gymnastic demonstration on the Main Arena at the Royal Show. This performance will be the Gymfest in the West 2006 and we are calling for clubs to put forward expressions of interest for inclusion.

The event will involve a large scale simultaneous display at three distinct areas on the main arena over four Royal Show evenings commencing around 6pm.

It is planned that on each evening three display groups will perform in the Main Arena. Each display group will be required to learn one 7 minute routine to three different set pieces of music. At any one time each display group will be performing their own routine to the same 7 minute piece of music. Then following rotation to the next location, each display group will perform the same routine to a different music piece. It is anticipated the total performance time will run to approximately 30 minutes (including entry, exit and changeover time). Clubs could be offered more than one of the four evenings, depending on the number of expressions of interest.

The event will be like a rotating three ringed "Cirque de Gymnastique".

Due to the nature of the event, groups will need to:

- consist of a minimum of 12 athletes (naturally the more athletes, the more impressive the display)
- perform on grass with simple yet effective routines
- use equipment that can be easily and quickly moved from area to area
- perform a routine which suits the 3 pieces of music that will be allocated

If your club is interested in taking up this awesome opportunity please contact Marie at the GWA office: 9228 9399 or email mag@gymnasticwa.asn.au by 12th May 2006

**Places are limited!
Expressions of interest must be made
to Marie by 12th May 2006**

SPORTS AEROBICS



Gymnastics Australia
Sport Aerobics

Results



Congratulations!

The first competition of the year was held at Aero Moves in Gosnells on Saturday 8th April. This was a first competition or routine for some competitors and also a final practise for those travelling overseas. Here are the results:

Level 1 – Junior

- 1st – Aimee de Grussa – Aqua Jetty Gymsports
- 2nd – Kate Walker – Aqua Jetty Gymsports
- 3rd – Charmaine Strumpher – Aqua Jetty

Level 2 – Junior

- 1st – Angela de Grussa - Aqua Jetty Gymsports

Level 2 – Intermediate

- 1st - Ameer Overton - Aqua Jetty Gymsports

Level 2 – Senior

- 1st – Danielle Russell - Aqua Jetty Gymsports

Level 3 – Intermediate

- 1st – Megan Youdell – Aero Moves
- 2nd – Meg Crawshaw – Aero Moves

Level 3 – Senior

- 1st – Bianca Maurice - Aqua Jetty Gymsports

National B Senior

- 1st – Rebecca Burnett – Spirit Gymsports

National A Adult

- 1st – Janelle Marsh – Spirit Gymsports

International Age group 1

- 1st – Chelsea Carroll - Spirit Gymsports
- 2nd - Samantha Elkington - Spirit Gymsports

International Age group 1 - Trio

- 1st – Chelsea Carroll, Samantha Elkington and Zoe Tisdale - Spirit Gymsports

International Age group 2

- 1st – Emma Davies - Spirit Gymsports
- 2nd - Alexandra Kane - Spirit Gymsports

International – Elite Female

- 1st – Melissa Read – Spirit Gymsports
- 2nd - Eloise Kane – Spirit Gymsports
- 3rd - Elizabeth Kane - Spirit Gymsports

International Elite Male

- 1st – Chris Behan – Spirit Gymsports
- 2nd – Kieran Gorman– Spirit Gymsports

International – Mixed Pair

- 1st - Sarah Salerno and Chris Behan
- Spirit Gymsports

International Elite Trio

- 1st – Melissa Read, Melissa Davies and Leah Henville – Spirit Gymsports
- 2nd – Eloise Kane, Elizabeth Kane and Sarah Salerno – Spirit Gymsports

Full results can be found on the GWA website
<http://www.gymnasticswa.asn.au>

Australian Representatives Donate a Shoe!

We have started a tradition of all athletes that represent Australia sign and donate a sports aerobics shoe. These shoes will be on display at GWA in the future. With so many shoes we are looking for some help to make cabinets or with the engraving. If you are in either of these businesses or handy in creating things from wood then please contact Jo at GWA.



Upcoming Events

SMC

The next SMC will be held on Wednesday 3rd May at LFP at 7.30pm

Series #2

The Series #2 event will be held at Len Fletcher Pavilion on Sat 13th May

Coaching Course

There will be a Level 1 Coaching Course on Sunday 11th June at Star-Mites in Bayswater. Contact Jane at GWA for more details.

Judging Course

There will be a Level 1A course on Sunday 18th June at Len Fletcher Pavilion from 9.00am – 12.00pm. This is a beginner's course and ideal for parents to give judging a go! Contact Jane at GWA for more details.

TRAMPOLINE SPORTS



Gymnastics Australia
Trampoline Sports

Congratulations!



Results

The first competition of the year was held at Skysurfers Trampoline Academy in Armadale. Well

done to all competitors for their efforts but in particular those that finished in the top three.

Levels Competition

Men's Level 1 Trampoline

1st – Brandon Arthur – Midland Skysurfers
2nd – Shaun Arthur - Midland Skysurfers

Men's Level 1 Double Mini-trampoline

1st – Josh McMasters – Midland Skysurfers

Men's Level 2 Trampoline

1st – Brandon Bickford – Skysurfers TA
2nd – Matthew Sewell – Skysurfers TA
3rd – Josh McMaster - Midland Skysurfers

Men's Level 2 Double Mini-trampoline

1st – Brandon Bickford – Skysurfers TA
2nd – Matthew Sewell – Skysurfers TA
3rd – Lewis Oliver – Thornlie CTC

Men's Level 3 Trampoline and Double Mini-trampoline

1st – Sam Greenwood – Peel Dynamic

Men's Level 4 Trampoline

1st – Joshua Mobbs – Spirit
2nd – Jason Zagari - Skysurfers TA
3rd – Corey Payne – Peel Dynamic

Men's Level 4 Double Mini-trampoline

1st – Jason Zagari - Skysurfers TA
2nd – Joshua Mobbs – Spirit

Men's Level 5 Trampoline

1st – Alex Zagari - Skysurfers TA
2nd - Kristjan Steuer – Peel Dynamic
3rd – Peter Simpson – Spirit

Men's Level 5 Double Mini-trampoline

1st – Corey Payne – Peel Dynamic
2nd - Kristjan Steuer – Peel Dynamic

Men's Level 6 Double Mini-trampoline

1st – Peter Simpson – Spirit
2nd - Alex Zagari - Skysurfers TA

Men's Level 7 Trampoline and Double Mini-trampoline

1st – Eric Lyon - Skysurfers TA

Women's Level 1 Trampoline

1st – Brittany Ryan - Skysurfers TA
2nd – Tamara Nicolson – Peel Dynamic
3rd – Danielle Payne - Peel Dynamic

Women's Level 1 Double Mini-trampoline

1st – Jaclyn Bosveld – Peel Dynamic
2nd – Tamara Nicolson – Peel Dynamic
3rd – Danielle Payne - Peel Dynamic

Women's Level 2 Trampoline

1st – Jasmine Williams – Thornlie CTC
2nd – Jasmine Dyer - Peel Dynamic
3rd – Georgia Aust - Peel Dynamic

Women's Level 2 Double Mini-trampoline

1st – Taylor Catalano – Thornlie CTC
2nd - Jasmine Dyer - Peel Dynamic
3rd – Brooke Prescott – Peel Dynamic

Women's Level 3 Trampoline

1st – Madison Kelly – Midland Skysurfers
2nd – Taylor Catalano – Thornlie CTC
3rd – Chelsea Reynolds – Thornlie CTC

Women's Level 3 Double Mini-trampoline

1st – Danielle Hill – Thornlie CTC
2nd - Madison Kelly – Midland Skysurfers
3rd – Alanna Coops - Skysurfers TA

Women's Level 4 Trampoline

1st – Huia McFarland – Spirit
2nd – Tayla Parkinson – Midland Skysurfers
3rd – Brooke Hayward – Spirit

Women's Level 4 Double Mini-trampoline

1st – Tayla Parkinson – Midland Skysurfers
2nd – Cheyenne Bendy - Skysurfers TA
3rd - Brooke Hayward – Spirit

Women's Level 5 Trampoline

1st – Heather Woodward – Spirit
2nd – Alexis Eales - Skysurfers TA
3rd – Shannan Parker - Skysurfers TA

Women's Level 5 Double Mini-trampoline

1st – Heather Woodward – Spirit
2nd – Shannan Parker - Skysurfers TA
3rd – Kiara Canavate-Blankendaal – Peel Dynamic

Women's Level 6 Trampoline and Double Mini-trampoline

1st – Casey Mehew – Peel Dynamic

Age Competition

Men's 9/10 Trampoline and Double Mini-trampoline

1st – Isaac Baldry – Thornlie CTC

Men's 11/12 Trampoline and Double Mini-trampoline

1st – Charlie Ehlers – Thornlie CTC

Men's 13/14 Trampoline and Double Mini-trampoline

1st - Alex Zagari - Skysurfers TA

2nd – Peter Simpson – Spirit

Men's 15/16 Trampoline and Double Mini-trampoline

1st – Peter Merenda – Peel Dynamic

Men's 17+ Trampoline and Double Mini-trampoline

1st – Eric Lyon - Skysurfers TA

Women's 9/10 Trampoline and Double Mini-trampoline

1st – Amy Thompson - Skysurfers TA

2nd – Alysha Starr – Peel Dynamic

Women's 11/12 Trampoline

1st – Laura Williams – Thornlie CTC

2nd – Sarah Wignall - Thornlie CTC

3rd – Kylie Ledbury - Thornlie CTC

Women's 11/12 Double Mini-trampoline

1st – Laura Williams – Thornlie CTC

2nd – Sarah Wignall - Thornlie CTC

Women's 13/14 Trampoline

1st – Alexis Eales - Skysurfers TA

2nd - Heather Woodward – Spirit

3rd - Shannan Parker - Skysurfers TA

Women's 13/14 Double Mini-trampoline

1st - Heather Woodward – Spirit

2nd – Casey Mehew – Peel Dynamic

Full results can be found on the GWA website <http://www.gymnasticswa.asn.au>

Upcoming Events

Next Events

There is a busy weekend coming up in May with the following competitions on 13th and 14th.



State Age Championships

Date: Saturday 13th May

Venue: Thornlie Community Centre
Glenbrook Road, Thornlie

Thornlie Invitational Level Competition

Date: Sunday 14th May

Venue: Thornlie Community Centre
Glenbrook Road, Thornlie

For further information contact Jo in the GWA on 9228 9399



CHEERLEADING



Gymnastics Australia
General Gymnastics

Competition 1 2006- Pom

A reminder to clubs that the closing date for the first competition of the year is Monday 1st May. I must have team names submitted by this date. Athletes names can be submitted in the following week and will not incur a late fee. The venue for the event is yet to be confirmed, but will possibly be held at Willeton Basketball Centre.

State Championships 2006

The date for the Cheerleading State Championships can be confirmed as 26th November 2006. Once again we have secured Challenge Stadium for this event.

Perth Angels – Cheer Limited International Cheer and Dance Championships

Congratulations to the Perth Angels who competed very successfully in the recent competition in Southern California. Results were as follows:

Open Dance:

2nd Runnerup

Allstars All Girl Internat. (Level 5):

Champion Team

2006 National Touring Cheerleading Camp

All clubs should have received information regarding the Cheer Camp coming to Perth 22-25th June. This camp is a great opportunity!. Don't forget last day for registration is 7th April. A late fee will apply after this date.

Schools Promotion

WA is looking to expand their Interschool Cheerleading Competition. If anyone knows of Primary or High Schools that may be interested in joining the GWA competitions, please contact Marie in the GWA office. 9228 9399.

Spirit/National Championships

A reminder to clubs who are intending to travel to the Down Under Spirit Championship or National Championships this year to please inform GWA in writing that you are attending and the athletes and coaches that will be attending the event.

SPORTS ACROBATICS



Gymnastics Australia
Sports Acrobatics

National Levels Manual 2006

The updated levels manual has been completed and is now available from Gymnastics Australia. All coaches and judges should obtain a copy.

National Competition Handbook 2006

The 2006 competition handbook is currently being updated and will be released ASAP.

WA Level 1-3 Program and Manual

The finishing touches are now being made and the program should be available in the new term. This will be

a fantastic resource and a great starting point for those clubs who are wishing to take up this great gym sport.

Coaching Course

The next Sports Acrobatics coaching course will be held on 11th June. Enrolment forms are available on the GWA Website.

Judges Update- video night

There will be an updating evening for Acro Judges on Friday 5th May at 6pm at Len Fletchers Sports Pavillion. All judges are encouraged to attend.

GSCS REGION



Gymnastics
Western Australia

Great Southern Central South Regional Conference 2006

2006 saw an extremely successful Conference held in Katanning over 1st-2nd April 2006.

The hospitality shown by the Katanning Gym Club was fantastic. The food was excellent and venue great.

The region would like to officially thank Tania Conning for her tremendous efforts in assisting Marie in organising the event and taking charge of the food and venue requirements and for also taking the photos!

Tania, you are an asset to the region and the work you do is greatly appreciated by all!

The conference was extremely informative and lecturers Alida, Jane and Zoey presented some fantastic information.

With the help of funding from the Australian Sports Commission we were able to run MAG/WAG, Kindergym and General Principals coaching courses along side various updating activities with funding assistance from DSR and Lotteries West.

The forum once again proved to be an essential part of the conference. There were some great discussions and ideas presented and it was a great step forward for the region to band together and really work as a team.



A big thank you to the two demonstrators from Perth-Caitin and Jessica. They worked very hard over the weekend and were very helpful. Their experience was made most memorable by their farm stay with Rosalie and her family. The girls, Alida

and Marie would like to formally thank the Baxters for their wonderful hospitality. The dinner on Sunday night with the Koonaks and Lamb will be one to remember.

The next regional event will be the two day camp held in Perth. All GSCS regional clubs are encouraged to attend. The event is awesome with the athletes participating in four clinics including the highlight clinic with the MAG Woodside HPC coaches.



ADVERTISEMENTS



Gymnastics
Western Australia



PLC Sydney Rhythmic Gymnastics Level 1-2 Rhythmic Coach

PLC Sydney has a growing program in RG with 5 coaches already involved in the program.

Gymnasts include a range of levels (1-10), recreational classes and international stream gymnasts. Our recent success at with a Commonwealth Games medallist has increased our

need to seek a committed coach, willing to work with all levels of our program for a minimum of 16 hours per week. Payment will be negotiated dependant upon the successful applicant's current qualifications, experience and proof of current technical membership with Gymnastics Australia. Applications may be sent via email or mail, and close on May 31st 2006. The position will commence in the NSW June/July semester break.

Email: nhigham@plc.nsw.edu.au

Post: Attn - Nicole Higham

RG Coordinator PLC Sydney

Boundary St Croydon NSW 2132

Ph: 02 9704 5701

Manly Warringah Gymnastics Club

Head Gymnastics Coach (MAG)

Located on Sydney's beautiful Northern Beaches, Manly Warringah is one of NSW's largest and most progressive Gymnastics Clubs.

The club's premises occupy over 1,500 square metres and include a full range of Olympic standard apparatus for both WAG and MAG, as well as numerous training devices including foam pits.

We are a strong, prosperous club and looking to appoint a Head Coach for our Men's program.

If you have the right skill's, motivation and desire to build a thriving Men's program, Manly Warringah Gymnastics Club will provide the opportunity, facilities, gymnasts and support to ensure success.

The successful applicant should possess the following skills and personnel attributes.

- A successful record in the development of competitive gymnasts.
- Ability to plan and implement training programs from Recreational to Competitive Level classes.
- Excellent staff leadership and supervisory skills.
- A high level of communication skills.
- A high level of organisational skills.
- Ability to work as part of a team.
- A commitment to the values of the organisation; integrity, service, community, team work, sustainability and continuous improvement.
- The desire to make Manly Warringah a great place for staff, members and their families.

To register your interest please contact Tony Benson on (02) 9453 5481 or email mwgc@smartchat.net.au

Manly Warringah Gymnastics Club

Competitive Coach (WAG)

Located on Sydney's beautiful Northern Beaches, Manly Warringah is one of NSW's largest and most progressive Gymnastics Clubs.

The club's premises occupy over 1,500 square metres and include a full range of Olympic standard apparatus for both WAG and MAG, as well as numerous training devices including foam pits.

The club has a strong track record in producing outstanding competitive gymnasts and in 2006 has 5 athletes selected on the NSW Levels team to National Championships.

We are a strong, prosperous club and looking to appoint a coach to work alongside our WAG Head Coach in our Level 6-10 and Development programs.

If you have the right skills, motivation and desire to produce gymnasts of the highest calibre, Manly Warringah Gymnastics Club will provide the opportunity, facilities, gymnasts and support to ensure success.

The successful applicant should possess the following skills and personnel attributes.

- A successful record in the coaching of competitive gymnasts to National Level.
- Ability to plan and implement training programs for Competitive Level classes.
- Ability to choreograph and teach Beam and Floor Routines to National Level standard.
- A high level of organisational skills.
- Ability to work as part of a team.
- Ability to motivate and inspire athletes to achieve their full potential.
- A commitment to the values of the organisation; integrity, service, community, team work, sustainability and continuous improvement.

To register your interest please contact Tony Benson on (02) 9453 5481 or email mwgc@smartchat.net.au



COACHES WANTED!

Spirit Gymsports is a small and friendly club with classes in Subiaco, Melville and Leeming.

We are looking for enthusiastic and reliable coaches the following positions:

- Recreational gymnastics coach -Leeming & Melville area 2-6hrs pwk**
- Assistant Trampoline coach—Subiaco 2-4hrs per week**
- Recreational Gymnastics Coach - Subiaco 1-3hrs a week**

Ideally, applicants should possess a Gymnastics Australia L1 coaching accreditation and current police clearance / Working with Children check.

Hourly rate of pay will depend upon experience and coaching accreditation.

Spirit Gymsports is committed to ongoing coach education and development of all its club coaches, we would like you to come and join our team.

Please call Debbs on 93874127 for more information.

Spirit Gymsports – “Talent for Life”