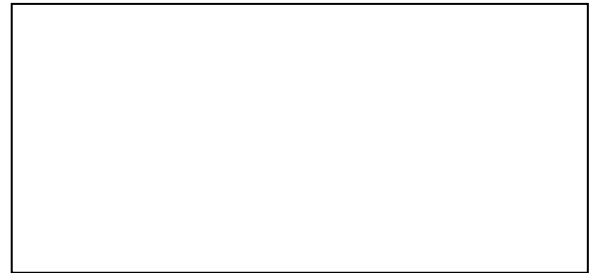


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Gymnastics WA Bulletin

March 2006 Edition



Gymnastics
Western Australia

Well Done!

**Dasha Joura & Lauren Mitchell-
off to Hawaii!**

**Desiree Jones &
Karyn Murray
to Judge at the
Commonwealth Games &
Pacific Alliance**

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Gymnastics WA



Gymnastics
Western Australia

BOARD OF MANAGEMENT

President: Steve Turpin
Vice President: Steve Chetkovich
Elected Members: Gail Melinger
Garry Bartle 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

AGM

Gymnastics WA will be holding its AGM to receive the Annual Report and elect office bearers on Sunday 2nd April at 9.00am at Len Fletcher.

Let the Games Begin

With the start of the year going well for many Clubs, the Commonwealth Games will provide a further boost over the next few weeks.

Is it time to think about how your Club can take advantage of the strong gymnastic demand;

- are you able to put on more classes
- can you reorganise your current venue to cope with more participants
- should you be looking for a bigger venue (or even a second or third venue)
- can you run some kindergym classes during the day
- is there room for adult gym or cheerleading classes running later into the evening
- can you upskill your coaches through Club updating
- are you able to attract more people to coaching at your Club through improving your coach support system.

Need to discuss options give Alida, Jo, Jane or myself a call on 9228 9399 for a chat.

Commonwealth Games Officials

Congratulations to Karyn Murray who has been selected for the Commonwealth Games as a RG Judge and to Desiree Jones selected as a WAG Technical Official.

Also, well done to Cat Ranieri, from our office, who has headed off to the games as a volunteer.

Sport Aerobics - Teams

We are very pleased to announce WA athletes selected to represent Australia at the 2006 IAF Suzuki World Cup in Japan (April) and the 2006 FIG International Age Group Championships and FIG World Championships in China (May).

2006 IAF Suzuki World Cup Team

Sam Elkington (WA) Age Group 2 IF No.1
Chelsea Carroll (WA) Age Group 2 IF No.2
Kieran Gorman (WA) Senior IM No.1
Chris Behan (WA) Senior IM No.2
Melissa Read (WA) Senior IF
Melissa Read (WA) Senior TRIO
Leah Henville (WA)
Melissa Davies (WA)

2006 FIG International Age Group Championships

Sam Elkington (WA) Age Group 2 IF No.1
Chelsea Carroll (WA) Age Group 2 IF No.2

2006 FIG World Championships

Kieran Gorman (WA) Senior IM No. 1
Chris Behan (WA) Senior IM No. 2
Melissa Read (WA) Senior TRIO
Leah Henville (WA)
Melissa Davies (WA)
Melissa Read (WA) Senior Group
Melissa Davies (WA)
Leah Henville (WA)
Elizabeth Kane (WA)
Kieran Gorman (WA)
Chris Behan (WA)

2006 FIG World Series

Kieran Gorman, Australia's top Senior AER Individual Male athlete will travel with his coach Trudi Nurse to Sofia Bulgaria to compete in the Supravit FIG World Series Competition (28th-30th April 2006).

Royal Show

Gymnastics WA has been invited to perform some displays at the 2006 Royal Show. If your Club wants to be involved check out the GG section of the Bulletin and send your expression of interest into Marie.

Pacific Alliance

Congratulations WA athletes and officials selected for the Pacific Alliance Championships in Hawaii
Men's Junior - Martin Jozwiak
Women's Senior - Daria Joura
Women's Junior - Lauren Mitchell
Judges - WAG Desiree Jones, RG Karyn Murray

Entertainment Books

The Entertainment Books will be available for sale by your Club from now to mid May 2006.

We are once again looking to do a joint venture with Clubs - from each book sale of \$60, Clubs get \$6 per book and GWA gets \$6 per book.

If your Club is interested, please email me on director@gymnasticswa.asn.au and I will sent through the promotional material.

CLUB 10 UPDATE

Club 10 Affiliation Packs

The majority of clubs have now returned their Affiliation Forms and Club 10 Affiliation Packs have been distributed, so well done.

If you have not yet paid your affiliation fee for 2006, late payment may affect your insurance. Please contact me asap if you have any problems or questions.

Your Club Affiliation Certificate will be sent once payment of all Affiliation fees has been received and all National Affiliation Standards have been met. Kindergym packs and insurance information will be sent directly from GA.

Club 10 Visits

The North West regional congress was held on the 4th and 5th of March in Karratha. The Karratha gym looked great.



Working with Children Checks and Camps

If your club is planning on having any overnight sleeps or camps then all staff and volunteer parents are required to have working with children checks, there are no exemptions. If you have any further questions re this please contact me at the office or check the website.

<http://www.checkwwc.wa.gov.au>

Club Development Grant Scheme

Star 2 – 5 clubs are eligible to apply for Gymnastics Australia's Club Development Grant Scheme. The scheme aims to provide clubs with funding assistance to improve their operations and services through Club 10. Application forms are available from:

<http://www.gymnastics.org.au/pdfiles/2006application.pdf>

No baby news yet

Well there has been no news on the new Williams baby to-date, will keep you informed.

Office Hours

My office hours are Monday's and Thursday's from 9am – 2.30pm.

2006 New Checklists

Some great news the new checklist for 2006 will be out in early April, if you are interested in working at the next star rating please don't hesitate to contact me. If you are needing to reaccredit this year I will be contacting you shortly.

EDUCATION



Gymnastics
Western Australia

Kindergym Workshops

For the first time in many years we will be able to offer specialist Kindergym updating. Kindergym guru, Kit Poole, will present a variety of workshops including dealing with very young toddlers and those tricky 'transition to rec' classes for four and five year olds. Kit runs her own wonderful club in NSW and is sought after to present at regional and State Coaching Conferences.

Application forms can be found on the GWA website <http://www.gymnasticswa.asn.au> or are available from the office by calling 9228 9399

Been meaning to do your Kindergym Accreditation?

Well now is the time to do it as Kit Poole will be conducting our next course in April (not in May as previously advertised). Kit has a wealth of experience in teaching KG and presenting nationally.

Other Upcoming Coaching Courses

The next Metro Level 1 Principles of Gymnastics and MAG/ WAG courses will be held on the 6 & 7th May. Applications can be found on the GWA website <http://www.gymnasticswa.asn.au>

Change of Date for Kindergym Course

Please note that the next Metro Kindergym Level 1 course will be held on Saturday 22nd April not on Sunday 6th May as previously advertised.

Level 2 Coaches do well in trying circumstances!

Our newest group of Level 2 candidates didn't realise they were taking on an extreme sport when they turned up for their course. With temperatures over 40° they valiantly made it through the day only to finish off with having valuable items stolen from bags as they worked in the gym.

Most items were recovered by police but it serves as a warning to all to leave your valuables at home or keep them in sight all the times.

Great Southern Regional Coaching Conference

If you happen to be down near Katanning then drop in on the annual Regional Coaching Congress (April 1st and 2nd) to pick up some updating points. Guest speakers include Alida Scott, Zoey Blampey and Jane Collins. In addition to Bridging courses and updating workshops, accreditation courses will be offered in MAG/ WAG and Kindergym numbers permitting.

Congratulations!

Please join with us in congratulating our newest coaches.

Coaches:

Colleen Andersen	Kindergym
Jackie Cutler	WAG
Louise Lurz	Kindergym
Mark Kural	MAG
Rachel Steen	WAG
Elizabeth Buchan	WAG
Jayne Donellan	Kindergym
Simone Mahoney	WAG

Don't forget to complete your registration form and send it to Gymnastics Australia or you will not be insured or receive your member benefits.

Well done also to all those judges who have updated or gained new accreditations on the new Code of Points.

Special Rates for Registration

Coaches who complete their accreditation for the first time in 2006 will have the benefit of registering at a greatly reduced rate. So get your books done and get them in before you miss out on this great offer.

Upcoming Workshops:

WAG NDP Workshop

For coaches and judges who want to know more.

Date: 25 March 06
Time: 12.30 – 2.30pm
Venue: WAIS

Please use workshop application on the website. <http://www.gymnasticswa.asn.au>

RG Coaches and Judges Workshop

Late entries will be accepted . Contact Krassi Yurukova 0423 610 260

Date: 26 March 06
Time: 9am -12pm
Venue: Montgomery Hall,
Mt Claremont

RG Level 1A Judging Accreditation

Course

Date: April 30 06
Time: 12.00 – 4.00pm
Venue: Montgomery Hall
Closing Date: 21st April
See application Judging Accreditation application form on GWA website.

RG Coaches Workshop: Body & Apparatus technique

Date: June 3rd 06
Time: 2.00 – 5.00pm
Venue: Montgomery Hall
Closing Date: Fri 26 May
Application s

RG Coaches & Judges Multiples Workshop

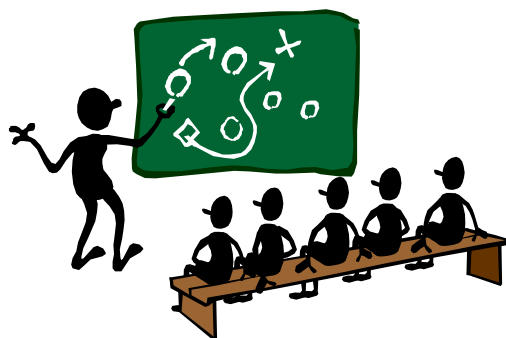
Date: Sat 5th August
Time: 2.00 – 5.00pm
Venue: Montgomery Hall
Closing Date: Friday 28th July

Kit Poole Kindergym Updating

Date: April 23rd 06
Time: 9.00 -2.30 (3 sessions)
Venue: TBC (Metro region)
Early Bird Rate: April 10th 06
For more info please contact Jane Collins/ Alida Scott GWA 9228 9399

Cheerleading Workshop

Date: April 30 06
Time: 11.00 – 2.00pm
Venue: Star Mites, Bayswater
Closing Date: 21st April
See application form in this bulletin.



Education Calendar 2006

(Updated Mar 16 2006)

Date	Closing Date	Course	Venue
Mar 25		WAG NDP Workshop	WAIS
Mar 26	Mar 20	RG Workshop	
Apr 1 & 2	Mon 20 March	GSCS Regional Congress	Katanning
Apr 22	Apr 10	Level 1 Coaching Part 2: Kindergym	Metro
Apr 23	Apr 10	Kindergym Updating Workshops	Metro
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.

MEN'S ARTISTIC GYMNASTICS



Gymnastics Australia
Men's Artistic Gymnastics

Physical Challenge 2005

Congratulations to the following boys who were the winners of last year's physical challenge. These boys had the largest improvement over the year. Keep up the good work boys!!!

Ryan Woodhouse	NDGC	Level 1-3
Lawson Mills	SM	Level 4-6

Amendments to Judging Code

Please be aware that the FIG code for MAG has come in to affect as of 1st of January.

Deductions now applicable:

Small: 0.1

Medium 0.3

Large 0.5

Fall 0.8

For More information please download the code of points from the FIG Website <http://www.fig-gymnastics.com>

Amendment to Tech Regs

After the March SMC meeting the following **amendment/addition was made to the selection policy** in the Tech Regs:

Where positions are vacant on a team for any one level and a gymnast does not qualify at trial 1, 2 or 3, a fourth selection event may be granted by the SMC to allow the athlete to qualify for selection of that team. Prior to the selection meeting, clubs must formally request in writing to the MAG SMC for their athlete to participate in a fourth trial to gain selection. The full entry fee will be forfeited by the athlete if the athlete does not qualify at this fourth trial.

As a direct response to the new Judging system that has come into place please amend tech regs accordingly:

Level 2-6: Badge Test pass marks will be total of 38 points with no less than 4 on each apparatus.

Level 6-10 Badge Test pass marks and Eligibility for State Team pass mark is as per the National Competition Handbook. This can be

found under the MAG section on the GA website <http://www.gymnastics.org.au>

Amendments to L2-6 program

There are minor changes to the L2-6 National Program. The updated manual and CD is available from Gymnastics Australia.

Op Spec 2006

The first page of the Op Spec Manual has been updated to come in line with the new judging system. A copy of this can be found on the GWA Website shortly.

Level 1 Competitions

Level 1 competition will be as follows:
Judges Invite
Woodside HPC Invite

This competition will be an individual competition. Overall awards will only be presented. Medal colour will be according to the following overall scores:

Bronze: 38-44.99

Silver: 45- 51.99

Gold: 52-60

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

SMC

There are still vacancies in the Events Committee for volunteers to come forward:-

NDP L 1 - 3 Coordinator
State and National L 4-6 Coordinator
Schoolgirls Coordinator
Club Levels Coordinator

Please advertise this in your clubs and request for volunteers for these important roles.

The SMC has changed its meetings for April and May to Thursday 6 April and 4 May 2006. Please put these changes into your diaries.

State Team Packs

These will be distributed at the first trial and expressions of interest for National Championships and Border Challenge must be returned to your club coach by no later than Monday 3 April 2006. Trials 1, 2 & 3 are selection for both competitions.

Workshop NDP A & B Division

This workshop has had a fantastic response and will be going ahead at WAIS from 12.30 to 2.30pm on 25 March 2006.

Update of the Club and State Levels Manual

The club levels manual has not been published on the website as yet because the SMC has had to amend the manual to incorporate the judging of the various levels on the new code. The State Levels manual is also being reviewed and both should be finalised with the respective changes shortly.

Congratulations

Congratulations to Dasha Joura and Lauren Mitchell who have been selected to represent Australia in the Senior and Junior Teams respectively, at Pacific Alliance in Hawaii from 11 – 15 April 2006. Desiree Jones has also been selected as a judge at this competition. Good luck to all of you!!!!

Congratulations to Elise Pryce who gave birth to a beautiful bouncing boy on 8 March at 1.20am.

AIS Gymnastic Clinic

AIS will be running an Easter Clinic from 19 – 22 April 2006 at the AIS in Canberra. If anyone is interested in attending, the timetable and entry form are attached.

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





Australian Institute of Sport

WAG TOWARDS 2012 GYMNASTICS CLINICS

DATE : 19th – 22nd April 2006

VENUE: Australian Institute of Sport
Leverrier Crescent, BRUCE ACT 2617

COST: \$70.00 per gymnast + GST \$7.00 = \$77.00 (includes T-shirt)
\$40.00 per coach + GST \$4.00 = \$44.00 (includes Coaches' Dinner,
workshops & T-shirt)

ELIGIBILITY: Female:Gymnasts who are 6 years to 12 years

**Coaches must attend with their gymnasts.
Travel and Accommodation is the responsibility of the individual.**

TOWARDS 2012 ENTRY FORM

NAME OF CLUB:

POSTAL ADDRESS:

.....

PHONE: **FAX:**

EMAIL ADDRESS:.....

COACH: * **ACCORD MEMBER CODE** **WAG/MAG** **T-shirt size**
(XL, L, M, S)

.....
.....
.....
.....

Please **PRINT** clearly

GYMNAST	Registered	Age as at	DOB	Level	T-shirt size
	Y/N		31/12/06		

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.....
.....

Forward entry form & fee to AIS Gymnastics Office

- **For quick processing fax entry form & order to: AIS Gymnastics Office Fax. (02) 6214 1763**
- **Entries close: COB Monday 10th April 2006**
Inquiries to Susanne, AIS Gymnastics Office Ph. (02) 6214 1280
PO Box 176, Belconnen, ACT 2616



Australian Institute of Sport

2006 WAG TOWARDS 2012 **GYMNASTIC CLINICS**

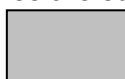
ATTENTION: Clubs, Coaches, Parents & Gymnasts
TIMETABLE FOR: 19th – 22nd April 2006

	Wednesday 19th April	Thursday 20th April	Friday 21st April	Saturday 22nd April
AM	WAG AIS Training 8:00am – 11:00am	WAG AIS Training 8:00am – 12noon	WAG AIS Training 8:00am - 12noon	WAG AIS Training 8:00am –12noon
	ORIENTATION & Registration Gymnastic Hall 12:30 – 1:00pm			
AFTERNOON	CLINIC TRAINING 1:00pm – 3:10pm	CLINIC TRAINING 1:00pm – 3:10pm	CLINIC TRAINING + SELECTION GROUP 1:00pm – 3:10pm	CLINIC TRAINING 1:00pm – 3:10pm
PM		All questions for AIS coaches to be handed in after training today	QUESTIONS from Visiting Coaches for AIS Coaches during training	Selection Meeting Valery Kaladzinski with All WAG Coaches + Parents of selected girls (if required) 3:30pm – 4:30pm
	NO WAG AIS Training	WAG AIS Training 3:30 – 6:30pm	WAG AIS Training 3:30 – 6:30pm	WAG AIS Training 3:30 – 6:30pm
			COACHES' DINNER 7:00PM	

It is recommended that visiting coaches observe AIS training from 8.00am – 9.30am

Please Note: AIS Training times are subject to change - AIS does not train Wednesday afternoon

= Clinic times



RHYTHMIC GYMNASTICS



Gymnastics Australia
Rhythmic Gymnastics

SMC Events Committee

A big thank you to Sharon Leonhardt and Sheryl Goh who have volunteered to take up the positions of Elite Events Coordinator and Level 7 – 10 Events Coordinator. Competitions will run smoothly and effectively with both these positions now being filled. A reminder that we are still looking for volunteers for:-

L 4 -6 Coordinator
L 1-3 Coordinator
Secretary

Workshop on Judging Sheets

The workshop on preparation and understanding of judging sheets for coaches and judges has been changed. This workshop will now be held on Sunday 26 March 2006 at the RG HPC from 9.00am to 12.00 noon. The cost to attend will be \$15.00 and updating points can be obtained from this workshop. Kindly note there must be a minimum of 5 candidates for this workshop to go ahead. Closing date is Monday 20 March 2006.

National Championships

All levels and elite gymnasts who are trialling for National Championships must ensure that they have their Expression of Interest Forms returned to:-

Elite – Administrator RG HPC by no later than 25 March 2006.
Levels – Club Coach by no later than 26 March 2006 (Trial 2)
These forms must be forwarded to Karyn Murray at GWA by Tuesday 28 March 2006.

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

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

State Team Training

All gymnasts, coaches and judges selected for National Championships must attend State Team Training. Details as follows:-

29 April 2006 – Elite 10.00am to 1.00pm
30 April 2006 – Levels 12.00 noon to 4.00pm
6 May 2006 – Elite 10.00am to 1.00pm
7 May 2006 – Levels 12.00 noon to 4.00pm
13 May 2006 – Elite 10.00 am to 1.00pm
14 May 2006 – Levels (TBA due Mother's Day)

Kindly note that all State Team Gymnasts must attend RG HPC Invitational on 23/24 April 2006 as this competition replaces the first State Team Training

Congratulations

Congratulations to Karyn Murray who is the first RG Brevet Judge from Western Australia to attend Commonwealth Games. She has also been selected to attend Pacific Alliance being held in Hawaii from 11th – 15th April 2006. Audrey Ng has been selected as the Physiotherapist for RG at Pacific Alliance.

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

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

GENERAL GYMNASTICS



Gymnastics Australia
General Gymnastics

Kindergym Corner

Well 1st term is nearly over and hopefully all your classes are bulging with lots of new little smiling faces.

Some exciting news, as we mentioned in the last bulletin Kit Poole is visiting WA to present a Kindergym course and Updating workshops.

Areas that will be covered in the workshops will give you some fantastic new ideas and hopefully inspire you. So mark in your diary the 22nd and 23rd April.

Let's give Kit a big WA welcome, so come along and play.

Check out the Education section of the bulletin and get in quick.

FIG Gala

Congratulation to the clubs who are going to the Gymsports Spectacular in September who have expressed interest in the FIG Gala performance. Clubs. The Gala will sure be a great event! More details will follow soon.

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

Gymnastics WA is excited to announce that this years Gymfest in the West will be at the Royal Show 30th Sept- 7th Oct. See flyer on next page for details.

General Gym Contact List

If you are interested in joining in all the exciting events and displays GWA has on offer or if you are interested in receiving General Gym correspondence please forward your email address to Marie at GWA.

maq@gymnasticswa.asn.au

Wheel Team Off to a Flying Start

Well the wheel team is off to a flying start being contracted to perform 3 displays.

Our first display was on the 15th Feb. It was the launch of a travel brochure for

Horizons and it was held at the Museum. It was a great night and the display was well received. We had to sit and wait in the children's museum prior to going on and had a fun time play with stuffed animals, reading books and looking into glass cases in the dark.

Our next two displays are at the Perth Convention Centre so will let you know how they go in the next bulletin.

Welcome to Grace, Melissa, Kiara and Fiona who are new members joining our team.

Congratulations to Rowena and family one of our past wheel members who has just had given birth to a beautiful new baby girl Isabella,

Wheeling around
Harlequin Spirals

GG planed Events for 2006

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
10-12 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

**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**

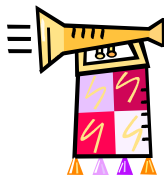
SPORTS AEROBICS



Gymnastics Australia
Sport Aerobics

Congratulations

Well done to the following athletes who have been selected to represent Australia in 2006. As you can see WA makes up most of the teams!



2006 Fig World Series Event In Sofia, Bulgaria

Kieran Gorman, Australia's top Senior AER Individual Male athlete will travel with Trudi Nurse to Sofia Bulgaria to compete in the Supravit FIG World Series Competition (28th-30th April 2006).

2006 IAF Suzuki World Cup Team

Brittanie Portelli (VIC) Age Group 1 IF
Samantha Elkington (WA) Age Group 2 IF
No. 1
Chelsea Carroll (WA) Age Group 2 IF No. 2
Kieran Gorman (WA) Senior IM No. 1
Chris Behan (WA) Senior IM No. 2
Melissa Read (WA) Senior IF
Melissa Read (WA) Senior TRIO
Leah Henville (WA)
Melissa Davies (WA)

Best wishes to all athletes and team members in their preparations for forthcoming events.



2006 FIG International Age Group Championships

Martin Warren (QLD) Age Group 2 IM
Brittanie Portelli (VIC) Age Group 2 IF
Samantha Elkington (WA) Age Group 2 IF
No. 1
Chelsea Carroll (WA) Age Group 2 IF No. 2

Upcoming events

Series #1

The first competition of the year will be held at Aero Moves at 68 Wheatley Street, Gosnells.

2006 FIG World Championships

Kieran Gorman (WA) Senior IM No. 1
Chris Behan (WA) Senior IM No. 2
Melissa Read (WA) Senior TRIO
Leah Henville (WA)
Melissa Davies (WA)
Melissa Read (WA) Senior Group
Melissa Davies (WA)
Leah Henville (WA)
Elizabeth Kane (WA)
Kieran Gorman (WA)
Chris Behan (WA)

CHEERLEADING



Gymnastics Australia
General Gymnastics

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

We wish the Perth Angels best of luck as they are currently competing in America. 7 members of the Angels have taken the American tour challenge.

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.



Gymnastics Australia
Sports Acrobatics

SPORTS ACROBATICS

SMC

Congratulations to the new sports management committee for 2006:

SMC

Tech Director: Debbs van Hagen
Judging Coord: Jane Collins
Coaching Coord: Kris Pudelek
Secretary: Cat Ranieri
Events: Renee Bessell
General Mem: Carmel Skinner

National Levels Manual 2006

The updated levels manual has been completed and is due to be released shortly. It has been completely amended with the majority of elements remaining the same in levels 4-6. Some additional elements have been included and some altered. When you receive the manual please ensure that you familiarise yourself with it as there are some subtle alterations.

Competition Handbook 2006

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

FIG Gala

Athletes not in the Acro section of the FIG Gala are invited to become part of the FIG mass performance. This will require athletes to attend a rehearsal session in Sydney after competition has finished, to learn the routine and then perform on the night. This is a great opportunity for every one on the team to be involved. Please send in your expression of interest to Marie by 24th March

NORTH WEST REGION



Gymnastics
Western Australia

North West Regional Congress 2006

Well another fantastic congress was held by the NorthWest Regional team in the town of Karratha on the weekend of the 4th and 5th March.

Friday

The day started on the Friday with both Sharon Isard and myself flying into Karratha. Sharon nearly missed the plane and I was just about to hold the flight up when I spotted her down the back.

We had a very heated discussion with the crazy taxi driver but finally made it to the Karratha International where we were met by Andrew and so the weekend began.

Saturday

The day started early, Krzysztof was collected from the airport and we headed off to the Karratha Gymnastics Club, the venue was setup, with all the equipment and lovely and cool as it was about 40 plus degrees outside.

A Level one Coaching Course was run and various MAG and WAG workshops run for the coaches and athletes. Other topics covered were a Club 10 presentation, Double Mini-Tramp safety and Judging workshops.

The day finished at the local Chinese restaurant with a great time had by all. The city slickers hit the local dance floor and showed some amazing Acro pairs skills by myself and Krys, Sharon took the photos. Not for publication!!!!

Sunday

More of the Level One course was completed with Kindergym updating, Judging course, MAG and WAG workshops and the Highlight of the Day the Sports Acro presentation.

This was of course done by none other than our Krzysztof Pudelek well experienced past National Champion and current athlete.

Krys worked with the coaches and the athletes giving them some basic skills and then putting them into Trio or Pairs.

We then gave them some music and choreography and set them to task to make a routine up and WOW what a show- they were amazing.

The boys trio were very entertaining with their "Ole" at the beginning of the routine and the girls were beautiful. In a very short time they had put a Sport Acro routine together and it was exciting for all of us to watch, they were a credit to themselves and a job well done to Krys who was amazed at the enormous talent and very excited. So go the NorthWest – and the future Sports Acro Teams.

Many thanks to all the officials Andrew, Rose, Kaye, Leigh and Darren for once again showing the true NorthWest style of hospitality.

Alida Scott

ADVERTISEMENTS



Gymnastics
Western Australia

WANTED: SECOND HAND APPARATUS

Newdegate Gymnastics Club is seeking second hand apparatus:

- Mats
- Pommel Horse
- Rails for bars

If anyone can assist with this equipment please contact Rachael from Newdegate:
rsteen@student.ecu.edu.au



POSITION VACANT – MAG SENIOR COACH.
SOUTHSIDE GYMNASTICS CLUB – CAIRNS.
93-99 Roberts Road, Centenary Park. 4869.
Phone: (07)40 452 947. Email – ssgc@bigpond.com.au

RESPONSIBILITIES INCLUDE: Planning and coaching the competitive MAG programme – National Levels.
Development of the MAG recreational programme.
Co-ordinate the training of a Junior Assistant.

APPLICANTS SHOULD HAVE: A sound knowledge of gymnastics, with the ability to teach the skills required for competitive levels programme and be committed to assisting each gymnast to reach his/her full potential. We are looking for someone who is dynamic with an outgoing personality and displays good communication and organizational skills. Current accreditation along with First Aid/CPR and working with children card are preferred. However the club can assist with further training and accreditation

WAGES AND HOURS available are negotiable dependant on qualifications. Initial hours required are 25/week. Further coaching hours are available in other programmes should they be desired.

SOUND LIKE YOU? LIKE TO LIVE IN THE BEAUTIFUL COASTAL CITY OF CAIRNS?

POST YOUR APPLICATION (Resume with min of two referees) BY 10TH MARCH TO:
The Club President,
SOUTHSIDE GYMNASTICS CLUB – CAIRNS.
PO Box 19E
Earlville,
Cairns, 4870.

Queries? Simply email the club. Or phone and ask for Dianne.



JOHNNY “THE DOC” DOCKER

Do you have ENERGY?

Do you have FLAIR?

Do you have PASSION!

The Fremantle Football Club is looking for agile, enthusiastic people to perform the role of our mascot Johnny “the Doc” Docker for our Community Development Program in 2006.

The main focus will revolve around our school programs and therefore the right person (s) must be comfortable in working with children of all ages.

This is a non speaking role where the person will be expected to act in a friendly, non threatening manner.

Generous remuneration applies.

For more information please phone David Crute at the Fremantle Football Club on 94337125

