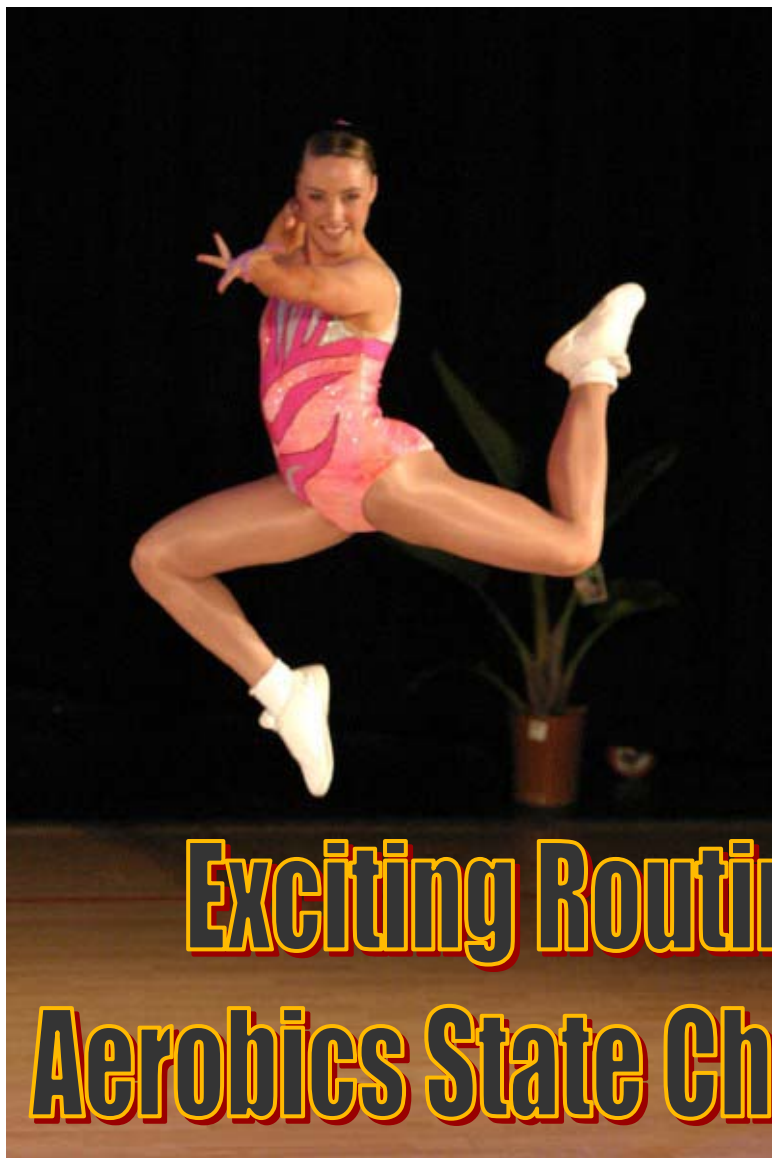


# Gymnastics WA Bulletin



Gymnastics  
Western Australia

## July 2006 Edition



### **Inside this Issue:**

*From the Executive Director  
Education*

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*Sport Aerobics*

*Trampoline Sports*

*Sports Acrobatics*

*Advertisements*

## Exciting Routines at the Aerobics State Championships

*Catriona Cowden (Photo Courtesy: Winning Sports Photos)*



**Gymnastics WA**

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Web: [www.gymnasticswa.asn.au](http://www.gymnasticswa.asn.au)



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# GYMNASTICS WA



Gymnastics  
Western Australia

## Board of Management

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

## Office Staff

### Executive Director

Gratton Wilson [director@gymnasticswa.asn.au](mailto:director@gymnasticswa.asn.au)

### Office/Sports Manager – AER/TRP

Jo Hammond [sportaer@gymnasticswa.asn.au](mailto:sportaer@gymnasticswa.asn.au)

### Sports Manager – MAG/GG/ACRO/CHEER

Marie Pudelek [mag@gymnasticswa.asn.au](mailto:mag@gymnasticswa.asn.au)

### Sports Manager – WAG/RG

Karyn Murray [wag@gymnasticswa.asn.au](mailto:wag@gymnasticswa.asn.au)

### Club 10 Officer

Alida Scott [club10@gymnasticswa.asn.au](mailto:club10@gymnasticswa.asn.au)

### Education

Jane Collins [coach@gymnasticwa.asn.au](mailto:coach@gymnasticwa.asn.au)

### Finance

Sally Cruttwell [finance@gymnasticswa.asn.au](mailto:finance@gymnasticswa.asn.au)

### MAG HPC Manager

Alida Scott [club10@gymnasticswa.asn.au](mailto:club10@gymnasticswa.asn.au)

## Regional Coordinators

**NWRGA** Andrew McLaughlin  
[Andrew.T.Mclaughlin@BHPBilliton.com](mailto:Andrew.T.Mclaughlin@BHPBilliton.com)

### **SW**

Krystie Camisa [krystie.camisa@wapl.com.au](mailto:krystie.camisa@wapl.com.au)

### **GSCSRGA**

Marie Pudelek [mag@gymnasticswa.asn.au](mailto:mag@gymnasticswa.asn.au)

## Life Members

N Read	J Simensen*	T Delhanty
P King	N Hunt	N Jol-Jacoby
V Norris	A Kovacs	M Panizza
D Robertson*	C Burch	B Thompson
M Strauss*	L Chetkovich	J Biltoft
D Segon	T Fritz	

(\* deceased)

## 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

## Sport Management Committee Executive

### MAG

Chair	Ann Ranieri
Coaching Coordinator	Kris Pudelek
Judging Coordinator	Michael Williams

### WAG

Chair	Debbs 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
----------------	---------------

## Advertising in GWA Bulletin

Free for all members. Charges for non-members or 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 the month**

# FROM THE EXECUTIVE DIRECTOR



Gymnastics  
Western Australia

## Event Entries – Too Late

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- After this date no further event entries will be accepted

## Jo Edinger resigns from RG HPC

It is with great regret that I have to inform everyone that Jo Edinger has submitted her resignation as Senior Coach at the RG HPC.

Jo has made an amazing contribution to RG and in particular to the RG HPC over the past 10 years. Her professionalism and dedication as a coach and above all her care and respect for the athletes (and parents) are things which we can all learn from Jo. Her presence will be sadly missed. We wish Jo and her family all the very best for the future.

## Stacey Umeh-Lees – Coach in Residence

Special thanks to DSR for their great support in obtaining world class WAG Choreographer Stacey Umeh-Lees to Perth for the week 14<sup>th</sup> – 21st July. More information is available on the web site or call Karyn Murray for the details.

## Dasha Joura off to World Cup

Best of luck to Dasha who has been selected to represent Australia at the World Cup in Shanghai next week.

## Cat Ranieri takes on Sports

### Acro

Cat has agreed to take on the role of Sports Manager for Acro from July. Cat will add this to her responsibilities in Op Spec and some WAG events (Team Pennant, and Elite Spring Challenge). Karyn Murray will take on all other WAG events and RG events.

## Marie Pudelek to leave GWA

As I'm sure everyone is aware Marie has decided to pursue a career in Environmental Science and is leaving GWA.


Special thanks to Marie for her efforts at GWA over the past three years.

Marie has made a significant contribution to all her areas of operation; in particular MAG, Cheerleading, GG, Acro, and the Great Southern Central South.

We wish her well in the future.

# Today's Favourite

## RHUBARB AND PEAR CRUMBLE

 7 serves of fruit per recipe

### Ingredients

4 pears peeled, cored  
and diced  
2 cups rhubarb (4 stalks),  
diced  
2 tablespoons sugar  
2 tablespoons water

### Crumble

2 tablespoons honey  
2 teaspoons margarine  
1½ cups untoasted  
muesli  
½ cup plain flour

### Method

Preheat oven to 180°C. Place pears, rhubarb, sugar and water in a saucepan, cover and cook for 8–10 minutes until softened. Spoon fruit into an ovenproof dish. Combine honey and margarine in a small bowl and microwave on HIGH (100%) for 20 seconds. In a separate bowl, combine muesli and flour. Stir in honey mixture, mixing until the crumble resembles coarse breadcrumbs. Spread over fruit and bake for 20–30 minutes until golden. Serve hot. Serves 6.



Department of  
Health

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### **NWRGA Life Membership to Kaye Rundle**

It is with much pleasure that the North West Regional Gymnastic Association has awarded Life Membership to Kaye Rundle.



*Kaye Rundle*

Kaye has been passionately involved with Gymnastics in the North West for the past 12 years and has helped enormously shape the association we see today.

- The first regional town Kaye went to was Paraburdoo where she helped to establish the Kindergym program. She also maintained her accreditation for judging.
- Moved to Hedland and continued to help develop gymnastics in Hedland, taking up key roles within the club.
- Transferred to Newman where she again became actively involved taking on key roles and building strong links with all towns.
- Transferred to Wickham and once again became actively involved and also offered her expertise to Karratha Gymnastics Club.
- At the NWRGA AGM last year Kaye took on the role of treasurer.

All of gymnastics is proud and privileged to have Kaye Rundle on board and this is a way of saying thank you.

### **New State Centre**

The GWA and the Town of Vincent are very close to coming to an agreement with respect to the details of the proposed new State Gymnastic Centre at the Loftus Centre.

### **Woodside Energy Squad in Moscow**

Head Coach Igor Bepalov has taken the Woodside Energy Squad to oscar for a two week training camp. Best wishes to Igor and the athletes; Ian Greenwell, Brenton Treacher, Joel Murray, Martin Jozwiak, Elliot Cook, Genya Bepalov, Steven Sandell and Arran Gray.

### **Raffle**

We are again seeking Club support for the equipment raffle (new matting artistic gymnastics, RG and a new Trampoline) with raffle books sent out last week. If you need more books just contact me on 9228 9399.

### **Position Available GWA Office Junior**

**Temporary part-time job for the  
remainder of 2006  
(to be reviewed for 2007)  
16 hours per week  
(ideally 4 hours over 4 days)**

**For more information contact Jo  
Hammond on 9228 9399**

# EDUCATION



Gymnastics  
Western Australia

## RG Course – Katie Sigsworth

A great big thanks to Katie Sigsworth who came at very short notice to deliver our Level 1 RG course. This was our largest RG course for a very long time so best of luck to the candidates in completing the course.

## Stacey Umeh-Lees Visit

Former coach of the Queensland High Performance Centre, Stacey Umeh-Lees will be in Perth from 17 – 24 July. Stacey will be running a variety of workshops and practical sessions concentrating on choreography for the higher levels gymnast. For more information go to;

<http://gymnasticswa.asn.au/latestnews.htm>

## More Coaching Courses

Cheerleading, Aerobics and Trampoline have all requested a second Level 1 Part 2 coaching course this year. Courses will be held in October so ensure that your candidates have attended a Part 1 Principles of Gymnastics course in September and have put their applications in by the closing date.

## Level 2 – Part 3

For all those who are currently enrolled as Level 2 candidates or those who have done various parts of this course over the years but just need to complete the odd one they have missed. This course will not run without numbers so please get your applications in by the closing date. Those who would like to attend individual sessions please contact Jane Collins for price details.

**Level 2 – Part 3**  
**WAG/ MAG Discipline**  
**Specific**  
**September 4<sup>th</sup>**  
**Only one course held per year**

## WAG Judging Courses

If you missed any of the courses held recently – don't despair. A Level 2 course is scheduled for mid August and there is discussion about the need for an Op Spec judging course or a Level 1 NDP. Please forward your needs to Heidi Rose [hrose@inet.net.au](mailto:hrose@inet.net.au)

## Invoicing Clubs

Please note when submitting application forms for all courses we cannot invoice clubs for course fees without the signature of the Club Principal. No signature, no course!

# Today's Favourite

## VEGIE LASAGNE

22 serves of vegies per recipe

**Ingredients**

500g pumpkin or sweet potato, peeled and sliced	425g jar tomato pasta sauce
2 bunches English spinach or young silver beet, washed and sliced	<b>Topping</b>
500g reduced-fat ricotta	2 eggs
6 spring onions, sliced	2 tablespoons plain flour
1/2 cup chopped parsley	2 cups low-fat milk
12 sheets instant lasagne, softened in hot water	Pinch pepper and ground nutmeg to taste
	1/2 cup grated Parmesan or Romano cheese

**Method**

Preheat oven to 180°C. Steam the pumpkin for 3 minutes, then cool. Plunge spinach into boiling water until wilted and drain well to remove excess liquid. In a large bowl combine ricotta, onion and parsley. Arrange 3 sheets of lasagne on the base of an ovenproof pan (33cm x 23cm). Top with 1/2 each of pumpkin, tomato sauce and spinach ricotta mixture. Repeat twice and top with remaining lasagne sheets. To make topping, break eggs into flour and mix well to remove lumps. Whisk milk, pour into a saucepan and bring to the boil, whisking until smooth and thickened. Add pepper, pour over top of lasagne and sprinkle with cheese. Bake for 30 minutes or until golden brown. Serves 6.

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## **Education Calendar**

(Updated July 10 2006)

<b>Course Date</b>	<b>Closing Date</b>	<b>Course</b>	<b>Venue</b>
July 19		RG Schoolgirls Judging Updating	Metro
July 17-24		Stacey Umeh-Lees WAG Choreography / Dance Workshops	Challenge
Aug 12/13	Mon 31 July	WAG Level 1C & Op Spec Judging Course	Metro
Aug 12/13	Mon 31 July	WAG Level 2 Judging Course	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
Oct 21/22	Mon 9 Oct	Level 1 Coaching Part 2: Cheerleading / Trampolining	Metro
TBC		Level 1 Coaching Part 2: Aerobics	Metro
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.

### **Other Relevant Courses**

<b>Date</b>	<b>Course</b>	<b>Contact Details</b>
	Level 2 Part 1 :Coaching Principles (all sports)	Andy Ross Central TAFE andy_ross_05@hotmail.com Forms and info from <a href="http://www.dsr.wa.gov.au">www.dsr.wa.gov.au</a>
	Officiating General Principles Course – (all disciplines)	Liane Tooth 9387 9787 <a href="mailto:liane.tooth@dsr.wa.gov.au">liane.tooth@dsr.wa.gov.au</a>
Monthly	SMA Community Education Seminars	As above



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# MEN'S ARTISTIC GYMNASTICS



Gymnastics Australia  
Men's Artistic Gymnastics

## WES HPC Report

### **Moscow Trip**

Igor and the Group 1 boys have gone to Moscow for a training camp. They were being hosted by the Dynamo Club. The boys were looking forward to their training times and the very cultural itinerary that was planned for them.

Reports so far have been that the boys are having a fantastic time. The food is better than expected, the accommodation is good, the people are great, the country is beautiful and the girls are very cute.

Oh forgot, the National gymnasts are also pretty good.

Last night they went to see 'Jesus Christ Superstar' and tomorrow they are going to the circus.

Well done boys, great to hear.

### **MAG National Clubs**

Elena and Dess flew out early Thursday morning off to chilly Canberra (minus 10 at night) with the Level 4 and 5 boys.

All reports so far have been, all things going well and that the boys have performed very well.

Congratulations boys.

Alida Scott  
MAG HPC Program Manager

### **Men's Artistic Program CD**

Please note that the new MAG Program CD Version 3 is now available from Gymnastics Australia. This version is the same as version 2 with some of the link errors and video errors fixed up.

### **Changes to FIG Code of Points**

Changes to the FIG MAG Code of points (mainly vault) can be found at:

<http://www.fig-gymnastics.com/LOB/media/MEDIA13138.pdf>

### **Technical Bulletin**

The GA MAG Technical Bulletin 3 is now available on the GA website.

<http://www.gymnastics.org.au/gymsports/mag/technicalinfo.htm>

There is some important information in this bulletin so please ensure you read it.

### **Level 1 Judging Course**

A Level 1 Judging course was held in July. Congratulations to the six candidates who are now Level 1 Judges! Thank you to Spirit for providing the venue and equipment.

### **Event Entries – Too Late**

We are having a great deal of difficulty in the office with late event entries. This is having a negative impact on getting Judges and on Clubs informing athletes and coaches as to times.

As such the GWA Board has agreed to the following deadlines for entries;

- Normal Entries will be accepted two days after the closing day, (usually a Tuesday, Wednesday)
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### **Upcoming Events**

Judges Invitational: 30<sup>th</sup> July  
Team Pennants: 13<sup>th</sup> August

# WOMEN'S ARTISTIC GYMNASTICS



Gymnastics Australia  
Women's Artistic Gymnastics

## SMC Events Committee

The SMC is still looking for any volunteers to assist with events. We encourage anyone who is involved in NDP 1-3 to please contact Karyn in the office.

## Border Challenge

Congratulations to all gymnasts, coaches and officials who attended this competition 1 July 2006. Some notable results are detailed below but a full list may be obtained from Gold Coast Gymnastics website;  
<http://www.goldcoastgymnastics.com/html/results.html>

**Level 6 - Team Silver**  
Emma Hill - 4th AA; 3rd FX; 5th UB  
Emily O'Neill - 5th AA; 1st VT; 6th UB  
Caitlin Gilchrist - 3rd BB; 6th VT

**Level 7 - Team Bronze**  
Kara Criddle - 1st AA; 1st BB; 1st FX; 2nd VT; 5th UB  
Danielle Balmer - 4th VT  
Meagan Rego - 5th BB  
Jessica Hamilton - 4th BB

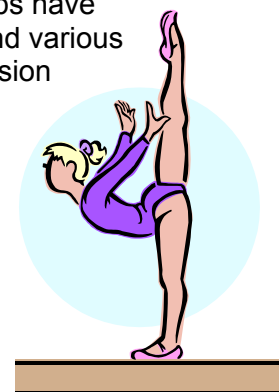
**Level 8**  
Jaimee Hadley - 1st FX; 5th UB; 5th BB



Everyone thoroughly enjoyed the trip and the highlight at the end was attending the theme parks on the Sunday and Monday.

## Visiting Choreographer

We are delighted to advise that Stacy Umeh-Lees will be at WAIS, Challenge Stadium from 14-22 July 2006. Stacey is one of Australia's leading elite Women's gymnastics choreographers and coaches. We are fortunate enough to have arranged a coach in residence programme. All clubs have been invited to attend various practical and discussion sessions and this should be most valuable to coaches, choreographers and ballet teachers. We believe this programme will benefit the state and encourage clubs to take advantage of this wonderful opportunity.



## Upcoming Competitions

### **Interstate**

Dolphin Gymnastics Club Inc, Carrum Downs, Victoria is hosting the Challenge Cup Championships from 1 – 3 September 2006. Clubs may enter as many teams or individuals as they wish in Divisions A to E. Further details maybe obtained from Karyn in the office. However closing date for entries is 4 August 2006.

Gold Gymnastics Club Wet and Wild Competition is being held from 28 September to 2 October 2006. WAG Levels 1 -7/ Cheerleading. Further information maybe obtained by following the link below:-

[http://www.goldcoastgymnastics.com/html/wet\\_n\\_wild.html](http://www.goldcoastgymnastics.com/html/wet_n_wild.html)

## **State Championships**

The WA State Championship provisional timetable has been emailed to all clubs. Kindly note this competition commences on Tuesday 5 September through to Sunday 10 September 2006. The exciting news is that the Women's Artistic National Levels International Challenge will take place in conjunction with this event, so please put these dates in your diaries now.

## **WAG National Programme** **Overview: Pass Marks & Ages**

The following information was released by the National EMC in May 2006:-

Pass Mark & Nationals Qualification

### **International Level 6**

A Score	18 – 20 points
B Score	28 Points
Total Score	N/A
Max Age	11 years

### **International Level 8**

A Score	20 points
B Score	28 points
Total Score	N/A
Max Age	13 Years

### **International Level 10**

A Score	N/A
B Score	N/A
Total Score	44 points
Max Age	13 Years

### **Junior International**

A Score	N/A
B Score	N/A
Total Score	46 points
Max Age	15 Years

### **Senior International**

A Score	N/A
B Score	N/A
Total Score	48 points
Min Age	16 Years

## **Upcoming Judges Courses**

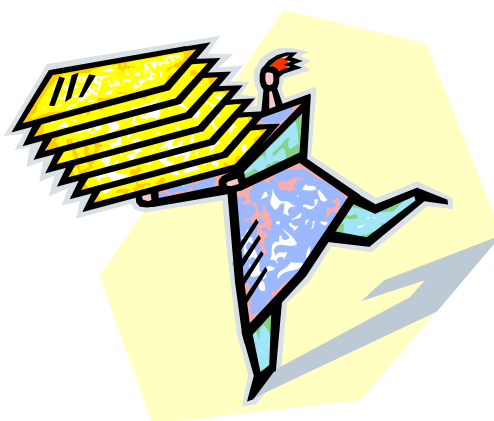
There will be some forthcoming judge's courses for Level 1 & 2 Judges. For further information please contact Heidi Rose on 0417971766.

## **Late Entries**

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# RHYTHMIC GYMNASTICS



Gymnastics Australia  
Rhythmic Gymnastics

## SMC Events Committee

We would like to sincerely thank Mercedes School/Club for the fantastic hospitality and for organising all the volunteers for the RG School Girls event on Sunday 25 June 2006. They were all most helpful and easy to work with and it makes running a competition so much easier when you have all the positions filled by such keen helpers.

We encourage volunteers to come forward for the following SMC positions:

L 4-6 Events Coordinator

L 1-3 Events Coordinator

Secretary



*Mercedes Girls won the overall 'Champion School' for RG*

## RG School Girls

This event ran smoothly, however it was disappointing to see the lack of interest in participation. We will be endeavouring to get coaches into some schools to increase the numbers for 2007. Thank you to all girls who competed and congratulations to all gymnasts who placed either in teams or individually.

## State Championships

This year's State Championships will be held as usual at Challenge Stadium. The RG competition will take place from 5<sup>th</sup> to 9<sup>th</sup> of September. The provisional entry forms are due on 24<sup>th</sup> July and the deadline for the definitive forms is 14<sup>th</sup> August. The Malaysian club Serdang Rhythmic Angels has

expressed interest, so hopefully we will have some international Elite and Levels gymnasts in attendance.

## Nationals 2007

The 2007 RG National Championships will be held on the 10<sup>th</sup>-15<sup>th</sup> July 2007 at the Marion Centre in Adelaide. This is the school holidays for all states excluding QLD and TAS.

## New Text for the 2007 Code



At the conclusion of the first year of the 2005-2008 cycle, the FIG TC is introducing a new text and a new format for the APPARATUS and MASTERY chapters. This new approach will simplify the work of the judges, gymnasts, and coaches in the two fundamental areas of RG, particularly in the ARTISTIC Part. The changes will come into effect on January 1, 2007. Information about RG Newsletter No. 25 can be found on the FIG website at

<http://www.fig-gymnastics.com>

## Level 1 Coaching Course

A reminder that Level 1 Coaching Part 1: Principles of Gymnastics is coming up on 2<sup>nd</sup> of September. The Level 1 Coaching Part 2: RG, was very well attended by 6 candidates, the biggest number for a long time. We would like to thank Kate Sigsworth (NSW) for coming over and ensuring that this course was well presented and enjoyable for all candidates. We look forward to everyone obtaining their Level 1 accreditation.

## Welcome Aboard a New Gymnast

Congratulations to Leah, Rod and Taite for the safe arrival of Olena Marie on the 30<sup>th</sup> of June. We all joyously welcomed the arrival of Olena.

## RG News



### **FIG RG Ranking List**

1. KAPRANOVA Olga (RUS)
2. BESSONOVA Anna (UKR)
3. SESSINA Vera (RUS)



*Olga Kapranova (source: FIG)*



### **WORLD CUP Rhythmic Gymnastics 2006.**



Without the elite teams from Bulgaria and Ukraine, the host Russia dominated the World Cup Tournament of rhythmic gymnastics which was held in

Irkutsk, Russia (23-25 June). Winner of the all-around competition was the Russian Vera Sessina (*pictured above*), followed by her team mate and reigning all-around world champion Olga Kapranova and the Russian newcomer Marina Spekht.

On the apparatus, Sessina was double winner at the final events with rope and ribbon, and Kapranova won the finals with ball and clubs. The Belorussian Inna Shukova made a strong competition winning one silver and three bronze medals at the finals.



### **15th Asian Games Doha 2006**

According to the Malaysian media, the Malaysian



Malaysian Gymnastics Federation (MGF) is still undecided whether to send the

rhythmic gymnasts' team to Doha, even though the team has qualified for the Asian Games on Dec 1-15.

It all depends on whether the trio of Durratun Nashihin Rosli, Foong Seow Teng and Chrystal Lim can impress on MGF officials on July 15 that they are ready to compete in the Asian

Championships which will be held in Surat, India, on July 29-Aug 4.

But even that may not be enough as the MGF will hold another 'control testing' on July 22. In fact, the national coach Marina Axenenko stopped the trio from competing in the Aspire Challenge in Qatar, a competition featuring the best in Asia, because she said the team was not ready. After a technical committee meeting last week, the MGF secretary N. Shanmugarajah said "If the girls prove at the selections on July 15 that they are prepared to compete in the Asian Championships, then it will be followed by a control testing on July 22. But if they fail the selection, then they will not compete in the Asian Championships. However, they will get other opportunities to prove themselves before the Asian Games such as the Gymnastics World Cup Series and World Championships."

### **Library Resource**

The GWA Library is a great source of materials regarding Coaching and Officiating. The library has a large number of policies, guidelines, manuals and advice documents for RG. Also, the library has an impressive archive of competition videos including Nationals 2006. If you would like to borrow or donate, please contact Gymnastics WA.

### **Second Hand RG Equipment**

Add your own Rhythmic Gymnastic equipment advert for free. Please contact Karyn Murray at GWA.

### **Happy Birthday**

GWA wishes the following Happy Birthday for July and August birthdays:

Karyn Murray  
Tanya Vahala  
Cody-Sue Turco

# GENERAL GYMNASTICS



Gymnastics Australia  
General Gymnastics

## FIG Gala

Congratulations to the clubs who are going to the Gymsports Spectacular in September and who have expressed interest in the FIG Gala performance. The Gala will sure be a great event! Thank you to those clubs who were present at the first rehearsal. Everyone is on track and routines look very promising.

## **FIG Anniversary Gala**

30<sup>th</sup> Sept (Sydney)

## **Northam International Festival**

11-12<sup>th</sup> November

## **Gymfest in the West**

30<sup>th</sup> Sept – 7<sup>th</sup> Oct

## **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 30<sup>th</sup> Sep -7<sup>th</sup> Oct. Thank you to those groups who have returned their expression of interest. Debbie Gough from Jollettes will now be coordinating the event. For information please contact her via email:

[debgough@dodo.com.au](mailto:debgough@dodo.com.au)

## **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.

## **Equipment Ideas**

More equipment ideas from Kit Poole at the recent Kindergym Course pictured below.

## **Cirque De Gymnastique**

Due to the extremely busy calendar this year, the event scheduled for October school holidays has been postponed until further notice.

## **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

5<sup>th</sup>-10<sup>th</sup> Sept

Op Spec State Championships

10<sup>th</sup>-12<sup>th</sup> Nov

### **National Gymweek**

23<sup>rd</sup>- 30<sup>th</sup> September

### **Aussie Gymfest 2006**

28<sup>th</sup>- 30<sup>th</sup> September (Sydney)



# SPORT AEROBICS



Gymnastics Australia  
Sport Aerobics

## Results

### State Championships



*Aime de Grussa*

The 2006 State Championships were held on Saturday 8<sup>th</sup> July at Winthrop Baptist College. Congratulations to all the athletes and thank you to all the judges and volunteers throughout the day.



*Chelsea Carroll*

Results can be found on the GWA website

<http://gymnasticswa.asn.au/Events&Results.htm>

We were fortunate to have a professional photographer at the event. If you would like to view the photographs please go to <http://www.winningsportsphotos.com>



*Jara Somerville*  
(Photos Courtesy: Winning Sports Photos)

## Good Luck

### ANAC International Championships

Good luck to the following athletes and officials who have been selected to represent Australia at the ANAC International Championships in Los Angeles on the 22nd - 26th July 2006.

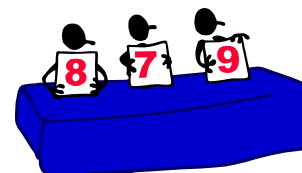
Melissa Read, Kieran Gorman  
Chris Behan, Eloise Kane  
Elizabeth Kane, Sarah Salerno  
Chelsea Carroll, Samantha Elkington  
Catriona Cowden  
Trudi Nurse - Coach  
Karon Williams - Judge and HOD

## Congratulations

### New Judges

We now have 4 new judges in sport aerobics. Well done to our new Level 1A judges

Rebecca Kane  
Eloise Kane  
Chris Behan  
Trudi Nurse



## SMC

The next SMC will be held on Wednesday 19<sup>th</sup> July at Len Fletcher Pavillion.

# TRAMPOLINE SPORTS



Gymnastics Australia  
Trampoline Sports

## Results

### 2006 Australian Championships

#### **WA wins bronze medal!**

Congratulations to Alex Zagari from Skysurfers Trampoline Academy who won a bronze medal at the recent National Championships in the Men's U15 Synchro event. With the team still away a full report will be published in next month's bulletin.



### **Peel Dynamic Club Invite**

Peel Dynamic hosted a two day competition on the weekend of 24<sup>th</sup> / 25<sup>th</sup> June. Well done to all competitors. Full results are available on the GWA web site.

<http://gymnasticswa.asn.au/Events&Results.htm>

## Upcoming Events

### **State Championships – Levels**

The 2006 State Championships will be held on Sunday 10<sup>th</sup> September at Challenge Stadium.

### **SMC**

The next SMC is on Sunday 13<sup>th</sup> August.

### **Level 1 Judging Course**

A Level 1 judging course is proposed for Sunday August 6<sup>th</sup> August.

For details of upcoming events please contact Jo Hammond at GWA on 9228 9399.

## SNACKS OR QUICK MEALS

## MINI PIZZAS



### **Method**

Preheat grill. Spread the base with tomato paste. Top with selected ingredients e.g. chopped capsicum, tomato, pineapple, ham etc. Sprinkle with oregano and top with cheese. Grill until cheese melts (about 5 minutes).

Makes 1

### **Ingredients**

#### **BASE**

Choose from 1/2 English muffin, 1 crumpet, wholemeal pocket bread or 1/2 bread roll

#### **TOPPING**

1 tablespoon tomato paste  
1 teaspoon dried oregano  
1 tablespoon grated reduced-fat cheese

#### **Also choose from:**

1 tablespoon diced capsicum  
2 button mushrooms (sliced thinly)  
4 tomato slices  
4 onion rings  
1 tablespoon fresh pineapple pieces  
1 tablespoon chopped celery  
1 tablespoon cottage cheese  
1 tablespoon ham, chicken or tuna

# SPORTS ACROBATICS



Gymnastics Australia  
Sports Acrobatics

## Events

So far we have had two events held for Sport Acro. Badge Test was held on 17<sup>th</sup> June, with more participants than any other badge test held for Acro in previous years. Judge's Invitational (Trial One) was also very successful with all athletes very well prepared. Well done!



## Canteen

With our competitions getting bigger we are looking for people to run a canteen at Acro events. Any clubs wishing to do fundraising are welcome to apply to run a canteen at one of our upcoming events. For more information please contact Cat in the GWA office.

## State Team Packs

Package #1 has now been distributed to clubs. Please ensure that all expression of interest forms for the National Championships are filled in and returned to Cat at GWA by Trial #2, Saturday 29<sup>th</sup> July.



## Level 1-3 Manual

The final touches are being made on the WA Level 1-3 Sports Acro manual. This manual will be available soon through the GWA office and on the website. This is the perfect introduction into the sport of Acrobatics, so make sure you check it out!

## Important Dates

Here are some upcoming important dates for Sports Acro:

Jul 29<sup>th</sup> - Trial #2

Aug 12<sup>th</sup> - Trial #3

Sep 5<sup>th</sup>-10<sup>th</sup> - State Championships

Sep 25<sup>th</sup>-27<sup>th</sup> - Nationals, Sydney



## Thank you and good luck!

A huge thank you goes out to our Sports Manager Marie Pudelek. Marie has put a lot of time and effort into Sport Acrobatics in WA and the acro community will miss her leadership. Thanks Marie and good luck in your new career!

# ADVERTISEMENTS

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Gymnastics  
Western Australia

## **GWA Office Junior**

Temporary part-time job for the remainder of 2006 (to be reviewed for 2007)  
16 hours per week (ideally 4 hours over 4 days)

For more information contact Jo Hammond on 9228 9399

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## **Whitehorse Gymnastic Club, Blackburn South, Victoria**

### **Great opportunity for a Sports Acro coach**

Casual position, 12 hours per week, must be available Monday, Wednesday, Friday 4-7pm.

**Who we are:** Whitehorse Gymnastic Club offers a wide range of gymnastics programmes, with classes in a range of styles catering for recreational and competitive gymnasts of all age. The club has approximately 400 registered gymnasts and 20 coaches. It is community based and not for profit.

**What we need:** We are looking for a coach who can help provide safe, enjoyable, high-quality coaching for Sports Acrobatics and Womens' Artistic Gymnastics at all levels to help with our expanding Sports Acrobatics programme.

### **What you need:**

- Level 1 gymnastics coaching accreditation
- A current police check
- Experience coaching gymnastics
- Experience as a sports acrobat
- Ability to work unsupervised

Most importantly, we are looking for someone who is enthusiastic, friendly and approachable with great teamwork and communication skills.

The following will also be highly regarded:

- Sports Acro specific coaching accreditation
- Level 2 coaching accreditation (any gym sport)
- Current Level 2 first-aid certificate

**What to do:** Contact Allie Ford (Club Coordinator) on (03) 9894 8637 or email: [whitehorse@gymnastics.org.au](mailto:whitehorse@gymnastics.org.au) for more details.

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## **Jan Roberts wants her book back!**

If anyone has an Introductory Gymnastics book by Gene Schembri please could they check if it is theirs? The book in question has/d a brown contact cover and Jan Roberts name inside. Jan is also looking for some missing Moscow World Games film footage from 1981. It will probably be on Super 8. Please contact Jan Roberts 9385 9380 if you can help.



Australian Government  
Australian Sports Commission

## Active After-school Communities

Helping kids and communities get active

LOOKING TO INCREASE YOUR CLUB'S MEMBERSHIP?  
MAKE MONEY FOR YOUR CLUB?  
NEW TRAINING AND PAYMENT OPPORTUNITIES FOR  
GYMNASTICS COACHES

**If you have at least one day a week in the after school time slot the Australian Sports Commission will pay to use your club and/or coaches as part of the Active After School Communities Program**

The Active After-school Community (AASC) program is a new and exciting physical activity program for Australian primary school aged children. The program will be delivered through safe, supervised environments of primary schools and Childcare Benefit (CCB) approved Out of School Hours Care Services (OSHCS) during the timeslot of 3.00pm to 5.30pm.



The program will provide increased opportunities for children to be physically active, improve motor skill development and provide opportunities for participation in safe, fun and supervised activities during the after school hours.

The AASC is a key component of the Federal Government's Building a Healthy, Active Australia package.

An important component of the AASC program is the development of networks and sustainability strategies within communities.



**Gymnastics and dance are the two biggest requests from Active After-school sites and this therefore creates an opportunity for gymnastics clubs and gymnastics coaches. Opportunities from involvement with the AASC include:**

- Potential to increase your club's membership
- Opportunity for trained coaches to be paid as deliverers in the Active After-school Communities program
- Free Nationally recognised Community Coach Training for parents, volunteers and coaches to enable
- Links to schools and out of school care centres neighbouring surrounding gymnastics clubs

The Active After-school communities program has been established to expose traditionally inactive children to a range of sports and activities and therefore the gymnastics lessons would be very basic emphasising fun and inclusion. For more information on the AASC program or to get involved as a deliverer please contact Craig Stein on 9492- 9734



[www.ausport.gov.au/aasc](http://www.ausport.gov.au/aasc)