

Gymnastics WA Bulletin



Gymnastics
Western Australia

October 2006 Edition



Pictured (L-R) Jarra Somerville, Cairo Leicester, Holly Richards, Asha Martin, Lydia Jones and Rebecca Boehm

Inside this Issue:

From the ED

Club 10

Education

Men's Artistic Gymnastics

Women's Artistic Gymnastics

Rhythmic Gymnastics

General Gymnastics

Sport Aerobics

Trampoline Sports

Cheerleading

Sports Acrobatics

Spectacular FIG Gala



Gymnastics WA
22 Emmerson St, North Perth, WA 6006
Phone: 08 9228 9399 Fax: 08 9228 9499
Email: info@gymnasticswa.asn.au
Web: www.gymnasticswa.asn.au

Go for 2 & 5™
FRUIT VEG

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

Office Staff

Executive Director

Gratton Wilson director@gymnasticswa.asn.au

Office/Sports Manager – AER/TRP

Jo Hammond sportaer@gymnasticswa.asn.au

Sports Manager – WAG/RG

Karyn Murray wag@gymnasticswa.asn.au

Sports Manager – ACRO

Cat Ranieri opspec@gymnasticswa.asn.au

Club 10 Officer

Sam Williams club10@gymnasticswa.asn.au

Education

Jane Collins coach@gymnasticwa.asn.au

Finance

Sally Cruttwell finance@gymnasticswa.asn.au

MAG HPC Manager

Alida Scott maghpc@gymnasticswa.asn.au

Regional Coordinators

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

SW

Krystie Camisa krystie.camisa@wapl.com.au

GSCSRGA

Jo Hammond sportaer@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

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

Hello From Robyn Kuhl (New ED)!

It is with pleasure and enthusiasm that I have accepted the opportunity to work with all of you at Gymnastics WA. Prior to my commencement, Gratton has persuaded me to share with you a little bit about myself in this month's Bulletin.

Like Gratton, I have spent a number of years working with hockey both here in Australia and more recently in the United Kingdom. I was privileged to work in a number of capacities both voluntary and professional including managing state and international teams and managing the Busselton Hockey Stadium when it first opened its artificial pitch. In England I worked for World Class Hockey - the section of hockey that managed the English and Great Britain Olympic international teams, as High Performance Manager and prior to my return to Perth as their Managing Director. Living and working overseas has certainly been both a challenging and rewarding experience.

I returned to live in Perth at the beginning of this year, and it was great to come home! Since arriving back in WA I have been working with WA Netball as the Perth Orioles Manager.

After speaking to Gratton, I was impressed by the dynamic environment that has been developed within the Gymnastics community and how enthusiastic everyone is about the sport.

I am really looking forward to joining GWA!

Robyn Kuhl

Raffle Tickets

The GWA Raffle has been extended by four weeks.

The new dates are;

Return to GWA	24th Nov
Draw Date	12th Dec
Publish Date	15th Dec

AGM - Reminder

The Gymnastics WA AGM (Fees only) will be held Sunday 18th November at 9.00am at Len Fletcher.

All clubs are invited to have a representative present. Information regarding this meeting was sent out via email from Gratton.

Agenda

- Minutes of the previous AGM
- 2007 Affiliation & Membership Fees

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.



DDH-19785

CLUB 10 UPDATE

Club 10 Applications

Club 10 Applications are due by the 31st October. Please contact me if you require assistance. Forward your completed application to Gymnastics WA before the 31st October.

Well done to the following clubs who have already submitted their application.

- Jednorog Gymnastics
- Peel Dynamic Gymsports
- Thornlie Community Trampoline Club

Chance to Win

For a chance to win \$1,000 cash and a Gourmet Grill BBQ for your club register your details at

http://www.mix.com.au/mix_bigshowsunblest.php

A winner will be drawn in October and November.

Club 10 Visits

The past month I have been to visit Thornlie Community Trampoline Club, Jednorog Gymnastics, Roleystone Gymnastics and Peel Dynamic Gymsports. All clubs have been working hard to renew their Club 10 Star Rating.

Club Affiliation Applications

Club Affiliation Packs will be sent to clubs soon. Forms will be due back by the 1st December with a \$50 deposit. This will help to ensure;

- Your club is insured from the 1st January.
- Your club and members are eligible for member rates at the Conference.
- You receive your Club Affiliation Pack at the Conference.
- Your club continues to be promoted by GWA through the office and website.

Clubs will be invoiced for the balance of Affiliation Fees, due by the 28th February. Should you require your Public Liability Certificate of Currency before this date you must pay the insurance component before the Certificate can be issued.

Sam Williams
GWA Club 10 Officer
9228 9399 / 0427 251 074
club10@gymnasticswa.asn.au



Go for 2 & 5TM
FRUIT VEG

EDUCATION



Gymnastics
Western Australia

Coaching Courses

Please ensure all your coaches/candidates are aware of the following changes to Coaching Course dates. Please note Early Bird Closing dates.

Level 1 Part 1 - Principles of Gymnastics

Sat 28th October (one week earlier)
Early Bird rate closes Mon 23 Oct

Level 1 Part 2: MAG/ WAG

Sun 29th October (one week earlier)
Early Bird Rate closes Mon 23 Oct

Level 1 Part 2: Kindergym

Sun 29th October (one week earlier)
Early Bird Rate closes Mon 23 Oct

Level 1 Part 2: Cheerleading

Cancelled on Sat/Sun 21/ 22 October
New dates to be announced (possibly early November)

Level 2 Part 3A: WAG/MAG Specific

Sun 29th October (one week earlier)
Early Bird Rate closes Mon 23 Oct

**Change of Date
Coaching Courses
From Nov 4 & 5
To Oct 28 & 29
Principles of Gymnastics
WAG / MAG / Kindergym**

Level 2 Part 3 WAG & MAG

We will be offering Level 2 Part 3A on Sunday 29 October (different date to the one previously advertised). This is open to Level 1 coaches looking to improve their education and will only run once per year providing we have numbers. Level 2 candidates who have completed various sections over the years can do their make up sessions if required. Please contact GWA for more details. The updated Level 2 Application Form is available from the GWA website.

Technical Membership Renewal

During November you should receive your Technical Membership Renewal Form for 2007. Please ensure you have sufficient points prior to returning your form and include SIGNED proof of any updating you have attended which is not indicated on your renewal letter. Don't forget that you will need to have completed the Managing Risks of Coaching online course and for KG and Level 2 coaches you will need to ensure that your First Aid qualification is valid. If you do not receive a form please contact Gymnastics Australia, not Gymnastics WA.

2007 Coaching Conference


As you all know, coaches and judges from each discipline are required to obtain updating points in order to register with GA. Get ahead for 2008 by attending the 2007 January Coaching Conference to be held in Perth.

Date: Sat 20th – Mon 22nd Jan 2007
Early Bird Rate closes: Dec 22nd 2006


Highlights will be visiting presenters Rick McCharles from the US and Stacey Umeh-Lees, former QLD High Performance coach and coach to Olympian Lisa Skinner. Club 10 workshops and SMC AGM's will be held on Saturday with coaching workshops starting on Sunday. Full program is due out in mid-November. Watch our website and advise your coaches to put it in their diaries now!

Level 1 ACRO Judging Course

There will be a Level 1 ACRO Judging Course held on the 4th and 5th of November. To register interest, or for more information, please contact the GWA office.



Did you know that completion of the MRC is compulsory for all Technical Members from 1st January 2007?
www.mrc.gymnastics.org.au



SUCCESSFUL COMPLETION OF THE MANAGING THE RISKS OF COACHING RESOURCE (MRC) IS A COMPULSORY REQUIREMENT FOR ALL TECHNICAL MEMBERS* BY 1ST JANUARY 2007.

Gymnastics Australia strongly encourages all technical members to complete the MRC before the 31st December 2006. Those choosing this option will do so as current technical members and be eligible to complete the resource for \$33.

If you wait until 1st January 2007 or later to certify, you will have to pay the non-member rate of \$77 as all technical memberships expire at 12 midnight on 31st December 2006.

This means that all Technical members (other than those who accredited for the first time in 2006*) must certify in the MRC, before they can renew their technical membership in 2007.

A number of technical members have already certified and have gained three updating points in doing so. Current technical members can log in to the resource at www.mrc.gymnastics.org.au using their technical membership ID number and date of birth. The cost for current members to certify is \$33. Whilst you may presently log into the resource for awareness at no cost, you will need to log in for certification in order to successfully complete the resource and renew your technical membership in 2007.

In June 2005, Gymnastics Australia launched the MRC. The resource focuses on how as coaches, judges and administrators of gymnastics clubs and associations we can identify and manage risk within our sport.

The resource provides:-

- An awareness of your role in managing the risks associated with coaching
- Reduces the likelihood of litigation
- Reduces the likelihood of injury/damage to your athletes and others

Whilst the resource focuses on managing the risks from a coaching perspective, it has "good practice" messages for all personnel involved in our sport. It has been clearly shown across a variety of industries, including sport, that a blend of common sense and strategic actions can help keep people safe and ensure enjoyable experiences for all participants.

The MRC forms part of Gymnastics Australia's commitment to risk management and is fully supported by both Boards and management of Gymnastics Australia and State Associations. As such, Gymnastics Australia has made successful completion of the MRC (certification), a compulsory requirement for all Technical members by 1st January 2007.

Gymnastics Australia looks forward to your continued involvement in our sport and is keen to ensure that every opportunity is made for its members to be well educated and kept abreast of the latest risk management strategies, to keep our sport healthy and enjoyable for all who choose to participate.

***Those persons who became Technical members for the first time in 2006 do not need to certify in MRC before renewing in 2007. Technical members falling into this category will however be required to certify before renewing their technical membership in 2008.**

LEVEL 1 COACHING ACCREDITATION APPLICATION FORM



Gymnastics
Western Australia

Please circle/ highlight the date/s you wish to attend. Remember Part 1 & 2 are required to gain an accreditation unless you have already attended Day 1 for a previous accreditation.

Courses 2006	Course Dates	Closing Dates	Venue
Part 1: Principles of Gymnastics (choose one date)	• Sat 28 Oct	• Mon 23 Oct	Perth Perth
Part 2: Men's Artistic / Women's Artistic (choose 1 discipline & date)	• Sun 29 Oct	• Mon 23 Oct	Perth
Part 2: Kindergym	• Sun 29 Oct	• Mon 23 Oct	TBC
Part 2 : Trampoline (plus TRP Salto Bridging Course)	• 21 & 22 Oct	• Mon 9 Oct	High Flyers, Wangara
Part 2 : Rhythmic Gym	• TBA 2007	• TBA	TBA
Part 2 : Sport Aerobics	• Oct 2006	•	TBC
Part 2 : Sports Acrobatics	• TBA 2007	• Mon 29 May	
Part 2 : Cheerleading	• TBA	• TBA	TBC

All course dates and venues are subject to change – confirmation of details will be sent on receipt of application form and payment

Name			
Address			
		Post Code:	
Contact Telephone Details	H:	M:	
	W:	E:	
Affiliated Club (if any)		DOB:	
Do you hold a current gymnastics accreditation?			
Who will be your Mentor? Must be an approved mentor (contact GWA for details)			
Course Fees	GWA Club Member		Non Member
Circle appropriate fee	Early Bird Rate (prior to closing date)	Standard Rate (after closing date)	
Part 1: General Principles	\$97.50	\$107.50	\$235.00
Part 2: Sport Specific	\$97.50 Trampoline \$122.50 (includes TRP Salto Course)	\$107.50	\$235.00
CAPS Member (per day)	\$73.00	\$80.60	
Updating Only (per day) does not include course resources	\$60.00	\$70.00	\$200.00
Payment Amount:	\$		
Name on Card:			Please make cheques payable to: Gymnastics WA 22 Emmerson St, North Perth WA 6006
Credit Card No:			
Expiry Date:			
Card Type:			
Signature (Club Principal must sign if club paying)			
Receipt No:			

LEVEL 2 COACHING ACCREDITATION APPLICATION FORM



Gymnastics
Western Australia

Please circle/ highlight the date/s you wish to attend.

Remember to gain a Level 2 accreditation you **must attend** Part 1, Part 2A & B, Part 3A & B and complete all assessments associated with these and Part 4.

Courses 2006	Course Dates	Closing Dates	Venue
Level 2 Part 1: General Principles (suitable for all disciplines)	•	Contact Central TAFE for application details. Lee Baker 9427 3786	Central TAFE, Perth (this course can also be done by correspondence or online) Correspondence: 9427 3786 Online: www.ausport.gov.au/coach/level2.asp
Level 2 Part 2A: (Suitable for all disciplines)	• Feb 2007	•	Len Fletcher Pavillion, North Perth
Level 2 Part 2B: (Suitable for all disciplines)	• May 2007	•	
Level 2 Part 3A: MAG or WAG	• Sun 29 Oct 2006	• Mon 23 Oct	TBC Perth
Level 2 Part 3B: MAG or WAG	• TBA 2007	• TBA 2007	TBC Perth
Level 2 Part 3: Trampolining	• Easter 2007	• TBA	Perth
Level 2 Part 3: RG	• 11 & 12 November	• Mon 30 Oct	Montgomery Hall, Perth
Level 2 Part 3: Sport Aerobics	• TBA		TBA

All course dates and venues are subject to change – confirmation of details will be sent on receipt of application form and payment

Name			
Address			
		Post Code:	
Contact Telephone Details	H:	M:	
	W:	E:	
Affiliated Club (if any)		DOB:	
Which gymnastics accreditation do you currently hold?			
Who will be your Mentor? Must be an approved mentor (contact GWA for details)			
Course Fees	GWA Club Member		Non Member
Circle appropriate fee	Early Bird Rate (prior to closing date)	Standard Rate (after closing date)	
Level 2 Course Resource (required)		\$66.00	
Part 2A & B: Principles of Gymnastics	\$80.00 each day	\$97.50 each day	\$235.00 each day
Part 3: Sport Specific	\$80.00 each day	\$97.50 each day	\$235.00 each day
Updating Only (per day) does not include course resources	\$80.00 each day	\$70.00 each day	\$200.00 each day
Credit Card Payment			
Name on Card:			Please make cheques payable to: Gymnastics WA 22 Emmerson St, North Perth WA 6006
Credit Card No:			
Expiry Date:			
Card Type:			
Payment Amount:	\$		
Signature			
Office Use Only Receipt No:			

Updated 15/10/06

MEN'S ARTISTIC GYMNASTICS



Gymnastics Australia
Men's Artistic Gymnastics

WES HPC Report

World Championship 2006

Igor and Martin have left Australia for Denmark. The team is still unnamed until 24 hours before. This is a very exciting time for Gymnastics in WA. Check out the GA website for results. Good Luck Martin and Igor.

Russia here we come again

Well our invitation has arrived for the boys to travel to Russia again for the Voronin Cup in December 2006. Travelling athletes are Brenton, Ian, Joel, Elliott, Martin and coach Igor.

Australian Youth Olympic Festival

We have two boys trialling for the AYOF team on the 3rd December, Genya Beshpalov and Arran Gray. The boys will also be attempting to qualify for the International Junior Cup team.

Woodside Fun Day

This was a fantastic day with many Woodside families enjoying the opportunity to come along and play in the gym. Ian and Martin performed a final display before leaving to Canberra for World Training Camp. Many thanks to all those who made the day a huge success.

HPC/Club Trials

Many thanks to the clubs for supporting the HPC we have four club boys starting this week.

Alida Scott
WES MAG HPC Program Manager

WOMEN'S ARTISTIC GYMNASTICS



Gymnastics Australia
Women's Artistic Gymnastics

Congratulations and Good Luck

Congratulations and good luck to Dasha Joura, Olivia Vivian, Lauren Mitchell, and Jade Martin for being chosen to represent Australia at various events in Europe during October and November.

This will be the first time Lauren and Jade have represented Australia.

Congratulations also to coaches Nikolai Lapchine and Martine George who will be travelling with the various teams.



RHYTHMIC GYMNASTICS



Gymnastics Australia
Rhythmic Gymnastics

SAT

Kindly be advised that the SAT to be held on 26 November 2006 will use the elements which have just been released on the Gymnastics Australia website. To download the '2007 - 2009 National Elements' go to the RG Technical info page at www.gymnastics.org.au/gymsports/rg/technicalinfo.htm#natprogram

For Level 7 - 9 there is no specified handling, with the respective elements. However, the state RG SMC will be producing a sheet for coaches to use for their respective SAT. It is a requirement that all handling is covered in the set elements and that a gymnast is not entered into an SAT missing out an apparatus technical group. The SMC will restrict gymnasts entering SAT's without suitable handling and wants to remind clubs that Level 7 - 10 are gymnasts who will be potentially represent their State at Nationals in 2007. If you have any queries in this regard do not hesitate to contact Karyn Murray.

Optional Spectacular



The Opt Spec will take place on 4th- 5th November at Peel Dynamic Gym Sports, Mandurah. This competition will be a great opportunity for Level 1-6, Stage 1-2 gymnasts to have a practice competition prior State Championship. It is however, a compulsory competition for Levels 1 -3 and Stages 1 & 2 for State Championships.

States (Levels 1-3, Cat 1&2 and Stages 1&2)

This event is to be held on 18th -19th November, at the Loftus Centre, Loftus St North Perth. Only gymnasts who entered Opt Spec will be eligible for this event.



Judges Invitational

Thanks to all who registered for the event – 80 gymnasts. This competition is designed to be fun with numerous prizes.

Please be advised that Levels 1 - 3, Categories 1 & 2 and Grades 1 -3 will be judged Difficulty, Artistry and Execution. This is to allow our new Level 1 A judges the opportunity to judge the Difficulty area of Level 1 -3 routines. Levels 4 - 10, Stages 1- 4, Junior and Senior, Categories 3 - 5 and Grades 4 - 7 will be judged on execution only.

This event is not organised by GWA, it is organised by the RG Judging Committee and is a fund raiser for Judges Assembly which reimburses the judges for their time attending competitions and for judge education. Please support our judges who have given their own time and helped us in preparation for many competitions.

Angel Cup 2006



Good luck to RG HPC WA Junior International girls (Chloe, Renee, Sam and Cody-Sue), their coach Krasi Yurukova, and judge Karyn Murray travelling to Kuala Lumpur to compete in 'Angel Cup 2006' at the National RG Training Gymnasium, competing from 3rd - 5th November.

Aussie All Star-Mites



Well done to Star-Mites girls and coach Simone Allen on successful results at '2006 RG National Clubs Championships' and 'Aussie All Stars' 2006 in Melbourne. The competitions were at a very high standard and 8 girls competed for WA:

Level 4 : Meggi Rudman, Dimity Baker, Leanne Jiang, Alexandra Bak

Level 5: Rebekah Connolly

Level 6: Kiah Marsden-Youll, Yenni Hoang, Taylor Murray

National Club Championships

Grade IV Group – 4th

Cat 3 (mixed app) Trios Alexandra, Dimity and Leanne – 5th

Aussie All Stars

Level 6

Yenni Hoang – 2nd AA, 2nd Hoop, 2nd Ribbon, 5th Rope

Level 4

Team – 2nd AA

Alexandra Bak – 5th AA, 3rd Rope, 5th Hoop

Dimity Baker – 6th AA, 4th Rope

Leanne Jiang – 5th Ribbon

"6th LEMESIA" International Tournament



Good luck to RG HPC girls – Chloe Hayes and Janine Murray, their coach Krasi Yurukova, and Brevet judge Karyn Murray who leave for Cyprus on 10th October to compete in "6th LEMESIA" International Tournament.



22nd European Championships of Rhythmic Gymnastics



The 22nd European Championships of Rhythmic Gymnastics in the Russian capital

Moscow are now over. All gold medals went to the Russian hosts.

Olympic Champion Alina Kabaeva (69.150) missed the chance to win her 6th European Championships title.

Instead the title went to her team mate Vera Sessina (69.400). The 20 year old gymnast from Moscow managed to present her routines without mistakes while Kabaeva had one drop of the apparatus with the rope. The 3rd place went to Vice-World Champion Anna Bessonova (67.600) from Ukraine.

The Russian juniors won the team competition in front of Belarus and Bulgaria. The Russian group won the gold with 33.400 points in front of Italy and Belarus followed by Bulgaria, Spain and France. All four titles in the juniors' apparatus finals with rope, hoop, clubs and ribbon went to the Russian gymnasts.

Happy Birthday



GWA wishes the following Happy Birthday for October and November birthdays:

Jessica Leonhardt

Danielle Scalzi

GENERAL GYMNASTICS



Gymnastics Australia
General Gymnastics

FIG Gala

The FIG Gala was held at the end of the Gymsports Spectacular in Sydney on Saturday 30th September. The gala involved over 600 athletes from around Australia combining in a special 2 hour show to celebrate the 125th Birthday of the International Gymnastics Federation. Simultaneous "Galas" are being held in each continent.



Trudi Nurse applies final touches to Zoe Tisdale

WA was represented by:

- Harlequin Spirals
- West Coast Gymnasts
- Star-Mites Gymsports
- WA Sport Aerobics Team (Spirit Gymsports and Aero Moves)
- Jollettes Gymnastics
- Silhouette Dance Studio
- Fit 2 Cheer
- Allana Slater

The event was a great success with WA one of the few states to work together to produce an integrated performance. The participants thoroughly enjoyed the atmosphere on the night.



"Tigers" Cat Ranieri and Karen Morgan

Kindergym

Well we are heading into the fourth term of the year. If you are using the kindergym passport then your term will be full of Jungle ideas, lions and tigers. Some dmp's that spring (no pun intended) to mind are;
Spring like lions, impalas etc
Swing like monkeys
Climb like monkeys or create a cave
Sliding like a snake
Locomote like a giraffe.
Let your imagination bring your kindergym classes alive.
Don't forget the course on the last weekend of October.

Gymfest Sydney

Whilst the displays were fantastic it was a little disappointing in the lack of teams who entered. The wheelies had a great time performing as usual and enjoyed the cheer workshop with big Russell from the USA.

Gymfest in the West

This was a fun time at the show with lots of oohs and aahs from the crowd especially when young Elliott from High Flyers sauted over the horse and his master.

This was a good opportunity for Gymnastics WA to promote our sport. Thanks to Debbie Gough for her efforts in organising this event.

SPORT AEROBICS



Gymnastics Australia
Sport Aerobics

Results

National Championships

Congratulations to everyone involved in the National Championships in Sydney. There were some excellent results and we have many National Champions! Here are the medals winners.



Level 1 Junior
2nd Cairo Leicester

Level 1
Intermediate
3rd Kirsten
Quain



Level 2 Junior
2nd Asha Martin

Level 2 Adult
1st Suzi Price



Level 3 Intermediate
2nd Emma Thompson

National A Adult
1st Janelle Marsh



National B Senior
1st Tamzen McAlpine
2nd Rebecca Burnett
3rd Rebecca Boehm



National B Adult Team
1st Vanessa Pink,
Sarah Millar and
Jessica Gammon



and 1st National B Senior Team
– Rebecca Boehm, Rebecca
Burnett and Lydia Jones



International Age Group 1
1st Chelsea Carroll



International Age
Group 1
2nd Samantha Elkington

International Age Group 1 Trio
1st Samantha Elkington,
Zoe Tisdale, Chelsea
Carroll



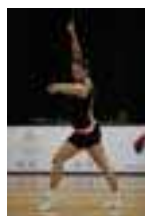
International Age Group 2
3rd Catriona Cowden

International 18+
1st Melissa Read

2nd Elizabeth Kane



International Mixed Pair
1st Chris Behan and Sarah
Salerno



International 18+
1st Kieran Gorman
2nd Chris Behan



International 18+ Trio
1st Elizabeth Kane, Eloise Kane
and Sarah Salerno



AEROSkools Nationals

Congratulations to Somerville Baptist College who finished 6th in the AEROSkools Level 1 Senior division.

For full results of Nationals please go to the GWA website
<http://www.gymnasticswa.asn.au>

Photographs from the event can be viewed and purchased online at
<http://www.sportsaction.com.au>

Thank you to the management team (Trudi Nurse, Ann Ranieri, Craig Carroll and Rick Elkington) for all their hard work in ensuring the needs of the athletes were catered for throughout the trip. Thanks also to Debbs Van Hagen who was our WA representative on the judging panel.



2006 ANNUAL AWARDS

Congratulations to the following Sport Aerobic athletes and officials who were rewarded for their achievements in 2006 at the recent 2006 Gymsport Spectacular held in Sydney. Once again Kieran and Trudi were winners for WA.

National Squad



WA has again dominated the National Squad for Sport Aerobics. Congratulations to the following

athletes who achieved the qualifying score at the 2006 AER National Championships to gain automatic entry to the 2006-2007 AER National Squad. These athletes are eligible for team selection to international events in 2007.

Senior Squad:

Melissa Read (WA)
Elizabeth Kane (WA)
Eloise Kane (WA)
Emily O'Hagan (QLD)
Kylie Steere (QLD)
Sarah Salerno (WA)
Kieran Gorman (WA)
Chris Behan (WA)

Junior Squad:

Martin Warren (QLD)
Chelsea Carroll (WA)
Samantha Elkington (WA)
Zoe Tisdale (WA)
Kelsey Cook (QLD)
Brittanie Portelli (VIC)
Catriona Cowden (WA)

Senior Athlete of the Year:

Kieran Gorman (WA)

Junior Athlete of the Year:

Martin Warren (QLD)

Coach of the Year:

Trudi Nurse (WA)

Official of the Year:

Liz Lyons (QLD)

Upcoming Events

Badge Test

Aerobics will hold its first badge test for athletes involved in Level 1, 2 and 3. This is a new initiative from Gymnastics Australia. The badge test will be held at Aero Moves in Gosnells on Sunday 29th October.

More information can be found in the sport aerobics (technical information) of the GA website.

<http://www.gymnastics.org.au>



TRAMPOLINE SPORTS



Gymnastics Australia
Trampoline Sports

Upcoming Events

Trophy Competition

The final competition of the year will be held on November 11th and 12th at Skysurfers Trampoline Academy in Armadale.

SMC

The next SMC will be held on Sunday 5th November at 10.00am at the home of Eric Lyon.



CHEERLEADING



Gymnastics Australia
General Gymnastics

National Championships

WA was well represented at National Championships in Sydney last month. There were 7 teams from the following clubs;

- Star Mites
- Fit 2 Cheer
- Silhouette
- Jollettes
- Spirit

All teams performed extremely well with the Jollettes junior team coming first in Pom and Cheer. Star Mites achieved second place with their Cheer routine and Fit 2 Cheer Angels achieved first in Pom and Cheer and first overall.

Well done to everyone who competed. You certainly represented your state with pride.



SPORTS ACROBATICS



Gymnastics Australia
Sports Acrobatics

Acro Nationals Report 2006

This was the first time I had the privilege of travelling with the Acro State Team and what a thrill. From the time we left Perth Airport we became one big family. The athletes are to be congratulated on their professionalism, their performances and their behaviour.

As a state we stood out in the development of our team size and quality of our routines.

Special thanks to all senior athletes who took on the roles of looking after the junior athletes. Also thanks to the coaches who fulfilled their roles with excellence and took the time to educate me along the way.

And a huge thank you to my two very dependable team managers, Louise Morgan and Gary Edgley. Lou who cooked up a storm and Gary who holds the roundabout record.

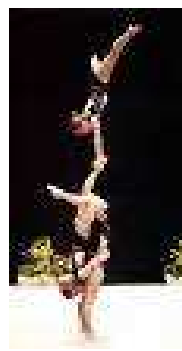
Special thanks also to Kath Arendt who jumped in time after time to help. Well done to Cat Ranieri in her first year as Sports Manager/Coach - thanks for all your help.

Alida Scott
Head of Delegation



Level 1 Judging Course

There will be a Level 1 judging course held on the 4th and 5th of November. To register interest, or for more information, please contact the GWA office.



Acro AGM

The Sports Acro AGM will be held on Saturday 25th November from 7pm (following the Level 1-3 Challenge). This will include elections for positions on the Acro SMC for 2007. Positions up for election are:

Judging Co-ordinator	(2 years)
Secretary	(1 year)
PR Co-ordinator	(1 year)
Events Co-ordinator	(1 year)
General Committee Member	(1 year)

Anyone wishing to nominate for one of these positions is asked to fill out a nomination form and hand it in to Cat in the GWA office by Monday 20th November 2006.

Level 1-3 Challenge Competition

Our first ever Level 1-3 Competition will be held at Len Fletcher's Pavilion on Saturday November 25th 2006. Come down and check it out, it's going to be a great event!



GYMNASTICS WESTERN AUSTRALIA

NOMINATION FORM

for (circle appropriate)

SPORT MANAGEMENT COMMITTEE

OR

SELECTION COMMITTEE

OR

SPORT MANAGEMENT SUB COMMITTEE

MAG

WAG

RG

SPORT AEROBICS

TRAMPOLINE SPORTS

SPORTS ACROBATICS

CHEERLEADING

GENERAL GYMNASTICS

DISCIPLINE: _____

POSITION: _____

NAME OF NOMINEE: _____

SIGNATURE: (indicating nominees
willingness to accept office) _____

NOMINATED BY: Name _____

Signature _____
Official of Affiliated Club or Board Member

Position _____

Please attach a brief resume (not more than one hundred words) which can be circulated to affiliated clubs.

AHEAD BY LEAPS AND BOUNDS



When you have been the official supplier to the 2000 Olympics, '94 World Championships and various Commonwealth Games it should come as no surprise to be considered for the 2005 World Championships in Melbourne. Acromat competition, training and recreation gymnasium equipment is custom designed for the elite and engineered for optimum performance. We may cost more but those who use our equipment know that the price will be forgotten long before the product wears out.

Call us now and receive an
Acromat catalogue FREE...
National Office 1300 305 947
Facsimile (08) 8352 7053

Gymnastic Equipment
Games and Sporting Equipment
Retractable Tiered Seating
Designed & Manufactured in Australia

ACROMAT
www.acromat.com.au