

# Gymnastics WA Bulletin



Gymnastics  
Western Australia

## February 2007 Edition



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# Stacey's Got the Moves



Department of  
Sport and Recreation

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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	Robyn Kuhl ED

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## Life Members

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P King	N Hunt	N Jol-Jacoby
V Norris	A Kovacs	M Panizza
D Robertson*	C Burch	B Thompson
M Strauss*	L Chetkovich	J Bilstoft
D Segon	T Fritz	
(* deceased)		

### **Front Cover**

Stacey Umeh-Lees presents Dance on the Beam at the GWA Conference, January 2007.

## Sport Management Committee Executive

### MAG

Chair	Ann Ranieri
Coaching Coordinator	Kris Pudelek
Judging Coordinator	Michael Williams

### WAG

Chair	Debbs Van Hagen
Technical Director	Julie Bilstoft
Coaching Coordinator	James Keatley / Sally McKean
Judging Coordinator	Desiree Jones

### 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	Tony Burton
Coaching Coordinator	Eric Lyon
Judging Coordinator	Pam Walker

### ACRO

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

### CHEER

Chair	Ann Ranieri
Technical Director	Briony Tung
Coaching Coordinator	Briony Tung
Judging Coordinator	Ann Ranieri

### GG

Chair	Ann Ranieri
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## Advertising in GWA Bulletin

Free for all members. Charges for non-members or non-gymnastics related ads.

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	Full Year	\$500.00
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	Full Year	\$1000.00

**Deadline**  
2nd Wednesday of the month

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Gymnastics  
Western Australia



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# FROM THE EXECUTIVE DIRECTOR



Gymnastics  
Western Australia

## **2007 – is here!**

Welcome to 2007 – what a busy year we are all going to have! Between now and the 22 / 23 December there is not a weekend where there is not a Gymnastics activity or event.

## **Town of Vincent say YES!!!!**



TOWN OF VINCENT

Early in the year we received some very good news – the Town of Vincent Council voted to accept the plans for the new building at

Loftus Centre. Pending final agreement on leases and suchlike, building work is due to start sometime in March 2007.

## **International Results**

Over the Christmas break we have had some great results by our MAG, RG, and WAG athletes and coaches – congratulations to each and every one of you. More information and pictures are available on the Gymnastics Australia website – please make sure you have a look!

[www.gymnastics.org.au](http://www.gymnastics.org.au)

## **2006 Awards**

Congratulations to those who won an Award in 2006. These were presented at the 2007 Annual Conference held in January and included an Award of Merit for Gratton Wilson and Awards of Recognition to two of our clubs who decided to say goodbye at the end of 2006 – we wish Gratton, Florence & Don and Jenny all the very best.

### **Award of Merit**

Gratton Wilson

### **Award of Recognition**

Florence & Don McCallum  
Jenny Couch

### **MAG**

Igor Bespalov  
James Keatley  
Martin Jozwiak  
Jewayne Loong

### **WAG**

Daria Joura  
Corri Keating  
Britany Choy

### **Cheerleading**

Debbie Gough

### **Aerobics**

Kieran Gorman  
Janelle Marsh  
Suzy Price

### **Trampoline**

Sally Hodson  
Alex Zagari



*Daria Joura*

## **Clubs – Hello & Goodbye**

Welcome to our new clubs for 2007

- Twilight Aerials Gymnastic Academy
- Star Skills Enterprises
- Tom Price Gymnastics

And goodbye to .....

- Busselton Gymnastics
- Esperance Gymnastic Academy
- Grove Gymnastics

We are sad to see you going, but wish you all the very best for the future! Gym's'kool for Us! has changed ownership. We welcome the new owner Rosemary Hartley and wish Tracy Booth all the best.

## **Trampoline**

At present we are still in the process of employing a Sports Manager for this position. To this end I had the pleasure of attending the most recent Trampoline SMC which is now chaired by Tony Burton from High Flyers.

Nine of our Clubs are offering trampoline to the WA Community – High Flyers, Jednorog, Kalajos, Peel Dynamic, Roleystone, Skysurfers

(Armadale & Midland) and Spirit and the competitor numbers are growing.

At Easter GWA and the Trampoline SMC are hosting three events, these include;

- Level 2 Coaching Course
- GWA State Age Championships (7 April)
- The United Trampoline Alliance (8 April) – there is a flyer later in the Bulletin.

This is an exciting time for Trampoline and we wish them every success!

### **North West Region**

The North West Region are holding their annual conference in Karratha on the 3 & 4 March – I am looking forward to attending!



### **Financial Matters**

I have already sent a letter to all Clubs regarding this matter, however given the numerous issues and difficulties that have been encountered by all of us in the Gymnastic community over the past weeks I feel that it is important that I also share the main points contained within this letter with all the readers of the Bulletin.

As of the GWA Board meeting held on the 1<sup>st</sup> February 2007, 14 Clubs had outstanding monies owing to GWA for more than 90 days. At this meeting I was asked to follow this matter up with each of the individual Clubs so as to ascertain the reason behind the delay in payment. Thank you to each of those clubs who upon speaking to you assisted in promptly paying the outstanding monies.

To all Clubs please be reminded that payments against invoices are to be made within 14 days of issue of the invoice, we would appreciate your help in ensuring that these timeframes are met in the future.

### **Event Entries / Coaching & Judging Courses**

Given that the vast majority of the outstanding monies highlighted in the above section were for the Optional Spectacular State Championships that was held on the 10-12 November 2006 and thus should at the very least have been paid prior to the Christmas break. In 2007, payments(s) for event entries and coaching & judging courses are required when the entry forms are submitted. Payment can be made by either cheque, credit card or by electronic transfer.

Can you please also note the event entry early bird and closing day requirements (as published in the July 2006 Bulletin) and the coaching & judging deadlines that are detailed on the individual application forms.

### **Why are we doing this?**

- Clubs and GWA are able to collect all income prior to the event commencing.
- Early completion & distribution of the OOW.
- More time to organise coaches, judges, marshals, presenters and coordinators.

### **Athlete Registrations / Coaches & Judges Technical Membership**

Please remember that if your Club has not registered your athletes, coaches and judges with GWA / GA they are not eligible to compete / coach or officiate at events. Please make sure that you keep this information up to date.

The new season is always a busy time for all within Gymnastics ..... looking at the 2007 calendar it is only going to get busier. This is exciting, but will also bring challenges, we at GWA very much appreciate the support from each and every one of you.



## CLUB 10 UPDATE

### Development Grant & Ambassador Scheme

A reminder that Expression of Interest forms (included in Club Affiliation Packs) are currently due for Star 2 to Star 5 Clubs who would like to apply for the Club Development Grant or utilise athletes from the Ambassador Visit Scheme.

For further information on these two Benefits, please visit [www.gymnastics.org.au/Club10/benefits\\_intro.htm](http://www.gymnastics.org.au/Club10/benefits_intro.htm) and use the links at the bottom for additional details.

### Club 10 Applications

The first closing date for Club 10 Applications will be the 31<sup>st</sup> March. There will also be a second closing date for 2007 in August. Please contact me if you would like a Checklist or assistance.

### Club 10 Resources

Club 10 Resources are available to assist clubs with their development. You can view the resources at [www.gymnastics.org.au/Club10/Club10\\_resources.htm](http://www.gymnastics.org.au/Club10/Club10_resources.htm) Please email what you require and I will forward the resources to you.

### Codes of Behaviour

Does your club have Codes of Behaviours for their members? A Fact Sheet about Codes of Behaviours is included in this Bulletin. Example Codes of Behaviours are available contact me to receive a copy.

### Risk Management

Does your club have a Risk Management Plan? Club 10 can help you with your Risk Management. A Fact Sheet is included in this Bulletin. For assistance and resources to help you develop your own Risk Management Plan please contact me.

### Club Changes

Esperance Gymnastic Academy (owner Vanessa Rennie) has closed and Melanie Andrews is now operating Twilight Aerials Gymnastic Academy it's great to still have a club in Esperance. We also have two new kindergym clubs, Jo Hammond has opened Star Skills Enterprises and Tom Price Gymnastics. Tracy Booth has sold Gym's'Kool for Us! to Rosemary Hartley. We welcome Rosemary, who also coaches for Spirit, and wish Tracy all the best.



*Don & Florence McCallum – Grove Gymnastics*

We mark the end of an era with two long standing clubs closing their doors at the end of 2006. Busselton Gymnastics owned by Jenny Couch and Grove Gymnastics, owners Don and Florence McCallum. With outstanding contributions to gymnastics as athletes, coaches, club owners and judges they will be greatly missed. Their contribution to the sport was recognised at the Conference where they received an Award of Recognition.



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### **Club Websites**

When updating club information from the Affiliation Forms this year I was really impressed with the number of clubs who now have a website. The sights look great, are up-to-date and contain excellent information. Use the Club Search from the GWA website to find club sites.

### **Club Feedback**

Tony Burton has provided feedback on one of the lectures he attended at the Conference. Please see the next page. Tony also receives an updating point for his contribution.

### **Working with Children Follow-up**

Cathy has provided the following response from the question raised at the Conference presentation. In relation to the query that was posed regarding overnight camps, individuals will not be required to get the checks earlier than the phase in guidelines stipulate simply because they are participating in an overnight camp. Those persons in child related work in connection with an overnight camp (Category 15) will be phased in as is stated in Factsheet 2. See link below.

<http://www.checkwwwc.wa.gov.au/NR/rdonlyres/72A92FDC-5D6C-4DF5-B57A-86197C7F9813/0/Factsheet2WhentoApplyfinal.pdf>

### **Volunteer Research**

To help clubs attract and support volunteers, DSR is conducting a survey to learn more about volunteering from a wide variety of clubs and groups.

Complete the [questionnaire online](#) for a chance for your club to win one of four \$250 cash prizes. For more information about the survey contact Jessica Miller of TNS Social Research on 08 9322 2466 or email [jessica.miller@tns-global.com](mailto:jessica.miller@tns-global.com)



### **Association Incorporation Act**

Major changes are proposed to the law affecting incorporated associations. The changes are designed to streamline regulations and promote the efficiency and accountability. The Association Incorporation Bill 2006 was tabled on 30 November 2006 and submissions are sought by the DOCEP by 30 April 2007. All sporting and recreation incorporated bodies will be affected in some way by the proposed changes. DSR in conjunction with the WA Sports Federation will be holding an information session for state sporting associations, recreation peak bodies and clubs.

**Information Session**  
**Tuesday 6 March 2007, 5.30-7pm**  
**Cambridge Bowling and**  
**Recreation Club**  
**Howtree Place, FLOREAT**

For more information about the Associations Incorporation Bill 2006 contact DOCEP's call centre on 1300 30 40 54 or visit the website [www.docep.wa.gov.au/agb](http://www.docep.wa.gov.au/agb)



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WA Club 10 Officer  
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## MARKETING THE GYM

This is a synopsis of Rick Mc Charles lecture at the conference on Monday 22nd January 2007.

He identified various activities which could be run in the gym. The main theme was being creative and lateral thinking in your planning. Also remember whether you are running a business or running a not for profit gym session, run it on sound business principles.

### **Gymnastics**

Pre-school-very lucrative  
Drop in pre-school-just mum and child  
Recreational  
Advanced recreational-superman, iron man  
Pre-competition  
Competition  
Rent to other teams  
High performance

### **Tumbling**

Recreational  
Advanced recreational  
Pre-comp  
Competition  
High performance

### **Trampoline**

Recreational  
Back yard tramp safety courses  
Advanced recreational  
Pre-competition  
Competition  
High performance  
Ariel skiers

### **Entertainment**

Parties  
Holiday camps  
Drop in gym  
Childcare

### **Fitness**

Adult recreational  
Personal training  
Rent for cross training  
Cross fit  
Pro sport  
Invite celebrates  
Rent space  
Yoga

### **Acrobatics**

All of the above, apart from competitive and high performance, can be money earners. Because of the numbers, competitive and high performance, will never earn money. But they could be sponsored by corporate bodies.

My final thought on running your gym would be try to fill the gym every hour available to you. And remember if every member enjoyed their time at your gym and told 10 others, your numbers will greatly increase. But if every member who did not enjoy their time told 10 others, you are in deep trouble.

Tony Burton

Cheer leading  
Circus-parcor and free running  
Diving

### **Dance**

Aerobics  
Sports aerobics  
Dance  
Rent space for troupes  
Rhythmic

### **Action Sports**

Cyclists  
Snow board  
Wake board  
Other boards  
Inline skaters  
Skate boards

### **Martial Arts**

Capoera  
Wrestling  
Karate  
Stuntman



*Rick Mc Charles at the Conference*



# CODES OF BEHAVIOUR

## General

### **Why have Codes of Behaviour?**

Codes of behaviour affirm support for the concepts of responsibility, trust, competence, respect, safety, honesty, professionalism, equity and sportsmanship. The codes provide a reference point for clubs, athletes, coaches, parents, administrators, officials and employers, all people involved in the sport of gymnastics, in relation to appropriate standards of behaviour and fair participation.

[www.ausport.gov.au/coach/ethics](http://www.ausport.gov.au/coach/ethics), ASC, Aug 2006

Codes of behaviour are an element of member protection; a term used by the Australian sports' industry to describe the practices and procedures that protect an organisation's members. These include; both individual members such as athletes, coaches and officials, and the member organisations such as clubs, state associations and the national body.

### **'Acceptable' and 'Unacceptable' Behaviours**

Behaviours classified as 'acceptable' are those readily aligned with higher community standards of moral behaviour, such as following the rules, respecting the judge's decision and respecting the opposition team. Any behaviour, which is illegal and/or not socially acceptable outside of sport, is also, unacceptable within the sport setting. This especially includes abuse, racism, vilification and harassment (especially pertaining to junior players), as well as the taking of recreational drugs.

"Good Sports – On and Off the Field", TNS Social Research, Sept 2004

### **Demonstrated Behaviours**

At all times, behaviour should demonstrate:

- Fairness;

Operate within the spirit of the rules, never taking an unfair advantage and making informed and honourable decisions at all times.

- Respect;

Recognise the contribution which people make to sport, treating them with dignity and consideration, as well as caring for the property and equipment they use.

- Responsibility; &

Take responsibility for one's actions and being a positive role model at all times.

- Safety.

Encourage healthy and safe procedures, preventing and reporting dangerous behaviour, while demonstrating concern for others.

**Disclaimer:** Please note that this information is not intended to constitute legal advice, and is provided by Gymnastics Australia as general information only. You should not rely on it without first verifying the accuracy, completeness and currency of the material, its relevance to your individual circumstances and, where appropriate, obtaining specific legal advice. Gymnastics Australia does not make any warranties for the information contained herein in regard to compliance with Club 10 National Standards.





## RISK MANAGEMENT

### General

#### **What is Risk Management?**

Risk Management is an ongoing process relevant to all aspects of your Club's operations and includes identifying and assessing risk and determining a plan to minimise or remove.

Risk is defined in the National Standards AS/NZS 4360:1999 as "the chance of something happening that will have an impact upon objectives" and is measured in 'likelihood' and 'consequence'.

Risk Management is the "culture, processes, and structures that are directed towards the effective management of potential opportunities and adverse effects".

#### **Risk Management at my Club**

In practical terms, Risk Management to your Club is:

- Requiring a Coach to have passed accredited training appropriate to the Gymsport they teach;
- Obtaining public liability insurance;
- Using landing mats around apparatus; &
- Including a warm up at the beginning of a training session.

All are examples of Risk Management and all are being carried out by Clubs large and small; but Risk Management requires a systematic application across all aspects of Club operation and it is this diligence that is occasionally lacking.

#### **The Risk Management Process**

The Australian Standard sets out a practical and consistent five step approach to Risk Management, all the while engaging in communication, consultation, monitoring and review:

##### *1. Establish the Context*

Consider the Club Objectives, Stakeholders, Criteria and Key Elements.

##### *2. Identify the Risk*

What can happen? How can it happen? Risks that are not identified cannot be assessed.

##### *3. Analyse the Risk*

Measured in Likelihood and Consequence, consider the degree of the risk.

##### *4. Evaluate the Risk*

Evaluate and Rank; costs and benefits of treating the risk, or otherwise.

##### *5. Treat the Risk*

Options, Responses, Plan and Implement; to reduce, transfer, or eliminate the risk.

**What if I ignore Risks?**

By not addressing the risks relevant to gymnastics, or your Club's operation, not only are you vulnerable, but you are exposing your members, volunteers and visitors to harm. Ignoring risk can cause damage and injury to:

- People and property;
- Reputation and brand;
- Financial position and viability; &
- Club existence.

**What is a Risk Register?**

Documentation is an important component of Risk Management and supports its application, but is often an area where Clubs have room for improvement. A Risk Register is used to record the identification of risks, the likelihood of their occurrence and potential consequences. It is both necessary and essential to document actions to address the risks, who are responsible to act and by when these actions need to be completed.

A Risk Register is not just a nod to Risk Management, but an important element to assist in ensuring the safety of everyone involved in the Club. The Risk Register becomes a resource, a planning tool, a record of management decision making, a schedule of action and a log of accountability.

**Industry resources**

The Australian Sports Commission names the Standards Australia booklet 'Guidelines for Managing Risk in Sport and Recreation' as a resource for assisting people in understanding Risk Management and guiding them through the process.

Reference: <http://www.ausport.gov.au/ibp/riskstandard.asp>

# COACH EDUCATION



Gymnastics  
Western Australia

## GWA Conference 2007

Thank you to all those people who were involved in making the 2007 conference a successful event.



*Stacey Umeh-Lees presents Dance*

## **Have your say**

The conference is run for the gymnastics community – that is you! If you have any feedback on the conference that could be used in planning for 2008 then please email Jo at [coach@gymnasticswa.asn.au](mailto:coach@gymnasticswa.asn.au)



*Kaz & Darlene at the Strapping Workshop*

## Coaching Courses

Coaching courses have been busy with WAG, KGYM and CHEER all running in early February.

## **Upcoming Courses**

- 10<sup>th</sup> and 11<sup>th</sup> March – Level 1 General Principles and KGYM course in Carnarvon
- 31<sup>st</sup> March and 1<sup>st</sup> April – Great Southern Central South Congress
- 7<sup>th</sup> – 9<sup>th</sup> April Level 2 Part 3 TRP
- 21<sup>st</sup> and 22<sup>nd</sup> April – Level 1 General Principles and WAG, MAG and RG course

## **Level 2**

Level 2 Part 1 is currently underway at TAFE. If you are on this course, please make sure that when you have completed the course that you send a copy of your certificate into the office so that it can be recorded on the database.

If you have done Level 2 Part 1 and need to do Part 2 (General Principles) please let Jo know at the office. When there are sufficient numbers this course will be run.

If you need to do Part 3 (Gymsport specific) in WAG / MAG these will be run when sufficient numbers have done Part 1 and 2.

Part 3 Trampolining will be run in conjunction with the UTA in April. Please use the L2 Application Form currently on the GWA website [www.gymnasticswa.asn.au/forms.htm](http://www.gymnasticswa.asn.au/forms.htm)

## Club Resources

Two new resources are available to clubs to assist with the advertising of education courses.

- A leaflet outlining what is involved in a Level 1 coaching course.
- A poster to help clubs advertise upcoming courses on their noticeboards.

These resources are available on the GWA Resource CD 2007.

# GWA EDUCATION CALENDAR 2007



Please note that because of the high demand on LFP (Len Fletcher Pavilion) for competitions in 2007 combined with the increase in competitor numbers, the coaching courses have been kept outside of the main competition season. This will be reviewed for 2008.

Date of course	Discipline	Title of Course	Venue	Early bird closing date **
<b>MARCH</b>				
3 – 5	ALL	NW Regional Congress	TBC	
10	ALL	Level 1 Part 1 General Principles Coaching Course	Carnarvon	23 Feb
11	KG	Level 1 Part 2 Coaching Course (discipline specific)	Carnarvon	23 Feb
11	RG	Level 1B Judging Course	TBC	2 Mar
18	WAG	Level 1 NDP Judging Course	TBC	9 Mar
24 – 25	MAG	Level 1 & 2 Judging Course	TBC	16 Mar
24 – 25	WAG	Level 2 Judging Course	TBC	16 Mar
<b>MARCH / APRIL</b>				
31 – 1	ALL	GSCS Regional Congress	TBC	23 Mar
<b>APRIL</b>				
1	CHEER	Level 1 Judging Course	TBC	1 Apr
6 – 9	TRP	Level 2 Part 3 Coaching Course	TBC	30 Mar
21	ALL	Level 1 Part 1 General Principles Coaching Course	LFP	13 Apr
22	MAG/WAG/ RG	Level 1 Part 2 Coaching Course (discipline specific)	LFP	13 Apr
<b>MAY</b>				
12 – 13	WAG	Level 1 Judging Course	TBC	4 May
12 – 13	WAG	Schools Judging Course	TBC	4 May
13	AER	Level 1 Part 2 Coaching Course (discipline specific)	TBC	4 May
<b>AUGUST</b>				
12	WAG	Club Levels Judging Course	TBC	3 Aug
<b>OCTOBER</b>				
20	ALL	Level 1 Part 1 General Principles Coaching Course	LFP	12 Oct
21	MAG/WAG	Level 1 Part 2 Coaching Course (discipline specific)	LFP	12 Oct
28	RG	Level 1A Judging Course	TBC	19 Oct
<b>NOVEMBER</b>				
4	ACRO	Level 1 Judging Course	TBC	26 Oct
10	ALL	Level 1 Part 1 General Principles Coaching Course	LFP	2 Nov
11	WAG/ KG	Level 1 Part 2 Coaching Course (discipline specific)	LFP	2 Nov
25	ACRO	Level 1 Part 2 Coaching Course (discipline specific)	TBC	16 Nov
Enrolment forms are available on the GWA web site <a href="http://www.gymnasticswa.asn.au">www.gymnasticswa.asn.au</a>				
Please contact GWA for further information on <a href="mailto:coach@gymnasticswa.asn.au">coach@gymnasticswa.asn.au</a> or Phone (08) 9228 9399				

If minimum numbers for a course are not obtained by the closing date (early bird rate) the course will be cancelled. Applications after the closing date (at the higher price) will only be accepted if the course is running and places are available.

# JUDGE EDUCATION



Gymnastics  
Western Australia

## Upcoming Judging Courses

### **RG Level 1B**

This course is for RG judges who have already completed L1A.

Course: 11<sup>th</sup> Mar

Closing Date: 2<sup>nd</sup> Mar

### **WAG NDP Level 1**

This course is for high level / elite ex-gymnasts or experienced coaches.

Course: 18<sup>th</sup> Mar

Closing Date: 9<sup>th</sup> Mar

### **WAG Level 2**

Course: 24<sup>th</sup>-25<sup>th</sup> Mar

Closing Date: 16<sup>th</sup> Mar

### **MAG Level 1 & 2**

Course: 24<sup>th</sup>-25<sup>th</sup> Mar

Closing Date: 16<sup>th</sup> Mar

### **CHEER Level 1**

Course: 1<sup>st</sup> Apr

Closing Date: 23<sup>rd</sup> Mar

## Judging Course Enrolment

All candidates must complete an Application Form and return to GWA with payment. The early bird rate closes on the Friday one week prior to the course. If minimum numbers for a course are not obtained by the closing date (early bird rate) the course will be cancelled. Applications after the closing date will only be accepted if the course is running and places are available (at the standard rate).

Accreditation Course Application Forms are available on the GWA website at

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

## Judging Course Promotion

Clubs are encouraged to promote Judging Courses within their clubs. To assist you a flyer called 'Gaining a Gymsport Judging Accreditation' and an 'Example Letter for Candidates' are available from the GWA website at

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



Department of  
**Sport and Recreation**

# Today's Favourite

## APPLE AND BANANA HOT CAKES

 4 serves of fruit per recipe

### Ingredients

2 eggs  
2 teaspoons margarine,  
melted  
2 1/2 cups low-fat milk  
2 cups self-raising flour

2 tablespoons sugar  
3 medium apples, peeled,  
cored and grated  
1 teaspoon vegetable oil  
3 ripe bananas, sliced  
1 tablespoon honey

### Method

In a large bowl beat eggs, margarine and milk. In a separate bowl mix flour and sugar and gradually stir into wet mixture until smooth. Fold in apple. Heat oil in a non-stick pan over medium heat. Add 2-3 tablespoons of mixture, flip when bubbles appear in the centre of the hotcake and cook until golden brown. Serve with banana and drizzled honey. Makes 10.

### Variation

Add 1/4 cup sultanas to dry mixture.



Department of  
**Health**

**Healthway**



Go for 2&5

**ENROL NOW!**  
RG L1B – Sun 11<sup>th</sup> March  
WAG NDP L1 – Sun 18<sup>th</sup> March  
WAG L2 – 24-25<sup>th</sup> March  
MAG L1&2 – 24-25<sup>th</sup> March  
CHEER L1 – Sun 1<sup>st</sup> April

# MEN'S ARTISTIC GYMNASTICS



Gymnastics Australia  
Men's Artistic Gymnastics

## High Performance Coach Available

Oleg Tarkov is now available to come to the clubs on a Saturday afternoon to help coach in your boys program. There is a charge of \$20.00 per hour. The time he is available is between 1-3pm Metro area and Outer areas 1.30-3.30pm to allow for travelling time. If you are interested please contact Alida ASAP. Thanks to Swan Districts who have already booked in.

## Congratulations to Arran

Recently Arran Gray represented Australia at the Australian Youth Olympic Festival. Arran performed very well and is to be congratulated on being chosen for this prestigious event. Well done Arran.

## Awards

Congratulations to the HPC Athlete of the Year, Martin Jozwiak. Martin was also announced as the Men's Senior Athlete of the Year.

The Open Levels Gymnast of the Year for 2006 was Jewayne Loong.

MAG Coach of the Year as voted by the judges was awarded to James Keatley and Igor Bepalov.



James Keatley – MAG Coach of the Year  
(joint winner with Igor Bepalov)

## Judging

The Judges Updating Course will be run on 22<sup>nd</sup> April, following Jnr Trial 1.

Level 1 and 2 courses will be run on 24<sup>th</sup> and 25<sup>th</sup> March. For more information see the Judge Education page.



Go for 2&5<sup>TM</sup>  
FRUIT VEG

## Today's Favourite TROPICAL PIZZA

5 serves of vegies per recipe

### Ingredients

25cm pizza base or Turkish bread	1 medium red or green capsicum, seeded and chopped
1/4 cup tomato pasta sauce	100g mushrooms, sliced
100g ham, chopped	100g grated Mozzarella cheese
225g can pineapple pieces (in natural juice), drained	1 tablespoon chopped herbs (parsley, oregano and/or basil) or a pinch of dried mixed herbs

### Method

Preheat oven to 200°C. Spread pizza base with pasta sauce. Top with ham, pineapple, capsicum, mushrooms and cheese. Sprinkle with herbs. Bake for 10-15 minutes until heated through and browned.  
Serves 4.

### Hint

Make 8 mini pizzas using 4 halved English muffins as bases.



Department of Health



# WOMEN'S ARTISTIC GYMNASTICS



Gymnastics Australia  
Women's Artistic Gymnastics

## SMC

The following volunteers have been selected on the WAG Sports Management Committee:

Position	
Tech Director	Julie Biltoft
Chair	Debbs van Hagen
Communications	Heidi Rose
Coaching Co-Ord	Sally McKean & James Keatley
Judging Co-Ord	Desiree Jones
Events Co-Ord	Amelia Foster
Elite Liason	Dhana Antulov

There are still some vacancies on the Events and Judging sub-committees and we encourage volunteers to come forward.

## Congratulations

Congratulations to the following WAG athletes who were named as the Gymnasts of the Year for 2006  
WAG Junior Levels: Brittany Choy  
WAG Senior Levels: Corri Keating  
WAG Elite: Daria Joura



WAG Junior Levels: *Brittany Choy*



WAG Senior Levels: *Corri Keating*

## WAG NDP 1A-3A Workshop

The NDP 1A-3A Workshop will be held on Saturday 24<sup>th</sup> February from 12:30-2:30pm in the WAIS training gym. This workshop will be presented by Dhana Antulov and Desiree Jones for the very low cost of \$5 (payable on the day). If you are interested in attending please contact Cat or Karyn in the GWA office.

**NDP 1A-3A Workshop**  
**Sat 24<sup>th</sup> February**  
**12.30-2.30pm**

## Manuals

In 2007 there will be a slightly different method of making changes to manuals. Unlike previous years where there has been an updated version of every manual each time a change is made, this year we will be adopting an erratum system for releasing changes. Each change made will be sent out in a separate document dated at the time of the change, and these documents will be put up on the website [www.gymnasticswa.asn.au](http://www.gymnasticswa.asn.au) with the manuals. This way it will be easier to keep track of changes made and will hopefully result in less confusion with manuals.

## Amazing Results in America!

Our WAIS girls represented Australia very well during their recent trip to America. The Australian team came an amazing 2<sup>nd</sup> place. Congratulations to Jade Martin (13<sup>th</sup> AA with a personal best score), Olivia Vivian (1<sup>st</sup> Bars & 5<sup>th</sup> AA) and Lauren Mitchell (2<sup>nd</sup> Beam & 4<sup>th</sup> AA) for their fantastic efforts.



# RHYTHMIC GYMNASTICS



Gymnastics Australia  
Rhythmic Gymnastics

## 2007 off to a Flying Start



The year has started with a rush for WA RG. You have heard about the gold success of the Australian team at AYOF. Congratulations to the RG HPC WA Junior-International girls (Chloe Hayes, Cody-Sue Turco and Renee Griffin), coach Krasi Yurukova, and brevet judge Karyn Murray who were part of the Australian delegation at AYOF in Sydney. In the Individual All Around competition, Chloe got the bronze and Cody-Sue placed 11<sup>th</sup>. Well done girls, a great start!



*The Australian AYOF'07 Team*

## 2007 RG Forum

Thanks to Ann Ranieri who chaired this year's Forum. The meeting was well attended, useful and brought forward some very positive ideas for 2007. The new NPM was also discussed at the Forum. There will be a workshop on judging sheets and further clarification on the new NPM closer to the Australian Nationals.

**ORDER NOW**  
Contact GA to order a CD copy of the 2007 NPM

## SMC

The Sports Management Committee Meetings for 2007 are on the **Second Monday of the month, 19.30** at Len Fletcher unless otherwise specified on the calendar.

## SMC Election

A huge thank you goes to these willing people, who have offered their time so that our program for the year will run smoothly. The SMC members for 2007 are:

Chair/Tech Director	Karyn Murray
Sports Manager:	Karyn Murray
Coaching Co ord:	Krasi Yurukova
Judging Co ord:	Karen Gilgallon
Elite Co ord:	TBC
Secretary / Comm:	Linley Waters
L7-10 Events Co ord:	Kerrie Andrews
Publicity/Prom:	Viktor Markov

The events committee has not received any volunteers for the following roles:-

L 4-6 Coordinator/Multiples

L 1-3 Coordinator

Competitions cannot be run smoothly without these positions being filled. Please, would clubs encourage volunteers to consider standing for one of these positions.

## Judging Education



The Level 1A Judging Course held on 11<sup>th</sup> of this month was an outstanding success. The course was really well attended with 14 candidates which is the best number we have had in a very long time. An excellent start for the year as the WA RG is desperate for judges.

The Level 1B Judging Course is on 11 March, so judges who are ready to move up to this level need to register and pay for the course without delay. We encourage all Level 1A Judges from 2006 and any new Level 1A judges who have prior knowledge to attend this course as we need more judges moving through the system. For more information please see the Judge Education page.

### **Mercedes Rhythmic Gymnastics Club – Channel 7 / RAC Christmas Pageant**

After their outstanding performances at Gymfest during the Royal Show, Mercedes Rhythmic Gymnastics Club was delighted to be included in this year's City Christmas Pageant. Mercedes extended an invitation to the coach and three senior gymnasts from Peel Gymnastics to join their group. They also included the little mascot, Julian Scalzi. The parade was a wonderful experience for all. The rhythmic gymnastics group looked great, performed well and all gymnasts, coaches and participants had a lot of fun.



*Mercedes Xmas Pageant group*

### **HPC Coaching Staff**

Lauren Murray has left for Europe to pursue her ballet career. She has been with the HPC program as Stages Coach and will be greatly missed. Best wishes to Lauren in her new endeavours.

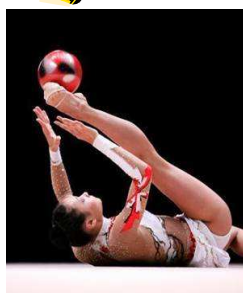
### **State RG Calendar**

19 Feb – Closing Date: L4-10 S.A.T #1.  
25 Feb – L4-10 S.A.T #1.  
02 Mar – Closing Date: L1B Judging Course  
03 Mar – Elite S.A.T.  
11 Mar – L1B Judging Course  
12 Mar – Closing Date: Elite S.A.T  
18 Mar – L4-10 & Multiples S.A.T #2.

**For more info on the state calendar, fees, forms, and technical regulations visit [www.gymnasticswa.asn.au](http://www.gymnasticswa.asn.au)**



### **15th Asian Games**



In December the 15th Asian Games was held in Doha (Qatar). 21 rhythmic gymnasts from 11 different Asian countries took part. Best all-around was the 24

year old Aliya Yussupova (*pictured*) from Kazakhstan with a total score of 63.925. In second place came the Japanese Yukari Murata with a total of 59.125, followed by the Chinese Xiao Ming with 58.525. The Asian Champion Yussupova underlined her status as the continent's undisputed No1 rhythmic gymnast with superior performances in each of the four apparatus.

### **Foreign Consultants to Review the Malaysian RG Programme**



After more than 10 years, the national classification programme for rhythmic gymnastics will be reviewed by the Malaysian Gymnastics Federation (MGF) with the help of two foreign consultants.

The MGF has engaged the services of renowned consultants Canadian Hardy Fink, who is the FIG academic director for coaching and judging academy of national gymnastics federations, and his assistant Jeff Thompson. The duo will analyse the current programme and recommend changes if needed.

The sport's current structure was designed and prepared by Russian Vladimir Smolesky in 1995. The national classification programme has nine levels, with Level 1 being the basic, and Level 9 focusing on world class and Olympic levels.

# GENERAL GYMNASTICS



Gymnastics Australia  
General Gymnastics

## Displays

A very grateful thank you to the teams that performed a display at the Bold Park Fun Day. The temperature was extreme, but everyone did a fantastic job.

Thanks go to:

Rhythmic High Performance

Harlequin Spirals

Star-Mites Cheerleaders

All routines were of a great standard and were very well received by all present.

## Upcoming Events

Gymnastics have been asked to provide displays at a few more events in 2007.

### **Corimbya Festival in Kalamunda**

Kalajos, Fit 2 Cheer and Roleystone will all be performing.

### **Joondalup Festival**

Harlequin Spirals and Fit 2 Cheer will be representatives at this event.

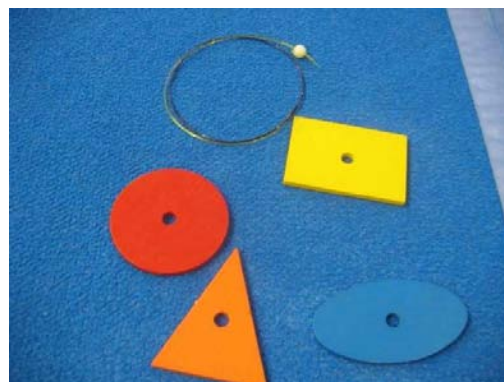
### **Belmont Fair**

This is a promotional opportunity and will be manned by Star Skills Enterprises.

If you are performing displays around the state could you please let the office know so that we can acknowledge your efforts. Information can be sent to [gg@gymnasticswa.asn.au](mailto:gg@gymnasticswa.asn.au)

## Kindergym Equipment

Lots of equipment ideas were shared at the Conference.



*Threading shapes onto fishing line*



*Hanging tentacles on the Octopus*



*GG meeting at the Conference*



*Tentacle ribbons of different lengths*

## CHEERLEADING



Gymnastics Australia  
General Gymnastics

### Awards

The first "Coach of the Year" medal was recently presented to Debbie Gough from Jollettes gymnastics. This award was voted by the judges and we thank Debbie for her contribution to the sport and look forward to her continuing involvement.

### Displays

Thanks to Star-Mites for stepping in at the last moment to do a cheer display at Bold Park.

The Perth Angels also recently performed their World's routine at a "Wildcats" game. They were really well received and what great exposure for the sport.

### Judging

A level 1 judging course will be held on 1<sup>st</sup> April at Len Fletcher Pavilion, North Perth. For more information see the Judge Education page.

### Coaching Update



Gymnastics  
Australia

Gymnastics WA in conjunction with Gymnastics Australia are bringing to Perth Russell Blackwell an American Cheerleading coach. Russell will be visiting clubs and also running a coaching workshop. This is a great opportunity for all coaches to gain valuable information on the new levels structure.

Russell will be arriving on 14<sup>th</sup> March and is here until 18<sup>th</sup>. Thank you to the clubs who have booked Russell already.

The touring camp in June will occur from 14<sup>th</sup> -21<sup>st</sup>. Please look at these dates and book in early for this camp.

The touring camp in June will occur from 14<sup>th</sup> -21<sup>st</sup>. Please look at these dates and book in early for this camp.

## SPORTS ACROBATICS



Gymnastics Australia  
Sports Acrobatics

### Competition Handbook 2007

The 2007 Sport Acrobatic Competition Handbook is now available on the GA website. Please ensure you make yourself familiar with this document.



*Kris Pudelek presents at the Conference*

# SPORT AEROBICS



Gymnastics Australia  
Sport Aerobics

## Congratulations

Well done to the following athletes who completed their badge tests at the end of 2006.



### **Level 1**

Charmaine Strumpher, Aimee de Grussa, Kate Walker, Jarra Sommerville and Holly Simpkin

### **Level 2**

Jarra Sommerville and Holly Simpkin

## AEROSkools Workshop



Gymnastics  
Australia

Gymnastics Australia will be holding a FREE one-day workshop for schools interested in becoming involved in AEROSkools competitions.

If you would like any more details please contact Jo Hammond in the GWA office.

## Awards 2006

Congratulations to the following athletes who received awards at the Conference.

International Athlete of the Year  
Kieran Gorman  
National Athlete of the Year  
Janelle Marsh  
Levels Athlete of the Year  
Suzi Price



Janelle Marsh

## AGM and SMC

The AGM was held on Wednesday 7<sup>th</sup> February. We welcome the following people onto the committee.

Technical Director – Karon Williams  
Coaching Co-ordinator – Trudi Nurse  
Event Co-ordinator – John Oldham  
Judging Co-ordinator – Debbs Van Hagen  
PR Co-ordinator – Elizabeth Kane  
PR sub committee – Elizabeth Kane and Marisa Leddin  
Committee Members – Ann Ranieri and Christopher Behan.

GWA and the aerobics community would like to thank these people in advance for their voluntary work on this committee.

# Today's Favourite

## BEEF, BROCCOLI AND SNOW PEA STIR-FRY

5 serves of vegies per recipe

### Ingredients

250g cooked Hokkien egg noodles	1/2 head broccoli, cut into florets
2 teaspoons oil	100g snow peas, ends and strings removed
400g rump steak, sliced	2 tablespoons water
1 medium brown onion, diced	1 tablespoon oyster sauce
2 cloves garlic, crushed	1 teaspoon cornflour
1 teaspoon ginger, peeled and grated	1/2 tablespoon reduced-salt soy sauce
	1 teaspoon chilli sauce

### Method

Prepare noodles following packet directions. Heat oil in pan, stir-fry beef in two batches, set aside and keep warm. Add onion, garlic and ginger, cooking until onion is translucent. Add broccoli, snow peas and water, cooking until vegetables soften. Return beef to pan. In a small bowl combine water, cornflour and sauces. Stir through beef and vegetables and allow to bubble and thicken. Serve with noodles. Serves 4.



Department of Health

Healthway



Go for 2&5

Armadale Arena  
Townley Street  
(corner Forrest Road)  
Armadale WA

YOU ARE  
INVITED TO

THE  
UNITED TRAMPOLINE  
ALLIANCE

Sunday April 8<sup>th</sup>

2007

8:00am – 5:00pm

**EVENTS: Levels 4-10  
Men's and Women's  
Trampoline, Syncro  
and DMT**

\$15 per Event  
Entries close 6 March 2007  
Entry forms available on  
GWA website

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



Go for 2&5  
FRUIT VEG

Healthway



Department of  
Sport and  
Recreation



Gymnastics  
Western Australia

## ADVERTISEMENTS

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Gymnastics  
Western Australia

### Trophies for Sale



GWA has a box of assorted trophies for sale.  
\$100 for the lot.  
Contact Suzie  
9228 9399  
[info@gymnasticswa.asn.au](mailto:info@gymnasticswa.asn.au)

---

### Equipment For Sale

We are a former club operating out of Adelaide, SA. We closed operations as of December 2006 and still have a number of items for sale. Gymnastics equipment listed below, Kindergym and Office equipment also available. Contact Tony for more information. Tony Veinberg [gymkidz@tpg.com.au](mailto:gymkidz@tpg.com.au) / 08 8186 5100

### **Gymkidz Sale - Gymnastics Equipment**

Tumbling Trampoline - fixed A12-140	\$ 5,500.00
Mini Tramp with safety bed A12-170	\$ 300.00
Airboard A3-14	\$ 50.00
Vault Box Timber & straight sides	\$ 100.00
Vault Box A13-8 timber	\$ 250.00
Beam Matting	\$ 2,000.00
Carpeted Floor Strips 11100 x 2000 x 30mm	\$ 3,600.00
Scatter Mats 1200 x 600 x 25mm	\$ 90.00
Blocks 600 x 300 x 200mm	\$ 100.00

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### Free Bars and Vault

Set of Uneven Bars (old style) with rails, uprights, chains and safety covers  
Vaulting Horse (old style) good condition, with chain, no pommel holes.  
Free, will need to be collected.  
Contact Margaret Bower-Gilligan on 9307 2615

---

### Free Trampoline

JetJol Trampoline 5m x 2.5m set in ground.  
Free, will need to be collected and removed from ground.  
Contact Alice Steedman on 9471 1998 / 0414 377 333





**Are you looking for an opportunity to  
fundraise for your club?**

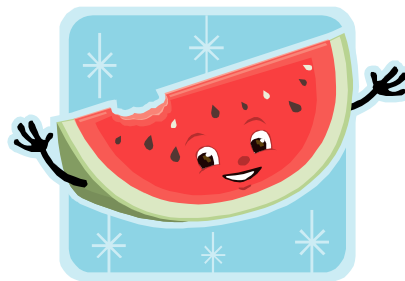


Interested Clubs or groups may express an interest in running the kiosk (canteen), at all the GWA events that are held at Len Fletcher Sports Pavilion. There is no charge for running the kiosk so clubs can keep the profits made.

More information regarding running the kiosk is sent out once a roster is organised but basically involves catering for spectators, judges and event staff.

Please place your expression of interest into Sally via email [finance@gymnasticswa.asn.au](mailto:finance@gymnasticswa.asn.au) by Friday 30th March 2006 so that your requests may be considered.

You may nominate for specific events or just request the numbers of events you would like during the year.



**GYMNASTIC CLUBS - Looking for ways to fundraise?**

Would you like to participate in the annual raffle organised by the parent support groups for the Men's High Performance Gymnastics Program and WAIS Fliers?

**Tickets sell for \$2 each and for each ticket your club sells, you keep \$1.**

**Tickets can only be sold between 19 Feb and 19 May  
Raffle drawn 26 May so get in quick with your order!**

**The more you sell, the more your Club makes.**

If you would like to participate or need further information please contact the raffle co-ordinator for clubs Megan Goonatillake on 9389 9894 or email [harmeg@mac.com](mailto:harmeg@mac.com)

## HEDLAND GYMNASTIC CLUB INC.

### **ACCREDITED GYM COACHES REQUIRED**

Hedland Gym Club requires Accredited Coaches or interested people willing to train as Coaches for the Club. HGC is a long established Club offering classes from Kinderym to Upper Level WAG and MAG classes.

For expressions of interest or any re-locating coaches to this area  
Please call Kerry O'Callaghan on  
91722191 or 043 7318254.

---

### Coaching Vacancies

#### **NDGC is currently looking for coaches for it Kindy gym, Recreational and Club Levels Gymnastic Programs**

Northern Districts Gymnastic Club is a well-established gymnastic club situated 10 minutes from the Perth city centre.

The club is seeking dedicated coaches to work in its expanding Kindy gym, Recreational and Club Levels gymnastic programs.

Hourly rate will be based on qualifications and experience.

This position requires someone with

- ❖ Kindy gym, Recreational and / or Club Levels gymnastic experience
- ❖ Excellent communication and organisational skills
- ❖ Team player
- ❖ Minimum Level One Gymnastics Australia coaching accreditation level or willing to attend and complete a Level One Coaching Course
- ❖ Working with the Children Check or willing to obtain a check.

For further enquiries and detailed job explanation please contact the NDGC Office  
08-9240 6861 or via email – [ndgc@inet.net.au](mailto:ndgc@inet.net.au)



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**Go for 2 & 5** <sup>TM</sup>  
FRUIT VEG

# AUDITIONS

## Australia 2007

For its upcoming projects in Europe and Asia as well as for its show "Le Rêve", DRAGONE will hold auditions for

**Gymnasts**

**Acrobats**

**Aerialists (with acrobatic background)**

**Sydney March 19<sup>th</sup> & 20<sup>th</sup> • Melbourne March 23<sup>rd</sup> & 24<sup>th</sup>**



DRAGONE

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### SNACKS OR QUICK MEALS

### PITA ROLLS



Makes 6 serves

#### Ingredients

- 6 pita bread
- 1 large carrot, peeled and grated
- 1 fresh beetroot, peeled and grated
- 3 large tomatoes, sliced
- 100g reduced-fat cheese, grated
- 1/2 lettuce, shredded

#### Method

Lay out the pita breads. On the top 2/3 of the pita, place some tomato, lettuce, carrot, beetroot and cheese. Fold the bottom third over the filling and roll from one side, leaving the top end open. Wrap in plastic wrap and refrigerate.

Try other fillings: Chopped cooked skinless chicken with fresh coleslaw. Drained tuna (in water) mixed with finely chopped celery, spring onions, and low-fat mayonnaise.

# AHEAD BY LEAPS AND BOUNDS



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