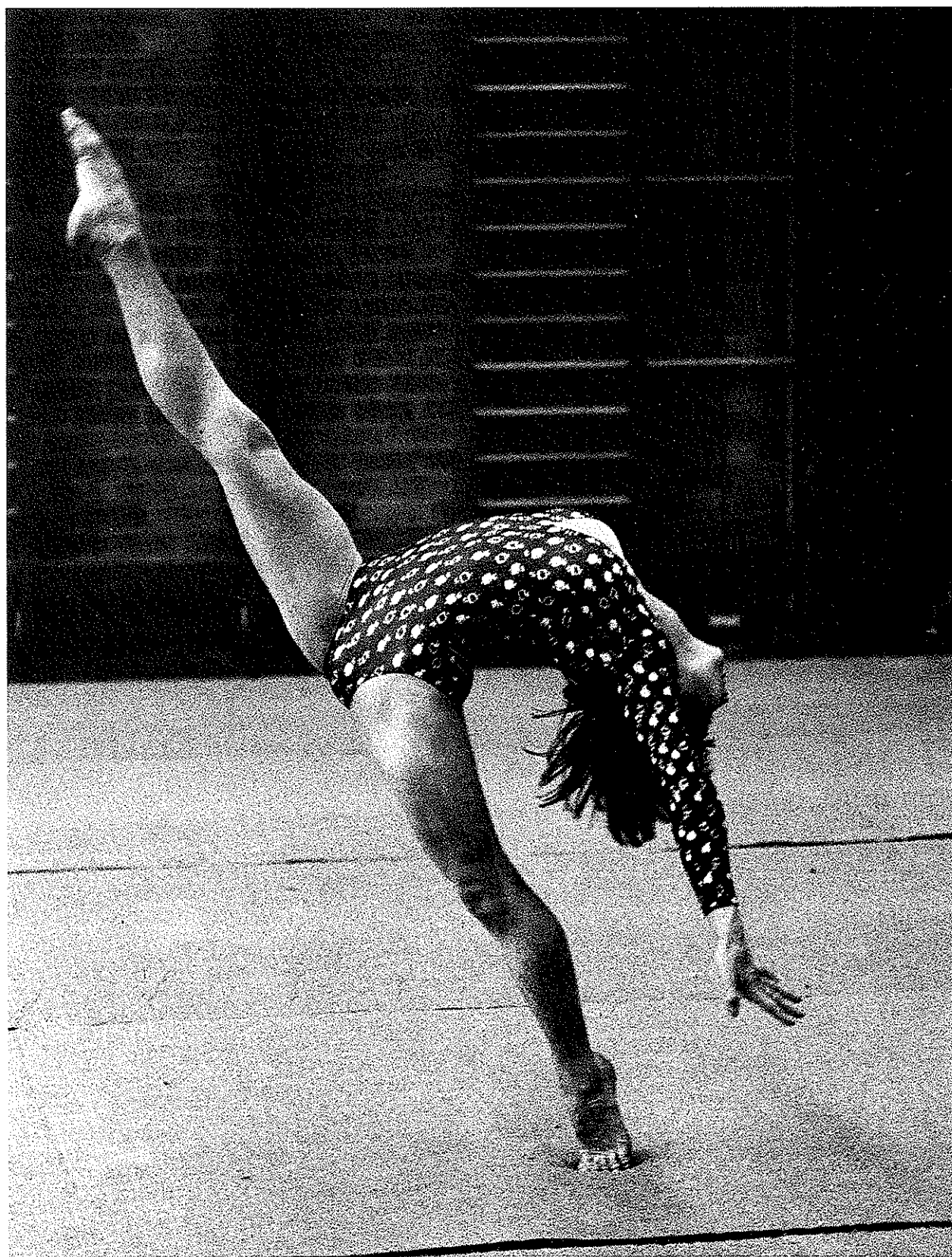


AUSTRALIAN GYMNAST

THE OFFICIAL MAGAZINE OF THE AUSTRALIAN AMATEUR GYMNASTIC UNION

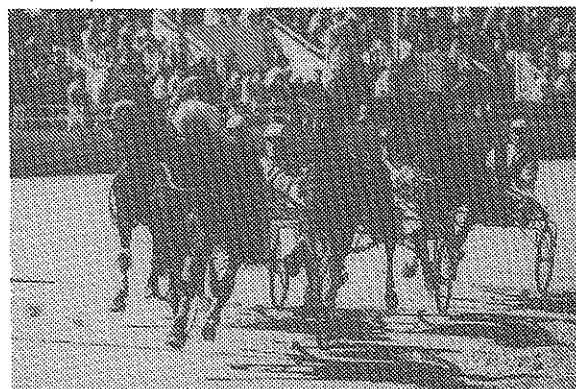
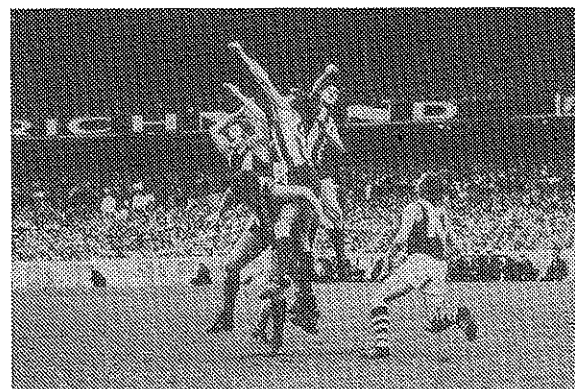
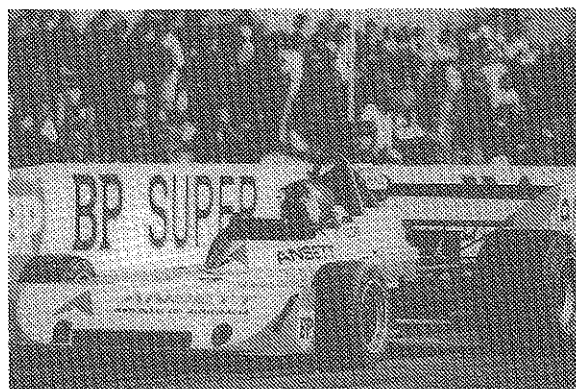


Vol. 9, No. 1

APRIL 1979

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Photograph courtesy of Peter Meyers.

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FROM THE EDITOR

I would like to express my sincere thanks and appreciation to Rod Sinclair for his outstanding work the "The Australian Gymnast" magazine. It is without doubt his untiring effort that has brought the magazine to its high standard of quality.

As you are aware the format of the magazine is changing slightly. Each issue will contain a supplement: in the first and third issues a Coaching Supplement and in the second and fourth issues a Rhythmic Supplement. This year will be an experiment both with style and format. Your ideas and articles would be most welcome.

1979 will be an exciting and challenging year for all three disciplines in gymnastics. Both Artistic and Rhythmic Gymnastics have World Championships to attend, as well as other International and National events.

Many of these events are financially supported by the Department of Home Affairs and Rothman's National Sports Foundation. The interest and financial support of these two bodies have provided for us opportunities to be exposed to other ideas and techniques—a challenge, to further the development of our sport!

INTERNATIONAL COMPETITION — 1979

Competition	Date	Place
Moscow News	Mch. 31—Apr. 3	Moscow
Riga '79	Apr. 3—Apr. 7	Riga
World Cup	June 2—4	Tokyo
World Championships		
RSG	July 5—8	London
Spartakiade	July 20—Aug. 2	Moscow
Universiade	Sept 2—13	Mexico
Pacific Rim	Sept. 20—30	Canada/USA
World Championships		
WAG, MAG	Dec. 3—9	Forth Worth

National Competition — 1979

W.A.G. Level 8	May 7—12	Perth
R.S.G. National		
Cahmpionships	May 14—15	Perth
M.A.G. & W.A.G.		
National Champs.	Aug. 25—Sept. 2	Brisbane

National Clinics

M.A.G.	May 12—18	Adelaide
R.S.G.	May 16—20	Perth

State Titles

T.A.G.A.	June 23
N.S.W.A.G.A	June 30/July 1
V.A.G.A.	July 7/8
W.A.G.A.(Women)	July 7—14—21
A.C.T.A.G.A.	July 14
Q.A.G.A.	July 21
W.A.G.A. (Men)	July 21/22
S.A.A.G.A.(levels Champ)	July 21

Tours

M.A.G. Boys U/17	May 5—20	New Zealand
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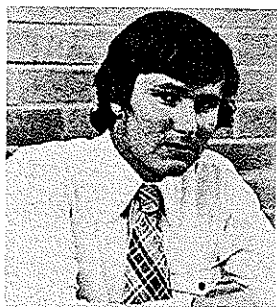
FROM THE PRESIDENT

In the "Life Be In It" campaign there is a T.V. story line that most of you would have seen; "one small step for man... but a giant stride for mankind". The analogy to both our sport, and sport in general, is now quite true.

By the time this edition is published we will have completed our inaugural executive meeting, which has become necessary to cope with the volume of programmes and projects that our Federation has undertaken.

Following the loss of full time administrator Ellen Alston, who incidentally sends her best wishes to all her gymnastic friends in Australia, the ensuing six months vacuum certainly proved the need for this sport of administrative support. The appointment of Peggy Browne in that position from January 1st. has set us in motion again.

On the National sports scene there is now a groundswell towards the re-inclusion of physical education in the core curriculum as part of total education, with an overlay of physical recreation and sport. The beauty of this for our sport is that gymnastics, at an early age or level, is a basic requirement for most sports. A development policy of this nature would continue the surge of increased participation. For instance, in the schools teachers with some additional training, could teach to classes as a group, basic rhythmic, without the need for expensive facilities or equipment. With appropriate talent identification this would not only aid in the physical education of those children, but identify possible future champions.



**THE AUSTRALIAN GYMNAST
PAST, PRESENT AND FUTURE**

Rod Sinclair

Welcome back readers to 1979, Volume 9, Number 1. Yes, this is the magazine's ninth year and some further innovations can be seen with this production. A new editor, a new format and some additional services are to be provided.

The Australian Gymnast was founded in 1971 by "The Gymnastics Club" a N.S.W. club which initially made it clear that it was dissatisfied with the then organisation of its Association and gymnastics administration in general. The fact that the **Australian Gymnast** has come this far and the administration of gymnastics in Australia, although still not perfect, having progressed in leaps and bounds since those days, can be largely attributed to this club's input and similar concerns felt all around Australia.

The original editor of the magazine was Ray Graham, a well-travelled Australian gymnast, with an eye for a story and an expert knowledge of Australian gymnastics. He capably steered the publication from its first production in August 1971, until the end of 1973. At this stage, due to other commitments, he stood down as editor and handed the job over to me. Australian gymnastics owes a debt of thanks to Ray Graham and the gymnastics club for their contribution in those times.

The Commonwealth Government has recently commissioned their Sports Advisory Council to produce a "National Sports Development Policy" that will provide a framework in which all levels of government, State Associations and local Clubs can interface or contribute.

These new initiatives and developments are all around us and it is up to each one of us in gymnastics to make sure we grasp the opportunities.

On the local scene the new format of this magazine with its supplements covering various specialized areas is another first. It is a great pity that Rod Sinclair the Managing Editor who created these developments has had to step down because of his employment and personal commitments. On behalf of all, I would like to thank Rod for the tremendous effort he has put into this publication and I am quite sure that we will see him again in Australian gymnastics, maybe in new areas.

Peggy Browne has taken over the task of Managing Editor. The magazine will be managed from our National Office, however, we would be most interested to hear from any person who would like to take on the editorial role to assist Peggy. The enthusiasm that is being displayed in the National Office and the way various officials are responding to that enthusiasm is wonderful. I trust it will be catching!

I urge you to support your sports discipline, this magazine, and the health of the nation.

"GYMNASTICS—BE IN IT"

Since then the Australian Gymnast progressed through a number of stages in an attempt to upgrade its quality of production. In 1974 it first went on to gloss paper. In this year the Australian Amateur Gymnastic Union accepted it as its official publication and agreed to underwrite costs of any loss made on any individual publication. This move in itself provided the magazine and its voluntary staff with the confidence to forge ahead.

In this year 1975, a special issue on the Russian gymnasts tour was also produced in association with our very good friendly photographer, Peter Meyers. This photographic special was an instant success and was to be repeated in 1976 with the Montreal Olympic Games special issue. Unfortunately due to the cancellation of the Russian tours the Olympic special of 1976 had to be underwritten by the A.A.G.U. This issue has been the only one the A.A.G.U. has had to pay for in eight years of production.

1977 saw the production of the publication move to Perth with the move of the then editor to Perth. Fortunately this was achieved with relatively little change in the quality of production or format. However additional costs and reduced advertising reduced what could have been a potential profit due to the continued growth of subscription orders over this period. In this year the October issue included a fold out poster and the December issue was a poster of the Russian gymnasts.

With the isolation problems of producing a National publication in Perth (with additional costs) and the setting up of a National secretariat in Melbourne, the logical move was for the magazine to return to Melbourne (and with its earlier printer—Ennis & Jarrett) and become a fully A.G.F. publication.

The innovations of a Gym-Coach supplement as well as a Rhythmic supplement, to be included as 16 page lift-out posters this year, should provide the further impetus the magazine requires in 1979.

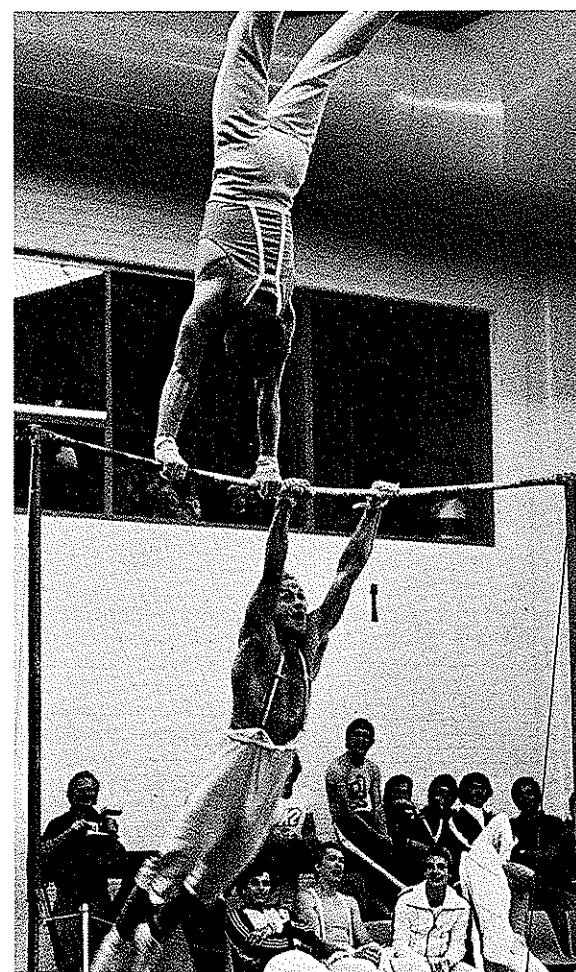
I'm sure we can all look forward to The Australian Gymnast in 1979. A circulation of 2,000 in not beyond the realms of possibility and profits to the A.G.F. are distinctly possible, if we all pull together and do our best in the promotion of "The Australian Gymnast" and gymnastics in general.

THE SIEGERLANDER GYMNASTIC CLUB REPORT OF THE AUSTRALIAN TOUR

Manfred Lehman.



Peter Kriening and Gabby Wilhelm signing the register during their wedding at Ripponlea Gardens. Flower girl is Karina Lanz.



*Manfried Diehl and Bernd Effing performing an incredible and precise high bar routine.
Photograph courtesy of Peter Meyers.*

In Australia we could visit the cities of Melbourne, Adelaide, Canberra and Sydney.

It was an impressionable experience to be greeted with such hospitality everywhere in Australia. Before our tour we had not counted upon it being such an unforgettable experience.

During the first training session in Melbourne we realised the difficulties under which the Australian gymnasts must train.

The gymnasiums are often too small, all the gym equipment cannot be erected at the same time and in some gymnasiums floor and vault can only be practised in a restricted area. Also most gymnasiums have no heating available.

The ability of the Australian gymnasts who train under these conditions is known.

In Croydon in Melbourne as in Sydney we completed an exhibition as well as a competition in Adelaide. The spectators were thrilled and we believe these demonstrations were a good promotion for gymnastics in Australia. Both comedy numbers showed the spectators that gymnastics must not always be serious and difficult. We hope that through these demonstrations many new friends were won for gymnastics.

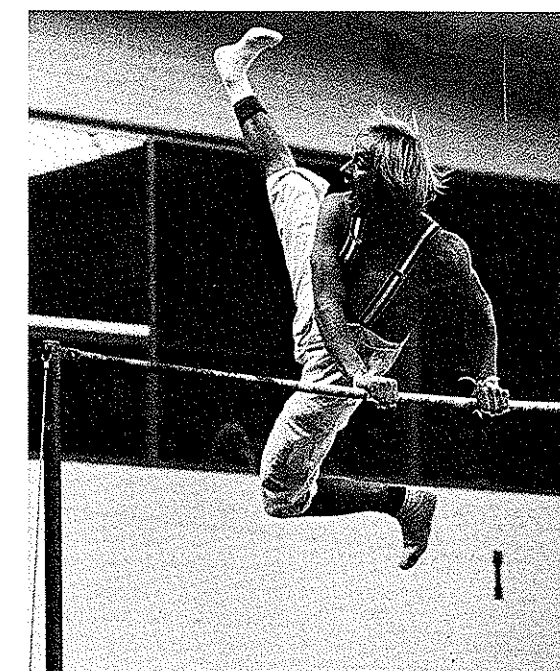
As well as the training and demonstrations we found enough time to lay in the sun on the beautiful beach and to swim in the sea.

In Adelaide we had a 43°C particularly hot day, while in Germany it is -20°C at night with a meter of snow lays on the ground.

Naturally, we saw kangaroos, koalas and other strange (to us) animals. We visited a 200 year old town and some wine cellars in the Barossa Valley. During the tour through the distant and wonderful Australia we realised the enormous distances between each city and just how small Germany is.

We undertook a boat trip on the Murray River and tried some water—skiing. The evening trip at the Murray River so as we could see kangaroos in the wild was unforgettable for us. It was here on the Murray River where the first and only bad luck of our tour occurred. A gymnast fell out of the top bunk bed and his eyebrow had to be stitched with 14 stitches.

We would like to say a special thank you to Ken Williamson for his big engagement and also all those who helped to make this tour for us so unforgettable.



A spectacular comedy routine. Photograph courtesy of Peter Meyers.

R.G.S. REPORT

1979 will, I'm sure, be an exciting year for all involved in R.S.G. and I hope everyone has had a restful and peaceful Christmas and you are all eager to start the New Year with **great enthusiasm**.

May Clinic 1979 — May 16th—20th

I may now report that Mrs. Abad from Hungary has consented to come after all to conduct our Clinic. We are indeed privileged to be able to have Mrs. Abad coming to Perth as she is one of the World's top Coaches and Judge and her presence will certainly help R.S.G. in Australia. Due to the nature of the Grant she will also be required to conduct two Workshops in two different States. The Federation has suggested Adelaide and Sydney would be the most suitable for the staging of a one day Workshop. More details later as they come to hand.

Clinic.

Application forms will be available very soon for the Clinic. As numbers are limited, States are urged to nominate Applicants as soon as they come to hand. Please remember ALL Applicants must have passed Stage 1.

Australian Championships.

The dates for the Championships will be the 14th and 15th May, 1979 with preliminaries on the 14th and finals on the 15th. This is the first time we have had finals, but to bring the Championships in line with overseas Competitions, this is desirable.

Also, for the girls who will be selected for the World Championships in London, they will be required to compete with four (4) pieces of apparatus.

WOMEN'S TECHNICAL REPORT:

1). The Women's Technical Committee has changed its members since Associations have held their elections, and for 1979 will be:—

Director:	Mrs. Frances Thompson
Coaching Co-Ordinator:	Mrs. Val Beitzel
Judging Co-Ordinator:	Mrs. Anne Bigham
State Members:	
A.C.T.	C/- Mr. John Straatsma
N.S.W.	Miss Jane Mendel
QLD.	Mrs. Elaine Martin
S.A.	Mrs. Anne Bigham
TAS.	Mrs. Shirley Jacob
VIC.	Miss Lynne Patten
W.A.	Mrs. Val Norris

2). The Bronze/Silver Tour to New Zealand was most successful, and is reported on Page 8 of the magazine.

3). The new Code of Points is to be implemented this year for the 1979 World Championships and Qualifying Competition for the 1980 Olympics. In anticipation, to assist our preparing gymnasts, the below listed rules will apply.

4). Good news re the Spartakiade, a very worthwhile experience for our top gymnasts.

5). The Bronze National Championships in Perth, should again produce some promising talent for the near future. This year the minimum age has been lowered to 10 years of age, turning 11 in the Competition Year, and we are interested to see what is produced.

The programme for the Competition will be as follows:—

Monday May 7th	Venue available for training.
Wednesday May 9th 10.00am	Judges Course
3.00pm	Judges Practical
7.00pm	Judges Examination
Thursday May 10th 2.00	Bronze Compulsories
Friday May 11th 10.00am	Technical Conference
7.30pm	Bronze Optionals
Saturday May 12th 7.30pm	Bronze Finals

This programme will be followed by the R.S.G. Inaugural National Championships, and a Clinic. We wish the R.S.G. people all the best and our continued support.

6). New Rules for Levels 9 and 10—See below.

7). The Clinics conducted by U.S.G.F. National Coach, Mr. Scott Crouse were extremely successful, and are reported in the supplement. It was indeed unfortunate that an air strike again affected our gymnastic calendar, and Scott was unable to visit W.A. Our sincere thanks to the Rothmans National Sports Foundation, for sponsoring Scott to come, and to Mr. Frank Bare, U.S.G.F. Executive Director, for his assistance in the urgency that arose.

NEW RULES FOR W.A.G. TO BE APPLIED IN LEVELS 9 and 10, 1979.

Code of Points.

Judging of Optionals

Competition 1 B: Value of Difficulty = 3.00

ie 1 X C = 1.00 *
4 X B @ 0.50 ea = 2.00

Difficulties:—

(This is a super superior or a superior with risk involved)
1 X CR = 0.10
Risk = 0.20

Composition:— Originality = 0.20

Composition including technical value = 1.50

Execution and Amplitude ie Performance = 5.00

Competition 2 and 3—same judging breakdown as above, but more emphasis on difficulty.

Difficulties 2 X C @ 1.00 ea = 2.00
2 X B @ 0.50 ea = 1.00

Repetitions—no credit will be given for a repetition, even if executed with a slight change, or a different entry and/or exit.

Time deductions—over or under time—same—0.05 per second

Beam —

Optional time —1.10.0 to 1.30.0

Compulsory time —will be established with each new compulsory for 1979—Bronze, Silver and Gold—1.0.0 to 1.20.0

Series—2 or more acrobatic series must appear and for Gold—one must have a flight phase.

General — Other requirements of a large leap, at least 360° pivot, flexibilities, well planned technical balances etc. (as listed on page 57 of the 1975 Code of Points) still apply. A composition deduction will apply if all turns are on 2 feet.

In Composition 3— Music may be used (and should be encouraged)

Floor

Duration of Compulsory and Optional routines—as per Beam. Music—may be a single instrument or multiple. It may have an introduction, and an exit (both must be brief). (Gymnasts wishing to be considered for World Championships selection, may use multiple music, but must also have a single instrument version.)

Series—a minimum of 2 different acrobatic passes must be shown with

for Level 9—a different Aerial in each expected

for Level 10—a different vault in each expected.

For Judges—it is expected that the span or difference between all the Judges may not be more than 0.20!

Note: For Bronze 1979 the 1975 Code of Points will apply for the last time. Except the new time deductions mentioned above will be used.

* Level 9 X 2 X B @ 0.70 = 1.40
4 X A @ = 1.60

RESOURCES

Modern Rhythmic Gymnastics

This first comprehensive, fully illustrated handbook on Modern Rhythmic Gymnastics in the English language will provide coaches, instructors, teachers and laymen with more technical information on basic skills of Modern Gymnastics than any other book published in North America to date.

The reader will find detailed step by step descriptions of every exercise, instruction on use and handling of apparatus, exercises of routines fully illustrated by simple and clear diagrams as well as representative pictures of exercises with Rope, Ribbon, Hoop, Ball and Free Exercises.

Evelyn Koop, the author of this excellent book, introduced Modern Gymnastics to Canada in 1952 and has made Toronto the mecca for Modern Gymnastics in North America.

Artistic Director of the world famous Kalev Estienne Gymnasts, who twice won recognition among the top ten groups in the World Gymnaestrada, Evelyn is the founder and president of the Canadian Modern Gymnastic Federation.

Evelyn Koop's honors include being named a Brevet Judge by the International Gymnastic Federation, and she has judged at major international and world competitions.

Mrs. Koop is thoroughly qualified in the field as a performer and teacher by spending numerous summers in studios with every prominent, internationally recognized teacher of Modern Gymnastics throughout Europe.

Cost: \$8.00. Cheque payable to—A.G.F. P.O. Box 180, Moorabbin. Vic. 3189.



The World of Gymnastics

Edited by Peter Tatlow

Gymnastics has recently shot to prominence, with star performers like Olga Korbut and Nadia Comaneci holding television audiences spellbound, and millions of youngsters discovering the sport for themselves all over the world. More than two million children have taken part in the *Sunday Times*/British Amateur Gymnastics Association Awards Scheme since 1971.

This handsome book, written by authorities in the gymnastic world, explains what gymnastics is all about and presents in words and pictures an up-to-the-minute view of the sport and its personalities.

With the aid of numerous line drawings the book describes some 160 of the most important movements in gymnastics, including vaulting, asymmetric bars, balance beam and floorwork for the women and, for the men, pommel horse, still rings, parallel bars and horizontal bar (the main difference between men's and women's vaulting and floorwork are referred to in the women's section). Two exciting developments of the sport, Modern Rhythmics and Sports Acrobatics, are also dealt with here.

An introductory chapter recounts the early origins of gymnastics and describes the modern history of the sport, in which the 1972 Olympics played an important part.

A chapter on competitions examines the framework of international competitions, the intricacies of scoring—often the subject of controversy—and the art of judging.

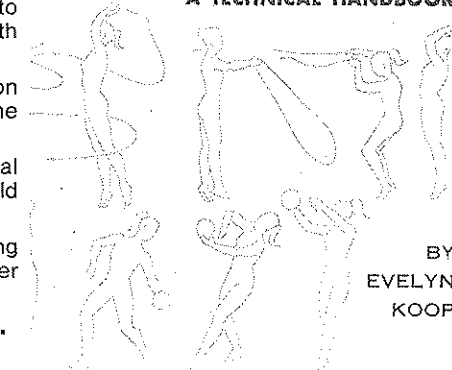
The last section of the book, 'Gymnastics Around the World', gives a picture of the contemporary gymnastics scene—administration, the organization of training, the training of coaches and judges, competitions and sponsorship, and leading personalities—in all the countries or areas of the world which figure in international gymnastics. Outstanding photographs of renowned gymnasts in action distinguish this part of the book.

An ideal gift, *The World of Gymnastics* provides a first-class introduction to the sport and a delightful handbook for spectators and participants alike.



MODERN RHYTHMIC GYMNASTICS

A TECHNICAL HANDBOOK



BY
EVELYN
KOOP

The World of Women's Gymnastics

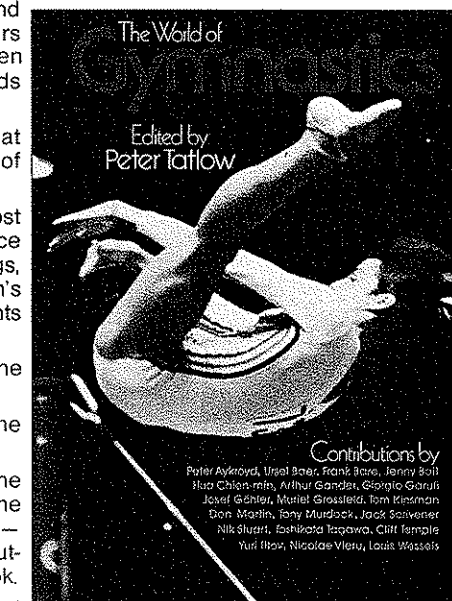
The first comprehensive overview of the sport... featuring an up-to-the-minute report on the Olympics.

Olga Korbut's performance in the '72 Olympics resulted in an explosion of interest in women's gymnastics. Worldwide fascination in the beautiful sport/art was sparked again in Montreal as Nadia Comaneci turned in seven perfect performances to win three gold medals.

Gymnastics coach Jim Gault tells what it is all about.

The events, the competitive experience, the training, the pain, the frustration, the sweat, the bruises; what it takes to be a serious gymnast: strength, kinesthetic awareness, control, agility, balance, speed, grace, tenacity, patience, endurance, maturity, and incredible personal motivation; what gymnastics is—beauty created with movement as the ultimate expression of art, using the body as the brush and the air as the canvas.

Cost: \$4.50. Cheque payable to A.G.F. P.O. Box 180, Moorabbin. Vic. 3189.



NEW ZEALAND TOUR REPORT

An Australian junior women's team comprising five officials and seventeen gymnasts toured New Zealand in January 1979.

Team members were :—

Coach:	Barbara Cunningham	Jenny Wilson
	Terry Delahunty	Bronwyn Zalewski
	Connie Burch	Lisa Wallace
Judge:	Danica Mladenovic	Bronwyn Wright
Manageress:	Katja Mihailovic	Jody Osterstock
Gymnasts:	Clare Beveridge	Jane Sweetapple
	Jan Edelsten	Sue Konarik
	Melissa Booth	Jenny Roberts
	Sharon Clues	
	Diane Zerna	
	Leanne Stevens	
	Tracey Johnson	
	Julie Briguglio	
	Julie Nimmo	

Itinerary:

January 13th: Team met in Sydney at airport and travelled to the Y.W.C.A. Trained in the afternoon to learn a group display item. Dinner in the evening at a Greek Restaurant.

January 14th: Travelled to the International Airport and departed from Australia at 9.00am. Arrived in Auckland at 1.30pm and met by Mr. D. Marr, the N.Z.G.A. Vice President. Mrs Marr guided the team for a brief sight-seeing excursion before we departed in mini buses to Rotorua. Arrived in Rotorua at 11.00pm and were driven to billets.

January 15th: Training in the morning at the Rotorua gym club with the Rotorua gymnasts from Anne Franklin's club. Sightseeing after training at the Whakarewarewa to see the Maori arts and carvings, the geysers and bubbling mud. After the "Whaka" there was sightseeing at the Rainbow and Fairy Springs, where we saw large trout and kiwis. Two most beautiful places. Training in the evening and then swimming in a heated pool.

January 16th: Training in the morning. Afternoon free with billets. Competition in the evening. Swimming in a thermal pool after the competition.

January 17th: Departed for New Plymouth in the morning. Stopped at the Waitomo caves to see the limestone caverns and the glow worms. Arrived in New Plymouth in the evening and dispersed to billets. Met by Mr. Trevor Creagh, editor of the N.Z. gymnast magazine.

January 18th: Training in the morning. The afternoon was free with billets for sightseeing. Display in the evening at a very beautiful park.

January 19th: Departed for Wellington in the morning. Stopped at Wanganui for lunch. Met in Wellington by Heather Lockhart who travelled with the team to Picton on the ferry. A very calm crossing on the ferry. Met in Picton by billets.

January 20th: Training in the morning. Taken out onto the Queen Charlotte Sound on two launches. We spent the day fishing and swimming. In the evening there was swimming at the Picton School pool. A most enjoyable day.

January 21st: Departed in the morning for Christchurch, accompanied by Heather Lockhart. A very long drive but most worthwhile, with the ocean on one side and mountains with snow capped peaks on the other. Met in Christchurch by Mr. Bill Duncan, a member of the N.Z.G.A. Executive. Dispersed to billets.

January 22nd: Morning free with billets. Competition warm up at 12 noon. Competition commenced at 2.00pm

for South Island juniors and Australian Bronze team. Silver gymnasts participated in a display. Barbecue in the evening.

January 23rd: Departed for Dunedin in the morning. Again a very long drive but we were able to stop several times. Met in Dunedin by billets and Mrs. Win Richards, a member of the N.Z.G.A. Women's Technical committee. Arrived at 6.00pm and dispersed to billets.

January 24th: Morning free with billets. Training from 2.00pm to 4.00pm. Competition in the evening against the N.Z. South Island senior team (silver). Presentations were made by the acting mayor of Dunedin and the President of the N.Z.G.A., Mr. Peter Chen. Display by Australian Bronze team and N.Z. Commonwealth games representatives.

January 25th: Clinic from 9.00am to 12.30pm with N.Z. gymnasts and Mr. Merv Richards, who spoke on some interesting points from Tsukaharas recent visit to New Zealand. Afternoon and evening free for shopping, as Dunedin was the last opportunity for most to shop.

January 26th: Departed from Dunedin for Timaru. Some gymnasts were billeted at Omaru which was approximately one hours drive from Timaru. Met in Timaru by Mrs. Esmat Savage, a member of the N.Z.G.A. Women's Technical committee. Dispersed to billets and had evening and afternoon free.

January 27th: Training in the morning in a large park with Timaru and Christchurch gymnasts. The training session was open to the public and the mayor of Timaru also came to the session to wish the Australian team luck and welcome us to Timaru. Display in the afternoon in a large stadium. Christchurch gymnasts also participated in the display. Barbecue in the evening.

January 28th: Travelled to Christchurch on the inland route. The countryside in this area was very beautiful. Arrived in Christchurch at Mr. & Mrs. Robertson's house. They offered their house and swimming pool to those of the team who wished to rest rather than go sightseeing. The afternoon at the Robertson's was very enjoyable and was much appreciated by all. Flew to Sydney and travelled to the Y.W.C.A. for the night.

January 29th: Teams departed for home.

Competitions and Displays.

There were three competitions. The first in Rotorua against the North Island team (bronze and silver). The crowd was small but very responsive and the equipment good, except for the floor matting which was hard. The Australian team performed the group display item after all competitions and it proved very popular. The second competition was held in Christchurch. The competition was between the Australian Bronze team and the South Island juniors. The N.Z. gymnasts were attempting difficult tricks, but seemed to lack finish and neatness in their work. We saw layout sault on beam, and one of their juniors vaulted with a Tsukahara. There was very little front tumbling in the floor routines.

The last competition was held in Dunedin with the South Island senior team (Silver). Again some difficult tricks were attempted but the routines needed polish.

Overall we saw some very promising young New Zealand gymnasts with lots of potential. The Australian gymnasts competed with a positive attitude to do their best and produced some excellent work.

Presentations and exchange of gifts took place after each competition.

The displays were all similar. They included tumbling and the group dance display item. When apparatus work was required the gymnasts performed their optional routines. N.Z. gymnasts (boys and girls) took part in the displays, and we saw some very good rhythmic displays by individuals.

NEW ZEALAND TOUR REPORT

COMPETITION RESULTS:

Australia V North Island (Rotorua) 16/1/79

Name	Vault	Bars	Beam	Floor	Total
Aust. Bronze Team					
Jenny Roberts	8.30(1)	8.10(=2)	8.25(3)	7.7(3)	32.35(1)
Jody Osterstock	8.10(2)	6.65	8.40(1)	7.45	30.60(4)
Tracey Johnson	7.60	8.10(=2)	6.50	8.00(1)	30.20(5)
Janny Wilson	7.35	6.75	7.95	7.35	29.40(6)
N.Z. Bronze Team					
Lisa Hopewell	7.15	6.15	6.40	7.20	26.90(8)
Rosemary Neads	7.20	7.15	7.70	7.30	29.35(7)
Kirsty Macaskill	8.00(3)	8.50(1)	8.00	7.65	32.12(2)
Wendy Walker	7.95	7.00	7.85	7.95(2)	30.75(3)
Lisa Whitney	—	7.35	8.30(2)	—	15.65(9)

Aust. Silver Team					
Sharon Clues	7.30	7.00	8.15	8.00(2)	30.45(=7)
Bronwyn Zalewski	8.50	8.55	7.80	7.85	32.70(3)
Clare Beveridge	8.10	8.65(3)	7.05	7.60	31.40(8)
Bronwyn Wright	7.75	8.00	7.90	7.35	31.00(9)
Diane Zerna	7.40	8.40	6.30	7.65	29.75(10)
Jan Edelsten	7.15	8.88(2)	8.00	7.90(=3)	31.85(6)

N.Z. Silver Team					
Denise Marr	8.00	6.00	7.85	7.80	29.65(11)
Gail Whittaker	7.75	5.00	7.20	7.45	27.40(12)
Annette Edwards	7.35	6.10	6.40	7.40	27.25(13)
Debra McCurdy	7.20	5.70	7.15	7.10	27.15(14)
Maryanne Hazard	7.80	7.15	7.90	7.60	30.45(=7)

Aust. Silver 2 Team					
Julie Briguglio	8.05	7.70	8.55(2)	7.75	32.05(5)
Julie Nimmo	9.05(2)	7.35	8.35(3)	7.60	32.35(4)
Lisa Wallace	8.80(3)	9.20(1)	8.05	8.05(1)	32.10(1)
Leanne Stevens	9.15(1)	8.25	8.65(1)	7.90(=3)	33.90(2)

Australia V South Island Juniors (Christchurch) 22/1/79

Aust. Bronze team.					
Julie Briguglio	8.25(2)	8.10(=2)	8.45(1)	8.00(=3)	32.80(1)
Jenny Roberts	8.05	8.00	8.05(2)	8.00(=3)	32.10(4)
Jenny Wilson	7.70	7.90	7.80	8.10(2)	31.50(6)
Tracey Johnson	8.20(=3)	8.30(1)	8.00(3)	7.80	32.30(2)
Jody Osterstock	8.00	7.75	7.75	7.85	31.35(7)

N.Z. Juniors					
Leanne Meaclem	8.20(=3)	8.10(=2)	7.80	8.15(1)	32.20(3)
Anne Fiebig	8.10	7.35	7.45	7.45	30.35(9)
Pieta Wesley	7.60	7.30	7.40	6.65	28.95(10)
Karen Lucas	7.80	7.30	7.70	7.80	30.60(8)
Judith Parker	8.55(1)	7.40	7.95	8.00(3)	31.90(5)

Australia V South Island Seniors (Silver) Dunedin 24/1/79

Aust. Silver Team					
Julie Nimmo	8.55(=3)	8.27(2)	7.83	8.65(2)	33.30(2)
Leanne Stevens	9.10(1)	8.75(1)	9.17(1)	8.80(1)	35.64(1)
Lisa Wallace	8.40	7.67	7.70	8.65(2)	32.42(4)
Bronwyn Zalewski	8.55(=3)	7.97	7.13	8.35	32.00(6)

Aust. Silver 2 Team					
Clare Beveridge	9.05(2)	7.57	8.30(3)	8.30(3)	33.22(3)
Jane Sweetapple	7.70	7.97	7.93	8.65	31.67(8)
Jane Edelsten	7.60	8.20	7.33	8.73(2)	31.86(7)
Melissa Booth	6.85	8.10	7.87	8.20	31.02(10)

N.Z. Team 1					
Julie Night	7.45	8.07(3)	7.63	8.10	31.25(9)
Sharon Falconer	8.30	7.77	6.47	8.10	30.54(11)
Robyn Noble	7.90	6.23	6.40	8.25	28.78(13)
Katie Schaumann	8.35	7.67	7.67	8.55	32.24(5)

N.Z. Team 2					
Joanne Meehan	7.55	6.43	7.07	7.95	24.00(16)
Julie Brown	7.40	7.03	6.17	7.49	28.09(14)
Stephanie Mears	7.85	5.97	6.43	7.24	27.49(15)
Mai Chen	7.85	7.37	7.13	8.10	30.45(12)

Training

We had nine training sessions in which the gymnasts worked on routines, display work or tricks. Usually New Zealand gymnasts joined in the training sessions. There were three Australian coaches and N.Z. coaches usually joined in. Danica also coached during the training sessions. The gymnasts worked hard and had a conscientious attitude in these sessions.

Unfortunately there were several injuries on the tour, some of which were probably due to tiredness. Equipment was generally good as were the venues. Many clubs were using fibre glass bars.

Conclusion:

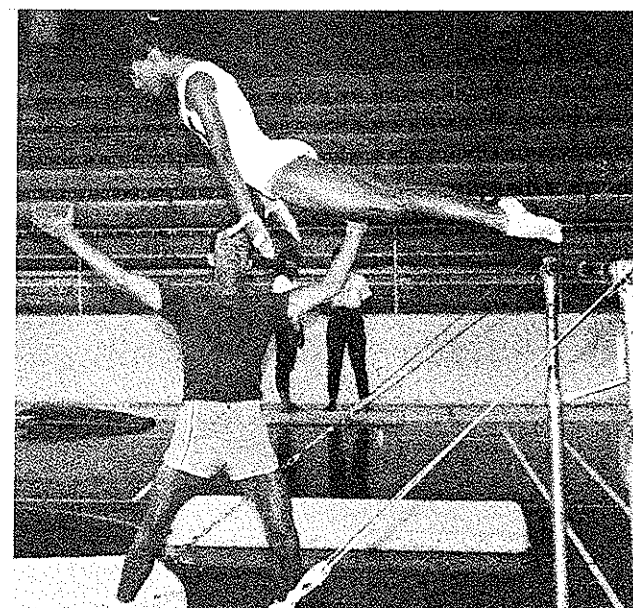
I firmly believe the tour was beneficial to our young Australian gymnasts. The team was a very large touring contingent and the first ever junior squad to compete internationally for Australia. I am proud to have been part of the tour and thank the A.G.F. for the selection of the team. I believe that all members of the team gave their best efforts in every aspect of the tour. Gymnastically the team worked very well and achieved pleasing results. Not only were we able to take part in international competition, but were lucky enough to meet the people of New Zealand who hosted us, and generated to the entire team warmth and a friendliness I am sure we shall never forget. We are very grateful and thank the people of New Zealand who made our stay enjoyable and rewarding. We wish to express special gratitude to Mrs. Heather Lockhart, Mr. Jim Crosbie and Mrs. Anne Franklin.

In the role of national representatives, the entire team moulded together and showed great responsibility for each other and the position they held as Ambassadors from Australia and the A.G.F.

I believe that the tour was successful in providing an introduction to international competition, and teaching a relatively inexperienced team to cope with pressures of international touring. I am sure I can speak on behalf of the team when I say, we had a terrific time and enjoyed the experience thoroughly.

Katja Mihailovic
Manageress.

Julie Briguglio (W.A.) watched by Terry Delahunty (W.A.) while in New Zealand



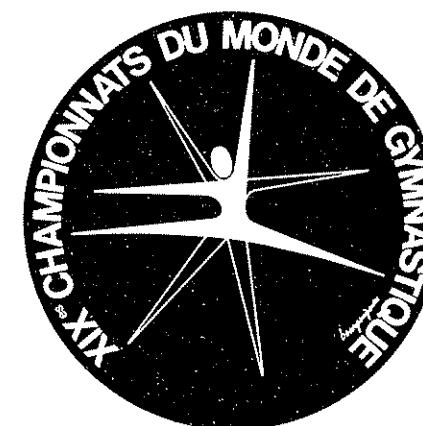
TEAMS

MEN	■	⌘	⌘	⌘	⌘	⌘	C	O	TOTAL	WOMEN	⌘	⌘	⌘	■	C	O	TOTAL
1) Japan	48.70	47.70	48.70	47.75	48.95	48.35	290.15			1) U.S.S.R.	48.35	48.30	48.45	48.90	194.00		
2) U.S.S.R.	47.70	47.90	48.65	48.80	47.90	48.75		289.70	579.85	2) Romania	48.90	48.70	48.30	48.85		194.75	388.75
3) East Germany	48.15	46.60	48.70	47.80	47.95	48.00	287.20			3) East Germany	47.85	48.50	48.15	47.75	192.25		
4) United States of America	48.75	48.30	48.75	48.85	48.35	48.75		291.75	578.95	4) Hungary	48.20	47.75	48.55	47.50		192.00	384.25
5) West Germany	48.25	47.05	48.40	47.70	46.65	46.95	285.00			5) United States of America	47.80	47.75	47.60	47.95	191.10		
6) Hungary	48.15	47.35	47.40	48.65	47.40	47.80		286.75	571.75	6) Czechoslovakia	48.05	47.80	47.30	48.00		191.15	382.25
7) Romania	47.55	47.10	46.70	47.25	47.20	47.30	283.10			7) Japan	47.30	47.45	47.20	47.10	189.05		
8) France	48.20	47.90	47.55	48.15	46.70	47.10		285.60	568.70	8) Canada	47.25	47.20	48.05	46.25		188.75	377.80
9) Czechoslovakia	47.90	48.25	47.20	47.40	46.00	47.50	282.25			9) West Germany	47.80	48.00	45.35	47.00	187.05		
10) Switzerland	47.80	47.55	47.45	48.65	46.30	46.90		284.65	566.90	10) Bulgaria	48.35	47.90	46.85	47.05		190.15	377.20
11) Poland	47.10	48.00	47.35	46.75	47.10	45.80	282.10			11) Poland	46.90	46.70	46.95	47.75	188.30		
12) Bulgaria	47.25	47.70	48.20	48.05	45.95	47.05		284.20	566.30	12) France	46.65	47.90	46.65	47.45		188.65	376.95
13) Spain	46.90	45.65	48.25	46.50	46.65	45.20	279.15			13) Holland	46.05	47.60	45.35	46.20	185.20		
14) Canada	47.85	45.25	47.65	48.20	45.60	47.15		281.70	560.85	14) Italy	46.60	47.35	45.35	46.10		185.40	370.60
15) Cuba	46.60	45.05	45.65	46.65	46.25	45.80	276.00			15) Switzerland	45.35	47.20	45.30	46.55	184.40		
16) Norway	47.15	45.70	46.70	48.00	45.45	47.35		280.35	556.35	16) Great Britain	46.85	46.10	46.85	45.70		185.50	369.90
17) Great Britain	46.55	45.70	46.25	47.20	45.05	45.05	275.80			17) Norway	46.60	46.60	44.55	45.85	183.60		
18) Italy	47.15	44.35	46.15	47.60	44.55	46.05		275.85	551.65	18) Spain	46.70	47.35	44.60	47.00		185.65	369.25
19) Austria	45.10	44.25	45.05	46.70	45.55	44.50	271.15			19) Brazil	46.10	46.55	44.40	45.85	182.90		
20) Brazil	47.00	46.50	47.30	48.00	45.95	45.35		279.80	550.93	20) Australia	46.85	47.05	45.25	45.80		184.95	367.85
21) Denmark	46.45	45.00	46.20	46.30	45.85	44.80	274.60			21) Austria	45.70	45.90	45.90	46.05	183.55		
22) Venezuela	47.15	45.65	46.10	46.80	45.20	45.30		276.20	550.80	22) Portugal	46.50	45.55	45.15	45.80		183.00	366.55

A = Average
C = Compulsory
O = Optional



Japanese Team — Gold Medalists.

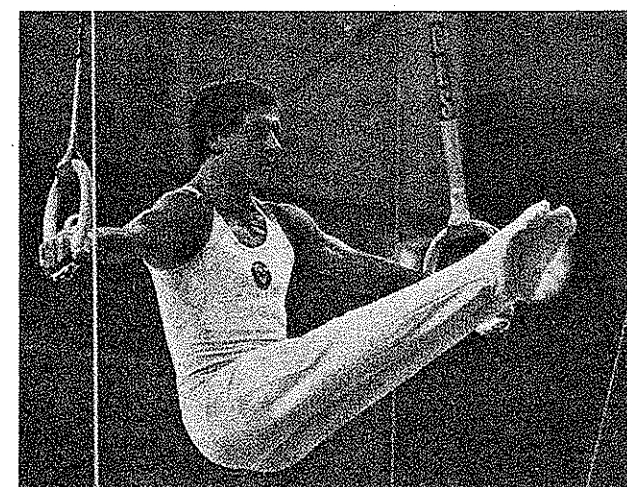


U.S.S.R. Team — Gold Medalists.

WORLD CHAMPIONSHIPS — STRASBOURG — 1978

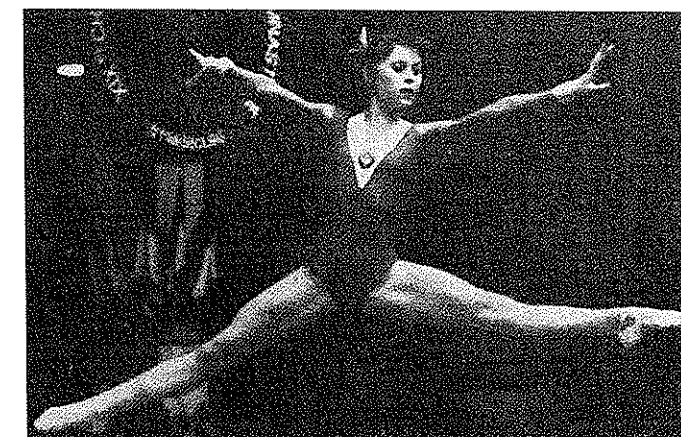
INDIVIDUAL

MEN	A	■	⌘	⌘	⌘	⌘	⌘	TOTAL	WOMEN	A	⌘	⌘	⌘	■	TOTAL
1) Andrianov (USSR)	58.300	9.85	9.70	9.90	9.85	9.75	9.85	117.200	1) Mukhina (USSR)	39.125	9.90	9.90	9.85	9.95	78.725
2) Kenmotsu (Japan)	58.050	9.60	9.75	9.80	9.80	9.80	9.75	116.550	2) Kim (USSR)	38.925	9.90	9.90	9.90	9.95	78.575
3) Ditiatin (USSR)	57.975	9.60	9.75	9.70	9.80	9.75	9.80	116.375	3) Shaposhnikova (USSR)	38.975	9.85	9.85	9.40	9.80	77.875
4) Glienger (W. Germany)	57.850	9.65	9.75	9.65	9.80	9.70	9.80	116.200	4) Comaneci (Romania)	38.975	9.90	9.25	9.80	9.80	77.725
5) Kaijima (Japan)	57.950	9.55	9.70	9.60	9.80	9.70	9.80	115.900	5) Eberle (Romania)	38.950	9.70	9.75	9.25	9.65	77.300
6) Thomas (USA)	57.475	9.80	9.75	9.60	9.80	9.65	9.75	115.725	6) Cerna (Czechoslovakia)	38.275	9.70	9.55	9.60	9.70	77.025
7) Kasamatsu (Japan)	58.025	9.75	8.90	9.70	9.70	9.75	9.80	115.625	7) Kraker (E. Germany)	38.250	9.80	9.80	9.55	9.55	76.950
8) Deltchev (Bulgaria)	57.675	9.75	9.55	9.40	9.60	9.75	9.50	115.225	8) Johnson (USA)	38.275	9.80	9.65	9.25	9.90	76.825
9) Connor (USA)	57.500	9.60	9.80	9.55	9.70	9.65	9.40	115.200	9) Schwandt (USA)	38.150	9.85	9.80	9.05	9.80	76.650
10) Nikolay (E. Germany)	57.425	9.40	9.80	9.30	9.80	9.70	9.75	115.175	10) Kalmar (Hungary)	38.050	9.70	9.65	9.70	9.50	76.600
11) Tkachev (USSR)	57.825	9.75	8.70	9.70	9.80	9.75	9.55	115.075	11) Hindorff (E. Germany)	38.300	9.65	9.20	9.70	9.55	76.400
12) Magyar (Hungary)	57.250	9.55	9.85	9.30	9.75	9.70	9.65	115.050	12) Ovari (Hungary)	38.175	9.40	9.65	9.65	9.50	76.375
13) Bruckner (E. Germany)	57.025	9.60	9.70	9.50	9.75	9.50	9.70	114.775	13) Brydiolova (Czechoslovakia)	37.925	9.55	9.75	9.65	9.45	76.325
14) Barthel (E. Germany)	56.900	9.60	9.50	9.55	9.70	9.55	9.65	114.450	14) Neacsu (Romania)	37.975	9.50	9.60	9.55	9.65	76.275
15) Kovacs (Hungary)	56.650	9.65	9.50	9.55	9.75	9.40	9.70	114.200	15) Suss (E. Germany)	38.325	9.55	9.80	9.80	9.65	76.225
16) Donath (Hungary)	57.400	9.50	9.65	9.65	9.20	8.95	9.60	113.950	16) Marackova (Czech/kia)	37.600	9.75	9.60	9.40	9.65	76.000
17) Rohrwick (W. Germany)	56.675	9.40	9.50	9.50	9.65	9.60	9.60	113.925	17) Kelsall (Canada)	37.475	9.55	9.65	9.50	9.50	75.675
18) Moy (France)	56.425	9.70	9.70	9.60	9.75	9.20	9.55	113.925	18) Matraszek (Poland)	37.700	9.50	9.60	9.45	9.35	75.600
19) Bretscher (Switzerland)	56.250	9.60	9.60	9.50	9.85	9.50	9.55	113.850	19) Kanyo (Hungary)	37.775	9.35	9.65	9.50	9.30	75.575
20) Wilson (USA)	56.400	9.80	9.70	9.40	9.75	9.45	9.30	113.800	20) Frederick (USA)	37.200	9.70	9.90	9.00	9.70	75.500
21) Boerio (France)	56.325	9.30	9.55	9.55	9.60	9.35	9.80	113.475	21) Michler (W. Germany)	37.375	9.55	9.65	9.45	9.35	75.375
22) Boutard (France)	56.075	9.55	9.70	9.55	9.30	9.50	9.65	113.325	22) Schlegel (Canada)	37.475	9.60	9.25	9.35	9.60	75.275
23) Szilier (Romania)	56.075	9.35	9.55	9.40	9.70	9.35	9.55	112.975	23) Kano (Japan)	37.625	9.40	9.65	8.90	9.55	75.125
24) Grecu (Romania)	56.350	9.15	9.60	9.70	9.20	9.40	9.50	112.900	24) Nozawa (Japan)	37.100	9.45	9.65	9.35	9.50	75.050
25) Chechiches (Romania)	55.775	9.60	9.40	9.50	9.70	9.30	9.50	112.775	25) KurbJewelt (W. Germany)	37.150	9.45	9.65	9.30	9.50	75.050
26) Tabak (Czech/kia)	55.850	9.65	9.30	9.30	9.70	9.45	9.50	112.750	26) Toifi (W. Germany)	36.975	9.55	9.65	9.45	9.25	74.875
27) Jorek (W. Germany)	56.500	9.65	9.00	8.85	9.70	9.50	9.45	112.650	27) Georeva (Bulgaria)	36.800	9.45	9.50	9.55	9.45	74.750
28) Long (Canada)	55.825	9.45	9.30	9.30	9.75	9.00	9.50	112.125	28) Matsumoto (Japan)	37.175	9.60	9.65	8.95	9.35	74.725
29) Szajna (Poland)	55.100	9.60	9.40	8.95	9.80	9.50	9.65	112.000	29) Kessler (Switzerland)	36.550	9.60	9.40	9.35	9.50	74.400
30) Schmid (Switzerland)	55.150	9.20	9.65	9.00	9.60	9.50	9.35	111.460	30) Glouhtcheva (Bulgaria)	36.725	9.50	9.65	8.90	9.40	74.175
31) Migdau (Czech/kia)	55.025	9.45	9.45	9.25	9.65	8.70	9.60	111.125	31) Valentini (Italy)	36.750	9.30	9.40	9.30	9.30	74.050
32) Gallie (Switzerland)	55.050	9.30	9.10	9.15	9.50	9.50	9.40	111.000	32) Topalova (Bulgaria)	37.050	9.40	9.70	8.40	9.45	74.000
33) Bertrand (Spain)	55.100	9.40	9.50	9.35	9.20	9.00	9.40	110.950	33) Hawco (Canada)	36.800	9.30	9.35	9.45	9.05	73.950
34) Neale (G. Britain)	55.700	9.40	9.15	8.55	9.60	8.70	9.50	110.600	34) Sosin (Poland)	36.625	9.45	9.45	8.90	9.40	73.825
35) Choquette (Canada)	55.350	9.30	9.40	8.75	9.10	9.00	9.65	110.550	35) Bolleboom (Holland)	36.850	9.35	9.50	8.75	9.30	73.750
36) De la Casa (Spain)	55.325	9.30	9.25	8.85	9.60	8.90	9.30	110.525	36) Morata (Spain)	36.575	9.35	9.50	8.20	9.40	73.025



Adrianov — World Champion.

Mukhina — World Champion.



WORLD CHAMPIONSHIPS 1978

FINALS

Women

Vault

1) Kim (USSR)	19.625
2) Comaneci (Romania)	19.600
3) Kraker (E. Germany)	19.550
4) Schwandt (USA)	19.525
5) Eberle (Romania)	19.450
6) Shaposhnikova (USSR)	19.400
7) Kunhardt (E. Germany)	19.200
8) Horacek (Hungary)	19.075

Uneven Bars

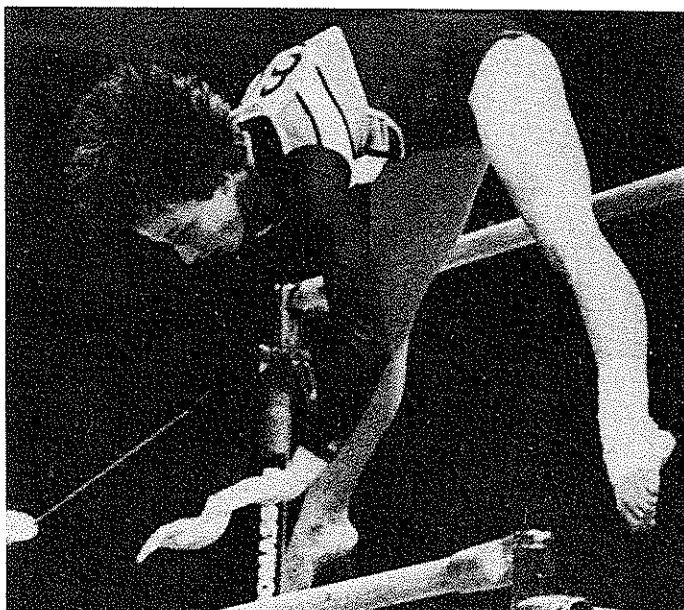
1) Frederick (USA)	19.800
2) Mukhina (USSR)	19.725
3) Eberle (Romania)	19.625
4) Filaiova (USSR)	19.600
5) Comaneci (Romania)	19.575
6) Kraker (E. Germany)	19.500
7) Cerna (Czechoslovakia)	19.300
8) Suss (E. Germany)	18.825

Beam

1) Comaneci (Romania)	19.625
2) Mukhina (USSR)	19.600
3) Eberle (Romania)	19.575
4) Ovari (Hungary)	19.400
5) Cerna (Czechoslovakia)	19.300
6) Hindorff (E. Germany)	19.225
7) Kanyo (Hungary)	18.900
8) Shaposhnikova (USSR)	18.850

Floor

1) Kim (USSR)	19.775
2) Mukhina (USSR)	19.775
3) Johnson (USA)	19.525
4) Eberle (Romania)	19.525
5) Hindorff (E. Germany)	19.475
6) Cerna (Czechoslovakia)	19.450
7) Suss (E. Germany)	19.375
8) Comaneci (Romania)	19.250



Marcia Fredricks—A breathtaking and flawless routine.

FINALS

Men

Floor

1) Thomas (USA)	19.650
2) Kasamatsu (Japan)	19.575
3) Ditiatin (USSR)	19.400
4) Andrianov (USSR)	19.350
5) Deltchev (Bulgaria)	19.200
6) Jorek (W. Germany)	19.175
7) Bruckner (E. Germany)	18.850
8) Tabak (Czechoslovakia)	18.625

Pommel Horse

1) Magyar (Hungary)	19.800
2) Gienger (W. Germany)	19.425
3) Deltchev (Bulgaria)	19.400
4) Ditiatin (USSR)	19.350
5) Donath (Hungary)	19.350
6) Nikolay (E. Germany)	19.325
7) Conner (USA)	19.300
8) Kasamatsu (Japan)	18.750

Parallel Bars

1) Kenmotsu (Japan)	19.600
2) Andrianov (USSR)	19.575
3) Kajiya (Japan)	19.575
4) Tkachev (USSR)	19.450
5) Conner (USA)	19.375
6) Gienger (W. Germany)	19.275
7) Boerio (France)	19.275
8) Nikolay (E. Germany)	19.225

Horizontal Bar

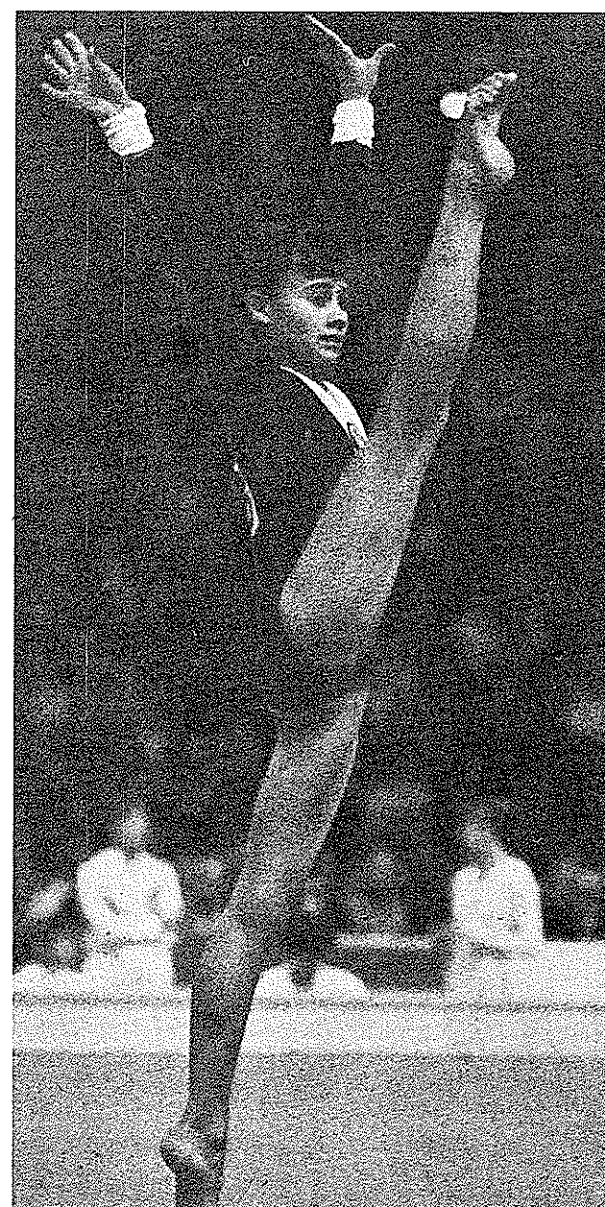
1) Kasamatsu (Japan)	19.675
2) Gienger (W. Germany)	19.600
3) Deltchev (Bulgaria)	19.600
4) Ditiatin (USSR)	19.500
5) Tkachev (USSR)	19.500
6) Nikolay (E. Germany)	19.450
7) Ruckriem (E. Germany)	19.225
8) Kenmotsu (Japan)	19.075

Rings

1) Andrianov (USSR)	19.700
2) Ditiatin (USSR)	19.675
3) Grecu (Romania)	19.650
4) Kasamatsu (Japan)	19.525
5) Mack (E. Germany)	19.500
6) Kenmotsu (Japan)	19.475
7) Opreacu (Romania)	19.325
8) Donath (Hungary)	19.275

Vault

1) Shimizu (Japan)	19.600
2) Andrianov (USSR)	19.575
3) Barthel (E. Germany)	19.550
4) Ditiatin (USSR)	19.475
5) Mack (E. Germany)	19.400
6) Jorek (W. Germany)	19.375
7) Conner (USA)	19.200
8) Kenmotsu (Japan)	19.150



Shaposhnikova—tiny but strong.

Kurt Thomas—a brilliant young U.S. gymnast Gold Medalist



STRASBOURG 1978

The World Championships in Strasbourg displayed an astonishing level of human achievement. Strasbourg also marked the beginning of a new era on men's horizontal bar, the salto regrasp. There were four types of salto regrasp, performed mainly by gymnasts from eastern block countries and Japan.

- I) Blind change salto forwards straddle regrasp. (Krysin, USSR, Deltchev, BUL., Shaposhnikova, USSR.)
- II) Inverted giant to straddle salto forwards regrasp. (Krysin, USSR, Deltchev, BUL.)
- III) Reverse giant to straddle salto forwards regrasp. (Shirashi, Jap.)
- IV) Flyaway half turn regrasp. (Guenger, BRD, Todorov, BUL.)
- V) Backward hecht straddled regrasp. (Tkachev, USSR, Kasamatsu, Jap. Tsukahara, Jap. Kajiya, Jap.)

The most outstanding feature of these movements is that upon initiating the movement the gymnast must commit himself/herself totally. Once the gymnast has released the bar he must regrasp or he risks serious injury. Such commitment in gymnastics is not new, in fact it is a part of the gymnastic learning experience. However these new movements require total commitment and it is not surprising that the Russian, Japanese, German and Bulgarian were the first to perfect these dangerous skills. These horizontal bar skills clearly reflect the confidence and discipline these gymnasts have acquired, and are skills for the elite gymnast.

Many gymnasts at the World Championships are assisted in their commitment by a strong cultural ethic, or political ideals and/or money. The Japanese commitment to gymnastics is facilitated by their cultural heritage and the team also possesses an intense loyalty to their country. In contrast many eastern block countries are assisted by either their belief in political ideals, or by a privileged life style. The North Americans are strongly influenced by financial benefits and an increased social prestige. It was obvious from where-ever the gymnasts came that the elite gymnasts were also committed to themselves and their gymnastics. Australian gymnasts in Strasbourg, although performing at a much lower standard displayed an admirable determination and perseverance. If this perseverance can be taken home, Australian gymnastics can undoubtedly rise to a more prominent international position. What other gymnasts would be prepared to expend so much personal money for such a short fortnight in Strasbourg?

The salto regrasp displays a commitment that Australian gymnasts and coaches can use as an example to their future progress. Without committing oneself totally to gymnastics and all the related facets of gymnastics success can only be minimal. Assuming that Australian gymnasts in Strasbourg were endowed with the physical ability for success they must realise that there are other variables that contribute to success in gymnastics. Identifying and understanding these variables are the first steps to control and manipulate their influence advantageously. Individual differences in diet, sleep, and training are obvious but unless the gymnast is totally committed to achieving his gymnastic goals, such external variables can have negative consequences.

I was impressed by the Australian gymnasts in Strasbourg, they took their training and competition as seriously as any other gymnast there. It was evident however that a long range structured preparation and a commitment to gymnastics was absent. A gymnast must commit himself everyday to the day's training, diet, and sleep etc., as faithfully as a gymnast performing a salto regrasp. To be serious on the day of competition or the month before the competition is not enough. As long as you intend striving toward your maximum potential you must commit yourself totally to gymnastics. A dedicated gymnast learns

a thousand things about him/herself and his/her capabilities, an invaluable learning experience. If those individuals involved in gymnastics in Australia are totally committed within themselves, then success is not far away. Lindsay Nylund is a great example of a dedicated Australian gymnast. I am sure that many people would be surprised how much he lives and thinks gymnastics.

'Success is peace of mind which is a result of self satisfaction in knowing you did your best to become the best that you are capable of becoming'.

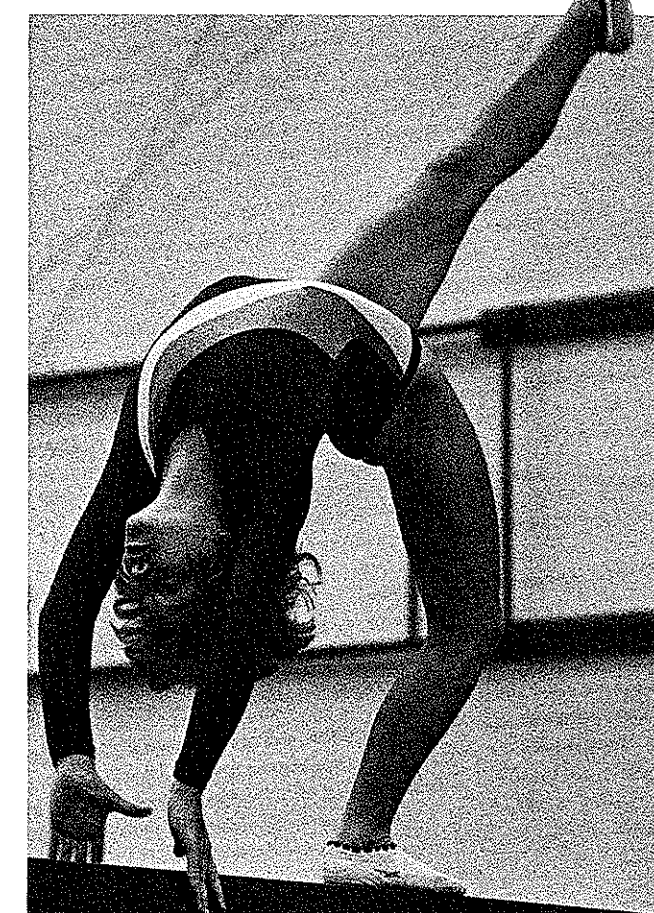
Overseas gymnasts:

Australian male (and female) gymnasts currently in the United States should be aware of the demands placed upon them during the U.S. competitive season and attempt to regulate their competition periods during the year. If a rest period is not taken the problem of becoming either psychologically and/or physically "burnt out" is serious. Lindsay Nylund perhaps made a wise decision to withdraw from the 1978 World Championship team to Strasbourg. The Australian Men's team for 1979 may prove to be the strongest team to represent Australia.

Australian team cohesion and friendliness during the stay in Strasbourg was remarkable and reflected the teams seriousness and dedication.

Memorable incidents at the World Championships in Strasbourg should include the emotional moment when the Japanese men's team won their fourth team title, the appearance of American men and women among the medal winners, the petite Russian women's team and the inclusion of the People's Republic of China into the FIG. There were also numerous incidents that provoked the re-evaluation of one's participation in these World Championships, such as the repudiation of Taiwan and the blatant dishonesty or politically motivated judging.

Warwick Forbes



Karen Edelstan — member of Australian team to Strasbourg. Photograph courtesy of Peter Meyers.

ADELAIDE SPORTS SCIENCES CLINIC

The purpose of this article is to explain what the Adelaide Sports Sciences Clinic is and how it might help gymnasts in their quest for improved performances.

The clinic comprises several units—Scientific Conditioning, Physical Therapy, Assessment, Medical and Hospital. The one that may interest gymnasts the most is the **Scientific Conditioning Unit**.

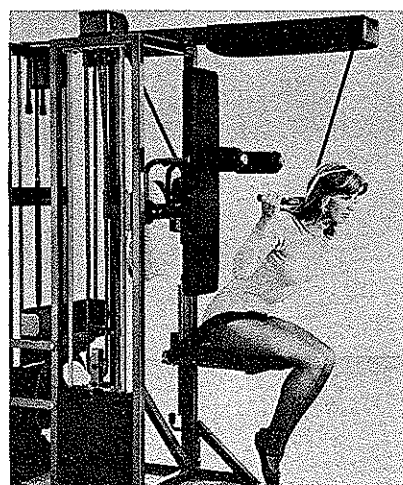
Of the fitness components required of the gymnasts, Strength, Power and Flexibility, stand out as being particularly important. The Scientific Conditioning Unit contains the revolutionary Nautilus equipment which provides outstanding results in developing those attributes.

A research project involving countless hours, substantial cost and a great deal of effort was conducted on Nautilus equipment recently at West Point Academy in the United States of America with outstanding results. In less than 6 weeks with 3 sessions per week of less than 45 minutes per session saw—

- strength increased by 59.5%
- two mile run improved by 88 seconds (11%)
- speed improved by 1%
- vertical jump (leg power) increased by 6.5%
- back flexibility improved by 15.6%
- shoulder flexibility improved by 11.6%

That is, the Nautilus machines give a short duration, high intensity exercise program with proven results of improved muscular strength, muscular and joint flexibility.

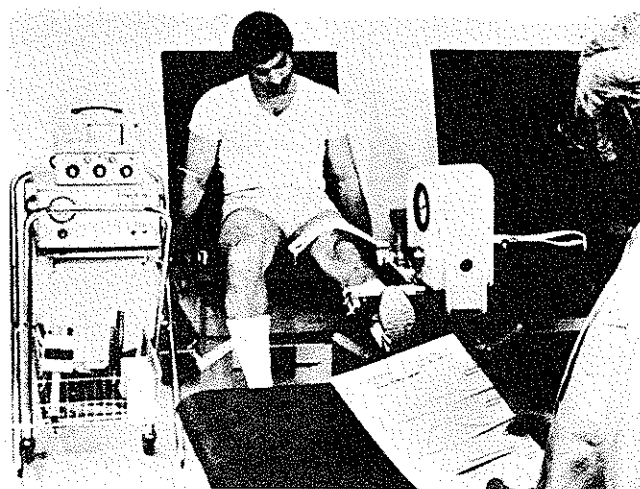
Of course one could not expect such gains in the case of gymnasts, particularly with regard to flexibility. But for those in search of increased power and strength the Nautilus machines have given startling results.



Nautilus is based on the principle of **automatic variable resistance**. Conventional weight training is restrictive in that the muscle works against the same resistance throughout the movement. Therefore, through most of the range of movement the muscles are usually working against the weight which can be handled at the weakest point in the range.

The Nautilus engineers have designed machines providing the user with a workout capability that can only be described as potent. One set of 8—12 repetitions is all that is required for each exercise. The entire length of the muscle is exercised at its varying potentials resulting in complete increase of strength. Stretching of the muscles gives flexibility and reduces the chance of injury.

With regard to flexibility, physiotherapists working in the Physical Therapy Unit of A.S.S.C. recently tested this component with several aspiring young gymnasts. Sufficient information was gained on particular muscle and joint areas to suggest that gains in flexibility, strength and overall quality of posture could be achieved by individuals concentrating on the weaknesses of postural variations delineated.



The Physical Therapy Unit also offers another service to active sportsmen and women which should be of interest to the gymnast. Physiotherapists, using the Cybex ii, another machine relatively new in this country, can accurately assess the strength and power of muscle groups and joints. If assessments are made when the athlete is fit, i.e. uninjured, two things can be achieved: (1) Weakness can be pin pointed e.g. imbalance between quadriceps and hamstrings which could result in injury. (2) If injury occurs a far more accurate assessment can be made as to whether it is safe to resume activity.

Assessments can also be made after injuries occur, thus giving the therapist a basis to work on for rehabilitation.

Finally, the clinic provides a medical consultation and casualty service aimed at ready diagnosis and treatment of sports injuries.

Over all it is a clinic with physical educators, physiotherapists and medical practitioners working together under the same roof. We invite people involved in gymnastics to visit the clinic at any time to seek further information and view the equipment for themselves.

Barry Squires

RHYTHMIC CORNER

WHY IS IT SO?

The ball, scarf, ribbon, hoop, clubs and rope—rhythmic gymnastics cannot exist without them. Although this sport is relatively young, the origins of some of these objects as applied to athletics goes back to ancient times.

Homer sang in praise of the sports games of Spartan youths. Girls in ancient Greece liked dancing with a ball. Antique vases bear depictions of gymnasts tossing small spheres up into the air. Columbus' sailors were surprised to see the Indians playing with a resilient object made from a piece of rubber. Perhaps these were the very first spontaneous compositions with a ball which today have been refined into amazing virtuosity and beauty.

Ancient art has given rhythmic gymnastics scarf exercises, which heighten the graceful and romantic element.

The ribbon, like the hoop, clubs and pennants has been added fairly recently. Borrowed from national dances, they first appeared in competitions in the 1940s.

The great demands made upon gymnasts in executing exercises with the ribbon—uniformity of the squiggles and spirals and precision of the outlines "drawn"—have made them one of the most complicated forms of rhythmic gymnastics.

The hoop was originally made of wood. It won wider popularity after the mass performance of gymnasts at the sports parade in Moscow in 1946. Hoops made from duralumini were used at that time, which gave the athletes wider scope. Plastic hoops have since then replaced their metal counterparts.

And, of course, rhythmic gymnastics could not overlook that dear and familiar childhood object—the skipping-rope.

Valentine Batayen, Merited Trainer of the USSR.
Courtesy of USSR Sports Coach

AROUND THE STATES

N.S.W.A.G.A. Report

N.S.W.A.G.A. is now divided into eight zones. Each zone has a Zone Supervisor who is responsible to act as a liaison for Clubs in that zone and for the organisation of level gradings during the year. Each zone has approximately seven gradings per year. The Northern Zone which is one of the larger participating zones had seven gradings in 1978 with a total participation figure of 678 and an average participation figure of 96. The final gradings in December had 146 participants. An additional zone has been created for 1979 to assist the ever increasing growth of participants in the Level 1—7 gradings.

Over the past twelve months there have been a number of Level 1—7 gradings, Bronze, Silver, Gold Competitions, Clinics and Squad Trainings.

The Coaching Clinic in December conducted by Scott Crouse was most successful. It was encouraging to have members from the Q.A.G.A. share this opportunity in learning.

The display and visit of the German Team in January was well received. The actual display was held in a most friendly and enjoyable atmosphere.

Vacation Camps and Clinics continue to increase in number. Included during summer vacation:

- Boys and Girls held at Sydney University, organised by Jim and Helmut. Four boys from Queensland joined in.
- Andres Girls Summer Gym School, 4 in all, had participants from South Australia and Tasmania.
- Always a popular clinic for gymnasts from other States, Gunnedah held a clinic in their newly completed gymnasium. It was also well attended by gymnasts from their area. With this facility now in use, N.S.W. is expecting to see in the near future new and promising gymnasts from this club.
- Northern Y.M.C.A. had its regular 4 day live-in-clinic, with an attendance of 75.
- Clinics were also organised by Castle Hill and Hornsby R.S.L's and Umina Youth Club.

Ken Benson and Sharon McShane
News Editors

1979 WOMENS CALENDAR

February 3	Bronze—silver—gold comp. competition.
Feb. 4	Physical Ability Testing
Feb 18	Coaches Workshop
March 3	Bronze—silver—gold competition
March 4	Squad training State
March 18	Talent squad training
March 31	Bronze—silver—gold competition
April 1	State Squad training
April 21—22	Coach Camp (boys & girls) Narrabeen
April 29	Junior Talent Squad
May	Bronze Nationals
May 26	Bronze—silver—gold competition
May 27	State Squad training
June 2—3	Coaching Workshop (intermediate)
June 10	Junior Talent Squad
June 30—July 1	State Championships
July 15	State Squad training
July 22	Junior Talent Squad
July 29	State Squad training
August 4	Bronze—silver—gold competition
August 5	State Squad training
August 16	Junior Talent Squad
August/September	Nationals
September 13	Novice State
September 29 & 30	Levels 1—8 State Titles
October 27	Bronze—silver—gold competition
October 28	State Squad training
November 4	Junior Talent Squad
November 10—11	Coaching Workshop
November 24	Bronze—silver—gold competition
December 8	Physical Development Test.

1979 MENS CALENDAR

March 3 & 4	Clinic for gymnasts and coaches
March 16—17	Talent Squad training session
April 6	Competition (C.S.P.C.B.C.) pommels, rings, P.Bars.
April 21—22	Coaching clinic—Level 1
May 5	Competition—H.Bar—Floor—Vault.
June 1—2	Talent Squad training
June 30—July 1	N.S.W. State Titles
July 20	Competition—Pommels—Rings—P.Bar
August 18	Competition—H.Bar—Floor—Vault
September 28	Competition—Pommels—Rings—P.Bar
October 5—6	Talent Squad training
November 17	Minor Graded State Titles

S.A. NEWS

Recently opened, the Adelaide Sports Sciences Clinic, is a welcome newcomer to sport in SA, with facilities for conditioning analysis and programmes, sports injury analysis and treatment, and physio rooms. A report from this centre appears separately in this issue.

The year has already had a busy beginning, with an ambitious venture at the Apollo Stadium highlighting a very successful and enjoyable few days of activities with the Siegerlander West German Gymnastics Club as our guest.

The SA Sports Star of the Year Award had six gymnasts nominated in '78, with Marina Sulicich one of the twelve finalists.

New Zealand is getting closer these days, with a Burnside Youth Club visit to Rotorua in January as well as the Australian Girls tour. Leanne Stevens won the 2nd competition against New Zealand as well as all apparatus. Always a favourite in SA, veteran competing gymnast Bill Vale, after an intensive warmup, modestly took out the gold medal on horizontal Bar in Burnside's competition in Rotorua.

Manager of the Australian Girls' team in New Zealand was Katja Mihailovic. Canberra's loss is our gain in this instance, as Katja has moved to Adelaide to commence a Physical Education course at Flinders University. Welcome to SA, Katja.

Scott Crouse conducted an extremely worthwhile series of coaching sessions during his short stay just before Christmas. (Some of his hints are also included in this issue.)

The year ahead promises to be a very hectic one, with numerous coaching and judging courses planned, more internal competitions than in previous years, as well as staggered state titles, the men's national clinic at Glenunga High School in May, and preparations for the National Titles here next year. Commitments overseas will be numerous too, with more invitational competitions for Australia, as well as requalifying exams for international judges.

All the best to all for '79, and a special greeting to our new National Secretary Peggy Browne.

Peter Sharpe

S.A.R.S.G.A. Tentative Calendar for 1979

April 1	State Team training
April 8	S.A.R.S.G.A. Meeting
	State Team Training
April 15	State Team training
April 22	State Team Training
April 29	Inter Club Competition, at M.C.R.C.
May 6	State Team training
May	National Competitions Perth
	National Coaching Clinic Perth
June 3	Novice Competitions at M.C.R.C.
June 10	S.A.R.S.G.A. Meeting
Oct.	S.A.R.S.G.A. Annual General Meeting
Nov. 3	State Age Competition.

AROUND THE STATES

IN THE WEST

- Unfortunately we were unable to host U.S.G.F. coach Scott Crouse due to the Airline strike, however a visit by top Queensland coach, Mr Barry Martin, in December more than compensated for this. The girls and coaches thoroughly appreciated his encouragement and advice.
- The visit by Dale Mercier (N.Z. Rhythmic specialist) was very successful and we were fortunate in being able to extend this visit for an additional week.
- Five artistic girls—Julie Nimmo, Tracey Johnson, Julie Briguglio, Jenny Roberts and Sue Konarik as well as coaches Mrs Connie Buch and Mr Terry Delahunty toured New Zealand with an Australian team during January. All indications on the tour were favourable and some excellent results were achieved. The West Australian contingent would like to thank the A.G.F. and Katja Mihailovic, in particular, for her assistance in organising the tour.
- The men's programme cannot boost nearly the same success as in other years. With the resignation of Barry Winfield as Men's Technical Director, no replacement has yet been found. Takahiro Wakamatsu has returned to Japan (hopefully temporarily) and the senior men's training has almost been non-existent in his absence in recent months.
- The West Australian Gymnastic Association office is now "manned" from 9.00am to 4.30pm each Tuesday, Wednesday, Thursday and Friday by its administrative officer, Mrs Marion Gaynor. Already many clubs are taking advantage of this service and we are fortunate in having Marion fill this position, as she is fully conversant with the many and varied aspects of the sport. The phone number for the office is **387 5756** with postal address being **P.O. Box 247, Wembley, 6014.**
- The provisional programme provides for the three phases of our sport in an ambitious way and readers will probably note a few innovations which are being tested this year.
- We look forward to the Bronze National Championships and the inaugural Rhythmic National Championships which are to be held here in Perth, and we welcome all our visitors in this our 150th anniversary year.

Julie & Rod Sinclair

PROGRAMME FOR MEN'S ARTISTIC GYMNASTICS 1979 WEST AUSTRALIAN GYMNASTIC ASSOCIATION

March 18	10.00am Demonstration Day
Apr. 28—29	Levels 4,5,6 Invitation
May 12	7.00pm. Tumbling. All ages. P/Bars competition all levels (vols only.) Venue Len Fletcher Pavilion.
May 13	Invitation Competition. Qualify competition for levels 4,5,6.
May 20	10.00am Boys Novice (Level 3). Invitation Competition by Morley P.C.Y.C.
June 22—23	Invitation competition by Christ Church Grammar School.
July 21	Qualify competition for levels 6,7,8,9,10.
July 22	State Championships Level 7,8,9 and 10 Sets
	Len Fletcher Pavilion.
Aug. 11—12	Level 6 State Championships
Aug. 28	National Championships Brisbane
Sept. 22	Level 4 State Championships.
Oct. 6—7	Invitation competition Kalgoorlie P.C.Y.C.
	Sets and Vols. levels 4,5,6 and 7
Oct 21	Level 5 State Championships.
Nov. 28	Coaches clinic Grade 1 & 2 Accreditation
	Len Fletcher Pavilion

Programme for Women's Artistic Gymnastics 1979

March 10	Accreditation Level 1 Judges
March 17	Bronze Competition I
March 24	Bronze Competition II
March 31	Bronze Competition III
Apr. 7	Level 4 Award Testing
Apr. 28	Level 5 Judges/coaches and leaders workshop

May 7—12	Bronze Nationals
May 13—15	R.S.G. Nationals
May 16—20	Clinic R.S.G. National
June 9	Level 5 Badge Award
June 16	Level 6 judges/coaches & leaders workshop
June 30	Level 6 Badge Award
July 7	Silver & Gold Comp. I
July 14	Silver & Gold Comp. II
July 21	Silver & Gold Comp. III
July 28	Level 7 Award (Testing)
Aug. 4	State Open Championships
Aug. 28—Sept.2	National Championships Brisbane
	W.A.G.A. Clinic
Sept. 15—16	Level 5 State Championships
Oct. 6—7	Level 4 workshop for judges/coaches & leaders
Oct. 20—21	Level 6 State Championships
Nov. 3	Level 4 Badge Award (Testing)
Nov. 10	Level 5 Badge Award (Testing)
Nov. 17—18	Level 7 State Championships.

R.S.G. 1979 CALENDAR

Mar. 18	State Trial—Group Hoop
Mar. 25	State Trial
Apr. 22	1—3pm Workshop
Mar. 14 & 15	Uni. of W.A. National Championships.
May 16, 20	Stage 2—3 National Clinic
June 24	1—3pm Workshop
June 27	8.30pm General Meeting
July 1—6	World Championships London
July 22	Schoolgirls Championships
July 25	8.30pm General Meeting
Aug. 22	8.30pm General Meeting
Aug. 26	1—3pm Level 4 Testing
Sept. 23	State Championships
Sept. 26	8.30pm General Meeting
Oct. 24	8.30pm Annual General Meeting
Oct. 25	1—3pm Workshop
Nov. 25	1—3pm Workshop
Nov. 28	8.30pm General Meeting
Dec. 19	8.30pm General Meeting.

QUEENSLAND

April	Trials for Women's Bronze Team
1	Women's Technical Committee meeting
3	Men's Technical Committee meeting
7/8	Men's Coaches course—Rothmans—Sunshine Coast
7/8	Women's Coaches course
15	Women's Squad training/Coaches Committee meeting
18	R.S.G. Tech. Committee meeting
19	Men's Coaches Committee meeting
21	R.S.G. Level testing—Level 3
22	Men's Level testing Levels 5—10 compulsories, Level 4 Team & Individual comp.
27	Q.A.G.A. Council meeting
T.B.A.	Men's Judges Course Grade 1 & 2
May	Men's Technical Committee meeting
6—20	Boy's under 17 New Zealand trip. (A.G.F.O)
10	Men's Coaches Committee meeting
14/22	Women's Bronze Nationals & R.S.G. Nationals to be held in Perth followed by an R.S.G. Coaches/Judges Course Stage 2 & 3
16	R.S.G. Tech. Committee meeting
19	Women's Bar Competition Levels 5 & 6
20	Women's Squad training/Coaches meeting
25	Q.A.G.A. Council meeting
26	Women's Level testing Level 4 & Level 4 Team comp.
27	Men's Level testing Levels 5 & 6 compulsories, Level 4 Team & Individual comp.
T.B.A.	R.S.G. Visiting European Coach/Judge
June	World Cup—Tokyo
2/4	Women's Tech. Committee meeting
3	Men's Tech. Committee meeting
5	Women's Level testing Levels 5—10. Trials for Silver/gold Teams
9/10	Women's Squad training/Coaches meeting
17	R.S.G. Tech. Committee meeting
20	STATE TITLES—TASMANIA
23	Q.A.G.A. Council meeting (Mechanical Eng. Q.I.T.)
29	STATE TITLES—N.S.W.
30	Men's Judges Course Grade 3
T.B.A.	

AROUND THE STATES

July	STATE TITLES—QLD. Men's levels 5 & 6
1	Men's Tech. Committee meeting
3	Women's Beam Competition Levels 5 & 6
7	STATE TITLES—VICTORIA
7	R.S.G. Stage 1 Coaches/Judges Course (Session 1)
7/8	Men's Coaches Committee meeting
12	STATE TITLES—A.C.T.
14	Women's Interzone Levels 5,6,7 (Zones to apply)
14/15	Women's Squad training/Coaches meeting
15	R.S.G. Tech. Committee meeting
18	STATE TITLES—QUEENSLAND * Women's 8—10
21	Men's 7—10
27	Q.A.G.A. Council meeting (Mechanical Eng. Q.I.T.)
28/29	R.S.G. Stage 1 Coaches/Judges Course (Session 2)
28	STATE TITLES—SOUTH AUSTRALIA
29	Women's Tech. Committee meeting
August	Women's Interclub competition Levels 8,9,10
4	STATE TITLES—WESTERN AUSTRALIA
4	Men's Level 7—10 Trials
5	Men's Technical Committee meeting
7	R.S.G. Tech. Committee meeting
15	Men's Coaches Committee meeting
16	Women's Squad training/Coaches meeting
19	AUSTRALIAN GYMNASTICS TITLES—BRISBANE
25—2 Sept.	R.S.G. Camp & level testing Levels 3 & 4 Sunshine Coast (to be confirmed).
31—2 Sept	
September	Men's Technical Committee meeting
4	Men's Coaches Committee meeting
13	Women's Individual apparatus competition Levels 7 & 8, voluntary routine only (may enter 1 or more apparatus)
15	Women's Squad training/Coaches meeting
16	R.S.G. Tech. Committee meeting
19	Q.A.G.A. Council meeting
28	Women's Level testing Level 4, Level 4 Team comp.
29	
October	Men's Technical Committee meeting
2	Women's Floor competition Levels 5 & 6
6	Women's Tech. Committee meeting
7	Men's Coaches Committee meeting
11	Women's Level testing Levels 5—10
13/14	R.S.G. Tech. Committee meeting
17	Women's Squad training/Coaches Committee meeting
21	Q.A.G.A. Council meeting
26	Women's Interclub competition Levels 6,7,8
27	R.S.G. STATE TITLES
28	Men's Level testing competition Levels 5—10 compulsories, Level 4 Individual & Team competition.
November	Q.A.G.A. ANNUAL GENERAL MEETING
2	Men's Technical Committee meeting
6	Men's Coaches Committee meeting
15	Women's Squad training/Coaches meeting
18	Women's Tech. Committee meeting
18	R.S.G. Tech. Committee meeting
21	Women's Coaches Course
24/25	Q.A.G.A. Council meeting
30	
December	Men's Tech. Committee meeting
4	World Championships, U.S.A.
3—9	R.S.G. Tech. Committee meeting
19	

N.B. To Zone Committee's and Camp Organisers—Please keep the dates listed in this calendar in mind when planning functions, as it is extremely difficult to supply coaches and judges when dates overlap. Your early advice as to dates will ensure that coaches etc. are available.

To all Clubs: Any changes to this calendar will be circularised with the Agenda as are changes to the mailing list.

*Sonja M Hellier
Hon. Secretary*

TASMANIAN REPORT

Tasmania had its first FIESTA from 30th December until 10th January, 1979.

It started off with a Procession on New Years Day, in which 38 different organisations participated, including the Tasmanian Amateur Gymnastic Association, who after a delayed decision, also entered a float.

To borrow a 45 foot long semi-trailer, then to fit a beam, Pommel Horse and Parallel Bars on this vehicle was a difficult task.

Gymnasts had to be notified and secured before school holidays but with a lot of enthusiasm and help from club members and parents in the greater Hobart area, we decorated the semi with gymnastic drawings and posters,

and secured the gymnasts. Seven clubs participated, including two little girls all the way from Devonport. The gymnasts marched behind the float carrying their Club Banner and wearing their club uniform. While the float moved in front of the 20,000 spectators who lined the streets of Hobart, one girl from each club was on the float working on the beam, while three men interchanged on the Pommel Horse and the Parallel Bars. Many of the 45 girls marching gave impromptu demonstrations of gymnastics ie. cartwheels, walkovers etc. to the supportive and clapping crowd.

Gymnastics came into the public eye, on our own level, in our own little State.

In summary, the weather was beautiful and the organisers learned a great deal from this first Fiesta. Next year it will be even better.

Also during the holiday period we were fortunate to have Mrs. Frances Thompson, her husband Barry and 11 members of the Western Australian West Coast Gym Club visit our State. The girls all under twelve years,



TAGA float in the recent FIRST FIESTA PROCESSION, held in Hobart, Tasmania on New Years Day '79.

arrived in Launceston on the 19th January, where they stayed for several days, training at Launceston P.C.Y.C. and enjoying the sights. After leaving Launceston the group travelled to Devonport Gym Club for a short stop over, then on to the newly proposed Devonport Gym Club at Smitherton. From there they journeyed down the East Coast to Queenstown for an overnight stop then on to Hobart.

They arrived in Hobart on Friday 26th January and were billeted by members of the Southern Gym Clubs. The group trained Saturday and Monday at the Glenorchy Y.M.C.A., had a couple of barbecues and informal get-togethers, and visited Historic Richmond and Port Arthur during their short stay.

All the gymnast's parents, the people concerned with gymnastics and the members of T.A.G.A. wish Mr. and Mrs. Thompson and the girls the best for the coming year, and hope that they had an enjoyable stay while in Tassie.

*K Dolliver
Publicity Officer TAGA*

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AROUND THE STATES

VICTORIA

April

- 1 M.A.G. Award comp. No. 1
2 W.A.G. Technical Committee meeting
3 M.A.G. & W.A.G. Grade 1 Coaches Course (Theory) commences
5 M.A.G. Judges Course contd.
7/8 W.A.G. Country Promotion tour & gymnast/coaches workshop
7/8 M.A.G. Junior Clinic
8 R.S.G. Selection trials
10 M.A.G. & W.A.G. Coaches course contd.
12 M.A.G. Judges Course Grade 2
18 Artistic Gym Basic Coaches Course (Theory) Outer East. Metro region
19 R.S.G. Technical Committee meeting
19 M.A.G. Judges Course contd.
21 W.A.G. Standard Tests 4-7
22 Artistic Gym Basic Coaches Course (Prac.) Outer East. Metro region
23 V.A.G.A. Executive meeting
24 M.A.G. & W.A.G. Coaches course contd.
25 R.S.G. Squad training
26 M.A.G. Judges Course contd.
28 W.A.G. Standard Tests Levels 9 & 10 (comps)
29 M.A.G. Award Comp. No. 2

May

- 1 W.A.G. Technical Committee meeting
1 M.A.G. & W.A.G. Coaches Course contd.
3 M.A.G. Judges Course contd.
5 W.A.G. Standard Tests Levels 9 & 10 (opt.)
6 M.A.G. Novice Comp. Level 1-3
7/11 W.A.G. Bronze Championships—Perth W.A.
8 M.A.G., W.A.G. Coaches course contd.
10 M.A.G. Judges Course contd.
12/27 M.A.G.—National Clinic—Adelaide Sth. Aust
12/13 R.S.G. National Championships—Perth W.A.
14/20 R.S.G. National Clinic, Stage 2 & 3—Perth W.A.
28 V.A.G.A. Executive meeting
29 M.A.G. * W.A.G. Coaches Course contd.
31 M.A.G. Judges Course—Grade 3 & 4
31 R.S.G. Technical Committee meeting
31 M.A.G. Judges Course contd.

June

- 2 W.A.G. Standard Tests levels 4-8
3 M.A.G. Selected apparatus com.—Level 5 & 6 (part 1)
5 M.A.G. & W.A.G. Coach Course contd.
5 W.A.G. Open Technical meeting
7 Basic Coaches Course (Theory)
7 M.A.G.—Judges Course contd.
9/10 R.S.G.—Stage 1 Coaches and Judges clinic
9/10 R.S.G.—Level 4 testing
9/10 W.A.G.—Country Coaches workshop
10 Basic Coaches Course (Prac.)
12 M.A.G., W.A.G. Coach Course contd.
14 M.A.G. Judges Course contd.
16/17 M.A.G., W.A.G. Grade 1 Coaches Course (Prac.)
21 M.A.G. Judges Course contd.
23/24 R.S.G.—Stage 1 Coaches & Judges contd.
24 M.A.G. Award Comp. No. 3
25 V.A.G.A. Executive meeting
26 Basic Coaches Course (Theory)
28 M.A.G. Judges Course contd.
28 M.A.G. General Technical meeting
28 R.S.G. Technical Committee meeting

July

- 1 Basic Coaches Course (Prac.)
2 M.A.G. Judges Course 3 & 4 exam
7/8 Victorian Championships—Artistic Gymnastics Levels 8, 9 and 10
14/15 Victorian Championships—Artistic Gymnastics Level 6 & 7
19 R.S.G. Technical committee meeting
28/29 Basic Coaches Course—Country
29 R.S.G. Workshop

August

- 3/5 W.A.G. Country Judge Course
5 M.A.G. Club Team Champs.
6 W.A.G. Technical Committee meeting
11/12 Basic Coaches Course—Country
16 R.S.G. Tech. Committee meeting
20 V.A.G.A. Executive meeting
25/29 Sept. Australian Championships—Artistic Gymnastics Brisbane

September

- M.A.G. Interclub invitation (run by clubs)
W.A.G. Technical Committee meeting
15/16 Basic Coaches Course—Country
16 R.S.G. workshop and judges meeting
18 M.A.G., W.A.G. Grade 2 Coaches Course (Theory)
20 R.S.G. Technical Committee meeting

- 23 M.A.G. selected apparatus comp.—Level 5 & 6 (part 2)
24 V.A.G.A. Executive meeting
25 M.A.G., W.A.G. Coach Course contd.
28/30 W.A.G. Country Judge Course
29/30 M.A.G. Coaches Workshop (Grade 2 coaches)

October

- 1 M.A.G. Judges Seminar
2 W.A.G. Open Technical meeting
2 M.A.G., W.A.G. Coaches Course contd.
6 W.A.G. Standard tests level 4-7
7 M.A.G., W.A.G. Coaches Course Prac.
8 Annual General Meeting
9 M.A.G., W.A.G. Coaches Course contd.
14 M.A.G. Victorian Championships levels 1-5
16 M.A.G., W.A.G. Coaches Course contd.
18 R.S.G. Technical meeting
19 M.A.G. Technical meeting
21 M.A.G. W.A.G. Coaches Course Prac.
23 M.A.G., W.A.G. Coaches Course contd.
26/28 W.A.G. Country Judge Course
27 R.S.G. Victorian Championships
27/28 M.A.G. Talent squad clinic
29 V.A.G.A. Executive meeting
30 W.A.G. Coaches Course contd.

November

- 1 R.S.G. Open Tech meeting
3/4 Basic Coaches Course—Country
5 W.A.G. Technical committee meeting
10 W.A.G. Standard tests—Levels 4-8
11 M.A.G. Award Comp. No. 4
13 W.A.G. Coaches Course contd.
17/18 M.A.G. Country Promotion & Coaches workshop
20 W.A.G. Coaches Course contd.
23/25 W.A.G. Country Judges course
24 R.S.G. Technical Committee meeting
26 V.A.G.A. Executive meeting

December

- 3 W.A.G. Technical Committee meeting

V.A.G.A. Council meetings to be held 2nd Monday in the month.

Back to school — 4th February, 1980
Early 1980 — Grade 1 Coaches Course (Correspondence)
Early 1980 — Grade 1 Country Judging Courses.

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Contact: S. Boyd, Secretary. Moora Girls Gym Club, P.O. Box 196, Moora. 6510

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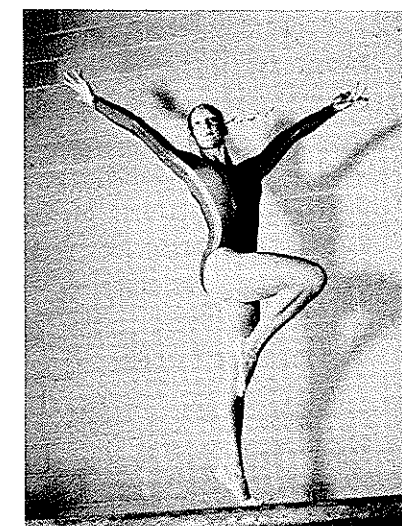
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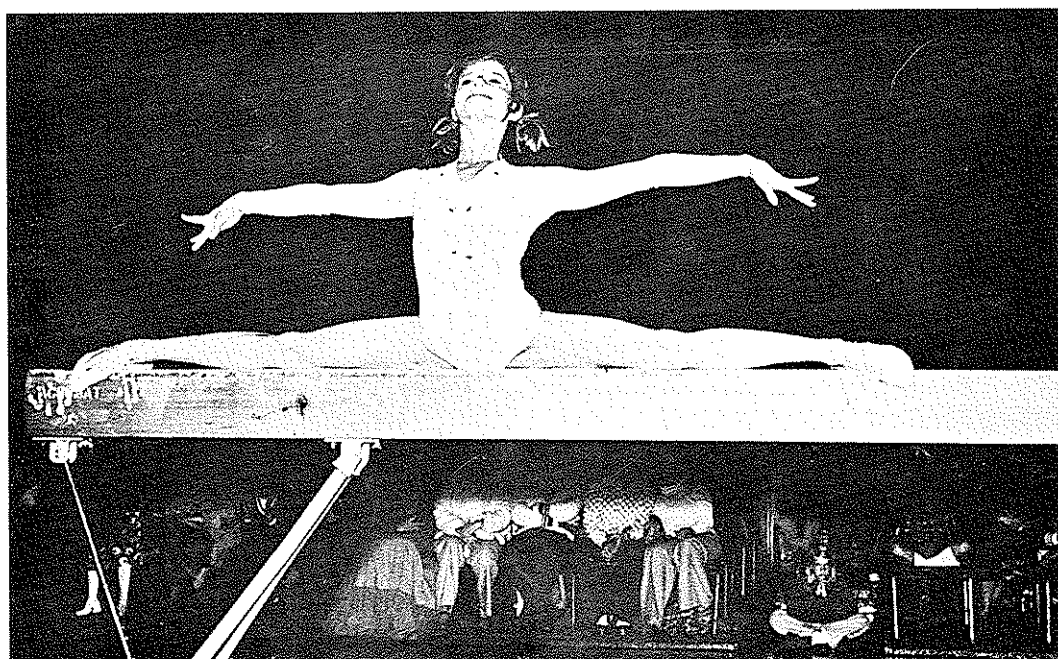


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