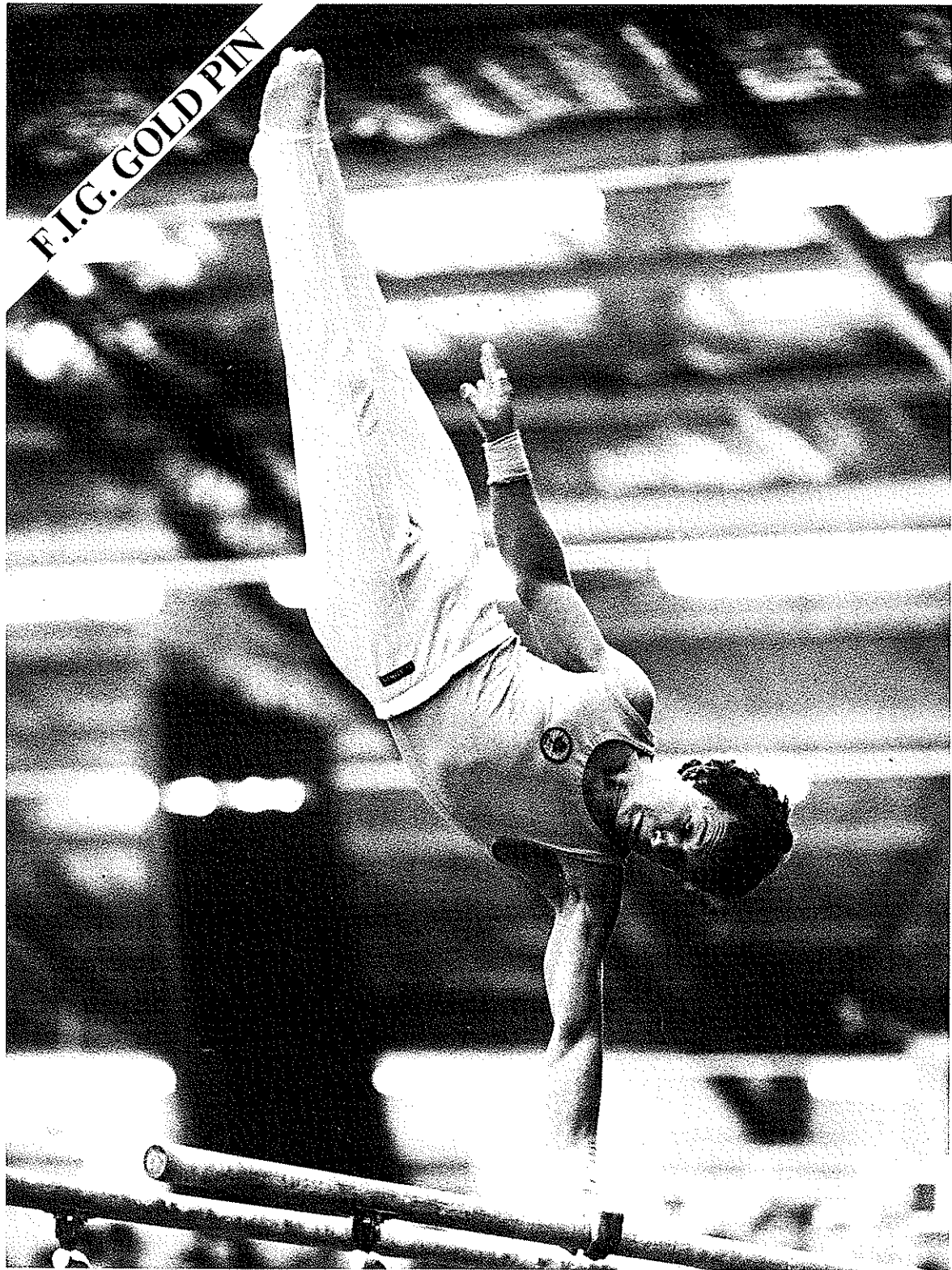


# THE AUSTRALIAN GYMNAST

THE OFFICIAL MAGAZINE OF THE AUSTRALIAN GYMNASTIC FEDERATION

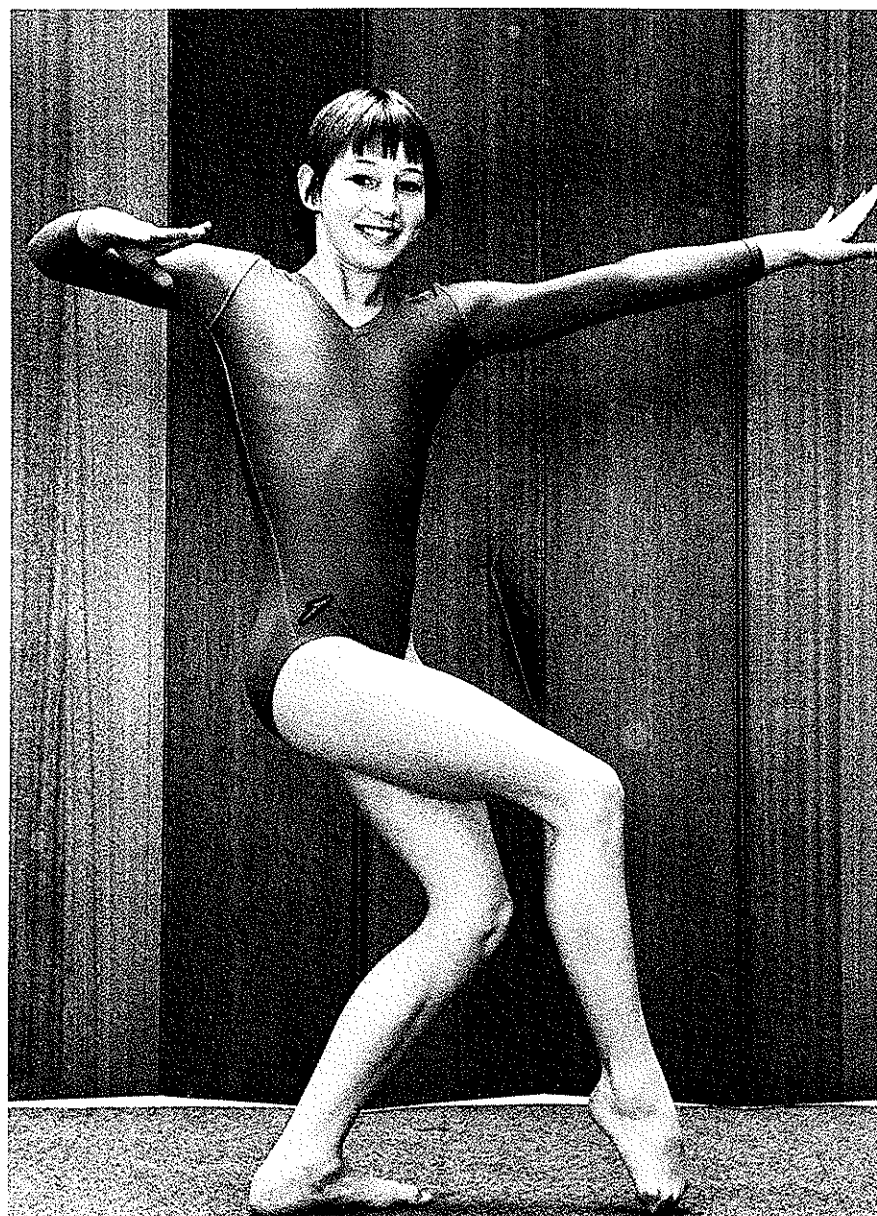


Vol.10. No.8.

DECEMBER 1981/JANUARY 1982

Subscription: \$10.00 year  
Individual Copy: \$2.60

Registered by Australia Post  
Publication No. VBQ 0561—Category B



**SPEEDO®**

The A.G.F. has pleasure in announcing that Speedo have agreed to sponsor Australian Gymnastics.

Speedo has made a considerable investment in Swimming and Surf Lifesaving and have now taken Gymnastics under their sports umbrella. This includes the Gymnastic Programme at the A.I.S.

The sponsorship is specific to the National Headquarters of the Federation and includes outfitting of all International and A.I.S. Teams.

Keri Battersby A.I.S. Level 8 Champion May '81 and now Level 9 Champion August '81 is seen posing in a Speedo leotard during recent National Championship.

The news of Speedo's decision has been enthusiastically greeted by the Gymnastic fraternity and culminates a major development initiative along with the introduction of our new Management Board.

**SPEEDO®**

# LIST OF NEWS EDITORS:

- ACT:** Mr. I. McCormack  
C/- ACTGA  
P.O. Box 1579  
Canberra City, ACT 2601
- NSW:** Mr. Ken Benson  
3 Koala Place  
Hornsby Heights, NSW 2077
- QLD:** Mr. Jeff Cheales  
C/- QAGA  
P.O. Box 1471  
Brisbane, QLD 4000
- S.A.** Mrs. Lyn Hutchins  
27 McClure Avenue  
Reynella, S.A. 5161
- TAS:** Mr. Terry Brooks  
C/-TAGA  
2 Loscombe Court  
Moonah, Tas. 7009
- VIC:** Mr. Andrew McLaren  
C/- VAGA  
4 Mossfield Avenue  
Ferntree Gully, 3156
- W.A:** Mr. & Mrs. Rod Sinclair  
11 Mignon Court  
Armadale, W.A. 6112

# CONTENTS

Editors Report . . . . .	3
From the A.G.F. . . . .	4
R.S.G. World Championships 1982 — Munich . . . . .	4
1981 Sport Australia Awards . . . . .	5
Around the States . . . . .	6

## EDITOR'S REPORT

Due to lack of material and the timing of the Artistic World Championships, the December issue will be arriving in January. All World Championship information will be included in the March 1982 issue.

Cost of the 1982 subscription is \$10.00 for the calendar year or \$2.60 per issue.

With two World Championships, the opening of the Australian Institute of Sport, the W.A.G. Junior Australian Championships, the formation of the Pacific Alliance, the commitment to build gymnastic facilities and appoint full-time personnel in some of the States, the effort of all involved in gymnastics has contributed to another year of development in our sport.

I trust that Christmas time will bring an opportunity for relaxation and that all will enter into 1982 with renewed enthusiasm.

Peggy Browne

**FRONT COVER**  
Werner Birnbaum NSW/AIS  
F.I.G. Gold Pin.  
Photo: Courtesy of Peter Meyers.

**DEADLINE DATES FOR ARTICLES**  
1982

March Issue . . . . . 6th February 1982  
July Issue . . . . . 5th June 1982  
October Issue . . . . . 4th September 1982  
December Issue . . . . . 5th November 1982

Limited back issues of The Australian Gymnast are still available. Write to A.G.F. Office.

Viewpoints and opinions expressed in articles appearing in The Australian Gymnast are those of the authors. The Publishers accept no responsibility for the information supplied or the changes subsequent to the date of publication.

The Australian Gymnast is published quarterly in Melbourne and printed by  
ENNIS & JARRETT PTY. LTD.  
35 Advantage Road, Highett 3190.

**Managing Editor:** Miss Peggy Browne

# Here's a sporting proposition for you!



If you're in a sporting team which is going places, you need an airline that's used to flying sporting teams to and fro.

That's us—Ansett Airlines of Australia, the sports travel specialists. If 15 or more of you fly together, we knock 10% off your air fares, we give you a special group baggage allowance, and in most

cases we tote your sporting equipment free of charge if it travels on the same flight with you. We can also make your hotel/motel reservations, and even help you find a venue if you're having a big get-together. Call us and get all the details from the people with the sports travel experience.

**ANSETT**  
AIRLINES OF AUSTRALIA  
The Sports Airline





## FROM THE A.G.F.

### WOMEN'S TECHNICAL REPORT

As the year draws to a close, it is time to reflect and review.

1. The Technical Manual — a highly recommended and necessary text for anyone interested in women's gymnastics — is now being considered by other countries. Copies are still available through State Associations, and the full Manual is vital to gain the complete picture of W.A.G. progress from Level 1 to 10.

2. The single page of amendments to the Manual, passed by the W.T.C. at their May Meeting — had a phase in period up to 31st December. If you do not have a copy, please contact your State Association.

3. World Championship — Moscow. Overall, a successful tour by a relatively new Team (only 2 gymnasts — Wanita and Shaw — having competed at the International level previously). A great, learning experience for all concerned, and an opportunity to show the potential we have. As a result of our improved work, invitations have already been received for prestigious competitions, previously closed to us. A full report appears further in this edition. However, as Manager of the

Team, I would like to express my appreciation to a great group for being such a compatible 'family'.

4. Full reports from the Technical Assemblies, Congresses and Judges Meetings will be presented to the appropriate committees.

5. 1982 looms as another busy year, and I refer you to the calendar following this article.

6. Congratulations to the following gymnasts who have been selected into the A.I.S. for 1982.

Kellie Wilson  
Gillian Berry  
Jacki Gibbons  
Carolyn Wootton  
Heidi Amundsen  
Jenny Roberts  
Julie Briguglio  
Susan Miller  
Keri Battersby  
Philippa Ray  
Michelle White  
Suzanne Morrison

I hope you have achieved some of your goals this year, and are encouraged to set higher ones in 1982. With the opening of our special training gym in Canberra, the future is exciting. We are now on the threshold of not only proving we have the talent, but with the major international event of the year — the Pacific Alliance Series — that we have the expertise in all areas to conduct such an event. Perhaps, at last, the world will realise our major "stumbling block" has been geographical isolation combined with the financial burden caused by distance.

My appreciation to all the gymnastic fraternity for your continued hard work and dedication.

Season's Greetings.

Frances Thompson

### CALENDAR FOR 1982

January	— Australia Day Event — opening of training gym
March	— Moscow Riga
April	— Level 3 Coaches Course
May	— Bronze Nationals — Junior Individual Championships — Junior Australia v. New Zealand (Tasmania)
June	— P.A.D. Seminar — Gold Sands Competition — Bulgaria
July	— F.I.G. Congress/Gymnastrada — Staggered State Titles
August	— Silver/Gold Nationals — Pacific Alliance Selection
September	— Pacific Alliance Series

## R.S.G. WORLD CHAMPIONSHIPS 1981 — MUNICH

and risky throws and moves. Mostly the routines showed a definite contrast in music and style of fast and slow, either beginning with slow controlled moves, and then breaking into fast and dynamic, or vice-versa. Arm and head movements were significant and used to great advantage to show grace and control. Foot work was precise and it was obvious from the strength of extension and control that many gymnasts had some sort of ballet training.

Although dynamics was apparent from the strong body movements of elevation and extension, it seemed the overall general impression was of grace and beauty of body movements with accentuated waving and bending of the trunk.

Perhaps most importantly was that the gymnasts performed with "facial expression" showing inner feeling for their music and routine. Smiling and the use of eye expression was most significant in portraying the gymnast's 'enjoyment' of her performance.

**Clubs** — I was disappointed with many of the club routines. A great deal of static club work was evident particularly during one club throws. The routines contained many throws and a lot of 'juggling'. Clubs were often rolled on the body but not a lot of sliding on the floor was done.

**Rope** — Generally very fast with some very tricky and clever handling. Usually strong body movement associated with rope, with lots of leaps through open rope and double turns of rope during split leaps. Wrapping and unwrapping of the rope around any available 'appendage' was most popular.

**Hoop** — Very spectacular throwing done with hoop with lots of angle throws and throws of hoop on vertical and horizontal axis often following each other in succession. Seen a few

times was throw, **two** forward rolls and catch. Hoop continually rolled on body during travelling movements (including leaps). Kicking hoop from foot into air during split leap seemed popular (try it with boots on first!!). A very beautiful movement seen a few times was catching the hoop from a horizontal throw over a vertical split arabesque. Lots of hoop 'twisting' around and on hands.

**Ribbon** — Very superior ribbon patterns (partly due to finer more flexible sticks which can also be boiled for 12 minutes and served with meat sauce!). All patterns were very small and fast. Body movements usually more graceful and controlled with ribbon apparatus. Majority of ribbons were striped or patterned. Throws usually done from the ribbon (not stick). Averaged two throws during routines. Done a lot was pulling on the end of the ribbon after a throw to return the stick back into the hand.

**Group** — Unfortunately the group apparatus seen at the World Championships marks the end of a two year era and therefore of no benefit in gaining ideas for the next two year period. Most of the groups were exciting with interesting choreography and floor patterns.

The West German team in particular proved to be a real crowd pleaser with its interesting choreography of girls literally walking and sliding on each other, lifting and throwing each other and generally working in pairs similar to a man, woman ballet partnership.

A very important point for Australian coaches to note is that without exception, all groups were catching superior exchanges (over 4 metres) with two hands. This is quite significant to the six ball groups for the next two years!

Even ribbon sticks were often caught in two hands and then continued into a movement with one hand.

This was also the case with throw, forward roll and catch.

It is important to understand however that the catching in two hands was not 'grasping from the air' but rather did not interfere with the trajectory of flight as the catching in two hands was usually transferred into one hand for the follow through often with a 180° body turn.

The groups generally had lots of exchanges and a lot of work with the gymnasts working in unison.

Also of interest for future group ribbon work, is that the judges were advised to penalise for static apparatus for the ribbon being held straight at both ends by two people, eg. maypole effect. Apparently this was popular in Brazil because several groups did this at the Worlds, but as it is definitely not a ribbon characteristic for it to be held still from patternising, therefore it was penalised accordingly.

**Conclusion** — As to be expected of a World Championship, the standard of work was very high. It is fortunate that video recordings were made of the competitions and hopefully this will mean that all coaches and gymnasts in Australia will eventually be able to share in the teaching value of such a competition.

I personally found the experience most valuable and my feelings were only reinforced as to what a beautiful and skilful sport rhythmic gymnastics really is.

My thanks go to Margaret Lanz as Team Manager for her assistance and friendship during the trip and also to the girls in the team for making my task as Coach an easy one.

Thanks must also go to the A.G.F. for making this trip possible.

Barbara Langford

## R.S.G. WORLD CHAMPIONSHIPS 1981 — MUNICH

The trip by the Australian contingent to the 10th World R.S.G. Championships in Munich proved to be a most valuable experience for all concerned.

Both Robyne Levit and Fiona Wallace, our two individual competitors, performed most commendably. The Group also performed well but unfortunately had a few mishaps in their second performance. All the girls deserve great credit for displaying the necessary courage and maturity to have performed in such an overwhelming atmosphere provided by the Munich Olympic Stadium with its audience capacity of 15,000.

### General Comments about the Competition

**Apparatus Measuring** was conducted with great thoroughness including weight of ribbons and hoops. If the

apparatus was in accordance with the F.I.G. rules, an ink stamp was put onto the apparatus (not easily detected with dark coloured apparatus) and this was then checked at random before the gymnast entered the stadium for her performance.

**Music** — All prerecorded music was transferred onto an official reel-to-reel tape prior to the competition. Unfortunately for the Australian Group there were problems when somewhere between performance one and two, the tape seemed to have stretched about six seconds (unlikely?? That's what I thought!), causing a 0.30 deduction to be imposed on the second performance. If this were the case, I felt it was just cause to be labelled "circumstances beyond the control of the gymnast" and so protests were lodged (in French!!) but unfortunately not accepted.

The acoustics in the stadium were excellent and it was difficult to tell the difference between live piano and the taped music.

**Scores** — All scores were easily read (if you happened to be German!) as they appeared on a computerised scoreboard above the centre floor area. All **four** judges marks were shown as well as the final score (all that was missing was tote odds!!)

**Judges** — The judges were seated along one length of the stadium. Copies of score sheets were circularised to the Heads of Delegation (who sat close by with loaded pea shooters!) immediately they were available following a gymnast's performance.

**The Gymnasts** — Generally the gymnasts were very slender and very flexible. The style of work was quick, graceful and exciting with lots of high

## 1981 SPORT AUSTRALIA AWARDS

### SILVER AWARDS

#### 1. Most Popular Australian Sporting Personality:

Sponsor: Hardys Wines  
Presenter: BETTY CUTHBERT

**WINNER — Dennis Lillee**

#### 2. Administrator of the Year:

Sponsor: Rank Xerox (Australia) Pty. Ltd.  
Presenter: WAYNE REID

**WINNER — John Raschke (Basketball)**

#### 3. Coach of the Year:

Sponsor: The Broken Hill Proprietary

Co. Ltd.

Presenter: FRANK SEDGMAN

**WINNER — Bill Sweetnam (Swimming)**

#### 4. Junior Female Athlete of the Year:

Sponsor: Adidas  
Presenter: SHIRLEY DE LA HUNTY (STRICKLAND)

**WINNER — Anne Minter (Tennis)**

#### 5. Junior Male Athlete of the Year:

Sponsor: Adidas  
Presenter: BOB SKILTON

**WINNER — Grant Kenny**

#### 6. Junior Team of the Year:

Sponsor: Coca-Cola Export Corporation and the Coca-Cola Bottlers

Presenter: BILL ROYCROFT

**WINNER — U/16 year Tennis**

#### 7. Best Presentation of a Sporting Event by a National Sporting Association

Sponsor: Henry Jones IXL  
Presenter: JOHN KONRADS

**WINNER — Hardie Feroda 1000**

#### 8. Best Performance by an Australian:

Sponsor: Sports Exacto

## 1981 SPORT AUSTRALIA AWARDS

Presenter: SID PATTERSON

**WINNER — David Graham**  
(Golf)

### GOLD AWARDS

#### 9. Team of the Year:

Sponsor: Trans Australia Airlines  
Presenter: SIR ROBERT LAW-SMITH

**WINNER — Aust. Men's Hockey Team**

#### 10. Female Athlete of the Year:

Sponsor: Confederation of Australian Sport

Presenter: The Rt. Hon. J.M. FRASER,  
C.H., M.P.

**WINNER — Vicki Hoffman**  
(Squash)

#### 11. Male Athlete of the Year:

Sponsor: Confederation of Australian Sport

Presenter: The Rt. Hon. J.M. FRASER,  
C.H., M.P.

**WINNER — Geoff Hunt**  
(Squash)

## AROUND THE STATES—SOUTH AUSTRALIA

As brick and steelwork rise higher on the new State Headquarters, planning is under way to best utilise this new facility in the new year. The W.A.G. competition year has been reconstructed in an effort to provide more time for pre and post season training at each competing level, and an intensive Talent Training programme is to be implemented. Hopes are high that a Government-funded Administrator or Coaching Director will be forthcoming.

Pits are in the news here at present. Two city clubs, Walkerville Y. and Tea Tree Gully Youth Centre will be using their new pits in 1982 — the State Headquarters' pits are about to be excavated, pending the completion of the roof.

'Illawonga', Acromat's Research/Training Centre, will continue to be

well used next year, both for Talent Training programmes (Men's and Women's), and as a popular camp site for city clubs wanting a weekend 'away from it all'. Lance Otto has, with engineering wizardry, installed several trapezes over the pit. Ashton's Circus is rumoured to be monitoring progress.

On the Rhythmics scene, Barbara Langford is set to run a Clinic in Adelaide in January on overseas trends. In the more immediate future, a 'Pairs Competition' is to be held on November 22nd. President, Pat Luscombe, believes it will help train young gymnasts for group work, by developing co-ordination and choreography in a 'partner' situation.

Lyn Hutchins  
S.A. Editor



**Chiswichord**  
*Music for Gymnastics*



Composed, arranged and performed by  
**SEAN KEOHANE**

British Olympic Pianist — Moscow 1980

### 100 EXCITING NEW FLOOR EXERCISES!

Our outstandingly successful series of cassettes of music for Women's Artistic Gymnastics floor exercises now comprises five volumes each containing 20 routines:

- |   |                   |
|---|-------------------|
| CHI 1 STEPPING OUT                            | CHI 2 ON THE MOVE |
| CHI 3 FIRST FLOOR<br>(Young/Medium age group) | CHI 5 DUETTING    |
| CHI 6 HAPPY DAYS (Beginners)                  |                   |

These five cassettes contain music for every possible taste (classics, pop, folk etc.) from that perky little junior floor-ex to the most sophisticated routines for the elite gymnast. With all routines timed to conform to the new code's length requirements and with their brilliantly vivid stereo sound quality, these five cassettes form a library of floor-ex music indispensable to every gym club and school, and to every individual gymnast looking for the perfect routine.

Prices: including return air-mail post (International Money Order or Banker's Draft payable to CHISWICHORD:

All 5 Cassettes: \$42 AUS. (Any 1 — \$9, 2 — \$18, 3 — \$26, 4 — \$34.

From: **CHISWICHORD,**  
18 GROSVENOR ROAD,  
CHISWICK, LONDON W4 4EH  
ENGLAND.

## GYMNASTIC EQUIPMENT

Manufacturers of all Types of Gymnasium Equipment

Specialists in

### School Equipment

- Wall bars, gymnasium mats.
- Vaulting boxes, pommel horses.
- Balancing beams, balancing benches.
- Parallel bars — women's asymmetric olympic, men's olympic
- Horizontal bars, booms, horizontal ladders
- Climbing ropes, Roman rings
- Weight lifting equipment, basketball backboards
- Spring boards, beat boards.



Laurion Pty. Ltd.,  
20 Fulton Street, Huntingdale, 3167.  
Telephones: 544 4711 — 544 4056

All fixed equipment to Victorian Department of Public Works  
and Australian Standard. Prices on application.

Catalogue available

### AUSTRALIAN GYMNAST SUBSCRIPTION FORM

I would like to subscribe to "The Australian Gymnast"  
and enclose a cheque for \$.....

Cost: \$10.00—"The Australian Gymnast" (4 issues)  
(Coaching Section included in Magazine)

NAME .....

ADDRESS: .....

POSTCODE: .....

Subscriptions are for the calendar year—January/  
December 1982.

Individual Copies are \$2.60

Foreign Subscription: Add \$4.00

RETURN TO:

"The Australian Gymnast"  
P.O. Box 180  
Moorabbin, Vic. 3189.  
Australia.

New Zealand Magazine Subscription now \$10.00

## NATIONAL COACHING DIRECTOR

*The Australian Gymnastic Federation  
is calling for applications for the  
position of National Coaching Director  
(responsible for the three disciplines).*

*Details from the National Office.*

*Return applications to:*

*The National Office*

*P.O. Box 180*

*Moorabbin, Vic. 3189.*

*Deadline Date: 28th February 1982*

## COSTUME AND BALLET CENTRE

613 Wellington Street, Perth. Phone 3216362

Opposite Perth Entertainment Centre

### LYCRA LEOTARDS FOR

- GYMNASTICS
- CALISTHENICS
- ACROBATICS
- BALLET
- JAZZ
- BALLROOM PRACTICE

### WE SPECIALISE IN

- ALL BALLET REQUIREMENTS
- BALLROOM SHOES
- SEQUINS AND BRAIDS
- FEATHERS AND TRIMMINGS
- ELKSKIN CHAMPS
- PAUL WRIGHT GYMSHOES
- BLOCH GYM SHOES
- BLOCH TRAMPOLINE SHOES

### SPORTS CLUBS PLEASE NOTE:—

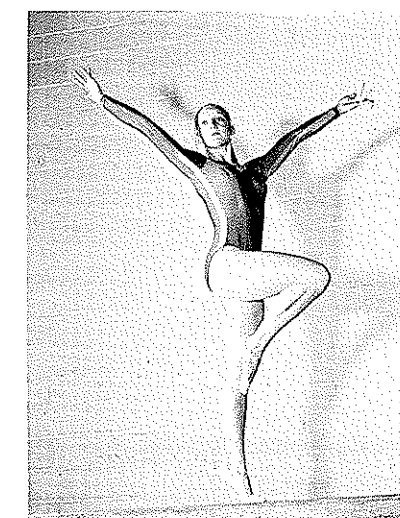
Club colours available for special designs

Also sports briefs to match.

Plus all standard dance leotards.

QUEENSLAND AGENT:— Barry Martin 07-311841  
25 Dandar Drive, Southport 4215.

N.S.W. AGENT:— Carlu Carter 02-3871523  
2 Read St., Waverley 2024.

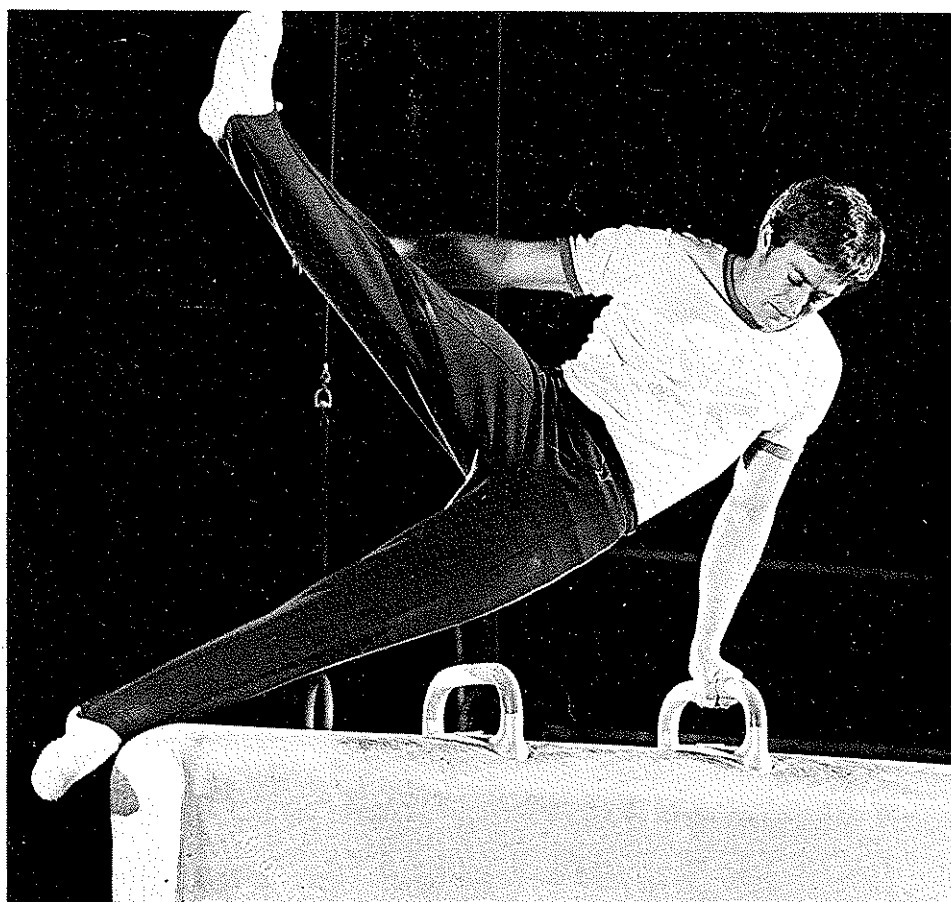


# ACROMAT



## GYMNASTIC AND SPORTING EQUIPMENT

Suppliers of Equipment for the 1980 Australian Gymnastic Championships



Lambert Ariens—1980 Australian Champion

*IS YOUR CLUB KEEPING ITS EQUIPMENT UP TO WORLD STANDARDS?*

CHECK ACROMAT'S LATEST FEATURES:—

- Spring Floor Sections—Now available
- Olympic Horizontal Bar—Now features Stainless Steel Cross Bar—to F.I.G. requirements
- Lightweight Aluminium padded and upholstered Balance Beam—adjusts from Olympic height to floor level
- Improved Rebound Reuther Beat Boards—Available now
- Airboards are ideal where height and spring tension adjustment are required
- Wall Hinged Reuther Bars are easier to set up
- Do you realise that Acromat also manufacture weight training equipment, Multi Station Exercise Machines and Retractable Tiered Seating?

*Ask for our Technical Catalogue Specifications and Price Lists from*

**OTTO INDUSTRIES PTY. LTD.**  
309 South Rd., Mile End South, South Australia 5031  
Telephone: (08) 352 2288