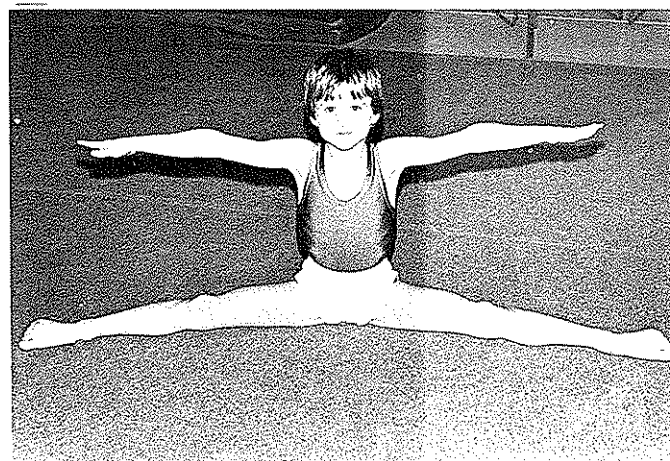
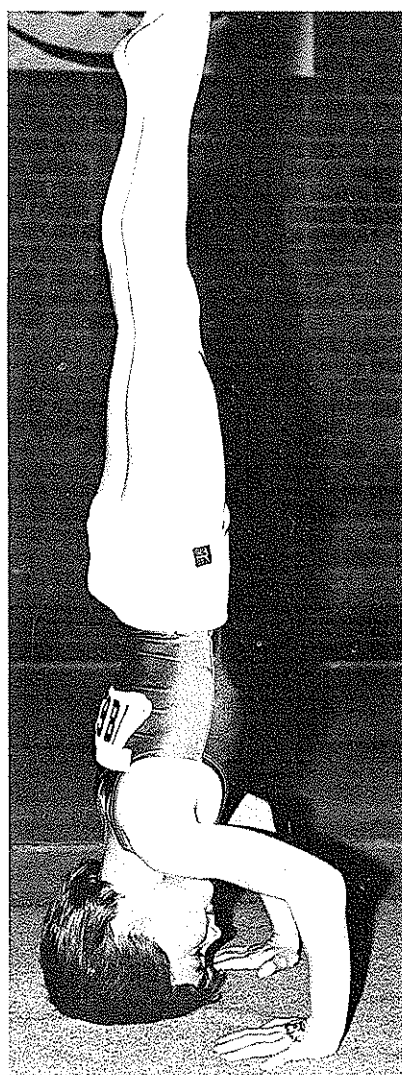
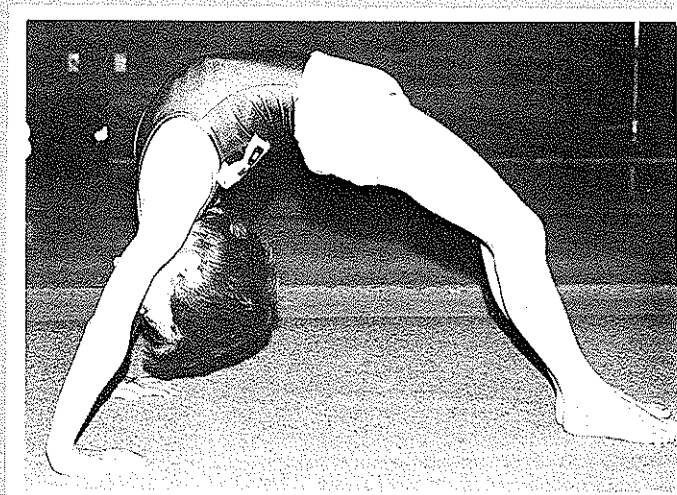


THE AUSTRALIAN GYMNAST

THE OFFICIAL MAGAZINE OF THE AUSTRALIAN GYMNASTIC FEDERATION



Vol.10. No.14.

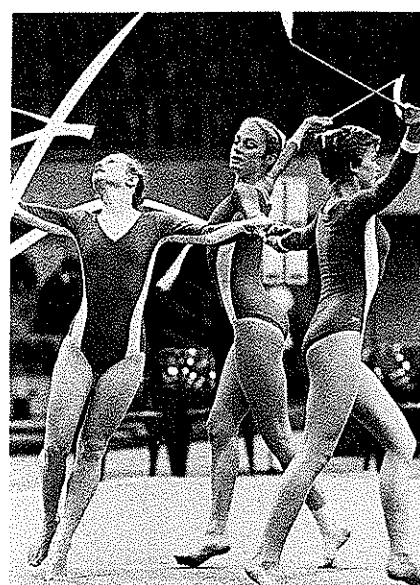
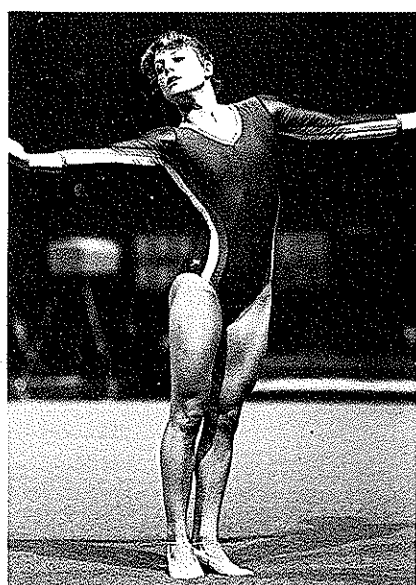
JULY, 1983

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



All International Teams both Rhythmic and Artistic were outfitted by "Speedo" Australia.

SPEEDO



SPEEDO

FROM THE A.G.F.

PRESIDENT'S REPORT

Front Cover:

7 year old Daniel Carpinelli— S.A. Level 3 Champion.

Photographers:

Leonie Bianchi
Ross Gould
Clare Maciejewski
Foto Bettendorf
Robert Lanz

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.

STATE OFFICES — MAILING ADDRESS

Q.A.G.A.,
Box 1471, G.P.O.,
Brisbane, Qld. 4001

A.C.T.G.A.,
P.O. Box 1579,
Canberra, A.C.T. 2601

N.S.W. G.A.,
Sports House,
Room 507,
157 Gloucester Street,
Sydney, N.S.W. 2000

V.A.G.A. Inc.,
4 Mossfield Avenue,
Ferntree Gully, Vic. 3156

T.A.G.A. Inc.,
G.P.O. Box 1201,
Hobart, Tas. 7001

S.A. G.A. Inc.,
P.O. Box 183,
Park Holme, S.A. 5043

W.A.G.A. Inc.,
P.O. Box 65
North Perth, W.A. 6006

N.T.G.A. Inc.,
P.O. Box 39240,
Winnellie, N.T. 5789

The Federation's June Board Meeting concentrated basically on financial aspects of the Federation with a full review of the accounts to the 31st December 1982. You will recall the Federation changed its financial year to the calendar year and there was a great deal of reconciliation between projects accounted for on the previous financial basis and the new basis. We are now moving in the right direction and can look forward confidently to efficient financial management.

It is very pleasing to report that Margaret Lanz, not only has been appointed Section Manager for the Los Angeles Games in 1984 but also at short notice went to Switzerland and obtained her 6th Cycle F.I.G. Brevet as an International Judge. She, with Ken Williamson and the National Executive Director have the onerous responsibility of organising the teams for the World Championships to be held in Budapest and Strasbourg during October/November of this year.

With regard to these World Championships they are going to prove to be very important for the Federation. Not only is Rhythmic Sportive Gymnastics included in the 1984 Olympic programme but also we face a one shot Olympic Qualification Trial during these World Championships. We have made representation to the Australian Olympic Federation's Justification and Forward Planning Committees with a view to obtaining support for our Olympic Selection Process and have received a degree of encouragement; however, the financial load on gymnasts and officials alike is most significant. This is one aspect of major concern to the Board of the Federation: or i.e. its inability to obtain significant financial support for our participation in World Championships. With a new Government in power in Canberra and election promises being made to sport we can look forward with anticipation to the budget coming down in August. This is just prior to our Annual General Meeting.

The Annual General Meeting will be held in conjunction with the National Senior Championships, that will also be a first for our sport. It will be the first time that the Federation has or-

ganised the Championships but not without the support of the A.C.T.G.A. It is also the first time that all Senior disciplines will be held concurrently and without Junior competitions.

Another significant first for the Federation is that it has obtained a three year contract for sponsorship of our National Championships with Nestles "MILO". This sponsorship is most significant in that it is in association with A.B.C. Television. Both the Q.A.G.A. and the V.A.G.A. have accepted in principle to co-operate with the successive National Championships.

This new championship concept allows us to maximise the presentation without the normal Association budgetary constraints. In fact, this financial constraint has now been removed for the Associations involved in this three year cycle. We will also be presenting our Championships to the Australian public via the medium of television. This no doubt is a result of the extraordinary acceptance level of the 1981 "MILO Cup". That experiment has now rewarded those who have worked so hard in the V.A.G.A. and the Federation to make it a success.

Sponsored Nationals fit neatly into the development of the State Associations. In particular, we note the continuing appointment of professional and full time staff as well as gaining association offices and facilities. The opportunity has now been recognised and it is up to all of us to consolidate on that opportunity.

With regard to the separation of the Junior Nationals for all three disciplines, it is pleasing to report that I had the opportunity to visit two of the three and it can be confidently said that a Junior National Programme is more beneficial to the Juniors than linking them with the Senior Programme.

I should also like to report the release of the publication "Introductory Gymnastics", (some would say at long last) but, I am sure all who have had the opportunity of perusing this manual will appreciate the reason for the delay. May I on behalf of the Federation congratulate in particular, Mr. Gene Schembri, as author and Georges

CALENDAR OF EVENTS:

International Competition	Artistic World Championships	23—30 October 1983	Budapest, Hungary
	Rhythmic World Championships	10—13 November 1983	Strasbourg, France
National Competition	National Championships (MAG/WAG/RSG)	22—27 August 1983	Canberra
State Titles	TAS	16—17 October 1983	Hobart
Clinics	RSG National Clinic	29 Aug—1 Sept. 1983	Canberra
Other Events	61st F.I.G. Congress	1—6 November 1983	Strasbourg, France

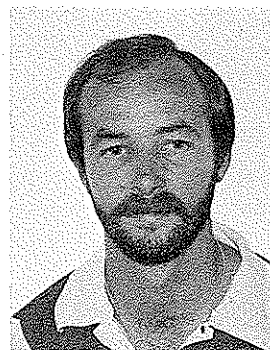
FROM THE A.G.F.

McKail as illustrator of this excellent work.

The Board of the Federation will be reporting officially to the Annual General Meeting for the first time during the Championship week and I, with my colleagues, look forward to discussing the major gymnastic issues that will arise at that time.

James Barry
President

MEN'S TECHNICAL REPORT



Men's Gymnastics is at a new threshold of its development with the introduction of its New National Awards and the re-organization within the Men's programme. At the Elite Level, Australia should make its mark at the World Championships this year by scoring better than Great Britain for the first time and qualifying three male gymnasts for the 1984 Olympic Games. And, at the lower levels with the introduction of new skills patterns and routines, we should see an increase in the standard of boys' gymnastics throughout Australia. Some of the events for the next six months are:

— July 1st/2nd — Junior National Championships — A.C.T.

— July 3rd/4th — Junior National Clinic — A.C.T.

— August 21st/27th — Senior National Championships — A.C.T.

— World Championships Selection Trial.

— August 22nd/September 4th — U/16 Australian Tour of New Zealand.

October 23rd/30th — World Championships — Budapest.

— January 9th/25th 1984 — National Gymnast and Coaches Camp — A.C.T.

Ken Williamson
Men's Technical Director

WOMEN'S TECHNICAL REPORT

An exciting, competitive start to the year has been made, displaying the depth of talent throughout the Nation.

The report on the Junior National Championships elsewhere in this edition will highlight the skill progress in the past twelve months.

The Junior National Championship week was very successful, from the Judges Course at the start of the week, through the actual competitions to the Coaches Clinic at the end. Many congratulations are due:

— to the Q.A.G.A. for their hosting of the Championships.

— to the lecturers for Judges and Coaches Clinics for well presented, interesting programmes.

— to all the personnel involved in the total competition — Coaches, Judges, scorers, floor managers etc. etc. and most importantly the gymnasts for a job well done.

— to the highest achievers for their successes — full results reported elsewhere.

(ii) The New Zealand North Shore Mixed Pairs Competition held in Auckland. Our team was Gillian Berry, Elana Sharp, Sue Turnbull with coach Graham Partington.

(iii) The "Canadian Classic" in Toronto — our team, selected from the Junior Nationals — Carolyn Wootton, Debbie Graham, Carolyn Stewart, Joanne Marshall, Abby Watkins, Cathy Frank, with Manager/Coach Kym Coombes and Judge Kim Morris are currently in Canada at the time of going to print.

(iv) The "Golden Sands" Competition in Varna, Bulgaria — Michelle White placed 18th and Kellie Wilson 20th, Coach Kazuya Honda explained the training and warm up experiences were valuable and competition was very interesting. Michelle was named "Miss Golden Sands".

(v) The Pan Am National Club Competition held in Canberra hosted by the Canberra City Gym



Frances Thompson instructing the Australian Junior Squad

— the Australian Team — Debbie Graham, Carolyn Stewart, Joanne Marshall, Cathy Frank, Claudia Trittmacher, Abby Watkins for their success in the Aust./N.Z. Competition.

There have been four International Competitions and a fifth with some International input in May — June period.

(i) The Junior International — Australia -v- New Zealand Competition held in conjunction with the Junior Nationals in Brisbane.

Club, organised by Les Sharp with considerable aid from Hal Halvorson and his Big Sky Gym Team.

The competition was conducted in two divisions, optionals only and was most successful. No doubt a report will appear soon.

Competitors came from U.S.A., New Zealand, A.C.T., N.S.W., VIC., TAS., W.A., and S.A.

States are now preparing for their Level 8, 9 and 10 Championships, and it is pleasing to note the staggered Titles concept is being used. From these Titles Gymnasts will be selected

to represent their States in the Senior National/World Championship Trials to be held in three disciplines at the end of August. An exciting prospect.

In the Technical Assemblies during May, many interesting and serious concepts and considerations were given to the future of Women's Gymnastics in Australia. The ideas were given to Delegates to take back to their respective States, and will see fruition at the August Assemblies.

Finally special congratulations to the following:

JUNIOR NATIONAL SQUAD

Carolyn Wootton	Laurel Delalande
Debbie Graham	Tracy Leotta
Carolyn Stewart	Michelle Wade
Joanne Marshall	Samantha Iddon
Abby Watkins	Fiona Gabriel
Cathy Frank	Dianne Wills
Claudia Trittmacher	Natalie Simper
Kylie Pearse	

JUDGES

Judges who passed their Bronze in May:

Kerrie MacIntosh	Jenny Watson
Julia Sharp	Louise Cross
Merryl Sykes	Margaret Quartly
Sally Newmann	Ann Yamasaki

Kazuya Honda (A.I.S. Coach) and Rhonda Overall (Gold Judge) on their engagement.

Frances Thompson
Women's Technical Director

R.S.G. TECHNICAL REPORT



June marks the half way mark for 1983. This time of the year is very exciting for all the three disciplines with State Titles and the build up for the National Championships in Canberra.

Junior National Titles were held in the first half of 1983; W.A.G. in Brisbane, R.S.G. in Melbourne and M.A.G. in Canberra. The inaugural National

FROM THE A.G.F.

Championships for the Junior R.S.G. Gymnasts was a great success. Our thanks to the V.A.G.A. Championship Manager Mrs. Margaret Bruce and her committee: Mrs. Maureen Vyse — Judging Co-ordinator and Mrs. Virginia Cochrane — Coaching Co-ordinator.

The standard of competition has greatly improved and I am sure this is due to the Junior Development Tours to Europe 1982 — 1983. The National Selection Committee announced the Junior Squad as follows:

— Juanita Ashworth N.S.W.
— Kylie Baker S.A.
— Karen Davies W.A.
— Sally Goodwin S.A.
— Natalie Gunn W.A.
— Ashlee Haynes S.A.
— Nicole Higham W.A.
— Bronwyn O'Halloran S.A.
— Amanda Pellow VIC.
— Nicole Schroutrup QLD.

Results of Junior Nationals will be published in the "Australian Gymnast".

Level I Accreditation

Three States have successfully conducted Level I Courses: N.S.W., Vic., and S.A. Would all Judges and Coaches be reminded that retrospective accreditation expires on November 13th 1983.

A.I.S.

The four girls at the A.I.S. are awaiting the arrival of the new coach with anticipation. All girls have been working under extremely difficult circumstances and to their credit with assistance from the M.A.G. and W.A.G. Coaches are progressing towards the Senior Nationals.

EUROPEAN TOUR — COMPETITION IN WIESBADEN

Four Junior Gymnasts — Two Senior Gymnasts

This tour will be reported on in the "Australian Gymnast" by the Manager plus results.

Congratulations to the whole team for being excellent Ambassadors for Australia.

6TH CYCLE JUDGES COURSE

A very successful Judges Course was held in Melbourne during the Junior Nationals to familiarise all States with the changes to the Code of Points.

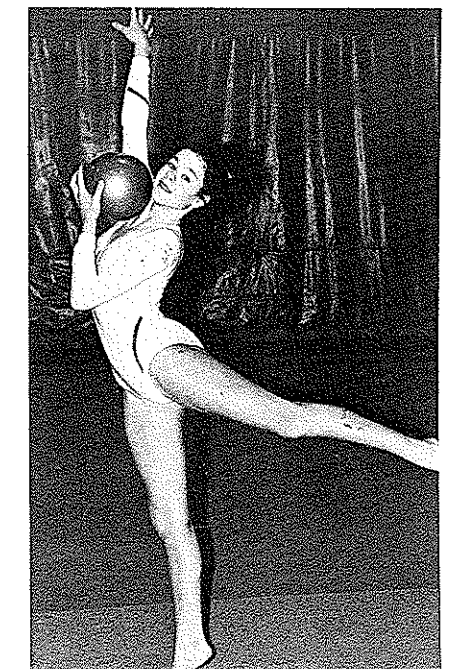
The Senior Nationals will be judged on the new Code and I must emphasise the importance that all Judges wishing to judge in Canberra must attend a Judges Course to ensure complete knowledge of the Code of Points.

WORLD CHAMPIONSHIPS — STRASBOURG, NOVEMBER 1983.

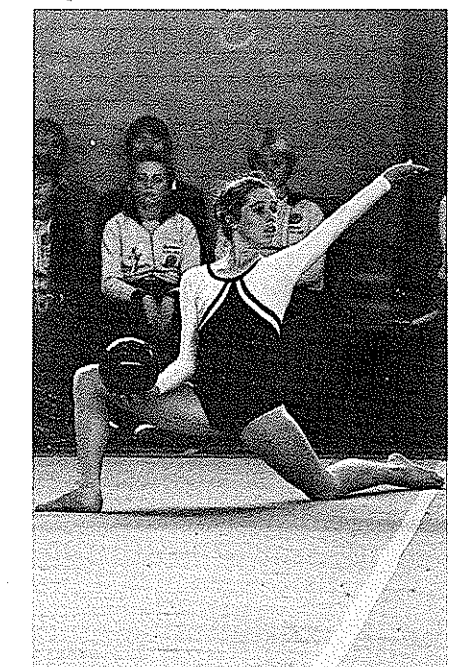
Preparation is now well under way for the team which will travel to France. Pre-training will be in West Germany. The group are well into the last phase of their eighteen month programme. The individuals will be selected at the Nationals. We wish all well for these qualification trials.

Margaret Lanz
National Technical Director (RSC)

R.S.G. JUNIOR NATIONAL CHAMPIONSHIP



Sally Goodman — S.A.



Geraldine Scahill — W.A.

R.S.G. JUNIOR NATIONAL CHAMPIONSHIPS

Rhythmic Junior Nationals held at Victoria College—Burwood Campus, Melbourne. General Competition held on Saturday 11th June and the Finals on Monday 13th June with 31 Individual Competitors from W.A., S.A., Qld., N.S.W., Vic., and New Zealand and 6 Groups in the Group Section.

The standard was very high and the competition very keen with Individual medals going to W.A., S.A. and Vic.

It was evident that the girls who competed in New Zealand in the "Kiwi Cup" in November 1982 and the recent German Tour have gained valuable experience that has raised the level of their work considerably.

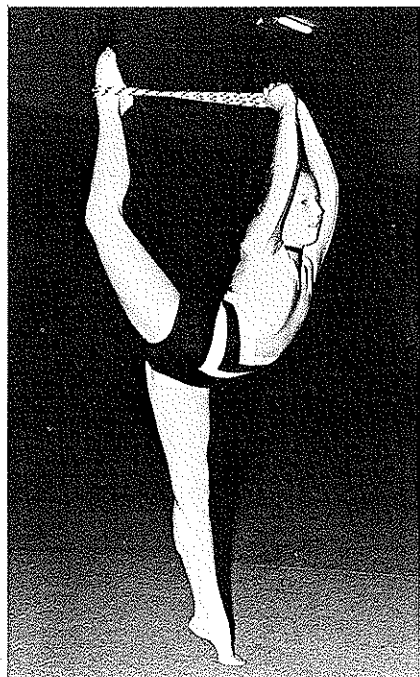
It was also encouraging to see N.S.W. entered in the Group Section for the first time.

The New Zealanders were made welcome and all Competitors mixed well and enjoyed the Competition. All Contingents attended a social function at "The Spaghetti Tree" where everyone relaxed and enjoyed the evening.

Our thanks also go to Ann Maree Kerr, Gail Duquemin and Karen Ho A.I.S. who demonstrated their routines during the Championships.

This was the first time that the Junior Nationals was separated from the Seniors and has proved to be very successful.

Margaret L. Bruce
Championship Manager



Patty Varga—S.A.

GENERAL COMPETITION

NAME	STATE	ROPE	HOOP	BALL	TOTAL	PLACE
Antoinetta Guida	WA	8.25	8.60	8.55	25.40	1st
Nicole Higham	WA	8.30	7.85	8.15	24.30	2nd
Sharon White	VIC	8.20	8.20	7.85	24.25	3rd
Geraldine Scahill	WA	8.05	7.90	8.05	24.00	4th
Ashlee Haynes	SA	8.00	8.00	7.85	23.85	5th
Sally Goodwin	SA	7.75	7.95	8.10	23.80	6th
Kylie Baker	SA	7.85	8.20	7.65	23.70	7th
Kerryn Davies	WA	7.95	7.85	7.85	23.65	8th=
Nicole Schroutrup	QLD	8.15	7.80	7.70	23.65	8th=
Natalie Gunn	WA	7.70	7.80	7.60	23.10	10th=
Amanda Walsh	WA	7.95	7.80	7.35	23.10	10th=
Fiona Hyslop	VIC	7.60	7.75	7.70	23.05	12th
Rosemary Turnbull	VIC	7.75	7.75	7.40	22.90	13th
Bronwyn O'Halloran	SA	7.85	7.45	7.55	22.85	14th
Rebecca Price	SA	7.90	7.45	7.30	22.65	15th
Karyn Jones	SA	7.60	7.40	7.60	22.60	16th=
Angela Preece	N.Z.	7.50	7.50	7.60	22.60	16th=
Tara Beres	WA	7.65	7.65	7.30	22.60	16th=
Wendy Baker	N.Z.	7.90	7.55	7.05	22.50	19th
Cynthia Creagh	N.Z.	7.55	7.45	7.35	22.35	20th
Patty Varga	SA	7.40	7.25	7.65	22.30	21st
Jackie Bridgette	N.Z.	7.85	7.20	7.20	22.25	22nd
Fiona Lee	VIC	7.70	7.30	7.20	22.20	23rd
Deborah Stephens	QLD	7.50	7.70	6.95	22.15	24th
Tania Burrows	VIC	7.15	7.65	7.20	22.00	25th
Julie Nicholson	VIC	7.95	6.95	6.85	21.75	26th=
Amanda Pellow	VIC	8.00	6.30	7.45	21.75	26th=
Renee Barton	NSW	7.30	7.05	7.30	21.65	28th
Kylie Ritter	NSW	7.55	6.70	7.00	21.25	29th
Daveena Lomas	NSW	6.90	6.55	6.90	20.35	30th
Juanita Ashworth	NSW	7.45	3.60	7.70	18.75	31st



1st Antoinetta Guida—W.A.; 2nd Nicole Higham—W.A.; 3rd Sharon White—VIC

R.S.G. JUNIOR NATIONAL CHAMPIONSHIPS

APPARATUS FINAL: BALL

Name	State	Score	Placing
Antoinetta Guida	WA	17.20	1st
Sally Goodwin	SA	16.40	2nd=
Nicole Higham	WA	16.40	2nd=
Geraldine Scahill	WA	16.35	4th
Ashlee Haynes	SA	15.85	5th
Sharon White	VIC	15.80	6th
Kerryn Davies	WA	15.70	7th
Nicole Schroutrup	QLD	15.60	8th
Juanita Ashworth	NSW	15.55	9th
Fiona Hyslop	VIC	15.45	10th

HOOP

Antoinetta Guida	WA	17.25	1st
Ashlee Haynes	SA	16.30	2nd
Nicole Higham	WA	16.20	3rd
Sally Goodwin	SA	16.10	4th
Sharon White	VIC	16.05	5th=
Kylie Baker	SA	16.05	5th=
Kerryn Davies	WA	15.85	7th
Amanda Walsh	WA	15.75	8th
Geraldine Scahill	WA	15.65	9th
Nicole Schroutrup	QLD	15.55	10th

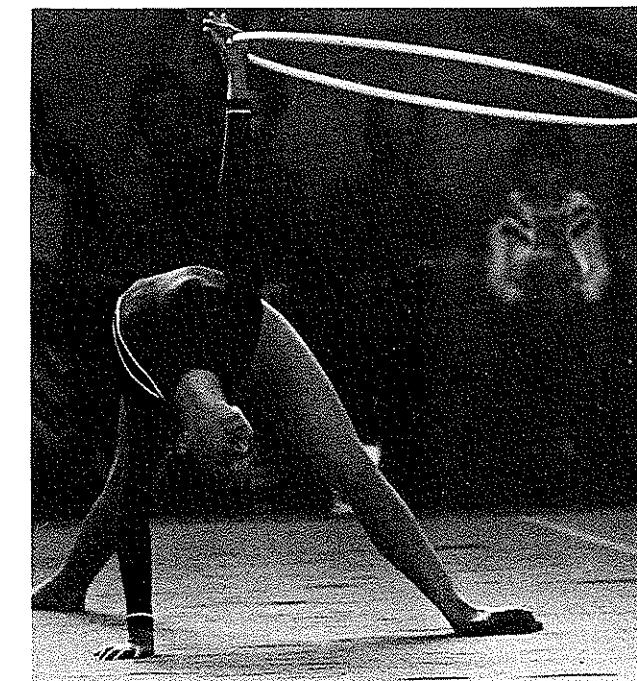
ROPE

Antoinetta Guida	WA	16.70	1st
Nicole Higham	WA	16.55	2nd
Sharon White	VIC	16.30	3rd
Geraldine Scahill	WA	16.20	4th
Ashlee Haynes	SA	15.85	5th=
Amanda Walsh	WA	15.85	5th=
Nicole Schroutrup	QLD	15.85	5th=
Kerryn Davies	WA	15.75	8th
Julie Nicholson	VIC	15.55	9th
Amanda Pellow	VIC	14.70	10th

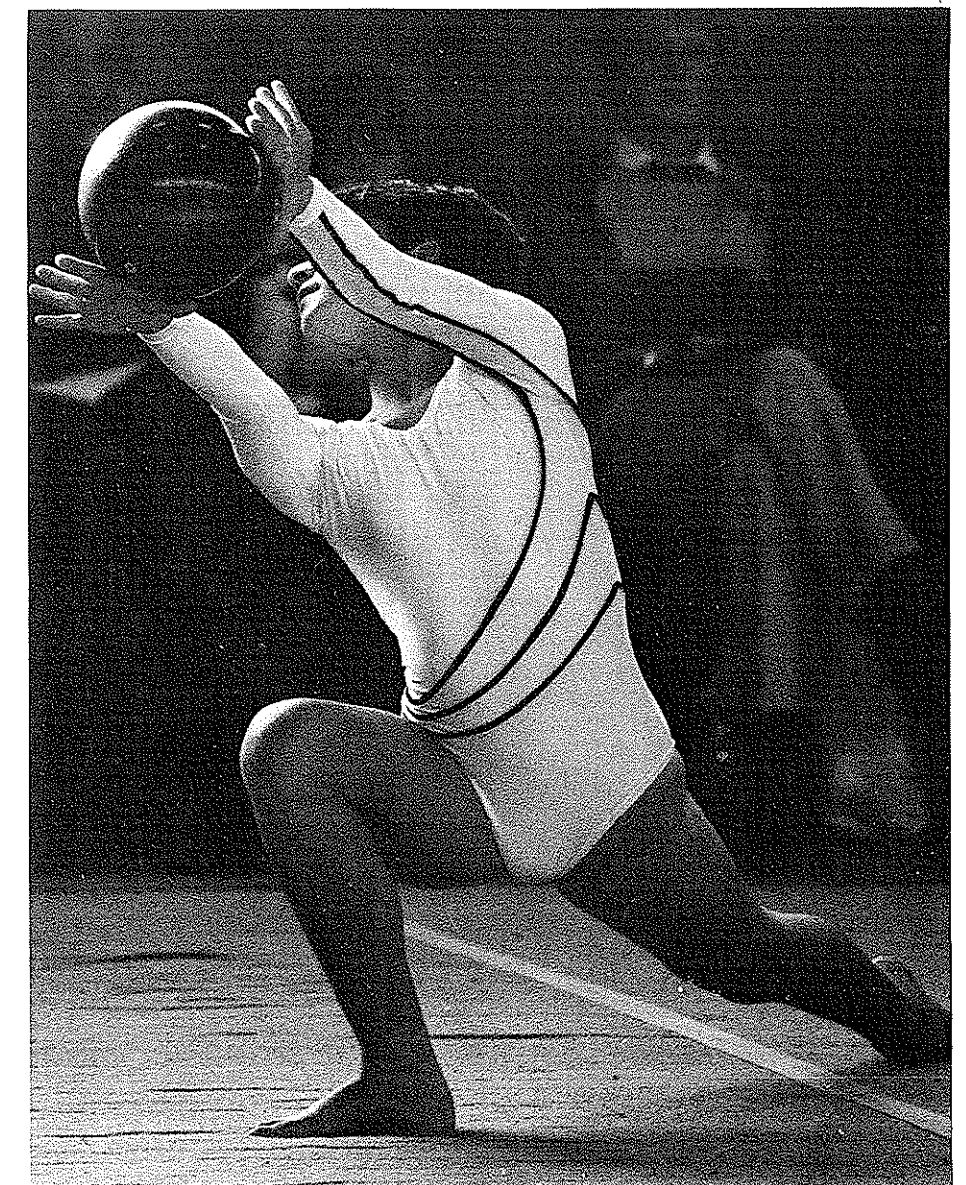
GROUP COMPETITION

South Australia—Group 1	16.20	1st
Victoria	15.80	2nd
Western Australia II	15.225	3rd
Western Australia—Group 1	15.00	4th
South Australia—Group II	14.925	5th
New South Wales	13.775	6th

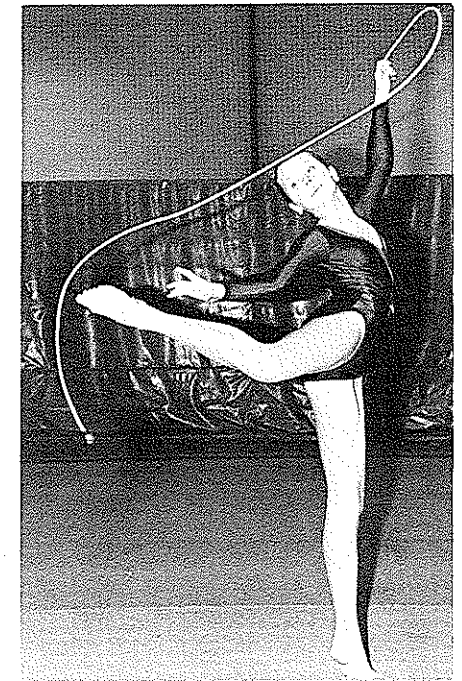
Geraldine Scahill—W.A.



Antoinetta Guida—W.A.



Ashlee Haynes—S.A.



R.S.G. GERMAN/SWISS TOUR — APRIL 1983

The team comprised two senior girls: Gail Duquemin, Vic., and Ruth Ibbottson, Vic., and four junior girls: Taffy Playford, W.A., Antoinetta Guida, W.A., Sharon White, Vic., and Geraldine Scahill, W.A.

Margaret Lanz and myself met them all at Frankfurt airport early in the morning of Thursday 7th April. We had a short meeting at the airport when Margaret discussed mainly the new Code of Points with Maureen before we left for the main railway station to join the train for Saarbrücken.

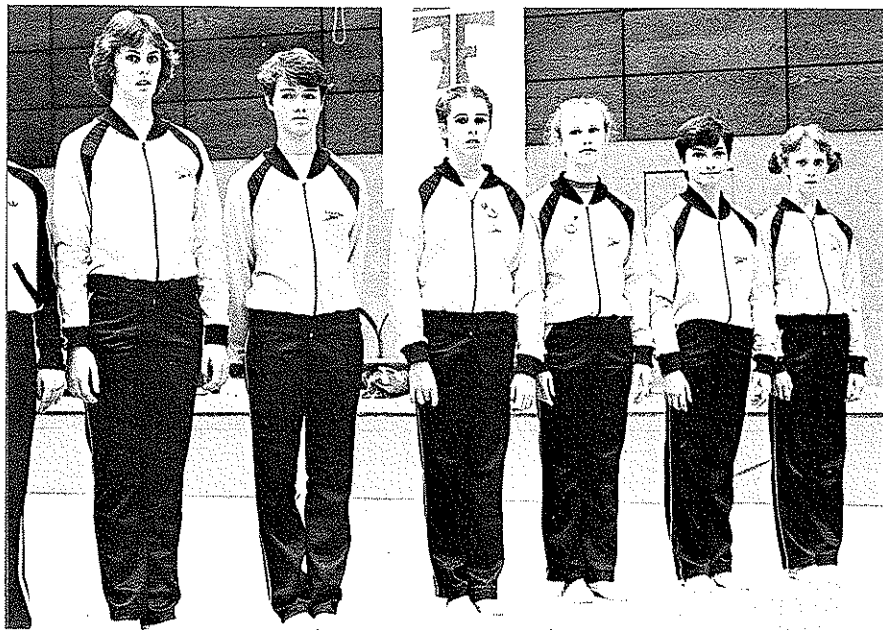
Competition and training venues were, on the whole, good. The age old complaint of ceilings not being high enough, still applies. The fact that the ceilings were low both in Rehlingen and Hannover did mean that the girls had to cut down on some of their movements during throwing of apparatus, e.g. from a double forward roll with a throw of the hoop, to a single forward roll. But they were all successful in adapting their exercises accordingly.

All competitions were well run and went very smoothly and to time. Only once did we have reason to complain, and that was in Hannover when the wrong tape was put on the machine for an exercise of Ruth's and she completed the whole exercise to a piece of Geraldine Scahill's music. Credit to Ruth, she even finished with the music.

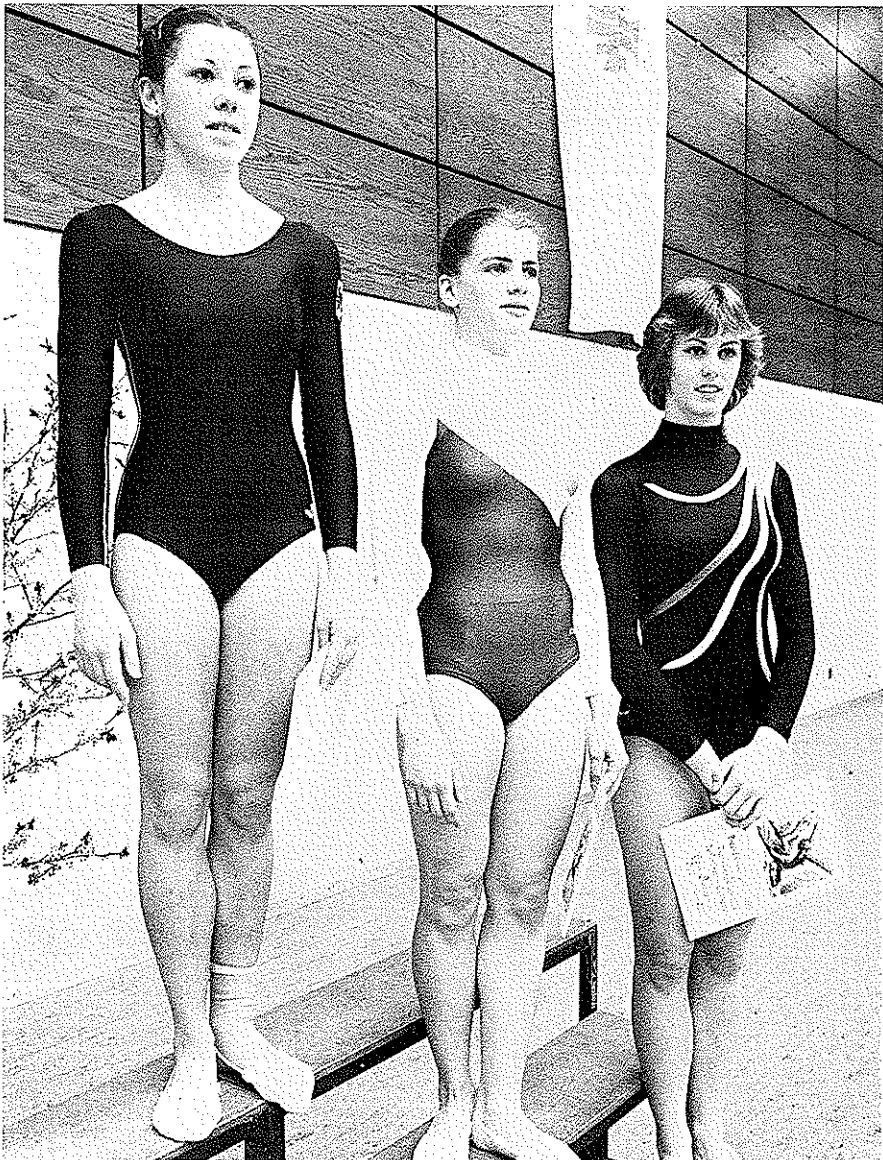
None of the girls suffered greatly from nervousness. Although they commented on several occasions that they were nervous, they showed no sign of it and did all of their exercises with enthusiasm and confidence. The confidence increasing with each competition, so that by the time we got to Hannover, their results showed how much they were gaining from their experiences.

Ann did an excellent job throughout the tour whenever speeches had to be made. I would deliver my oratory first in English, followed by Ann with a German translation. We were not abused on any occasion, so I can only presume that what she said was perfectly in order and correct!

At this point I feel I can only repeat what I said in my report last year. That on behalf of the gymnasts this will have been the most beneficial experience of their gymnastic careers, and I am sure that they have all learned a great deal from it. To work and live as a team, to be considerate and helpful to their team mates and to all those with whom they come in contact and they have had a valuable lesson diplomacy on many occasions. They were all great young ambassadors for Australia.



L—R: Gail Duquemin, Ruth Ibbottson, Geraldine Scahill, Taffy Playford, Antoinetta Guida, Sharon White.



1st—Pia Amann—36.95; 2nd—Gabriele Eichorn—35.30; 3rd—Gail Duquemin—33.70.

R.S.G. WEST GERMAN TOUR—WIESBADEN

Magglingen—12th—17th April

Slight slip-up here on the Team Manager's part. Had the feeling that "Mrs. Super-Efficiency" was going too well up to now and that it couldn't last. Well, nobody ever told me that there are TWO stations at Basel!! Arrived at the station on time and with usual military precision off-loaded luggage and team. Platforms strangely deserted for such a major station. Despatched the Coach in haste to enquire of the Station Master at which platform we might embark on the train for Biele, whilst the main body of the team waited on the platform for further instructions and watched the train we had just left depart along the tracks. On her return the Coach informed me/us that we had not as yet arrived at Basel Main Bahnhof!!

Hannover—17th—19th April

Training from 9.00—10.30 a.m. Tuesday morning followed by a most informative tour of the city by bus. Then to the Town Hall for another Mayoral reception with speeches, etc.

The team had another short training session at 5.00 p.m. prior to the competition starting at 7.30 p.m.

We competed against two of the local clubs, our hosts—T.U.S. Ricklingen and T.K. Hannover—the club against whom we competed last year.

This was a very friendly competition and everyone enjoyed the atmosphere. The fact that our girls took out 1st—Gail Duquemin, 2nd—Sharon White, and 3rd—Antoinetta Guida, places, was purely coincidental.

Frankfurt/Wiesbaden—20th—25th April

Herr Bickell welcomed us at Frankfurt station and piled us all and our luggage into the gym school bus. After unpacking and freshening up the girls watched Canadian's training in the gym.

The next two days saw us splitting up frequently. Ann along with Ruth and Gail to many training sessions, both in Frankfurt and in Wiesbaden, Maureen and myself alternating between meetings, timetable arranging with our interpreter and taking the four younger girls on shopping expeditions. Another minor episode on the railways, but we were put in the right direction by some helpful young Frankfurt residents.

Friday morning Adolph and Manfred collected us from the gym school and transported us to Wiesbaden. We took a minimal amount of luggage with us, leaving the rest in rooms at the school awaiting our return on Sunday. In Wiesbaden, the three team officials and two competing gymnasts resided at the Cafe Hahn, a pleasant enough little hotel out of the city surrounded

by parks and rather more affluent homes, where we were awakened in the mornings with the smell of freshly baked bread in our nostrils. The four junior girls were all billeted with the family of Dr. Unckel just around the corner from us, and they joined us for breakfast each morning.

Friday evening saw us dressed in our best—all green and gold, except of course for Maureen who was looking very smart in her judging uniform, and took our respective places in the gymnasium ready for an exciting evening of competition. We were not to be disappointed. Our little cheer squad was ably assisted by friends of Adolph Siefert on both Friday and Saturday with an extra boost to our numbers when our friends from Rehlingen all arrived on Saturday afternoon.

The girls all enjoyed the finals immensely; the standard was very high and routines difficult and fast. The impression and comparison is that Australian R.S.G. girls are going to have to work a good deal faster, with greater accuracy and judgement in timing movements in their routines.

I feel that this has been a most successful tour. That we have all gained a great deal of experience, not only from participation in competition, from watching the best that the world has to offer, from seeing such a high standard of rhythmic gymnastics, but also from learning how to work as a team and how to be a good ambassador for Australia. The whole team made a very great effort at all times and were successful.

I should like to take the opportunity of thanking those people who have so generously supported us in this venture.

Without assistance, either financially or by donation of uniforms the costs would be too high for parents to consider allowing their gymnastic daughters to participate in such a tour. The Federal Government are gratefully thanked for their continued support of the A.G.F. and its members. To Speedo we say thank you for equipping us with smart and comfortable outfits which are worn continuously throughout such tours.

It goes without saying that we are eternally grateful to the V.A.G.A., the W.A.G.A. and last but not least to the A.G.F. for the support that they give not only to R.S.G. but for all the work they put in year in, year out, to help all the young gymnasts who come under their jurisdiction, particularly to Peggy Browne who gets us all off the ground, Margaret Lanz for making contact with and organising our counterparts in Europe into making competitions for us and ensuring that billets are found for us. And to our Travel Agents for ensuring that all internal travel is organised for us. A very big Thank You to all of you from all of us.

Coaching Report from West Germany (R.S.G. Tour).

The Tour

- Competition with West German girls of Rehlingen Club; (including the No. 2 W. German gymnast)
- Australia vs. Switzerland (Senior and Junior National Swiss Teams)
- Competition with Hannover Clubs: TKS and TUS
- Wiesbaden Invitational Competition: 19 nations competing, including U.S.S.R., Rumanian, East



Gail Duquemin—VIC/AIS

R.S.G. WEST GERMAN TOUR—WIESBADEN

INTERNATIONAL COMPETITION—APRIL 1983—WIESBADEN, WEST GERMANY

NAME	COUNTRY	BALL	HOOP	CLUBS	RIBBON	TOTAL
1 Galina Beloglazova	USSR	9.80	9.60	9.75	9.35	38.50
=2 Irina Dewina	USSR	8.90	9.75	9.80	9.80	38.25
=2 Regina Weber	W.GER.	9.65	9.80	9.25	9.55	38.25
4 Daniela Zahorowska	CZEK	9.65	9.50	9.10	9.50	37.75
5 Libus Majzisova	CZEK	9.50	9.35	9.30	9.35	37.65
=6 Aliha Dragan	ROM	9.45	9.15	9.30	9.10	37.00
=6 Katrin Huschke	E.GER.	8.90	9.60	9.25	9.35	37.00
8 Doina Staiculescu	ROM	9.40	9.15	9.20	9.20	36.95
9 Justyna Czekatowska	POL	9.25	9.15	8.95	9.30	36.65
10 Maud Van Helvoirt	HOL	9.05	9.15	9.10	9.20	36.50
11 Anna Molner	HUN	9.25	9.00	8.95	9.25	36.45
12 Renate Jaskiewicz	POL	9.05	9.30	9.10	8.80	36.25
13 Heidi Krause	E.GER.	9.30	8.40	9.25	9.25	36.20
14 Andrea Prister	HUN	9.20	8.90	9.10	8.90	36.10
15 Schirin Zorriassanteiny	NOR	9.15	8.75	8.80	8.90	35.60
16 Irma Borgsteede	HOL	8.95	8.90	8.85	8.85	35.55
17 Suzanne Muller	SUI	9.15	8.50	8.85	8.95	35.45
18 Debbie Bryant	CAN	8.95	8.95	8.70	8.50	35.10
19 Liat Haninovit	ISR	8.55	9.30	8.50	8.70	35.05
=20 Lise Gautreau	CAN	8.75	9.00	8.55	8.65	34.95
=20 Lidija Milecevic	YUG	8.80	8.75	8.85	8.55	34.95
=20 Franz Grogg	SUI	8.85	8.85	8.70	8.55	34.95
23 *Ingvald Landro	NOR	8.65	8.40	8.45	8.40	34.90
=24 Ruth Seewald	AUT	8.65	8.95	8.65	8.55	34.80
=24 Liselotte Korsgard	DAN	8.70	8.75	8.70	8.65	34.80
26 Susanne Raven	DAN	8.70	8.65	8.70	8.70	34.75
27 Karen Ludwig	W.GER.	8.75	8.40	8.70	8.80	34.65
28 Hanit Turner	ISR	8.65	8.80	8.65	8.45	34.55
29 Gerti Ramsauer	AUT	8.55	8.10	8.35	8.95	33.95
30 Dominique Thiebout	BEL	8.40	8.90	8.35	8.25	33.90
31 Biljana Videc	YUG	7.85	8.80	8.40	8.65	33.70
32 Gail Duquemin	AUS	8.65	8.65	8.25	7.85	33.40
33 Sarina Roberti	BEL	8.10	8.80	8.20	7.75	32.85
34 Ruth Ibbottson	AUS	7.90	8.60	8.30	7.35	32.15
RESERVES						
Claudia Ziborski	W.GER.	9.15	9.50	9.10	8.80	36.55
Claudia Scharmann	W.GER.	9.05	9.30	9.25	8.90	36.50

*All information recorded from poor photocopy of official result sheet. Total incorrect on this score.

Australia vs. Rehlingen Club



German, West German, Czech, Polish, Canadian, Danish, Hungarian, Australian and other gymnasts

Trends

Trends were generally 'in line' with the revised Code of Points....e.g. Clubs.

Emphasis was on many fast mills, small hand circles; on average, 8—12 throws per exercise, including small, spinning throws; many throws of 2 Clubs, either together or successively; catching behind the back was popular with all apparatus; rolling Clubs down different body parts was frequent, while 'folding' or snails was either absent or very rarely seen; tapping—all parts of the Club were used and most exercises included taps in rhythm with music.

Hoop

Throws in all planes and rotating throws were seen; consecutive throws (2 in a row) were performed but gymnasts were careful not to have body static during these. Rolls of Hoop on body were popular and often performed in a series (not always fast rolls....some very slow. Rolls in conjunction with body waves and appropriate music were seen). Many retro rolls on floor, with leaps over Hoop or passage through were seen but very few long, curved rolls on floor. Spinning or 'twisting' Hoop on palm of hand or around fingers was popular, as was work with feet and unusual body parts e.g. bouncing off chest, rotating on elbow, etc.

R.S.G. WEST GERMAN TOUR—WIESBADEN

Ball

Rolls on different body parts were common, especially in series, to soft, 'rippy' music (one W. German gymnast rolled the Ball up her back and bonced it off the back of her head); some sliding on Ball, on stomach, in slides, etc. was seen and the number of throws and catches per exercise seems to have been reduced i.e. 4—5 throws per exercise, on average. Bouncing (since it is now a fundamental) was very popular, with series or rhythmic bouncing being matched with rhythmic steps, with leaps and poses; balanced Ball was popular and usually done with pivots, flexions and sometimes on the back of the hand.

Ribbon

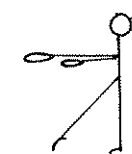
Many 'pull-back' throws; that is, holding the tail of the Ribbon and pulling it strongly, to return the stick. These were also done with pivots, turning jumps and flexions, allowing the stick to touch the floor or lower to within 10 cms. of the floor, before being strongly pulled back; catching the stick was then very low to the floor and entailed a low lunge or steps in towards the stick. Spirals and serpents were very fast, 'tight' and were sustained for 2 seconds and more to show good Ribbon technique. Throws were almost always from the material and were extremely high (some nearly twice the height of the standard Australian throw). Some sections of work were still done, holding both stick and tail of Ribbon; e.g. small jumps through encircling Ribbon.

Body Technique

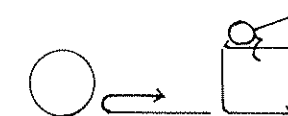
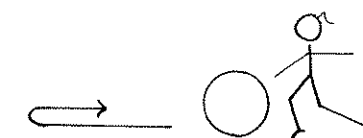
Russian gymnasts had exceptionally good footwork, with a lot of steps, both connecting and rhythmic, performed on full toe (high ball of foot); good turn-out; half shoes very common, for double pivots on carpet, etc. Russians had very elegant, classical style, with Irina Devina demonstrating a new, modern/jazz Clubs exercise; young Galina Beloglazova, the winning Russian gymnast preferred mainly traditional, clean-cut, aesthetic, classical-type routines. The Russians, Rumanians (2 very young-looking 14 year olds), East Germans and Polish were noticeably more flexible than 'the rest' with leg flexibility, which was at least 20 cm past splits, and back flexibility, which allowed them to touch head to bottom. Several gymnasts capitalized on such flexibility and included movements, such as chest stand, with split legs, stopping a rolling ball with the foot;



and back flexion to roll both clubs outwards on floor:



retro roll of hoop, then chest stand to catch hoop and with ¼ turn of hoop, pull over legs and body:



chest stands, with split legs, scissor legs were frequent as were leg scissor movements into spins on back and pre-acros from knees, with 1 hand support. Pushing up from sitting on bottom to back flexion was popular and according the new Code is also a Superior difficulty.

Floor Surfaces

In all 4 competitions, competitors did NOT have a choice of floor surface; it was carpet or carpet! Their carpet was much thinner than ours and varied from ½ to 1 cm straight shag pile to a loop pile; very good for slides and pivots, but a little 'slippery' in leaps.

Roof Height

Only in Wiesbaden, was the ceiling what we would call a good height; in the preceding 3 competitions, roof height was from 9—10 metres, 30—39 feet. The Wiesbaden competition roof was curved, from approx. 10 m at the edges to about 15 m in the centre; with very bright T.V. lights all along one edge. The floor surface here was sprung as per Artistic Gym, and after several countries' requests, were reduced to half-spring, with a sloping edge, running downwards at the border to the floor.

Music

Music varied greatly from modern, jazz, folk, to the occasional classical piece. The important feature of the top gymnasts' music and work was that they showed extreme VARIETY of pace; i.e. from **very fast** to almost **slow-motion**. Their change of tempo was dramatic and sudden, and would include, e.g. 15—20 secs. very fast leaps, pivots, throws, etc.; and then change to 5—10 secs. slow, sustained poses and flexibility work (with almost no change of place; i.e. on the spot). Their physical and facial expression suited the current tempo and style of music and varied from smiling to cheeky, to pensive and dramatic. The emphasis was on **WHOLE BODY** involvement throughout.

Ann Dearing



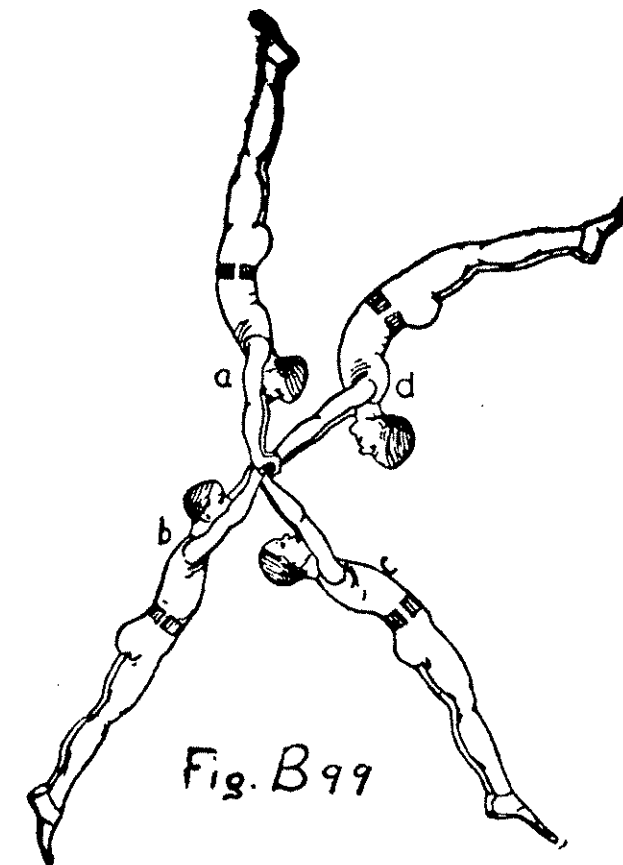
Ann Dearing

AUSTRALIAN GYMNAST

THE OFFICIAL MAGAZINE OF THE AUSTRALIAN GYMNASTIC FEDERATION
COACHES SUPPLEMENT

EDITOR: Mrs. Val. Beitzel

JULY, 1983



NOTE:

This supplement can be removed
for separate future reference

CONTENTS:

2. The Back Somersault Take-Off
A Biomechanics Study
by Tony Smith, the Polytechnic of Wales.
6. Development of Movement Awareness for better choreography in Women's
Gymnastics
by Robyn Mills.

The Back Somersault Take-Off—A Biomechanics Study

by Tony Smith, the Polytechnic of Wales

TONY SMITH is a principal lecturer in the Department of Mechanical and Production Engineering at the Polytechnic of Wales in Britain.

He is the author of a recently published book:

Gymnastics: A Mechanical Understanding
Holder and Stoughton 1982

Tony visited Australia with the Welsh team for the 1982 Commonwealth Games Invitational Competition in Brisbane.

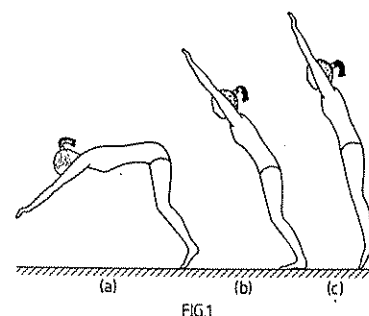


FIG.1

Take-off can be considered to consist of two phases:

Phase 1: Arrest, from position (a) when the gymnast's feet just touch the ground to position (b); this involves eccentric muscular contraction. Let t_1 be the time for this absorption phase.

Phase 2: Thrust, from position (b) to position (c), the end of take-off, when the gymnast's feet leave the floor. This thrust phase involves concentric muscular contraction (stretch) and takes time t_2 . Obviously, if t is the total time the gymnast is in contact with the floor, then $t = t_1 + t_2$.

In addition to the horizontal, there must also be a vertical force component (F_y) which is necessary to elevate the gymnast, i.e. to provide the gymnast with a vertical take-off velocity (V_3), to give the somersault height. The magnitude of this force component can be estimated from a knowledge of the vertical take-off velocity (V_3) and the stretch or thrust time, t_2 . ($F_y = m \cdot V_3/t_2$; where V_3/t_2 represents an estimate of the vertical acceleration of the gymnast during thrust.) The resultant impulsive thrust force (F_R) acting on the gymnast represents the combined effects of the two component parts (F_x and F_y).

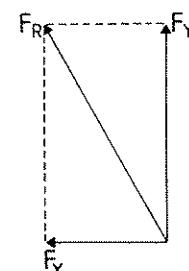


FIG.3

and can be represented as the diagonal of the rectangle; see Figure 3. The direction of the resultant force depends on the relative magnitudes of the horizontal and vertical components. The backward momentum ($M_1 = \text{mass of gymnast} \times \text{velocity}$) is shown in Figure 4. The effect the resultant thrust (F_R) has on the gymnast can be represented in two parts; an instantaneous thrust momentum vector (M_2) acting through the c of g and parallel to the direction of F_R (which will provide the gymnast with a velocity in that direction) and a turning moment (of magnitude $F_R \times r$) which will affect body rotation. Note, if F_R passes in front of G as shown; the turning moment will be clockwise and increase body rotation. However, if the resultant thrust (F_R) passes behind the c of g, the turning moment will be

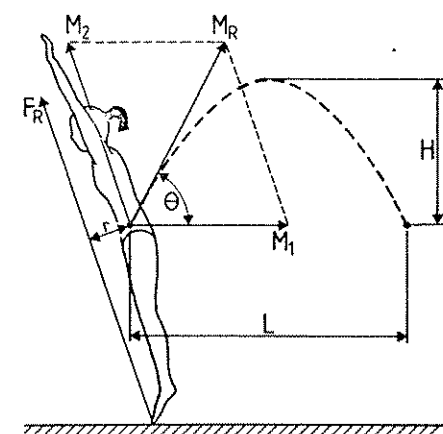


FIG.4

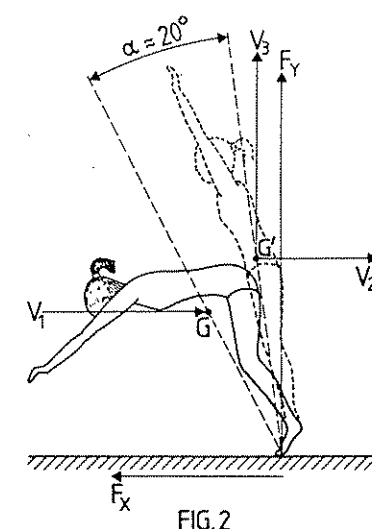


FIG.2

Figure 2 shows the body positions on entry and exit to take-off and the approximate positions of the centre of gravity (c of g) are G and G¹ respectively. At entry, the gymnast's (c of g) has a backward velocity (V_1). At exit (i.e. at somersault take-off) the horizontal backward velocity component (V_2) has been considerably reduced; the horizontal velocity of the gymnast has decelerated by an amount $(V_1 - V_2)/t$. A horizontal force component is necessary to effect this deceleration, shown as F_x . This is the force component necessary to 'block' the backward momentum of the gymnast. Knowing the mass of the gymnast (m), the value of this force can be predicted (as $F_x = m(V_2 - V_1)/t$; Newton's second law). During take-off, rotation of the gymnast occurs about the pivot point (feet in contact with the floor) due to the 'blocking' of horizontal movement (i.e. a rotation (α) of the c of g of approximately 20° as shown in Figure 2. This initiates the clockwise body rotation necessary to perform the back somersault.

INTRODUCTION

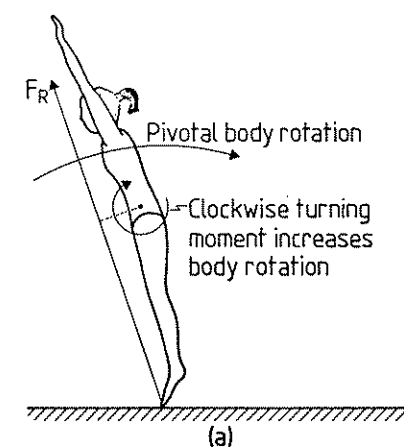
The take-off phase of a back somersault on the floor executed from a dynamic entry (i.e. a flic-flac or a round-off) lasts approximately 0.1 to 0.15 seconds. The time depends on the gymnast's morphology, strength, skill, etc. When one considers the variety of somersaults currently performed in floor exercises (tuck, pike, straight, doubles, twists, etc.) this must surely represent one of the most important time intervals in both men's and women's gymnastics. This paper describes a study which was concerned with identifying and relating the factors involved during take-off, with the effects they produce. The primary influencing causes are backward velocity of the gymnast at entry to take-off, impulsive thrust force components, turning moments, body strike and take-off angles and pivotal body rotation. The effects they produce are a flight move with length, height, time in the air and rotation about one or two (for twisting somersaults) body axes. The object of the study is to obtain a better understanding of what causes a well executed somersault, by determining relationships between the above identified factors.

The study was conducted in two parts. From an analysis of high speed movie film and the application of fundamental mechanical principles, relationships between cause and effect were predicted, i.e. a model of the back somersault take-off was constructed. This information was then used to design a practical experimental situation when a force platform was designed and used in conjunction with high speed movie photography to study in detail the tuck back somersault with particular emphasis on take-off.

THEORETICAL PREDICTIONS

Entry and exit body angles for take-off for a back somersault vary from gymnast to gymnast. The body positions shown in Figure 1 have been traced from movie film of a gymnast performing a technically acceptable tuck back somersault. (Note: the performance of this gymnast is considered in detail later.)

The Back Somersault Take-off—A Biomechanics Study



(a)

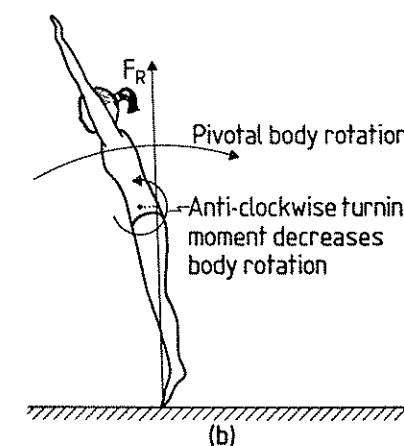


FIG.5

anticlockwise and reduce rotation. These two situations can be compared in Figure 5 (a) and (b). The resultant body momentum (M_R) can be obtained by vectorially adding M_1 and M_2 (using a parallelogram construction). This will determine the direction and velocity of the c of g of the gymnast at take-off. The flight path of the c of g of the gymnast is then completely determined (parabola) and so the characteristics of the somersault in terms of length (L), height (H) and time in the air (T) are established. Although the gymnast can somersault (and twist) about this flight path, he/she can do nothing to alter its trajectory shape. If the conditions at take-off are known, the somersault characteristics (L , H , T) can be estimated mathematically.

This model is an oversimplification of a very complex situation for the following reasons:

(a) The effect of the centrifugal force generated during take-off has not been included in the model (i.e. the force developed during the pivotal body rotation which occurs during take-off; the pivot point being the gymnast's feet in contact with the floor). The magnitude and effect of this centrifugal force are difficult to determine accurately as the distance of the gymnast's c of g from the pivot point changes appreciably with the changes in body angles that occur during take-off. Also the angular velocity of the gymnast and the direction of the centrifugal force change throughout take-off as the gymnast undergoes pivotal rotation. Estimates

suggest the magnitude will be of the order of 10% of the resultant force F_R . (See Appendix).

(b) The magnitude of the impulsive force components F_x and F_y , and hence the resultant impulsive force F_R , are not constant as suggested in the model. They vary from zero at the start of the take-off phase (initial contact of gymnast's feet with the floor) to maximum or peak values and reduce to zero again at the instant the feet depart from the floor. This aspect of impulsive thrust is discussed in more detail by Smith (1).

The results obtained from this simplified theoretical model are presented later and compared with practical observations.

PRACTICAL INVESTIGATION

A force platform (or dynamometer) was designed and constructed to measure the two force components (vertical F_y and horizontal F_x) which are acting during the take-off phase. The dynamometer consists of two surfaces separated by helical springs. The number of springs separating the two surfaces can be varied and hence it is easy to change the stiffness (rebound) characteristics of the platform to accommodate gymnasts of different weights and abilities. The platform was fitted with measuring equipment and a permanent record of the forces generated was obtained on pen recorders and magnetic tape for further analysis.

The practical study situation is shown diagrammatically in Figure 6. The run up track was built up to the height of the platform as was the landing area. Two variable speed 16 mm cameras were used in the study. Camera one was fixed and concentrated on the force platform and

cameras to enable accurate times and velocities for elements of the move to be determined. Although several competent somersaulting gymnasts were studied, the results obtained from two gymnasts are now presented and discussed. The reason for selecting these two was the consistency of somersault parameters produced. Also the difference in technique makes for a useful comparison.

TEST RESULTS GYMNAST A

Weight (mass) $m = 50.5 \text{ kg}$ (111 lbs)
Height = 1.62 m (5.3 ft)
Age = 15 years

The take-off for this gymnast has been discussed earlier and the body positions at entry and exit to take-off illustrated in Figure 2. The following information was obtained from the practical investigation and represents the average results for six somersaults.

Take-off time (t) = 0.13 s
Take-off absorption time (t_1) = 0.05 s
Take-off stretch time (t_2) = 0.08 s
Somersault time (T) = 0.83 s
Somersault length (L) = 1.28 m (4.2 ft)
Somersault height (H) = 0.92 m (3.0 ft)

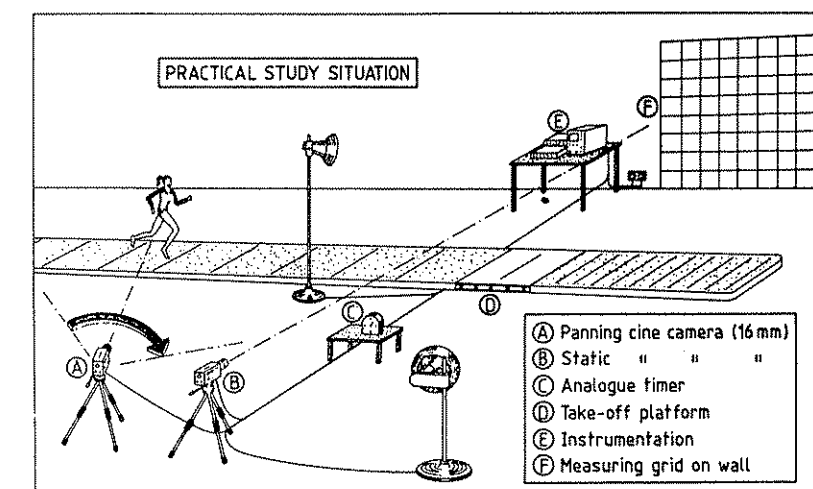


FIG.6

somersault. The wall behind the somersault area was gridded as was the landing area, to enable the somersault length and height to be determined from the film; (note: parallax corrections were included). Camera two was used to photograph the whole move from start of run up to completion of somersault, and as the run up track and force platform were graduated, this enabled the entry velocity of the gymnast into the somersault (V_1) to be determined. Electronic timers were included in the field of view of both

Maximum recorded horizontal force component (F_x) = 1160 N (260 lbf)

Maximum recorded vertical force component (F_y) = 2715 N (610 lbf)

The photographic evidence was processed by the theoretical model previously discussed and Table 1 shows a comparison between the theoretical predictions and measured results.

The Back Somersault Take-off—A Biomechanics Study

TABLE 1

	Theoretical Prediction	Measured Value
Horizontal force component (F _x)	1045 N	1160 N
Vertical force component (F _y)	2715 N	2525 N
Somersault height (H)	0.92 m	0.85 m

(Note: The derivation of the theoretical predictions are presented in the Appendix)

GYMNAST B

Weight (mass) m = 34.1 kg (75 lbs)
Height = 1.40 m (4.6 ft)
Age = 11 years

Again the following represent the average readings obtained from six very consistent tuck back somersaults. The body positions of this gymnast at entry and exit to take-off are illustrated in Figure 8.

Take-off time (t) = 0.14 s
Take-off absorption time (t₁) = 0.06 s
Take-off stretch time (t₂) = 0.08 s
Somersault time (T) = 0.70 s
Somersault length (L) = 1.92 m (6.3 ft)
Somersault height (H) = 0.49 m (1.6 ft)
Maximum recorded horizontal force component (F_x) = 445 N (100 lbf)
Maximum recorded vertical force component (F_y) = 1690 N (380 lbf)

The photographic results for this gymnast were also processed by the theoretical model and a comparison between measured readings and theoretical predictions are presented in Table 2.

TABLE 2

	Measured Value	Theoretical Prediction
Horizontal force component (F _x)	445 N	307 N
Vertical force component (F _y)	1690 N	1465 N
Somersault height (H)	0.65 m	0.60 m

(Note: Again the derivation of the theoretical predictions are presented in the Appendix)

DISCUSSION

Figures 1 and 7 relate to the take-off phase of a tuck back somersault for gymnasts A and B. The resulting somersault parameters, length and height, are consistent with the take-off entry and exit body positions shown, and would be anticipated by an experienced coach.

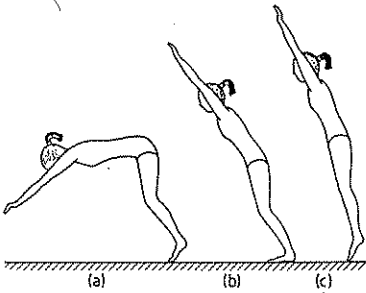


FIG. 1

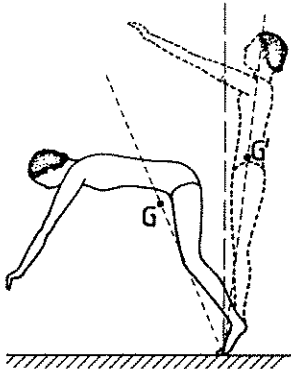


FIG. 7

The c of g of gymnast A pivots through approximately 20° during take-off (see Figure 2) and at the instant of departure from the floor the gymnast (c of g) is at an angle of approximately 10° before the vertical. This gymnast produces a large horizontal force (F_x = 1160 N) to block backward momentum, and the gymnast is only in contact with the floor for 0.13 seconds. The result, predictably, is a short high somersault.

Gymnast B exits from the flic-flac with a higher body position than Gymnast A, is in contact with the floor for 0.01 seconds longer, departs from the floor at an angle of approximately 8° past the vertical, undergoes a pivotal rotation of approximately 8° past the vertical, undergoes a pivotal rotation of approximately 30° and produces a relatively (in terms of body weight) much smaller blocking horizontal force component (307 N). Additionally there are technical faults in the execution which include insufficient arm lift (hardly past the horizontal) and a tendency for the head to move backwards, leading to a slight hollow in the gymnast's back. The resulting somersault is predictably longer and lower than the somersault produced by Gymnast A and therefore Gymnast B has less time in the air.

The take-off phase of a back somersault is extremely complex in biomechanics terms due to the number of variables involved in its execution. However, it has been demonstrated that the model derived here is a reasonably accurate representation of the process. It leads to a clearer understanding of the relationship between the variables involved during take-off, and the effects they produce, in terms of somersault parameters, length, height and time. Analysis of this nature

can be applied to front somersault take-off, vault take-off and repulsion from the horse, and indeed to any take-off activity in men's or women's gymnastics.

(1) Tony Smith *Gymnastics—A Mechanical Understanding*. Hodder and Stoughton (Educational) 1982.

The Back Somersault Take-off—A Biomechanics Study

APPENDIX

GYMNAST A

HORIZONTAL MOVEMENT

The horizontal entry velocity component into the somersault take-off phase was determined photographically as V₁ = 4.24 m/s (13.9 ft/sec).

The horizontal exit velocity component was determined from:

$$V_2 = \frac{\text{Somersault length (L)}}{\text{Somersault time (T)}} = \frac{1.28}{0.83} = 1.55 \text{ m/s (5.0 ft/sec)}$$
$$\therefore \text{Horizontal deceleration (a}_x\text{)} = \frac{V_1 - V_2}{t} = \frac{4.24 - 1.55}{0.13}$$

$$= 20.7 \text{ m/s}^2 \text{ (68 ft/sec}^2\text{)}$$
$$\therefore \text{Horizontal deceleration force (F}_x\text{)} = m \cdot a_x = 50.5 \times 20.7$$
$$= 1045 \text{ N (235 lbf)}$$

VERTICAL MOVEMENT

Somersault time T = 0.83s

$$\therefore \text{Ascent time} = \text{descent time} = T/2 = 0.415 \text{ s}$$

(Assumes G starts and finishes at same height)

$$\therefore \text{Somersault height } H = \frac{1}{2} g (T/2)^2 = \frac{1}{2} \times 9.81 \times (.415)^2$$
$$= .85 \text{ m (2.8 ft)}$$

$$\text{Vertical take-off velocity (V}_3\text{)} = g(T/2) = 9.81 \times 0.415$$
$$= 4.07 \text{ m/s (13.5 ft/sec)}$$

$$\text{But take-off stretch time (t}_2\text{)} = 0.08 \text{ s}$$

$$\therefore \text{Vertical take-off acceleration (a}_y\text{)} = \frac{V_3/t_2}{t_2} = \frac{4.07/0.08}{0.08}$$
$$= 50 \text{ m/s}^2 \text{ (164 ft/sec}^2\text{)}$$

$$\therefore \text{Vertical force component F}_y = m \cdot a_y = 50.5 \times 50$$
$$= 2525 \text{ N (250 lbf)}$$

GYMNAST B

HORIZONTAL MOVEMENT

V₁ = 4.0 m/s (13.1 ft/sec)
measured photographically

$$V_2 = L/T = \frac{1.92}{0.70} = 2.74 \text{ m/s (9 ft/sec)}$$

$$\therefore \text{Horizontal deceleration (a}_x\text{)} = \frac{4.0 - 2.74}{0.14} = 9 \text{ m/s}^2 \text{ (29.5 ft/sec}^2\text{)}$$

$$\therefore \text{Horizontal force component (F}_x\text{)} = m \cdot a_x = 34.1 \times 9$$
$$= 307 \text{ N (69 lbf)}$$

VERTICAL MOVEMENT

$$\text{Somersault height (H)} = \frac{1}{2} g (T/2)^2 = \frac{1}{2} \times 9.81 = (.35)^2$$
$$= 0.6 \text{ m (1.95 ft)}$$

$$V_3 = g(T/2) = 9.81 \times 0.35 = 3.43 \text{ m/s (11.5 ft/sec)}$$

$$\therefore \text{Vertical acceleration (a}_y\text{)} = \frac{V_3}{t_2} = \frac{3.43}{0.08} = 43 \text{ m/s}^2 \text{ (144 ft/sec}^2\text{)}$$

$$\therefore \text{Vertical force component (F}_y\text{)} = m \cdot a_y = 34.1 \times 43$$
$$= 1465 \text{ N (330 lbf)}$$

ESTIMATE OF CENTRIFUGAL FORCE AT TAKE-OFF

For Gymnast A during pivotal rotation at take-off c of g moves through approximately 20° in 0.13 s, (i.e. $\omega = 2.7$ radian/second).

$$\therefore CF = M\omega^2 r = 50.5 \times 2.7^2 \times .8 = 290 \text{ N}$$

where ω = average angular velocity of G

and r = average distance of G from pivot (floor)

$$\text{as } F_R = \sqrt{F_x^2 + F_y^2} = 2950 \text{ N (measured)}$$

Hence the centrifugal force is approximately 10% of the maximum resultant force.

Development of Movement Awareness for better Choreography in Women's Gymnastics

ROBYN MILLS is head coach at Footscray City Gymnastic Club in Melbourne, and V.A.G.A. State Squad Coach.

She competed for Victoria in 1976, 1977 and 1979. Robyn is Level II accredited and has a Bachelor of Applied Arts (P.E.) degree.

INTRODUCTION

Most judges and coaches would agree that one of the most important aspects of a gymnastics routine, particularly the floor and beam, is the composition or choreography of the routine. A simple interpretation of the word choreography is 'the construction of a continuous movement form'. (Honeyman, p17, 1981.) In artistic gymnastics this refers to the composition of a routine bound by the rules and requirements set down by the F.I.G. or local association.

Do you remember the day when gymnasts were left to compose and choreograph their own routines with very little guidance from the coach? Such routines were continually criticised by judges for their 'bad composition'. Familiar comments by judges would include "The routine was monotonous", "All the difficulties were performed in one direction", "The gymnast isn't using all the floor area".

In an attempt to reduce such errors coaches entered the choreography business. The coaches involvement in routine choreography has reached the point where coaches are taking it upon themselves to compose their gymnasts routines entirely. At a recent lower level competition, I observed a number of floor routines performed by gymnasts from the same club, with the same or similar music, movements and tumbling combinations. I asked the coach, "Who choreographs your gymnasts routines?" The answer was "I do".

The results of this practice can be observed at any competition whether at the National or State level. Routines performed by gymnasts from the same club tend to contain similar tumbling, similar dance and movements plucked from a reputable gymnasts routine and plugged into another. As such the movements and the routine as a whole lose their impact. The routine is not different, not creative and not stylised to the gymnast's skill level or individual attributes (body build and personality).

By composing a gymnast's routine themselves, we are treating the symptoms and not the cause of bad choreography. Most coaches and would-be choreographers would like to think they can choreograph anything but there is more to choreographing a successful routine than constructing a continuous movement piece. Particularly in gymnastics, a routine should be a personalised product of the gymnast, taking into account the gymnast's body build, personality and natural movement preferences.

For a movement piece to be successful, both the choreographer and the performer must have a thorough understanding of dance, technique, movement qualities, the performers ability, natural movement preferences and personality. In gymnastics this situation rarely happens. The coach and particularly the gymnast does not have this background.

It is important that the gymnast understands two principles, patterns of movement such as locomotion, rotation, elevation, statics landings and gestures and the movements qualities of space, time and force, and how they can be manipulated in order to construct a movement sequence that is original and interesting. The proposed method has been used in dance and education worlds for a number of years. Creative movement or a movement education programmed used in conjunction with dance training will improve the gymnasts understanding of movement and skills used in choreography. The roots of movement education can be traced to the work and theories of Rudolf Laban, a dancer of German descent. Laban stressed the fact that all movement has a common base, movement patterns and possess similar characteristic, movement qualities.

MOVEMENT PRINCIPLES ATTENDED TO IN GYMNASTICS

According to the F.I.G. Code of Points for Womens Artistic Gymnastics (1979, p198) a floor routine should be composed of—

- Creation of high points (peaks) through,
 - Acrobatic series
 - Acrobatic-gymnastic series
 - Gymnastic series with great amplitude
 - Harmony of music and movement.
- Versatile use of the floor area—original direction. Change between movements executed near and far from the floor.
- Change between movements forward, backward, sideward and movements in place.

Thus the basic movement principles are being attended to by the Code of Points.

A routine is a combination of different types of movements. The body has the capability of performing an infinite array of movements. For simplicity movements with similar features can be grouped together to form basic movement patterns. (Russell, 1978.)

1. Locomotion

Movements that travel. This can be achieved using different parts of the body.

2. Elevation

Movements that take off from the floor e.g. jumps, leaps and saltos.

3. Rotations

Movements that turn about an axis.

4. Statics

Stationary positions.

5. Landings

Methods of absorbing force.

6. Gestures

Movements of body parts performed in isolation to the rest of the body. (Head, hands and trunk.)

The gymnast should be introduced to the movement patterns separately and allowed to explore and experiment with each movement pattern. Movement patterns can be combined to form more complex movements e.g. rotation and elevation as in the tour jeté. But in the beginning stick to the KISS Principle and "KEEP IT SIMPLE STUPID". Allow the gymnast to explore simple movement and simply be creative.

The other movement principle that the Code of Points mentions is the basic movement qualities of:

Space: in the terms of the direction of the movements and the floor pattern.

Time: as in the duration of the routine and the speed of movements.

Force: for example the amplitude of the movements or whether the movement is perceived as being light or heavy.

All movement and movement sequences have the qualities of time, space and force. A movement cannot be divorced from these qualities but can be altered by varying the time factor such as the speed of the movement, special qualities such as the direction and size, and the effort quality of the movement. These are the qualities of movement that the gymnast must come to understand and apply to routine development. A better understanding of movement qualities will aid the coach in teaching the gymnasts.

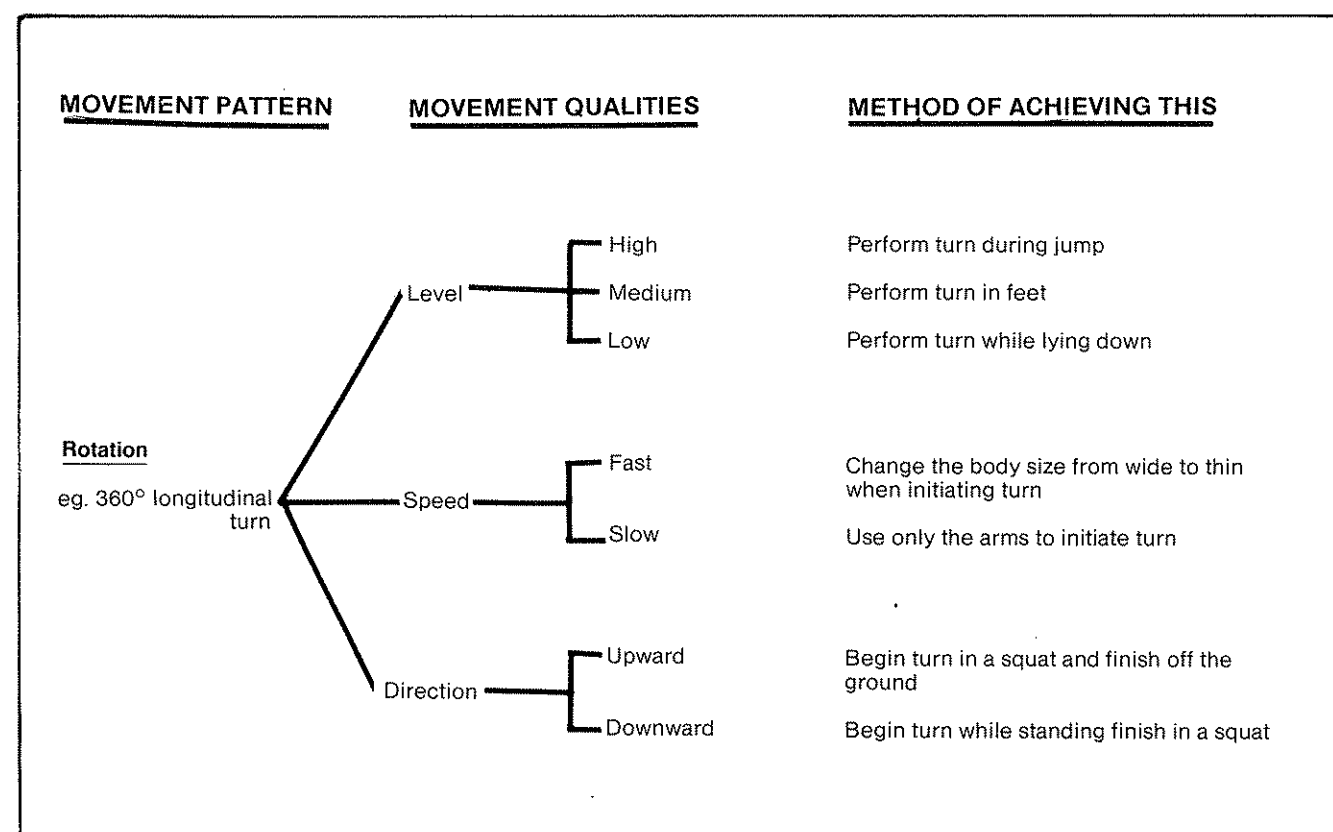
DEVELOPING THE GYMNASTS AWARENESS OF MOVEMENT PRINCIPLES

Although we can conceive movement in terms of movement qualities and basic movement patterns for simplification and clarification, they are not mutually exclusive. All the movement qualities are inter-related, for example the size of the movement is related to the mechanical force developed by the body when performing the movement. A more complicated inter-relationship exists when considering the effort quality of the movement. A movement sequence or movement which appears lightly usually has an upward direction and is quick with an abrupt change of rhythm.

There is a synthesis of these movement qualities in every body action. Any movement pattern can be altered by varying the space, time and effort qualities. Thus movement qualities are best introduced through movement patterns. For example, the movement pattern of rotation may be introduced to the gymnasts and altered by asking them to change the level at which it is performed, the speed of rotation or the direction of the rotation. (Refer to Fig. 1.)

Development of Movement Awareness for better Choreography in Women's Gymnastics

Figure 1



We must remember that children learn best through direct personal experience, that is by doing and not listening. Hence it is up to us as coaches to provide the gymnasts with the opportunity to discover and realise movement patterns and movement qualities. The use of games and tasks with themes employing movement principles can be fun and productive. The important factor to remember is that the coach should emphasise the theme with verbal and visual clues so that the gymnasts are continually aware of what they are doing but not stifle the gymnasts own ideas. We can use verbal cues such as make it (the movement pattern) high or fast, low and fat or tall and skinny, children will respond to these simple cues.

We may also provide the gymnasts with small tasks such as creating small movement sequences by using movement qualities as themes. For example, asking the gymnasts to construct a movement sequence using movements of different levels or different speeds. The tasks must however, be within the reach of the gymnasts level of understanding and experience. Thus initially the gymnasts should be introduced to movement qualities separately so they can be used to provide the structure for dance improvisation. Tasks or themes which deal with the expressive dimension of movement should be introduced a little later for they will facilitate the combination of movement patterns and qualities.

Coaches must remember that in the beginning movements will be gross, unclear and will lack any aesthetic quality. But through continual guidance by the coach, better defined and more sophisticated movements will be performed by the gymnasts.

Finally, I would like to mention the necessity of a trained choreographer, particularly at an elite level of gymnastics they are an essential part of any programme whether nationally or club based. The development of the gymnasts understanding of movement principles and dance technique will enhance the work of the choreographer, for the gymnast will better understand what the choreographer is attempting to do. More importantly, the gymnasts will feel more confident at participating of her own routine.

REFERENCES

- Exiner L. & Lloyd P. *Teaching Creative Movement*. 1973 Angus & Roberts, Sydney, Australia.
- Honeyman J. *Dance Training And Choreography For Gymnastics*. 1981. Stanley Paul & Co. Ltd. England.
- Russell K. *Gymnastics, Everything You Wanted To Know*. Edited by Lynn J. Sinclair. Published—Canadian Gymnastic Federation, 1978. pp 13—18.
- Russell J. *Creative Dance In The Primary School*. 2nd Edition, 1975, MacDonald & Evans Ltd. London.

Australian Gymnast—RE "Introductory Gymnastics" by Gene Schembri, illustrated by Georges McKail.

Letter from Dr. Bruce Frederick, Editor of Technical Supplement of the "International Gymnast".

7.30.83

Dear Peggy,

I apologize for being so late in responding to your various correspondence over the past several months. It would seem that the fruit of Mr. Schembri's work, whose appointment you announced to me by letter last November, is well worth perusal by **all** serious gymnastic teachers. Gene and I have a common interest in the work of R. Carrasco who inspired my own synthesis of gymnastics based upon a utilitarian non-utilitarian continuum.

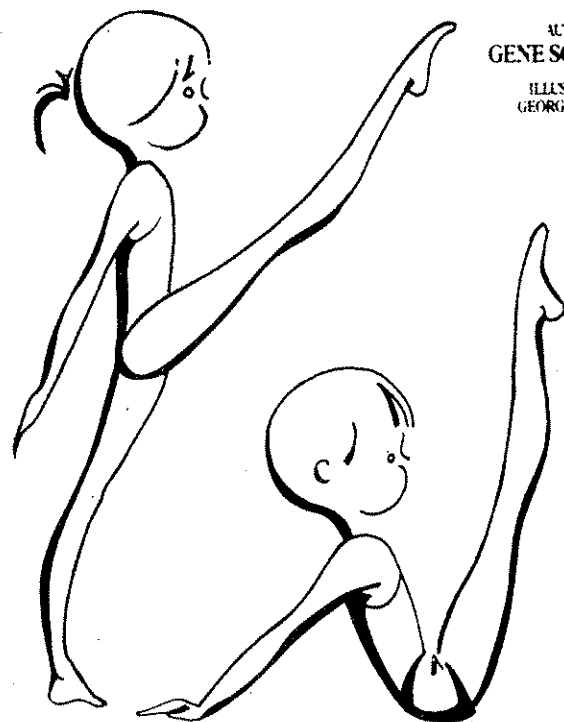
I would be honoured to have Gene continue as a correspondent for our "**Supplement**" efforts. I believe a trip to Australia would be very stimulating and I do hope that such a visit might be arranged in the future. My mentor, Edmund Jacobson, M.D. died earlier this year and his work with effort efficiency has many applications in all aspects of gymnastics. I assure you that Gene's book will be reviewed at an early date. Illustrations are excellent.

Best wishes,

Bruce.

INTRODUCTORY GYMNASTICS

A GUIDE
FOR
COACHES
AND
TEACHERS

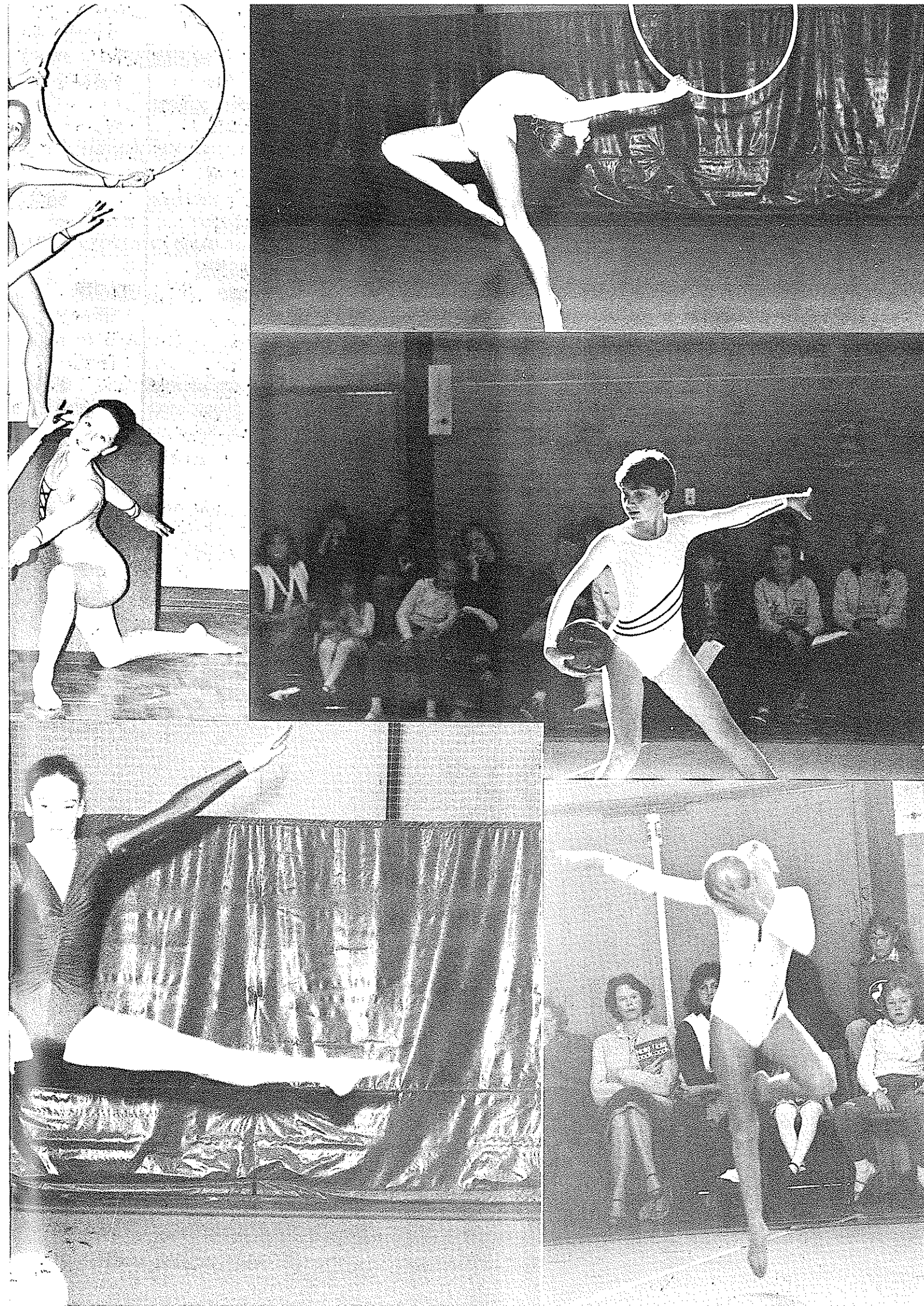


AUTHOR
GENE SCHEMBRI
ILLUSTRATOR
GEORGES MCKAIL



AUSTRALIAN GYMNASTIC FEDERATION CORPORATION

Recommended Retail \$25.00



JUNIOR AUSTRALIAN WOMENS CHAMPIONSHIPS



Apparatus Medalists—L—R: Joanne Marshall SA/AIS; Carolyn Wootton VIC/AIS; Carolyn Stewart NSW

This years Championships were hosted by the Queensland Amateur Gymnastic Association, at St. Peters Lutheran College, in the Brisbane suburb of Indoorapilly.

The site of the competition was the light and airy training venue for the Pacific Alliance/Commonwealth Championships, being a fully functional part of the schools sporting complex. The equipment all from Acromat, was also used during the Pacific Alliance Series.

Tasmania was represented by a full team for the first time at the Junior Australian Championships.

The team competition among the seven states was from the beginning a closely fought affair, with a number of teams looking to be of a similar standard in training. After the compulsories, Victoria was clearly in the lead with 162.05, ahead of South Australia—161.50 and New South Wales—159.60. They were able to maintain that lead in optional round with an excellent team effort on floor and vault to take the trophy, in front of South Australia and New South Wales. The Bronze all round individual event was won by Australian Institute of Sport gymnast, and member of the South Australian team, Joanne Marshall, with Abbey Watkins (Vic) and Cathy Frank (NSW) taking the silver and bronze medals respectively.

Debbie Graham and Carolyn Stewart from New South Wales, were to lead other team members, (selected from Competition 1), Joanne Marshall (AIS/SA), Abbey Watkins (VIC), Claudia Trittmacher (SA), and Cathy Frank (NSW) to represent Australia in the Trans-Tasman Cup Competition with New Zealand. Judy Hart (Manager) brought a young team across the Tasman to contest this annual event. Australia was to prove to be significantly stronger, particularly on beam, to take the Cup with 170.10; New Zealand 163.75.

Clear progress has been made, particularly on vault, beam and floor, which are all on a par; bars however, remains at the level of last year.

Carolyn Stewart stole the vaulting show with a magnificent handspring tucked to front salto with good height and flight. Joanne Marshall's consistency with her piked tsukahara, allowed her to take the silver medal with Karen Myers (VIC) taking the bronze with her tucked tsukahara.

While the bars in general were of a very ordinary standard, there were some very memorable moments; Sheryl Turefrey's (NZ) Kreisel and Carolyn Wootton's exercise in Competition 3, highlighted by a very high back-uprise clear circle to handstand, dismounting with a toeshoot front tucked salto. These were superb examples of vir-

tuosity. Five of the eight exercises concluded with underswing salto dismounts.

Beam in Australian gymnastics, came of age at this competition with many solid well structured exercises with C difficulties spread from the mount right through to the dismount. The majority of gymnasts had a flight series, a forward acrobatic element, and in many cases a C dismount. Carolyn Stewart after taking the vault final, was a clear leader going into the beam final with 9.15. Mounting with a high punch front salto on the end of the beam, slightly over rotating to finish in arabesque, Carolyn continuing on confidently with a series of three flic flacs, arabesque to barani, dismounting with a roundoff layout full twisting salto. Debbie Graham fought back with another solid exercise, a handspring mount, series of three flic flacs, arabesque to barani, finishing with a cartwheel layout full twisting salto dismount. The bronze medallist, Abbey Watkins', exercise was highlighted by a marvellously high back walkover flic flac. Sheryl Turefrey included a beautifully held planche, a change leg split leap in a very solid exercise.

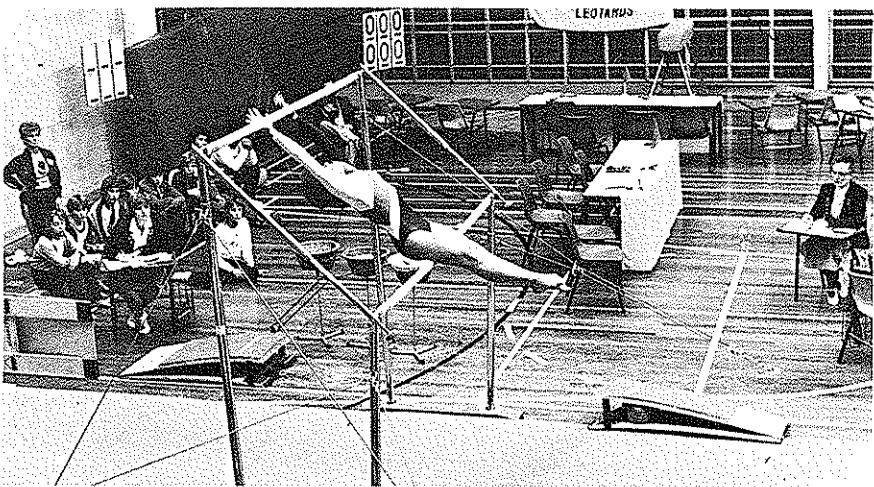
Floor above all showed that significant progress has been made, particularly in the twisting area. In previous years double twists have been a rarity, this year they were commonplace in

JUNIOR AUSTRALIAN WOMENS CHAMPIONSHIPS

competition 1B and 2. Laurelle Delalande took the gold with a clearly executed exercise which included a double twisting layout back salto, one armed handspring walkout, dismounting with two one armed flic flacs. Australian Institute of Sport team member, Joanne Marshall again put in a consistent effort with an expressive exercise of single twists and arabian saltos. Fellow Institute team member, Carolyn Wootton, performed a first for Australian gymnasts, first row punch front salto stepout to roundoff flic flac layout double twisting salto, roundoff double twisting layout salto, dismounting with a layout single twisting salto. Carolyn narrowly edged ahead of Debbie Graham to become the 1983 Junior Australian Champion, with Joanne Marshall taking the bronze residential medal.

These Australian Junior Championships will be remembered as a major breakthrough in the development of difficulty in Australian gymnastics. This is all the more significant as it is happening in the junior ranks.

Peter Hassan



Cathy Frank NSW

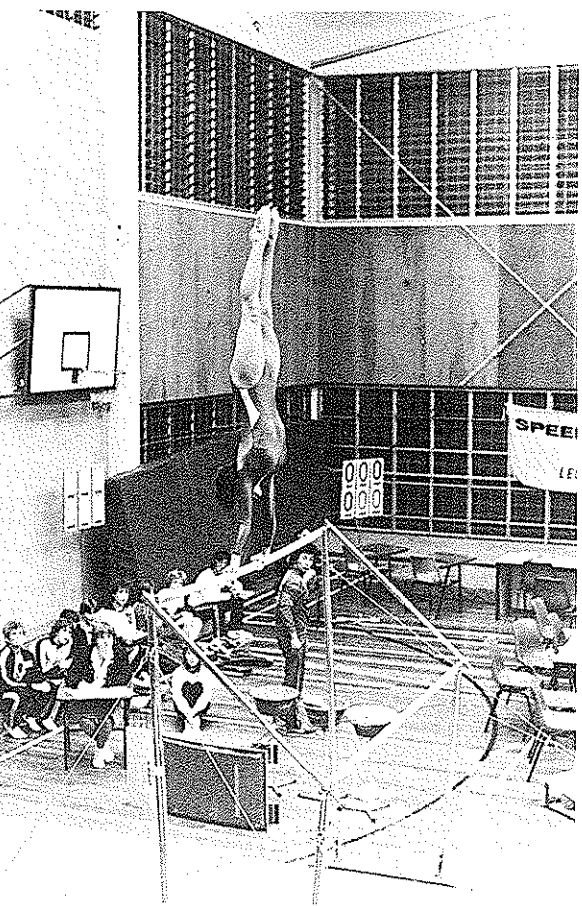


Sheryl Turefrey N.Z.



Joanne Marshall SA/AIS

Carolyn Wootton VIC/AIS



COMPETITION 11

No.	Gymnast	Vault	Bars	Beam	Floor	Total	Place
47	C. Wootton (VIC/AIS)	8.60	9.00	8.30	8.65	34.55	1st
71	D. Graham (NSW/AUS)	8.375	9.10	8.60	8.40	34.475	2nd
67	S. Turefrey (NZ)	8.375	8.50	8.70	8.45	34.025	3rd
34	J. Marshall (SA/AIS/AUS)	8.55	8.40	8.35	8.60	33.90	4th*
49	A. Watkins (VIC/AUS)	8.425	8.40	8.60	8.20	33.625	5th
23	C. Frank (NSW/AUS)	8.125	8.00	9.00	8.30	33.425	6th
72	C. Stewart (NSW/AUS)	9.20	7.15	9.15	7.90	33.40	7th
68	J. Wheeler (NZ)	8.325	8.30	8.60	8.05	33.275	8th
52	L. Delelalande (VIC)	8.30	7.70	8.50	8.60	33.10	9th
20	T. Leotta (NSW)	8.325	7.80	8.60	8.10	32.825	10th
59	S. Iddon (WA)	8.60	7.15	8.20	8.60	32.55	11th
66	V. Thornton (NZ)	8.35	7.85	8.35	7.95	32.50	12th
28	F. Gabriel (QLD)	8.20	7.80	8.30	7.90	32.20	13th
37	D. O'Neil (SA)	7.825	8.15	7.75	8.30	32.025	14th
27	T. Flesser (QLD)	7.90	7.75	8.20	8.15	32.00	15th =
50	K. Pearce (VIC)	8.20	7.60	7.85	8.35	32.00	15th =
18	M. Wade (NSW)	8.05	7.70	8.15	8.05	31.95	17th =
26	R. Mangin (QLD)	8.10	7.60	8.40	7.85	31.95	17th =
62	L. Smith (WA)	7.775	8.00	8.00	8.10	31.875	19th
51	K. Myers (VIC)	8.45	7.80	7.90	7.70	31.85	20th
48	D. Willis (VIC)	8.175	7.35	8.30	7.80	31.625	21st =
10	N. Simper (ACT)	8.075	7.95	7.75	7.85	31.625	21st =
36	B. Hutchins (SA)	8.15	7.90	7.45	8.10	31.60	23rd
19	A. Buzacott (NSW)	7.775	7.80	7.95	8.00	31.525	24th
69	L. Williams (NZ)	8.275	7.55	7.30	8.35	31.475	25th
35	C. Trittmacher (SA/AUS)	8.30	7.50	7.90	7.65	31.35	26th
63	L. Aldhamland (NZ)	8.075	7.80	7.65	7.65	31.175	27th
64	P. Ranson (NZ)	7.975	7.10	7.80	8.00	30.875	28th
30	N. Beames (QLD)	8.00	7.15	7.75	7.70	30.60	29th
73	A. Hinds (QLD)	8.25	6.70	7.60	8.00	30.55	30th
65	V. Rutherford (NZ Res)	4.60	6.65	6.75	7.85	28.85	31st
70	B. Griffith (ACT)	7.95	6.50	6.05	7.75	28.25	32nd

*NB. Residential—3rd

JUNIOR AUSTRALIAN WOMENS CHAMPIONSHIPS

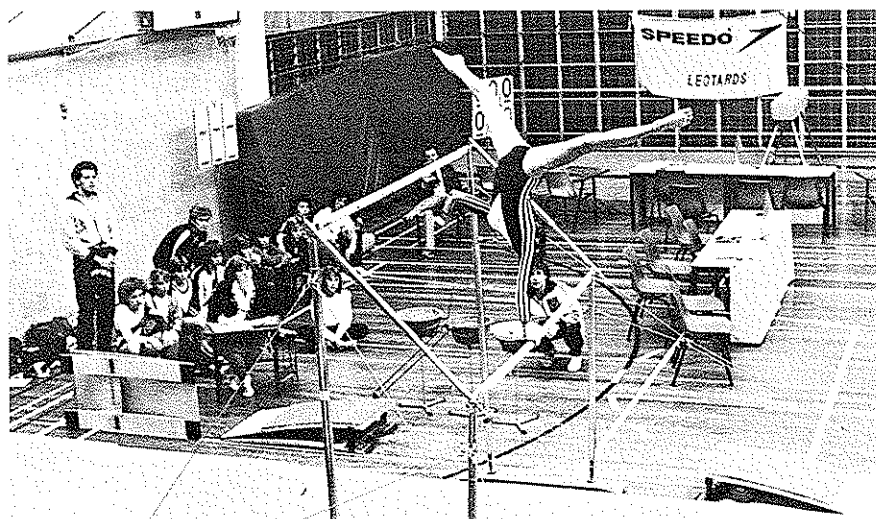
WAG JUNIOR CHAMPIONSHIPS 1983—FINALS

GYMNAST		FINAL SCORE	PLACE
VAULT			
C. STEWART	(NSW)	18.125	1
J. MARSHALL	(SA/AIS)	17.30	2
K. MYERS	(VIC)	17.175	3
S. IDDON	(WA)	16.975	4=
D. GRAHAM	(NSW)	16.975	4=
J. WHEELER	(NZL)	16.575	6
V. THORNTON	(NZL)	16.50	7
A. WATKINS	(VIC)	12.625	8

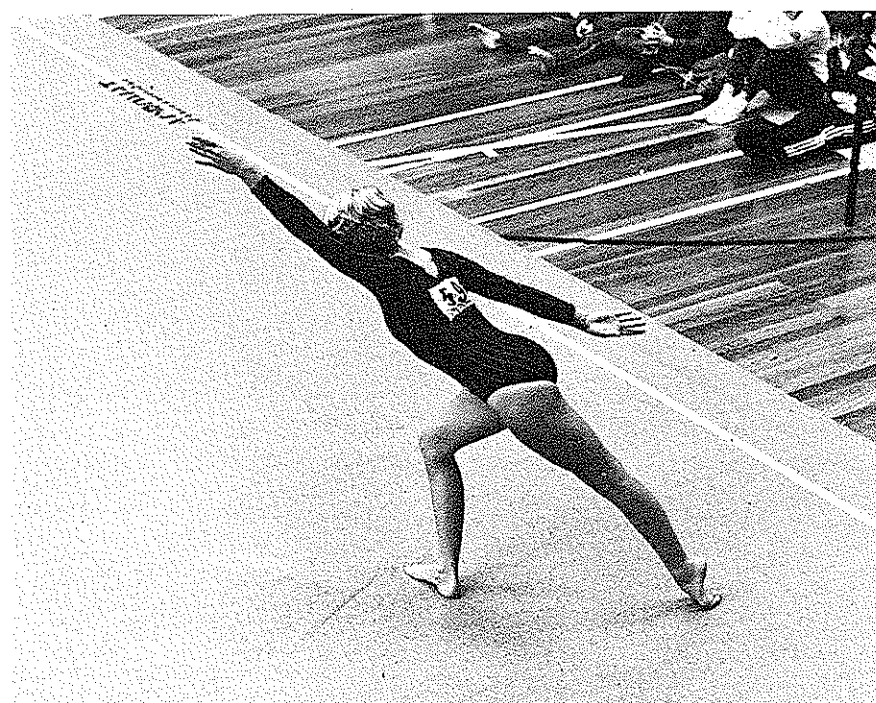
BARS			
C. WOOTTON	(VIC/AIS)	18.15	1
D. GRAHAM	(NSW)	17.40	2
J. WHEELER	(NZL)	16.85	3
J. MARSHALL	(SA/AIS)	16.45	4
A. WATKINS	(VIC)	16.35	5
L. SMITH	(WA)	16.25	6
S. TURFREY	(NZL)	16.10	7
C. FRANK	(NSW)	16.00	8

BEAM			
C. STEWART	(NSW)	17.75	1
D. GRAHAM	(NSW)	17.65	2
A. WATKINS	(VIC)	17.50	3
S. TURFREY	(NZL)	17.25	4
C. FRANK	(NSW)	17.00	5
L. DELALANDE	(VIC)	16.90	6
T. LEOTTA	(NSW)	16.70	7
J. WHEELER	(NZL)	16.60	8

FLOOR			
L. DELALANDE	(VIC)	17.45	1
J. MARSHALL	(SA/AIS)	17.40	2
C. WOOTTON	(VIC/AIS)	17.30	3
S. IDDON	(WA)	17.20	4
S. TURFREY	(NZL)	17.00	5
L. WILLIAMS	(NZL)	16.85	6
K. PEARSE	(VIC)	16.60	7
D. GRAHAM	(NSW)	8.40	8



Sheryl Turfrey—N.Z.

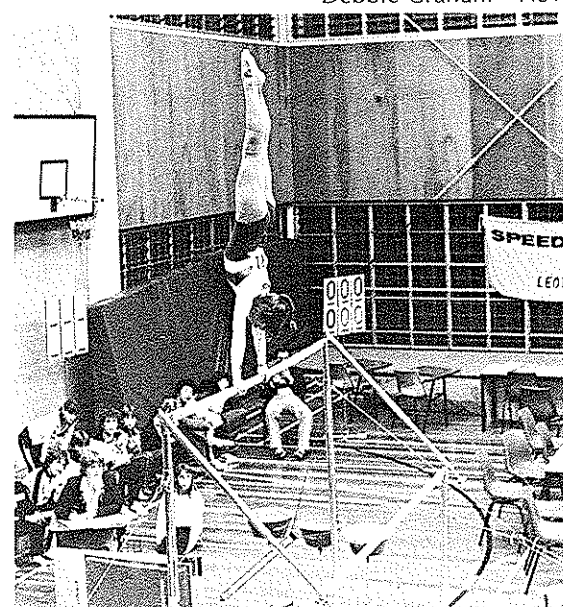


Abby Watkins—VIC

Lee Williams—N.Z.



Debbie Graham—NSW



1983 CLINIC FOR WAG COACHES & JUDGES



Participants in the Coaches' Workshop

A change of format marked this year's clinic. The content this year was aimed at coaches and judges, rather than it had in previous years, at gymnasts.

Kazuya Honda, clinic co-ordinator and Australian Institute of Sport Head Womens Coach, provided a fascinating range of learning experiences for some fifty coaches and judges from all states and N.Z., for the two days. Guest coaches and lecturers for the weekend included Kym Coombes, Peter Dowdell, Trevor Dowdell, Phillip Ward, Les Sharp, Masa Sumura, Ken Benson, Anne Bigham, Frances Thompson, Peter Hassan, Gene Schembri and Kazuya Honda.

Sessions included various presentations on the basic skills; judges / coaches perspective of ideal models of advanced skills; training and tactical preparations for Australian clubs; "hands on" sessions of advanced skills; in addition to discussion workshops attempting to solve commonly en-

countered elite psychological problems. All these together with skills analysis and comparison of the 1982 and 1983 Junior Championships, and 1982 Chunichi and World Cup films, provided a stimulating weekend for all concerned.

One of the most interesting aspects of the clinic were the group discussion workshops, with groups outlining their major discussion points to the clinic as a whole. We hope to be able to present their findings at a later date.

Some food for thought:

Mental attitudes in Training (not in order of importance).

1. In training challenge the mind.
2. Respect the apparatus.
3. Be friendly in the gym.
4. Be of humble mind.
5. Work to a plan, your coaches or your own.
6. Observe other gymnasts skills in training.
7. Work hard to achieve your daily training goals.

8. Remember your successful and unsuccessful experiences so as to improve yourself in training and in competition.

9. Find your own unique gymnastic style.

10. The harder worker becomes the better gymnast.

11. Tears are taboo.

12. It is a good point to improve with a feeling of inferiority.

13. Fight to achieve the ideal technique.

14. Training is never easy.

15. If you are having a hard training time with pain, then you are having a true training time.

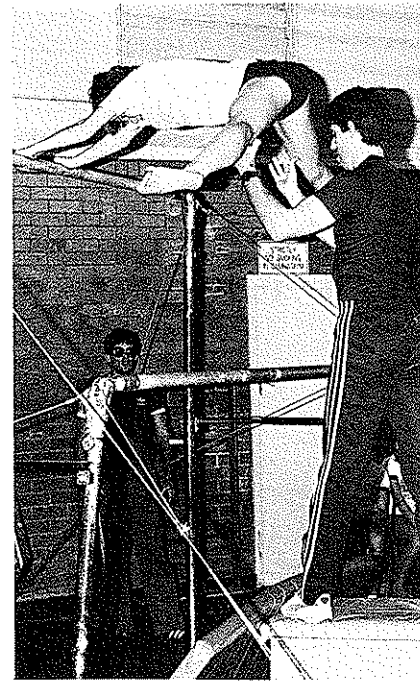
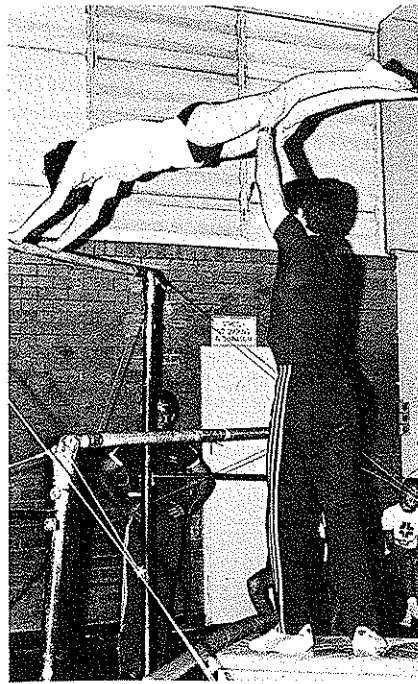
16. Learn to always concentrate.

Kazuya Honda
Australian Institute of Sport.

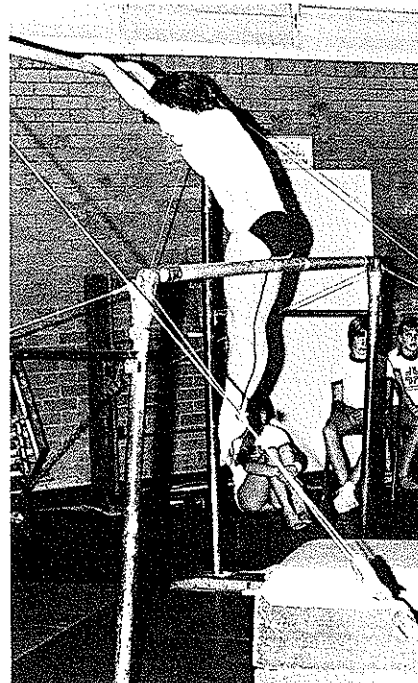
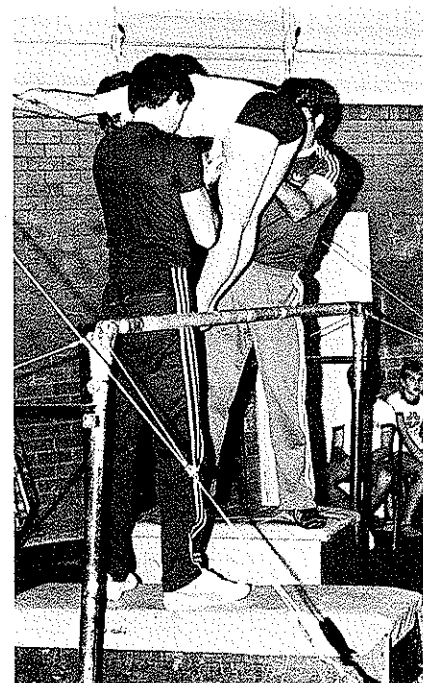
These points should provide some interesting insights into what should prove to be a good basic format for future clinics.

Peter Hassan

1983 CLINIC FOR WAG COACHES & JUDGES



Peter Dowdell demonstrating lead ups for giant circles



Kim Coombes working flic flac series on beam



L: Danica Mladenovic working with one of the N.Z. girls for a Tsukahara
R: Trevor Dowdell working on Tsukaharas



PAN AM NATIONAL CLUB CHAMPIONSHIPS

The inaugural Pan Am National Club Championships, hosted by the Canberra City Gymnastics Club, and held at the Australian National University Sports Centre in Canberra, marks yet another important step in the history of Australian gymnastics.

With the assistance of a major sponsor, Pan American Airways, the competition featured from New Zealand, the New Zealand North Shore Team, which included two thirds of their national team, Lisa Whitney, Fiona Martin, Rowena Davis and Christine Douglas, and two teams from Hal Halvorsen's Big Sky Gymnastics Club—Montana (USA), with their top gymnasts Jeanine Creek, Suzy Cooper and Kim Lander, together with club teams and individuals from all Australian states except the Northern Territory.

Canberra City Gymnastics Club, with President Dr. Les. Sharp, in organising this competition have recognised the importance of the club as the basic unit in the structure of Australian gymnastics. As a result, considerable impetus should be given to competitive programmes, encouraging clubs to develop a depth of talent.

The competition was organised in two divisions. The organisers were fortunate in having judges from many states officiating at the competition, including AGF Women's Technical Director—Frances Thompson, and AGF WAG Judging Co-ordinator—Anne Bigham.

The whole afternoon set some new standards in the staging of competitions in Australia, from the dazzling array of trophies, the pacy presentation of officials and gymnasts and exchange of gifts and display to finish.

RESULTS

Section 1 TEAMS

1. Northern Districts (NSW) 93.70
2. United Academy (NSW) 90.70
3. Western Youth (SA) 90.05

INDIVIDUAL

1. Michelle Wade (ND—NSW) 31.45
2. Tiffany Desborough (ND—NSW) 34.50
3. Kellie Larter (IND—TAS) 31.05

Section 2 TEAMS

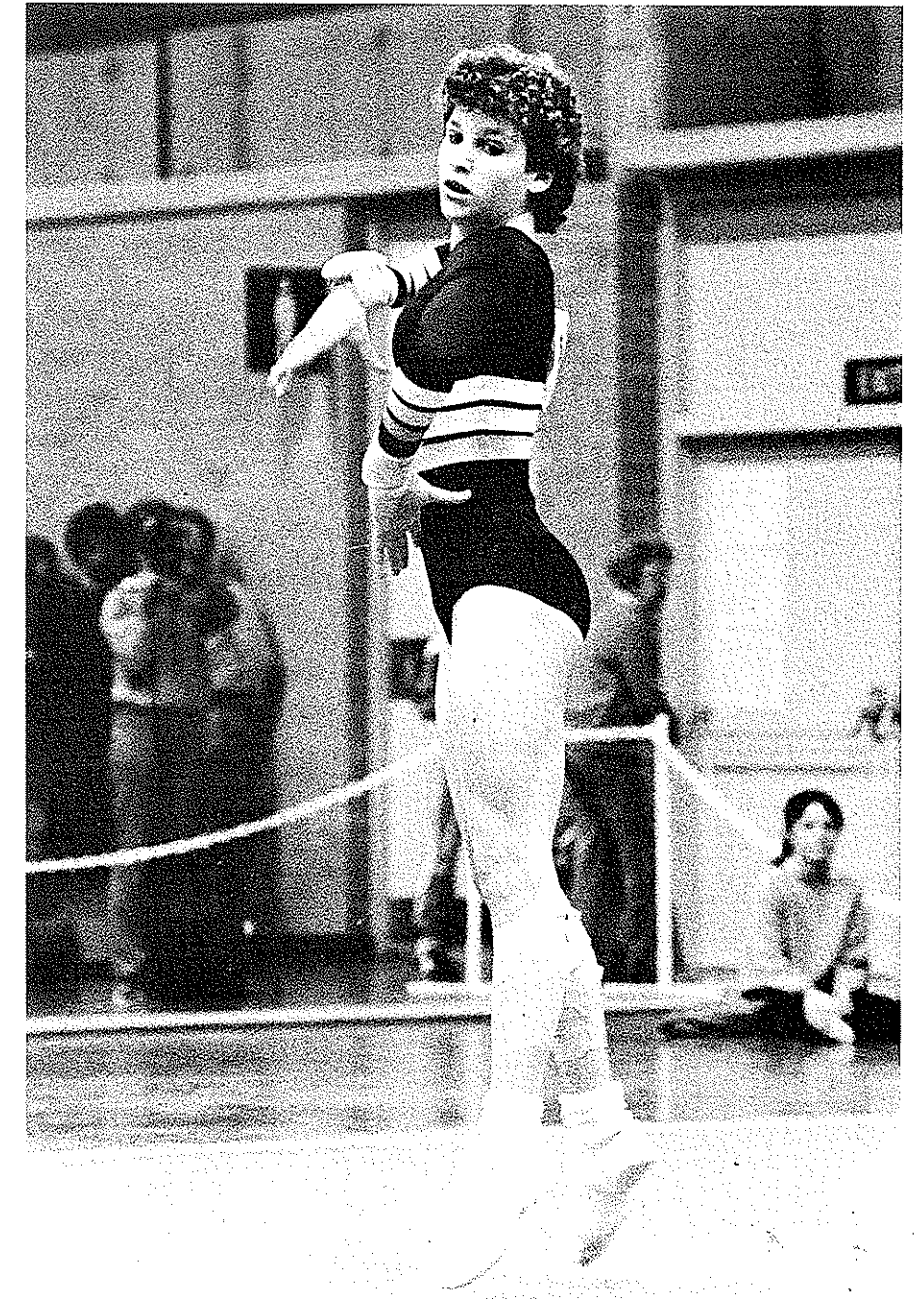
1. Big Sky (USA) 104.70
2. North Shore (NZ) 102.30
3. Northern Districts (NSW) 99.50

INDIVIDUAL

1. Kim Lander (Big Sky—USA) 35.450
2. Michelle Rawlake (Big Sky—USA) 34.50
3. Rowena Davis (North Shore—NZ) 34.45

SOME HIGHLIGHTS

Susan Turnbull (Olympia—Vic) First vault, piked tsukahara, nicely stood up, second vault, a magnificent hand-



Elana Sharp

spring front tucked salto, to pop open well before landing to a very secure and worthy 9.4.

Nancy Kah (IND—SA) A high straight layout tsukahara—9.24.

Carolyn Stewart (Northern Districts—NSW) A handspring front tucked salto with good height and distance—9.15.

Uneven bars were an exciting event, with a number of gymnasts executing giant and stalder circles to handstand, along with double back dismounts.

Suzy Cooper (Big Sky—USA) Her exercise included a radochla salto, clear circle to handstand, stalder to handstand, giant to handstand, dismounting with a three quarter giant circle to tucked double back salto—9.4.

Lisa Whitney (North Shore—NZ) Included a three quarter endo to jager salto for a 9.2.

Kim Lander (Big Sky—USA) Her exercise commenced with a radochla salto, clear circle to handstand, giant to handstand, reverse hip beat, uprise to long kip, dismounting with a piked Commaneci salto—9.00.

Elana Sharp (Canberra City—ACT) Included a clear circle to handstand, stalder circle, dismounting with a tucked Commaneci salto—8.9.

The finish of the Big Sky gymnasts was impressive on the beam.

Kim Lander (Big Sky—USA) Mounting with a punch front salto, including a split leap, flic flac series, change leg sissone jump, 1¼ turn, back tucked salto, dismounting with a full twisting gainer salto—8.8.

Continued on Page 20

Canadian Classic—June 1983...Manager—Coaches Report

A very young team of gymnasts travelling to their first major international competition outside of Australia boarded a flight to Canada and unfortunately met with frustrating delays due to a refueller's strike. This also resulted in more stop overs than were necessary and the loss of some luggage. However, once in Canada we were met by our host Club, the "Winstonettes", who billeted the team prior to and after the official competition period. They were delightful hosts and looked after all our needs. During the competition period from the 23rd to 26th June, all the teams stayed in the residences at York University.

Whilst in Toronto, our host club organised time for the girls to relax, shop and also visit Niagara Falls, the Ontario Science Centre, the C.N. Tower, Toronto Island and a special Social Function at a Golf Club.

The number of countries who competed at the competition were five although six teams competed because Canada had in two teams. The other countries competing were Italy, France, Canada and the United States. The competition was held at the York University Gymnasium. The apparatus used was Speith Anderson which is similar to the equipment in Australia. The Beat Boards were either leafspring, air boards or reuther boards, which



The Australian Team to compete in the Canadian Classic in late June. Back Row L—R: Abby Watkins (Vic), Carolyn Wootton (Vic/AIS), Cathy Frank (NSW) Front Row L—R: Debbie Graham (NSW), Joanne Marshall (SA/AIS), Carolyn Stewart (NSW)





ranged in height from approximately 14cm to 20cm. All mats were to F.I.G. specification.

The Australian girls competed well considering the many factors which might have affected their performance. The two most outstanding performances by individuals were Carolyn Stewart's handspring from salto vault and Carolyn Wootton's Floor exercise. As a team our highlights had to be Balance Beam where we only had two falls. In competition all teams except the Canadians, had many falls which can be attributed to poor competition preparation and also the maturity of the athletes. The Canadian's team performance was outstanding with almost all girls hitting their routines. Consistency won them the team competition.

In closing, I would like to comment on some interesting combinations seen during the competition:

- Vault:** Round off 1/1—on: 1/1—off.
Bars: Giant—1/1 pirouette—Giant.
Giant—Thatchev
Beam: Cartwheel—Flip—1/1 Back Salto
Floor: Front Salto—Round-off—Flip—Double Back Triple Twist Round-off—Flip—1½ Twist—Roundoff 2/1 Twist.

Kym Coombes

						Total
Monica Covacci	Canada	2 9.45	3 9.45	2 9.40	2 9.45	1 37.75
Tracy Calori	United States	7 9.25	1 9.50	3 9.35	4 9.35	2 37.45
Christina McDonald	Canada	1 9.50	5 9.35	12 8.75	4 9.35	3 36.95
Elena Ghiselli	Italy	9 9.15	6 9.30	8 9.00	9 9.30	4 36.75
Patrizia Luconi	Italy	3 9.35	22 8.50	1 9.45	3 9.40	5 36.70
Sandra Botnen	Canada	9 9.15	1 9.50	5 9.05	17 8.85	6 36.55
Joyce Wilborn	United States	3 9.35	8 9.20	19 8.40	15 8.95	7 35.90
Sabrina Mar	United States	29 8.35	10 9.00	10 8.80	1 9.50	8 35.65
Nathalie Donati	France	12 9.10	17 8.75	9 8.95	19 8.75	9 35.55
Valerie Le Gall	France	15 8.85	15 8.80	4 9.15	19 8.75	9 35.55
Melissa Marlowe	United States	18 8.75	11 8.90	15 8.55	4 9.35	9 35.55
Cindy Goluboff	Canada	6 9.30	28 8.20	5 9.05	15 8.95	12 35.50
Tracy Wilson	Canada	27 8.45	11 8.90	17 8.45	4 9.35	13 35.15
Isabelle Cornet	France	15 8.85	13 8.85	19 8.40	12 9.00	14 35.10
Eileen Rocchio	United States	13 8.90	8 9.20	28 7.45	4 9.35	15 34.90
Julie Whitman	United States	27 8.45	3 9.45	24 8.25	19 8.75	15 34.90
Karine Declercq	France	23 8.65	26 8.35	13 8.70	11 9.10	17 34.80
Carolyn Stewart	Australia	7 9.25	28 8.20	10 8.80	27 8.55	17 34.80
Debbie Graham	Australia	17 8.80	13 8.85	19 8.40	23 8.70	19 34.75
Guilia Volpi	Italy	13 8.90	6 9.30	27 7.70	18 8.80	20 34.70
Carolyn Wootton	Australia	25 8.55	20 8.70	19 8.40	12 9.00	21 34.65
Irina Tresoldi	Italy	18 8.75	17 8.75	19 8.40	28 8.50	22 34.40
Heidi Geier	Canada	9 9.15	17 8.75	29 7.05	10 9.25	23 34.20
Sandra Fei	Italy	30 8.15	25 8.40	5 9.05	24 8.60	23 34.20
Cathy Frank	Australia	25 8.55	24 8.45	15 8.55	24 8.60	25 34.15
Joanne Marshall	Australia	18 8.75	30 7.90	14 8.60	19 8.75	26 34.00
Corinne Robert	France	18 8.75	26 8.35	26 7.90	12 9.00	26 34.00
Abby Watkins	Australia	24 8.60	22 8.50	25 7.95	24 8.60	28 33.65
Corinne Cerdobel	France	18 8.75	15 8.80	17 8.45	29 7.65	28 33.65
Leonilde Jannuzzi	Italy	3 9.35	21 8.55	30 0.00	30 0.00	30 17.90

AROUND THE STATES — SOUTH AUSTRALIA

At the Bronze Championships held in Brisbane 6—16th May, the South Australian team achieved real success, coming second overall, with Joanne Marshall (S.A./A.I.S.) 1st overall individual in the Bronze Championships. After Competition 1A and 1B, twenty-two girls were selected to compete in Competition II for the Australian Junior Individual Championship. This competition was also the Australian vs. New Zealand International Junior Competition.

Four South Australians were selected in the top 22 for this competition: Joanne Marshall, Claudia Trittmacher, Danielle O'Neill and Barbie Hutchins. Again S.A. was well represented—Joanne Marshall coming 4th overall (3rd Residential), Danielle O'Neill 14th, Barbie Hutchins 23rd and Claudia Trittmacher 26th.

Following Competition II, Joanne Marshall was selected to compete in the Bars, Floor and Vault apparatus Finals, and Danielle O'Neill on uneven bars. The top eight scoring gymnasts

from Competition II are selected for apparatus finals. Due to injury, Danielle was unable to compete in the finals.

Joanne came 2nd on Vault and Floor and 4th on Bars.

The Australian Squad was named and included two S.A. girls: Joanne Marshall and Claudia Trittmacher—both of whom were in the Australian Team which competed against New Zealand.

Claudia went on to work in the Hal Halvorsen clinic and to compete in the PAN AM National Club Championships in Canberra.

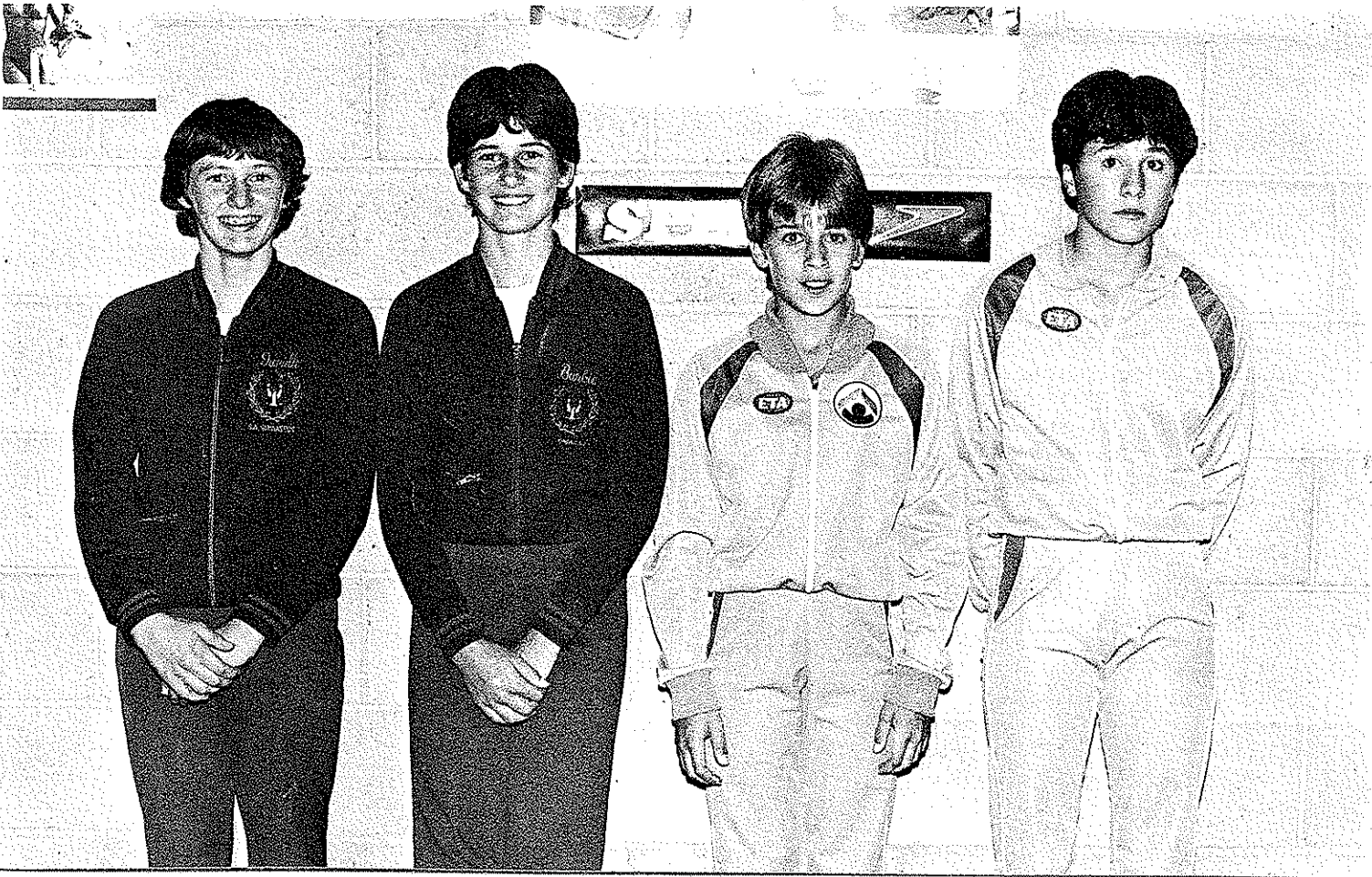
Joanne Marshall was chosen along with Debbie Graham, Carolyn Stewart, Abby Watkins, Carolyn Wootton and Cathy Frank to compete in the Canadian Classic at the end of June, after she had competed at the Pan Am National Club Championships on 11th June, 1983.

Congratulations to all participants in the Bronze Championships and to the S.A. team for their fine performance.

The Coaches' Workshop held at the end of the Championships was very informative and very well attended by 64 coaches, gymnasts and lecturers/officials. A lot of work was covered, including flic flac series on beam, clear hip circles to handstand, giants, and tsukaharas.

As well as "hands on" sessions there were films and lectures on psychological problem solving for elite gymnasts, an open forum on the National Women's programme, Beam Drills presented by Kym Coombes and a judging resume by Anne Bigham—specifically on these Bronze Championships.

Kazuya Honda gave an interesting lecture on the mental attitude in training and preparation for competitions. He gave out the questionnaire used at the Institute which groups discussed and summarised on certain topics. Phillip Ward gave an interesting talk on how to make the child aware of her own quality of performance.



L—R: Danielle O'Neill, Barbie Hutchins, Joanne Marshall, Carolyn Wootton

AROUND THE STATES — SOUTH AUSTRALIA



On 10th—13th June, the S.A. Junior R.S.G. State team competed in the Junior Nationals held in Victoria. The group competitions were held on Saturday and Monday, with 6 groups competing—two of these were from S.A. Group 1 finished 1st overall, and Group 2 5th overall.

The girls in Group 1 were: Kylie Baker, Ashlee Haynes, Sally Goodwin and Rebecca Price with Coaches: Barbara Langford and Barbara Ford.

The girls in Group 2 were: Karyn Jones, Wendy Martin, Bronwyn O'Halloren and Sharmain Millar with Coaches: Linda Ritter and Julie Longmire.

The general apparatus competition held on Saturday involved three apparatus: Rope, Hoop and Ball, and from the results of this ten finalists were chosen from each apparatus.

Ashlee Haynes finished = 5th in Rope, 5th in Ball and 2nd in Hoop.

Sally Goodwin finished 4th in Hoop and = 2nd in Ball.

Kylie Baker finished 5th in Ball.

The overall individual champion was Antoinette Guida of W.A., with Ashlee coming 5th, Sally 6th and Kylie 7th.

The National Junior Squad of ten was chosen after the competitions, with four South Australians being: Kylie Baker, Ashlee Haynes, Sally Goodwin and Bronwyn O'Halloren.

From the results, S.A. has had its best nationals competition to date.

Congratulations to all of the girls who competed and keep up the good work!

Back Row L—R: Barbara Langford (coach), Michelle Giza, Kylie Baker, Barbara Ford (coach)
Front Row L—R: Patty Varga, Sally Goodwin, Ashlee Haynes, Rebecca Price

TASMANIA

Wedding bells in the south! Congratulations to Tony Fox and Kathryn Wherrett on their recent marriages.

On 6th May, our first full bronze team left the state to travel to Brisbane. This was a milestone for Tasmanian gymnastics. Our team of Melissa O'Byrne, Justine Summers, Genevieve O'Rourke, Ann Bester and Kellie Larter performed creditably and benefitted greatly from the experience. Tasmania will also be represented at the Men's U/16 Nationals; gymnast Gary Pitchford has qualified at level 7. All the best to you Gary and coach Tony Fox.

On 30th and 31st July we are holding a combined level one coaches course for WAG and MAG, with Gene Schembri as the course conductor. Gene will also be running a component for level 2 coaches as a course conductor's course.

TASMANIAN STATE CHAMPIONSHIPS are to be held at the Kingborough Sports Centre on the 15th and 16th October.

Continued from Page 17

Michelle Rawlake (Big Sky—USA) Press to handstand, lower to side splits, flic flac series, change leg split leap, split leap, piked stood jump, scissor jump, barani, half turn, handspring to two feet, sissone jump to the side, back tucked salto, dismounting with a round-off layout full twisting back salto—8.5.

Christine Douglas (North Shore—NZ) Included a gainer flic flac to gainer salto series, change leg split leap, aerial front salto, one armed gainer flic flac, half turn on one foot, dismounting with a roundoff to layout full twisting back salto—8.5.

FLOOR

Jeanine Creek (Big Sky—USA) Started with a piked straddle jump, then on to a layout double twisting back salto, handspring piked front salto handspring piked front salto series, double turn on one foot, change leg leap, and a double turn with one leg at horizontal—9.00.

Elana Sharp (Big Sky—USA) Roundoff flic flac double twisting layout back salto, change leg split leap change leg split leap to arabesque, tucked arabian salto to roundoff flic flac back tucked salto, double turn on one foot, finishing with a flic flac layout full twisting back salto—8.75.

Carolyn Wootton (Olympia—Vict) The only gymnast in the competition to include a tucked double back salto in her exercise, including also a punch front salto to roundoff flic flac layout single twist, dismounting with a round-off flic flac double twisting layout back salto—8.35.

Let us hope that this very successful inaugural Pan Am National Club Championship is the first of many more to come.

Peter Hassan

Editor's Note: Another National Club Championship is planned in '84! Well done to Les Sharp and the Canberra City Club.

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.

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



Laurion Pty. Ltd.,
20 Fulton Street, Huntingdale, 3167.
Telephones: 5444711 — 5444056

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 1983.

Individual Copies are \$3.00

Note: Bulk Orders: 20 or more: 5% reduction
50 or more: 10% reduction
100 or more: 20% reduction

Foreign Subscriptions Add \$6.00 (to cover postage)

RETURN TO:

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

New Zealand Magazine Subscription now \$10.00

World Gymnastics



Subscribe now and enjoy the colour quarterly of International Sports Press and F. I. G. on the most beautiful sport

Please, send me a year's supply of WORLD GYMNASTICS.

I send the due sum to:

C./C. 311 Banco di Roma
Filiale di Milano,
Piazza Tommaso, Edison 1, Italy

My name and address:

Surface Post—\$16 US.
By Air—\$21 US.

SKV - 80-5281

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 GYM SHOES
- BLOCH GYM SHOES
- BLOCH TRAMPOLINE SHOES

SPORTS CLUBS PLEASE NOTE:—

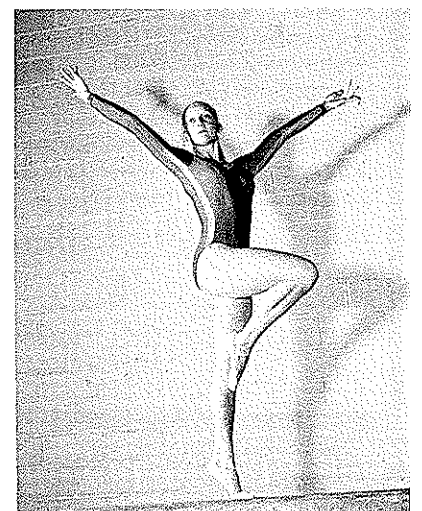
Club colours available for special designs

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



ACROMAT



GYMNASTIC AND SPORTING EQUIPMENT

Suppliers of Equipment for the 1980 Australian Gymnastic Championships



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