

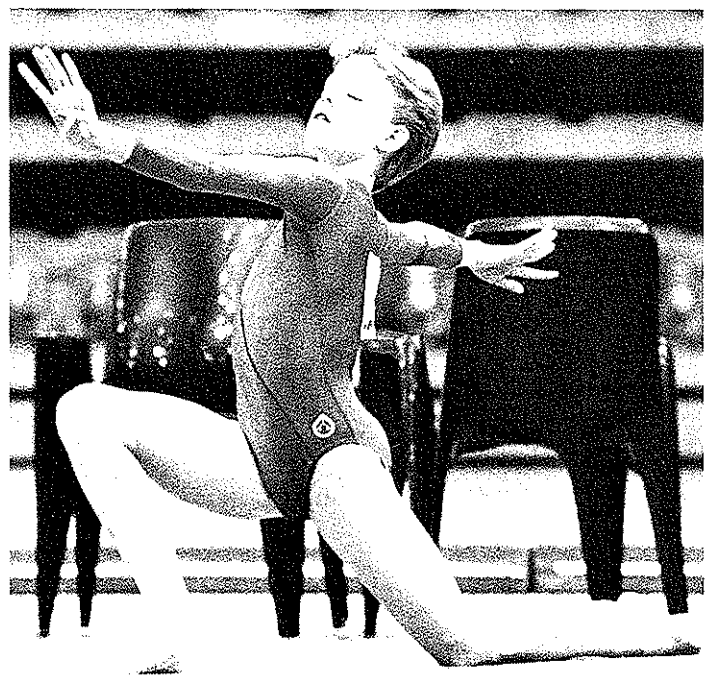
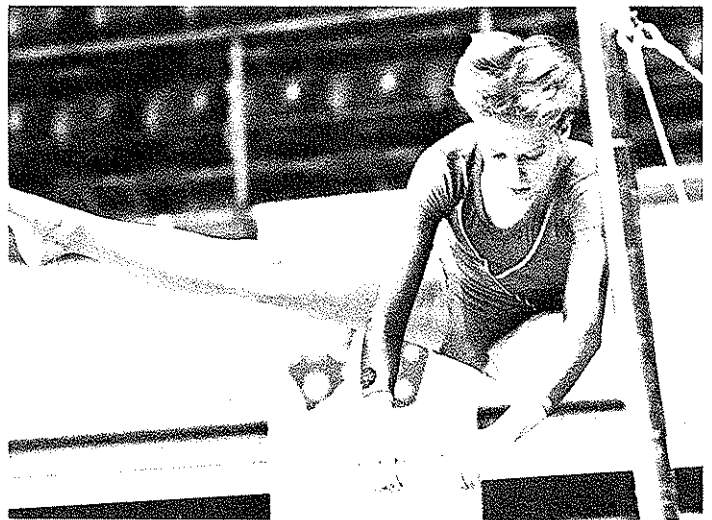
THE AUSTRALIAN GYMNAST

THE OFFICIAL MAGAZINE OF THE AUSTRALIAN GYMNASTIC FEDERATION

Vol 11. No.2

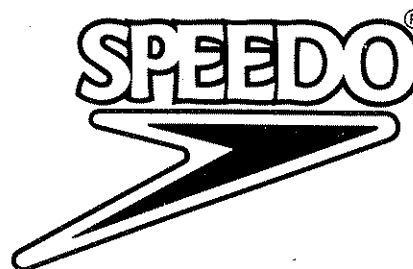
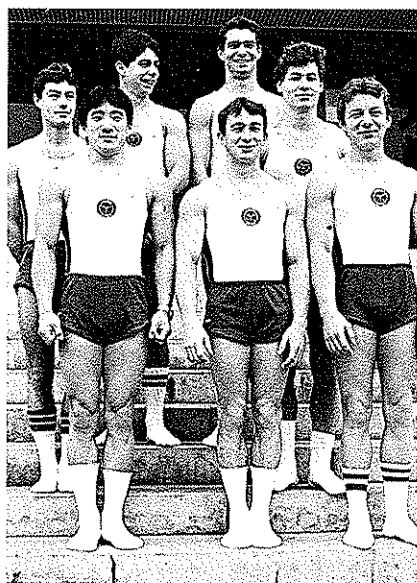
JULY/AUGUST 1985

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



EDITORIAL

As each threshold or benchmark is reached, the pressure is on the Federation to successfully meet the next challenge. For many years, the "user pays" principle was accepted as part of being in gymnastics. With the advent of government funding to subsidise projects in specific categories the burden on the user was lessened. Also, with the support the A.G.F. has received from the Australian Olympic Federation for courses conducted under the Solidarity program, the burden with the exception of a course fee, has been eliminated. Since 1971, Rothmans National Sport Foundation has given monies for coaching projects and coaching manuals. Their contribution has permitted continuity of programs and thus development. It should be made quite clear that national accreditation, as policy, will always have a fee component. This applies in particular to judges and coaches accreditation courses. The objective is to eliminate other major cost factors.

Before the Federation, is the challenge to secure a sponsorship which will assist national squads and international teams. Through various Institutes, State and National, some have been assisted. The development with more funding available in specific areas has been interesting. Expectations and feelings run high; as each step is achieved more is expected. Once something is in place it loses value by being accepted. The only thing that is certain once the step is achieved, first will be an appreciation, next will be the expectation for more.

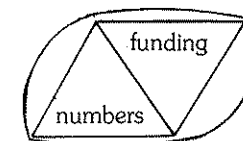
A great deal of time and energy has been devoted to the seeking of a major sponsorship. It is a most frustrating exercise. Naturally, our community expects our sport to be an easy sell. Gymnastics has a clean, healthy image; an high International profile and is generic. The only drawback in the marketplace is our present International ranking.

We will secure a major sponsorship. As our International ranking improves, so does the task of selling our sport become easier.

At this time it is appropriate to note the two aims of the Federation:

- to improve our international ranking
- to increase the number of participants.

The aims and funding both have a pyramid structure with the funding in a "reverse" pyramid. These are in a circle. To this end we are in a "catch-22". To increase our numbers, we need the charisma of the elite; to have the elite we need a broad base. Funding is contingent on improvement and success in both areas.



We as a Federation should keep the above in mind before being too critical re the lack of sponsorship. A lot of progress has been made, but there are no free lunches!!

FRONT COVER

Monique Allen NSW/AIS, WAG Junior National Champion

Photographs courtesy of Ross Gould

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22nd November 1985

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CALENDAR OF EVENTS 1985

International Competition	Universiade	25-28 August	Tokyo
	MAG Trans Tasman	August	
	RSG World Championships	10-13 October	Valladolid
	FIG Congress/Technical Assemblies	October	Montreal
	Artistic World Championships	3-10 November	Montreal
	Chinuchi Cup	November	Japan
	WAG Junior Development Tour	December	
National Competition	National Championships (MAG/WAG/RSG)	26-31 August	Melbourne
	National Team-World Championships Training	October	Canberra

FROM THE AGF



PRESIDENT'S REPORT

Since the last report which concentrated on the "January Programme" that culminated in the successful Australia Games, there is now a postscript.

The Australian Government commissioned the McNair Anderson Group to evaluate the 1985 Australia Games. Below are listed that major findings of that summary.

"Over 94% of Australians were aware that the Australia Games were conducted end of January/beginning of February.

The events most attended were gymnastics, track and field and weightlifting.

77% watched the Games live on TV.

The events most watched were gymnastics, basketball, weightlifting, aquatics, track and field, boxing and cycling.

Aquatics, boxing and cycling mainly attracted those aged 18-24 whilst gymnastics was more popular amongst those aged 55+ (56% of gymnastics spectators were 55+)."

As you can see gymnastics can take pride in the results and confidently look forward to hosting other International events. These results auger well for our presentation of the R.S.G. Four Continents Championship to be held in Melbourne during October 1986.

This now raises further questions:

1. How many international events can Australia host or be involved in?
2. How to integrate that effort with the Australian Institute of Sport programme and the other elite Gymnastic Centres that now exist around Australia.
3. How do we prepare our domestic competition calendar and dovetail it into the International competition calendar to optimise the experience of our elite gymnasts?

.. ..

The last series of three Junior National Championships and the WAG National Clubs Competitions were all successfully conducted and hosted as follows:

MAG Junior National Championships
Adelaide June 7/8
WAG Junior National Championships
Canberra May 8/11
RSG Junior National Championships
Perth May 31/June 1
WAG National Clubs Competition
Canberra May 8-11

I had the opportunity to visit both the RSG and MAG Championships and was most impressed with the improvement in standard and number of gymnasts competing. Reports on the other events confirm that this improvement is across the board. This is most encouraging and means that our development plans are starting to bite, but we have a long way to go before we achieve our overall aim of top 12 International team ranking.

The Senior National Championships this year will be hosted by the VGA at the Melbourne Sports and Entertainment Centre as part of Victoria's 150th centenary celebrations. We have invited a three discipline team from Italy. They have been most impressive at both the Australia Games and recent European Championships and will provide a great deal of interest.

Nothing is ever dull in the sports world and gymnastics is no exception. 1986 is fulfilling its promise of excitement.

James Barry
President

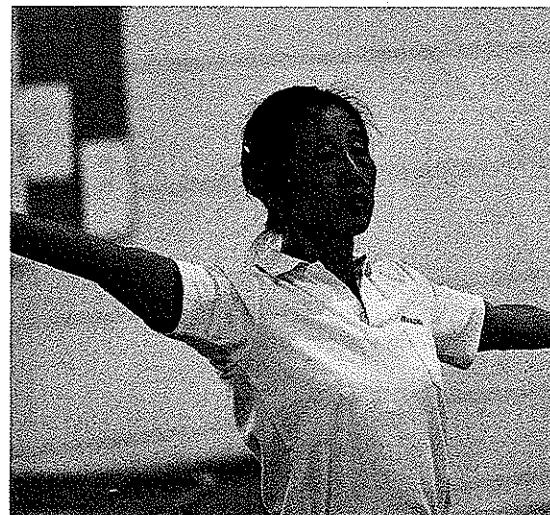
WAG EASTER CLINIC/MAY COACHES SYMPOSIUM

This clinic was held for interested coaches at the AIS Training Centre with the assistance of Rothmans National Sport Foundation.

The themes for the clinic were: the development of talented young athletes, the development processes in other countries such as China and U.S.S.R., and interpretation of the 1984-88 Elite compulsories.

The guest lecturers—Ju-Ping Tian, Trevor Dowdell and Dr. Kitty O'Brien—presented enlightening and interesting information—now available in video and cassette form from Dee-gee Productions.

The WAG Coaches Committee used the opportunity provided by the May competition to hold lectures for coaches in attendance. Topics covered were psychology, physiology and bio-mechanics, all of which were very worthwhile. This idea of scheduling lectures during the week, as opposed to the weekend following the Championships, proved to be less tiring, and will be reviewed for next year.



Ju Ping Tian



Australian Junior National Championships

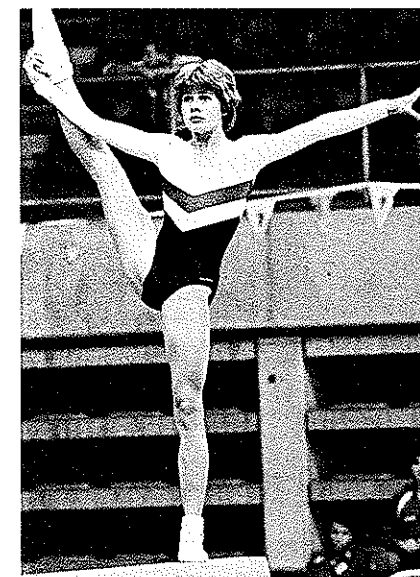
Photographs courtesy of Ross Gould

WAG JUNIOR NATIONAL CHAMPIONSHIPS

This year's Australian Women's Junior Championships marked the beginning of the new cycle, giving the juniors the opportunity to perform the complete international compulsory exercise programs.

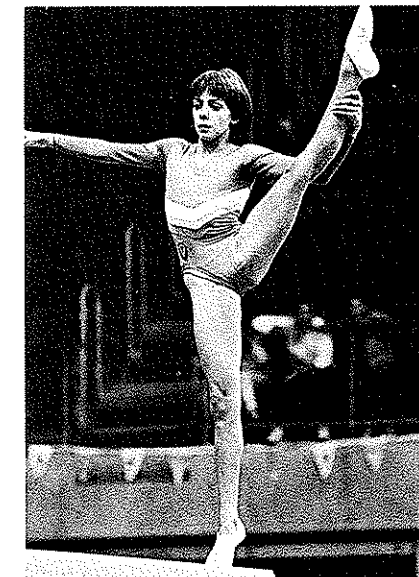
The competition, held at Canberra's National Training Centre—Gymnastic Training Hall, for Competitions 1 and 2, with the finals held in the National Indoor Sports Centre, was well organised by the ACTGA.

This year, New South Wales, Victoria, ACT and South Australia entered full teams with individuals competing from the Northern Territory, Queensland and New Zealand. From the first training sessions, New South Wales and Victoria were the only real contenders for the teams championship. The gap seems to be closing between these two States, although they seem to be far ahead of the others at the moment. On the competition floor, during the compulsory round, the standard of the leading two teams looked closer than the scores indicated, although New South Wales' clear dominance on bars and beam gave them confidence early in the competition. Individually, Monique Allen could easily be seen as 1985 Junior Champion, such was her dominance in the compulsory exercises, resulting in an all-around score of 34.84. She was followed by Lee-Ann Murray with 32.70, while Michelle Aston, Katie Watts and Michelle Wade were not far behind.



Lee-Ann Murray (ACT)

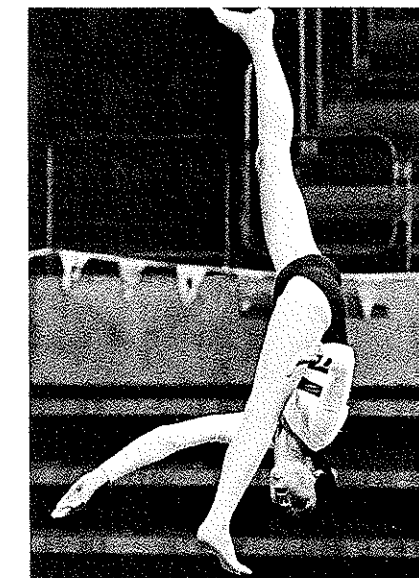
New South Wales continued to dominate in the optional round, although they dropped their lead somewhat on the vault. However, the order remained the same, with New South Wales winning the championship, followed by Victoria in second place, and ACT third. Monique Allen continued to lead the all-around competi-



Katie Watts (Vic)

tion going into the finals almost four points ahead of Lisa Read. Lisa had picked up in the optional routines, with improved routines on bars, beam and floor, pushing Lee-Ann Murray back to third place. Katie Watts held onto fourth place with good exercises on beam and floor.

In the individual all-around finals, Monique maintained her momentum to win, with Lisa second, whilst Katie moved up to third spot with good exercises on bars and vault.



Michelle Wade (NSW)

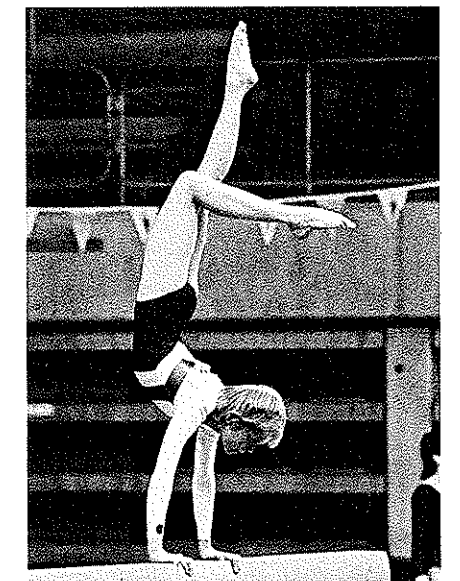
The 1985 Junior Elite and the 1985 Pre-Elite National Squads were announced after the Junior National Championships. Congratulations to the following girls:

Junior Elite Squad

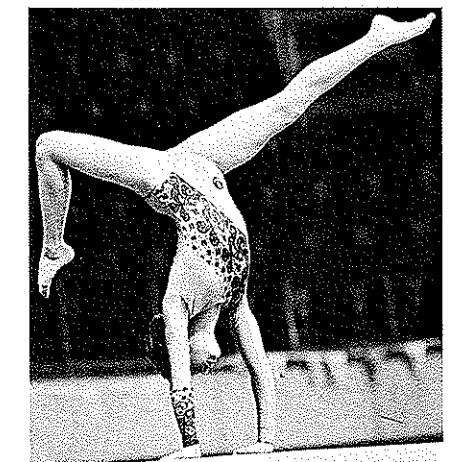
Monique Allen, Lisa Read, Katie Watts, Lee-Ann Murray, Michelle Aston, Megan Griffith, Michelle Wade, Ruth Coliguiri, Jenny Richardson, Tara Kidd, Kirsten McGregor-Lowdes, Michelle Cooper.

Pre-Elite National Squad

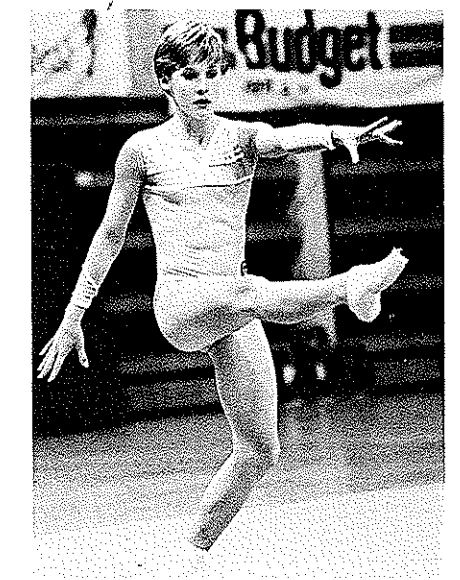
Jenny Clack, Sallyanne Hargrave, Michelle Telfor, Yolando Zerko, Shelley Turnbull, Lisa Tatai, Sasha Harnett, Melanie Edwards, Tanya Saharov, Trudi Nurse.



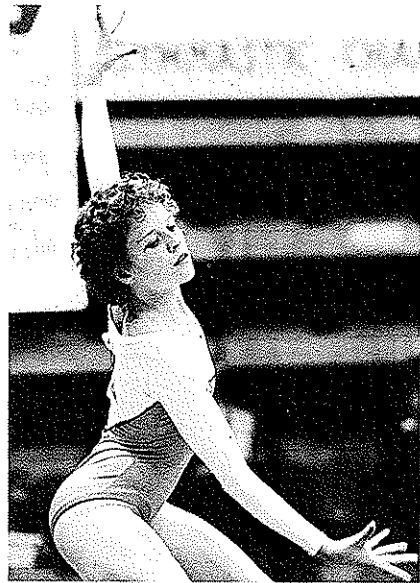
Lisa Read (NSW)



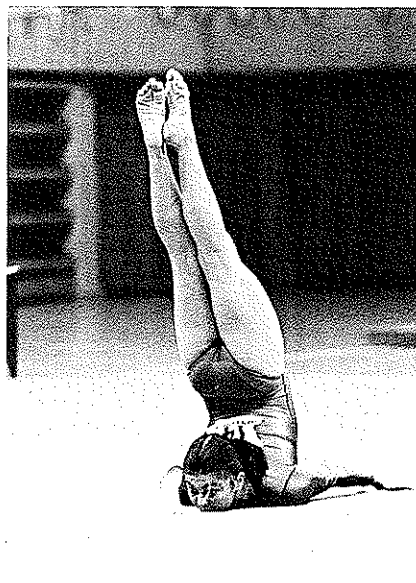
Kate Munyard (SA)



Michelle Cooper (Vic)



Jenny Richardson (Vic)



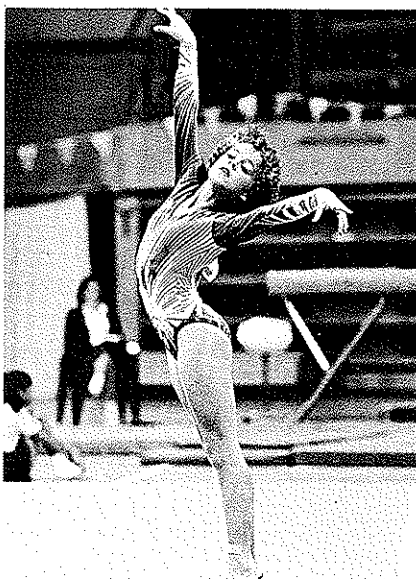
Sarah Mathieson (Vic)



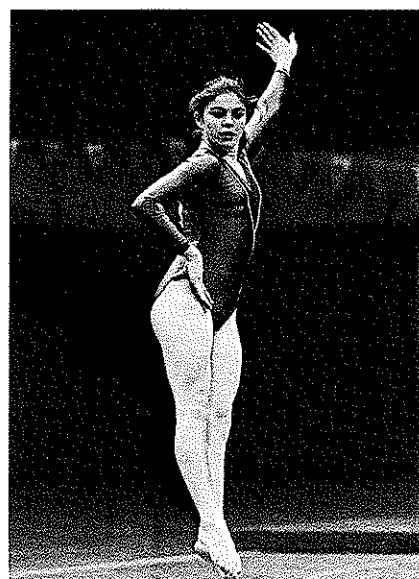
Lee-Ann Murray (ACT)



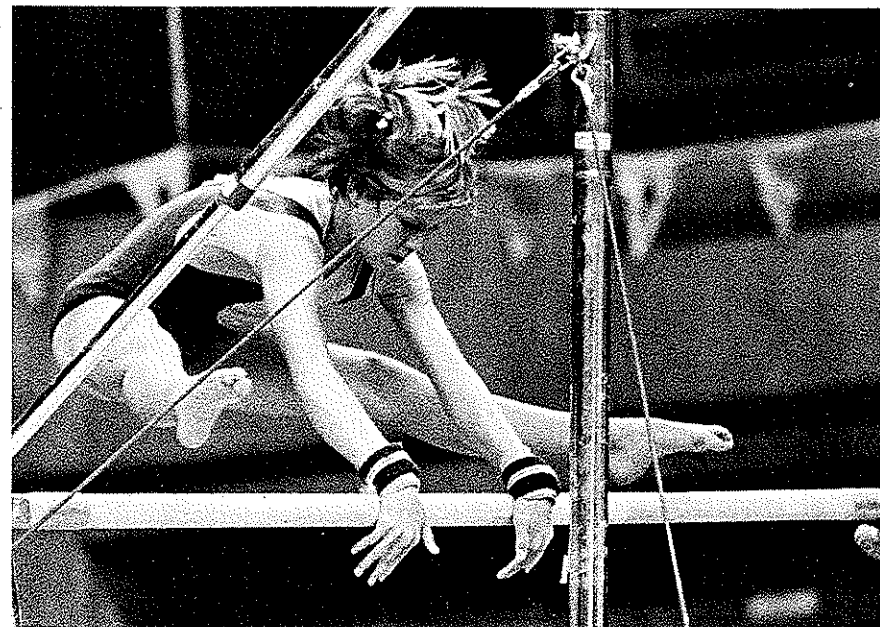
Lisa Read (NSW)



Lisa Burke (ACT)



Sarah Mathieson (Vic)



Kirsten McGregor-Lourdes (Qld)

MAG JUNIOR NATIONALS

The Australian Men's Junior Championships were held in June, at the Marion Recreation Centre in Adelaide. This competition saw the new age groupings, namely Under 14 and Under 16, in use for the first time. Also introduced at this competition were the compulsory routines as specified in the new Code of Points. This proved challenging to judges, coaches and gymnasts alike as a result of different interpretations of the Code.

In general, a very high standard of gymnastic talent was demonstrated, with noticeable polish shown by the boys who had toured Great Britain.

In the Under 16 competition, individual all-around medals went to Brennon Downrick (ACT) who performed strongly on pommels, followed by his team-mate Brian Wade, and thirdly, Peter Hogan (NSW).

In the Under 16 team competition, ACT was placed first, with a pronounced lead over New South Wales in second place, and South Australia third.

Victoria proved to be the strongest State in the Under 14 competition, winning not only the team competition, but having two gymnasts—Alex Broch and Peter Varese—taking first and second respectively in the individual all-around competition. These two were closely contested by Grant Codey (NSW) who finished in third place.

The Under 14 team competition resulted in New South Wales winning the silver medal behind Victoria, with Queensland third.

At the conclusion of the competition, a two day clinic was held, with Mako Sakamoto as guest coach. Following the clinic two national squads were selected, as follows:

Under 14

Alex Broch, David Laing, Peter Varese, David Amesbury, Grant Codey, Matt Egan.

Under 16

Brennon Downrick, Brook Grimwood, Peter Hogan, Mark Shaw, Stuart Ross.

Congratulations to these boys.

RSG JUNIOR NATIONAL CHAMPIONSHIPS

The 1985 Junior Rhythmic National Championships were a pleasure to watch for two particular reasons. One was the overall increase in standard and, two was the body type of the gymnast. During the two days of competition we saw 25 individual competitors and four groups receive marks in the sevens and eights. That, in itself, was a most encouraging sign when one considers that in the group event, the numbers were increased from four to six competitors, and that the junior individuals were now required to perform with four pieces of apparatus instead of three, as in the past.

The overall winner and the gold medalist in three of the four finals was Nicole Higham of Western Australia. Nicole's first day of competition was not as good as anticipated due to a number of small execution errors; however, her composition and difficulty were of international standard. Nicole finished the competition with a score of 34.90. During the finals, Nicole proved that she could combine composition and difficulty with good execution. This was shown in particular in her ball routine which received a score of 9.4. Gymnasts challenging Nicole for the medals were Felicity McManus of Western Australia who finished in second place with a score of 33.70 and four medals in the finals, young Lisa Field from South Australia who finished with the bronze medal and a score of 33.55, plus two medals in the finals, Ashlee Haines, also from South Australia, who finished in fourth place with a score of 33.45 and two medals in the finals. She won the other gold medal in the apparatus finals for her sensitive classical ribbon routine.

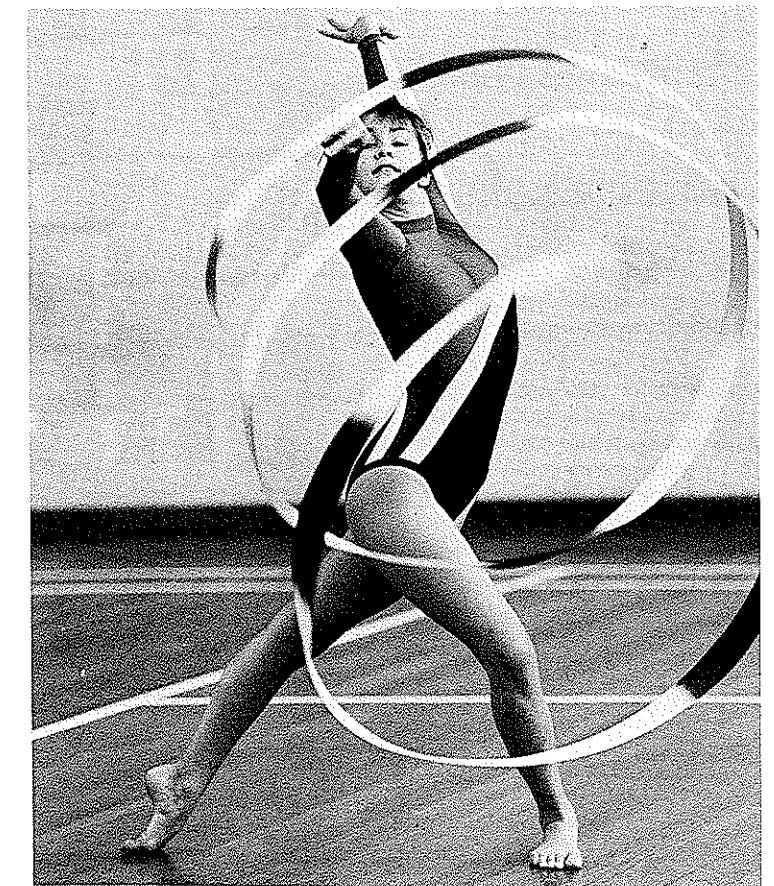
It was most encouraging to see the improvement in the Queensland, New South Wales and A.C.T. gymnasts, whose work showed that they had appropriately trained to enter this national competition.

In the group event, four states entered being Western Australia, South Australia, Victoria and Queensland.

Western Australia's group routine, particularly the composition, was of excellent standard; however, in the first two presentations they had difficulty with their execution. It was heartening to see the third presentation when it all came together in a routine which was to be rewarded appropriately by the judges. They finished with a score of 32.825. The other groups performed creditably and were rewarded marks of 30.30 for South Australia which took the silver medal, 29.875 for Victoria which took the bronze medal, and 29.40 for Queensland who selected gymnasts of a very young age and will continue to compete in this category for at least

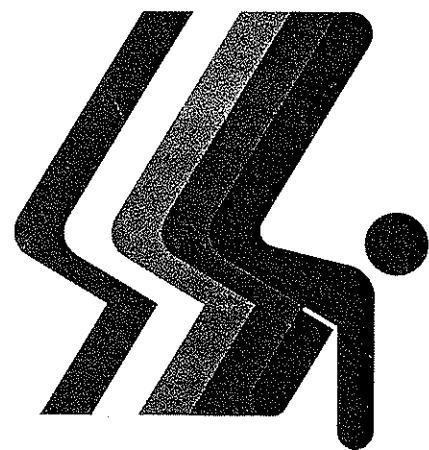
another two years.

In a competition which was well organised, the gymnasts were able to compete in a very friendly atmosphere. The work of the gymnasts showed that a great deal of emphasis has been placed on expression and amplitude—qualities so aptly exhibited by the top overseas competitors during the Australia Games. In fact, some of the moves that the gymnasts performed during the Australia Games were evident during the junior nationals. If these qualities can continue to be taught, it will enhance the work demonstrated, and give us a most encouraging future for our rhythmic discipline.



Nicole Higham, RSG Junior National Champion.
Photograph courtesy of West Australian Newspapers Ltd.

WORLD CHAMPIONSHIPS PROGRAMS—'85



23rd WORLD CHAMPIONSHIPS ARTISTIC GYMNASTICS

The 1985 World Championships are to be held in Montreal, Canada, November 4—10. Montreal is famous for the sporting complex built for the 1976 Olympics—and it is in the Olympic Velodrome that the gymnastics competition will take place, whilst training is scheduled to be in the ultra-modern Palais des Congres.

Australia plans to send a team of seven MAG and seven WAG gymnasts, to be selected at the National Championships.

The program is as follows:

- Nov
- 3 Opening Ceremonies
 - 4 Men's team competition (1A)
 - 5 Women's team competition (1A)
 - 6 Men's team competition (1B)
 - 7 Women's team competition (1B)
 - 8 Men's Individual all-around competition final
 - 9 Women's Individual all-around competition final
 - 10 Men's apparatus finals
Women's apparatus finals
Closing Ceremonies

The Canadian Gymnastics Federation is providing the opportunity for gymnasts to compete at the venue for the World Championships, at a Pre-World competition in August.

12th WORLD CHAMPIONSHIPS R.S.G.

Valladolid, Spain has been selected as the host city for the 1985 R.S.G. World Championships. Valladolid is an ancient Castilian city, taking its name from "valley between waters", and is considered to be the cradle of Spanish RSG.

Valladolid was the capital city of Spain for nine centuries, and is situated 185km north-west of the modern day capital—Madrid. Steeped in history and culture, Valladolid will provide a beautiful setting for the competition, enhanced by the construction of a new Poly-sports stadium.

A program of cultural activities has been organised parallel to the World Championships, to include international exhibitions of RSG Photography, RSG Painting and Sculpture, RSG Philately, and "Comics and Sports".

The program is as follows:

- Oct
- 10 Opening Ceremony
Group Exercises
 - 11 Individual exercises
 - 12 Individual exercises
Group exercises
Individual exercises
 - 13 Individual exercises—finals
Group exercises—finals.

Gymnasts to represent Australia will be selected at the National Championships.

WERNER BIRNBAUM

Australia's number one men's gymnast, Werner Birnbaum, recently ruptured the cruciate ligament in his right knee, whilst competing at the NSW championships. He is currently undergoing physiotherapy at the sports science and medicine unit of the Australian Institute of Sport, and maintaining his fitness by training on "upper-body" apparatus.

We hope that if Werner tackles this setback with his usual determination we will see him again soon on the competition floor.



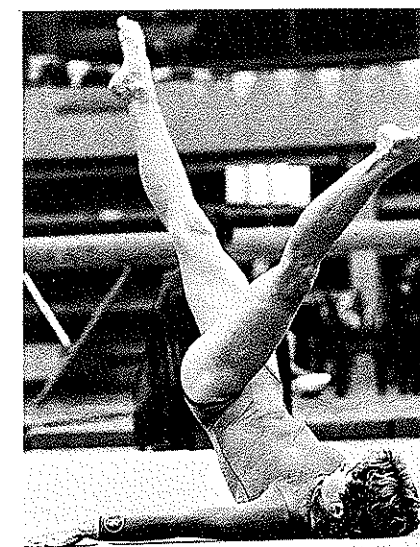
Werner Birnbaum

NATIONAL CLUB CHAMPIONSHIPS—1985

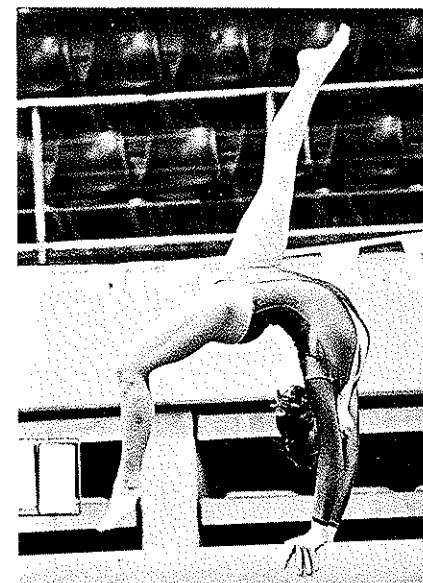
Photographs courtesy of Ross Gould

The National Club Championships, in its third year, once again proved to be an outstanding success. This year the championship was organised by the A.G.F. Women's Technical Committee, with Technical Director Frances Crampton doing the bulk of the groundwork, assisted by the A.C.T.G.A.

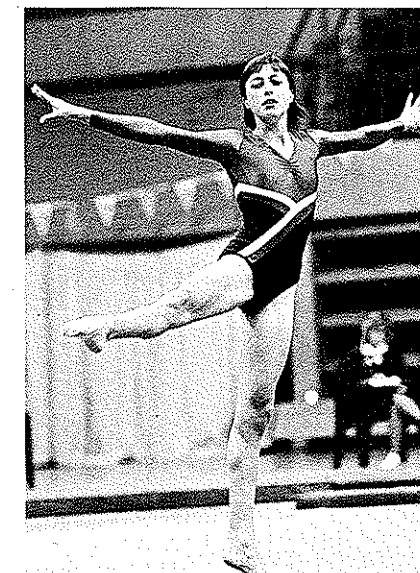
With over 120 gymnasts from 24 clubs around Australia participating, these championships have now become an integral and important part of Australia's gymnastic calendar, providing the necessary impetus to encourage clubs to develop a structure which caters for gymnasts in the general stream, and from pre-elite right through to the international level. Due to the unavailability of a more suitable venue, the competitions were held in Canberra's Gymnastic Training Hall, part of the National Training Centre complex. For the first time, a pre-elite competition became a formal part of the program, no doubt underlining the importance of this stage in a gymnast's development.



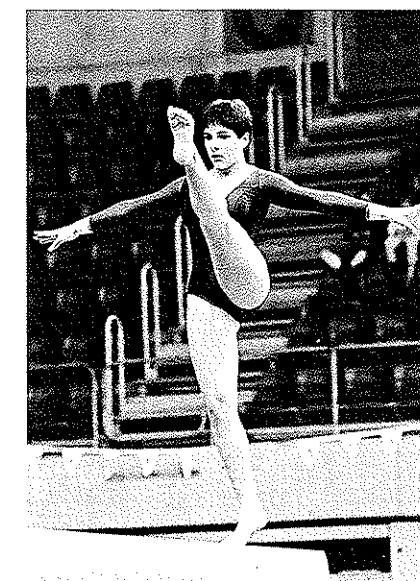
Natalie Simper ACT: CAV A



Debbie Graham NSW/AIS: WAR N

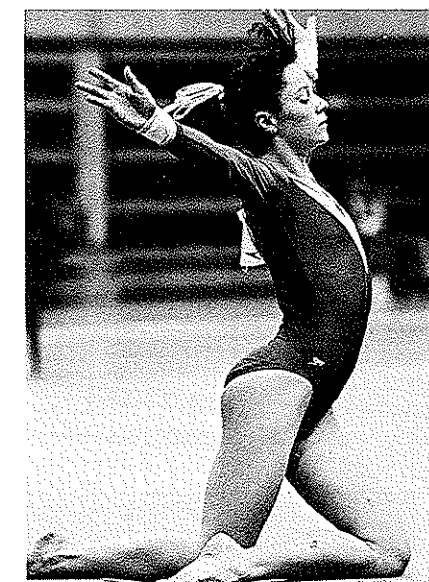


Claudia Trittmacher SA: GLGYS



Tracey Leotta NSW: NW Y1

talent of the future. Croydon Gymnastic Club/Victoria won the Junior/Senior Elite competition by just over three points from Northwestern YMCA 1/NSW and Warringah/NSW. Individually, AIS gymnast and Junior National Champion, Monique Allen (Warringah/NSW) was the winner ahead of Katie Watts and Jenny Richardson, both from Croydon Gymnastic Club, and members of Kazuya Honda's Victorian/AIS squad. The International Elite competition was won by North Western YMCA 1/NSW ahead of Olympia/Victoria and Northwestern YMCA 2/NSW, Karen Thompson was the victor here, just a smidgin ahead of Kellie Wilson (Valley PCYC/Q) and young Lisa Read (Northwestern YMCA/NSW).



Karen Thompson ACT/AIS: CCGCA

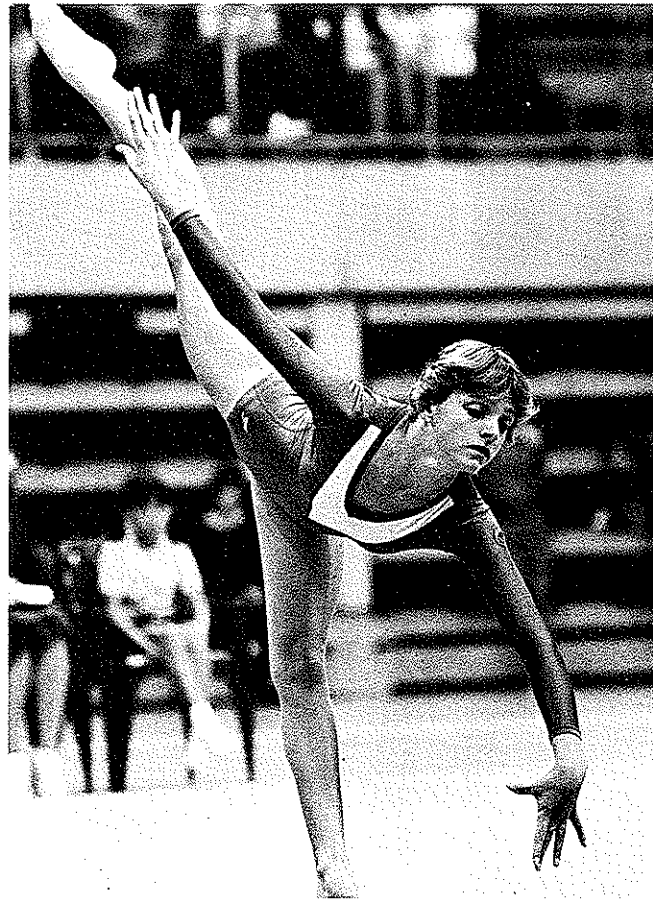
The gymnastics shown over this June long weekend demonstrated the depth of talent we have here in Australia. At the top level the degree of difficulty has improved, with a number of gymnasts showing tkatchevs and jaeger saltos on bars; double backs are now common on floor, while on beam, many gymnasts performed acrobatic series with saltos.

These championships will be moved to May of next year, and should once again prove to be the ideal opening to the competition season in Australia. Clubs will only benefit if they participate in this exciting weekend in 1986.

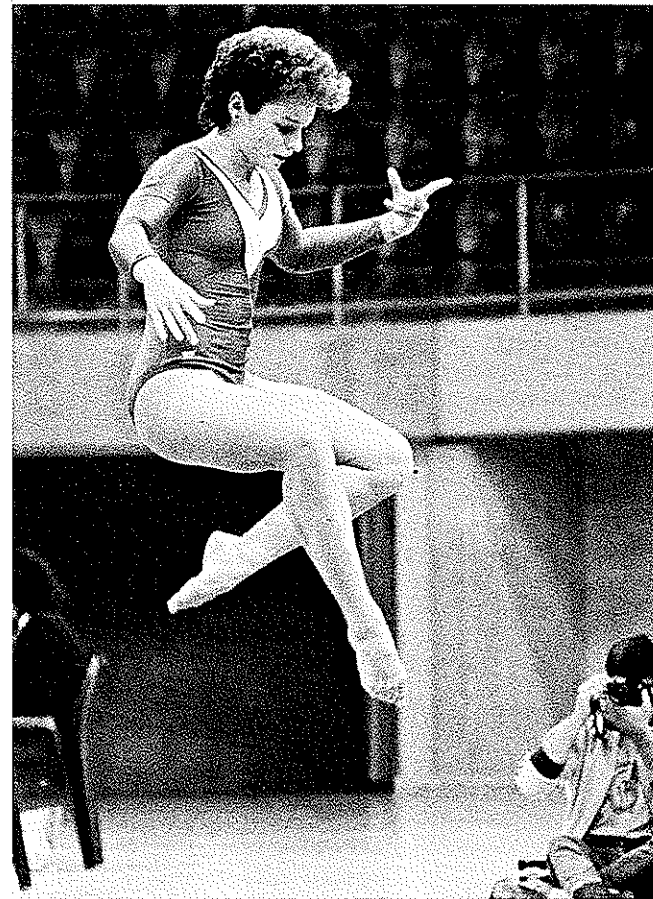


Kelly Larter TAS/AIS: IND

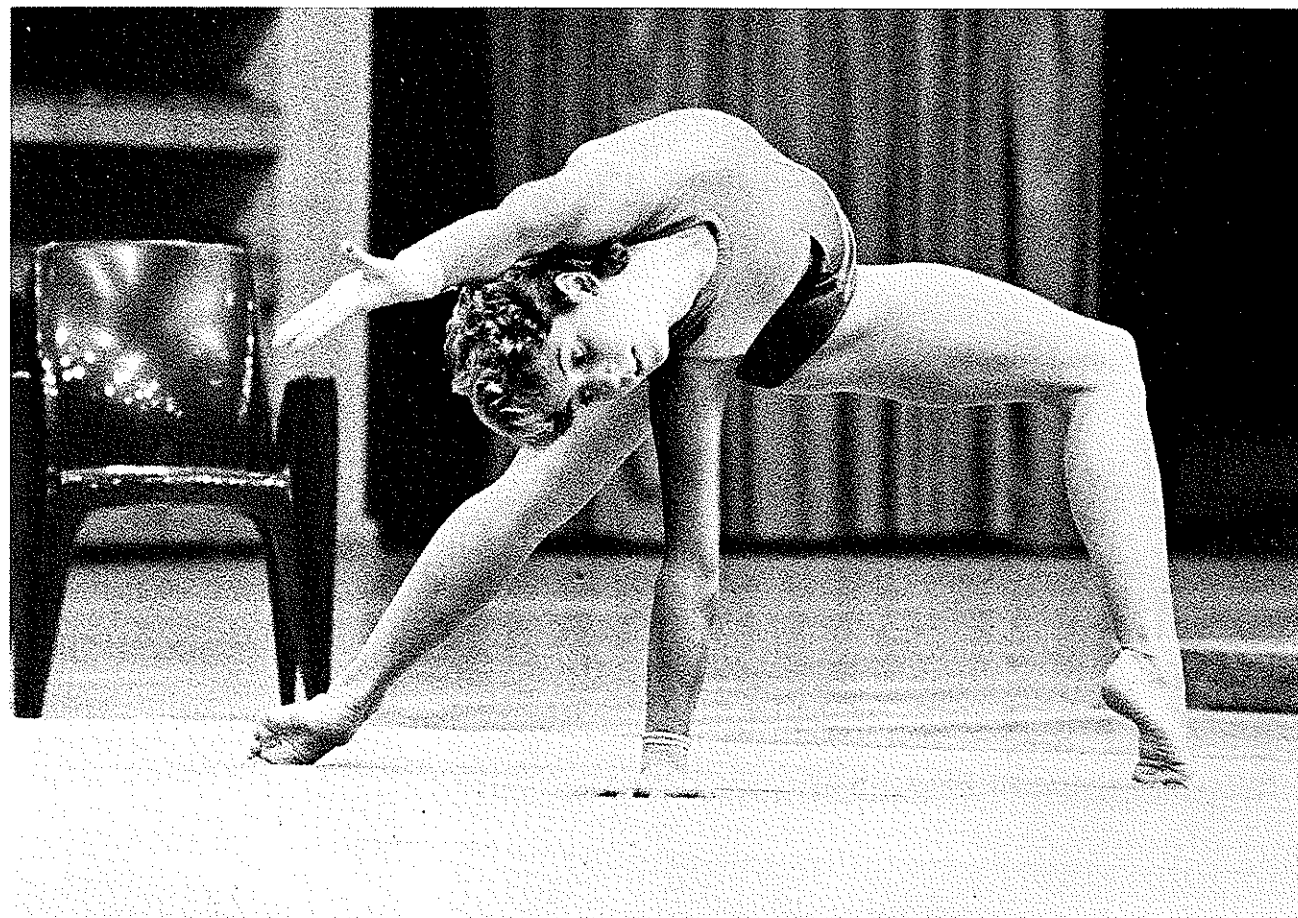
Photographs courtesy of Ross Gould



Kelly Larter TAS/AIS: IND



Cathy Blake NSW/AIS: IND



Natalie Simper ACT: CAVA

INTERNATIONAL COMPETITIONS

USA/CANADA DEVELOPMENT TOUR

In March this year, Debra Tilley as Coach/Manager, took Kylie Baker, Sally Goodwin, Angelie Lyons and Megan McDonald on an RSG Development tour to North America. The girls competed in several competitions—both 'fun' and 'formal'—in Los Angeles, Detroit, Toronto and Winnipeg.

In each city, the Australian contingent was welcomed by the host gymnastic club, and treated to receptions and sightseeing by the billets, in free time.

The tour was instrumental in developing the talents of these young gymnasts, giving them the opportunity to compete against higher standard gymnasts internationally, without the stress frequently associated with European competitions.

Perhaps the most important competition of the tour was the Ontario Provincial Championships in Toronto. Not only did this provide the highest standard of work, but the girls were able to train with the Seneca College gymnasts, which was most beneficial.



L—R Angelie Lyon, Megan McDonald, Sally Goodwin, Kylie Baker, Debra Tilley

From all reports, the tour was a success, not only in terms of competition scores, experience gained and enjoyment, but it

also served as an inspiration to our gymnasts and coach to further develop their routines and training programs.

GOLDEN SANDS 1985

Werner Birnbaum and Shaw Byng travelled to the Golden Sands competition in Bulgaria, June 1985, and generally presented themselves very well. The competition was particularly big this year as it was one of the first competitions in Europe with the new 1988 Olympic compulsories. Fourteen nations participated with only China and Japan electing to be absent. Werner placed 13th out of a field of 26 gymnasts, the second best performance from a western country. Shaw performed well on some events but had a few problems which brought down his overall placing. Werner qualified for the pommel horse finals and Shaw for the vaulting finals. Unfortunately, they were unable to break into the placings. Werner finished 4th and Shaw 6th.

GOLDEN SANDS WOMENS REPORT

Leanne Rycroft and Carolyn Stewart represented Australia at this competition in Varna, Bulgaria, accompanied by Kym Dowdell as Coach/Manager. The tour proved highly educational for all three, providing the opportunity to compete internationally, as well observe some excellent gymnastics from other competitors.

Quite extensive training periods were scheduled, both in Frankfurt and Varna, but warm-up time was restricted to 20 minutes only. This highlighted the need

to stringently plan warm-ups, both physically and mentally. Both Leanne and Carolyn performed creditably, with the strongest event being the optional on vault.

Several trends were observed from this competition: it was interesting to note that all the Russians were outstanding on the vault; on bars, all gymnasts now have release movements, with many intricate low bar skills and low bar—high bar connections; most series on beam were at three movements not two, with most gymnasts performing a double salto dismount; many of the tumbling series on floor are now a combination of two different salts directly connected e.g. round-off—1½ twist—roundoff—flic—2/1 twist—punch front.

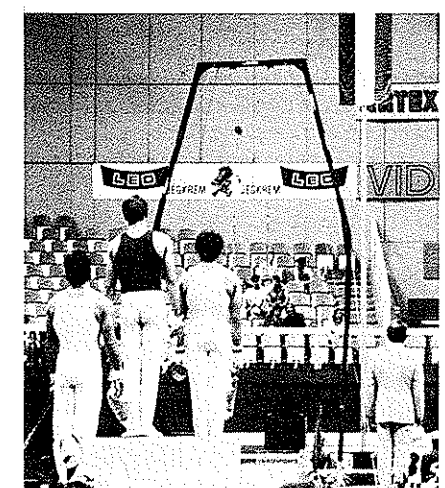
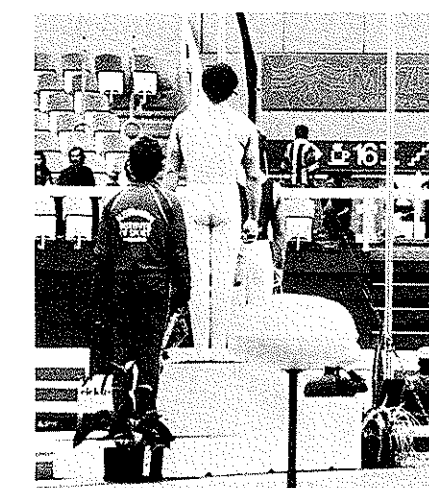
HUNGARIAN INVITATIONAL

Whilst on tour for the Golden Sands competition, Werner and Shaw also competed in the Hungarian Invitational, in Budapest, with pleasing results. Werner was placed third on parallel bars whilst Shaw achieved third place on vault.

Right: Parallel Bars—
1. Dimitri Belozertchev (URS)
2. R. Zellweger (SUI)
3. W. Birnbaum (AUS)

Far Right: Vault—
1. S. Kroll (DDR)
2. Borkai (HUN)
3. S. Byng (AUS)

Photographer Warwick Forbes



BROTHER CUP

For the first time, Australia received an invitation to the prestigious Brother Cup Invitational RSG Competition, held annually in Japan. In May this year, Antonietta Guida represented Australia as gymnast, was accompanied by Maureen Vyse as judge.

For Antonietta, the tour was an excellent experience competing against high standard international gymnasts. She was pleased with her results (17th overall, averaging 9.15) and has returned to Australia determined to work on her routines, aided by her observations of other competitors. A particular highlight for Antonietta was the chance to meet (and compete against) her "heroine"—Lilia Ignatova—a top Bulgarian gymnast, who finished first overall.

We look forward to seeing the influence of this competition in Antonietta's routines at the National Championships.



Maureen Vyse & Antonietta Guida



Lilia Ignatova with Antonietta Guida

ANN-MAREE KERR

The Australian gymnastic community will certainly miss watching the delightful talents of Ann-Maree Kerr, who announced her retirement from competitive rhythmic sportive gymnastics after winning the Victorian Championships in June this year.

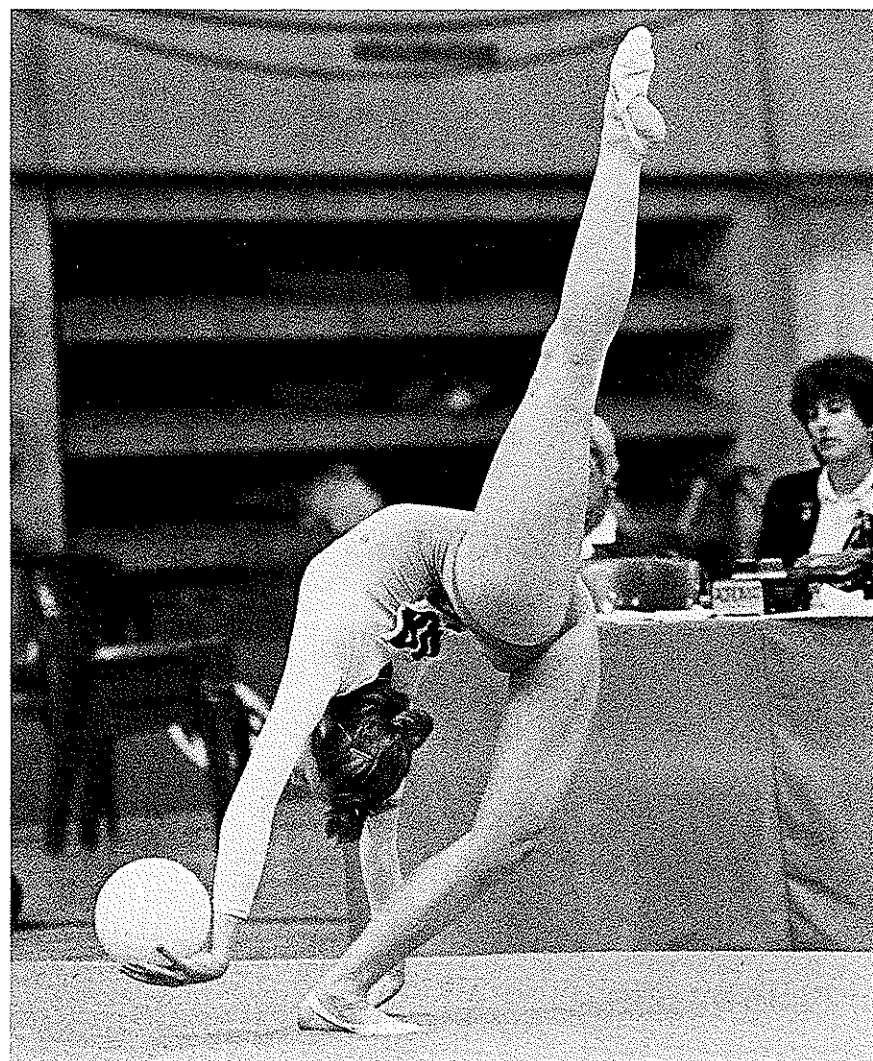
Ann-Maree has devoted an enormous amount of her time to gymnastics, resulting in no mean list of achievements in her name: several times Victorian and Australian Senior Overall Champion, Australian representative in many international events such as the 1983 World Championships, 1984 Olympic Games, Four Continents Championships, Tran-Tasman tours, and the Corbeil-Essonnes. Of these various experiences, Ann-Maree considers her career highlight to be being awarded the FIG Gold Pin at the 1983 World Championships in Strasbourg, France, and representing Australia at the 1984 Olympic Games.

Ann-Maree has now returned to Melbourne to live, after two years training at the Australian Institute of Sport. She has resumed her studies at Highvale High School, where she is taking English, Physical education, Human Development in Society and Legal Studies for her Higher School Certificate. Her ambition is to go on to university to study Physical Education perhaps with the view to teaching.

The gymnastic community has not entirely lost Ann-Maree's skills, as she spends most evenings coaching—at both Knox and Croydon Gymnastic Clubs, as well as helping with AIS training squads, and holding the position of Assistant RSG State Coach in Victoria. She would like to continue in the coaching area, and eventually go on to coach at the AIS. Her advice for aspiring young gymnasts is "don't lose sight of your other interests,

even if you have decided you want to compete internationally for Australia. Gymnastics is a fun sport, and you have much to gain by being involved—whatever the level".

We wish Ann-Maree good luck with her HSC and future studies, and hope she will continue to enrich our community by passing on her skills and talents in the coaching areas for many years.



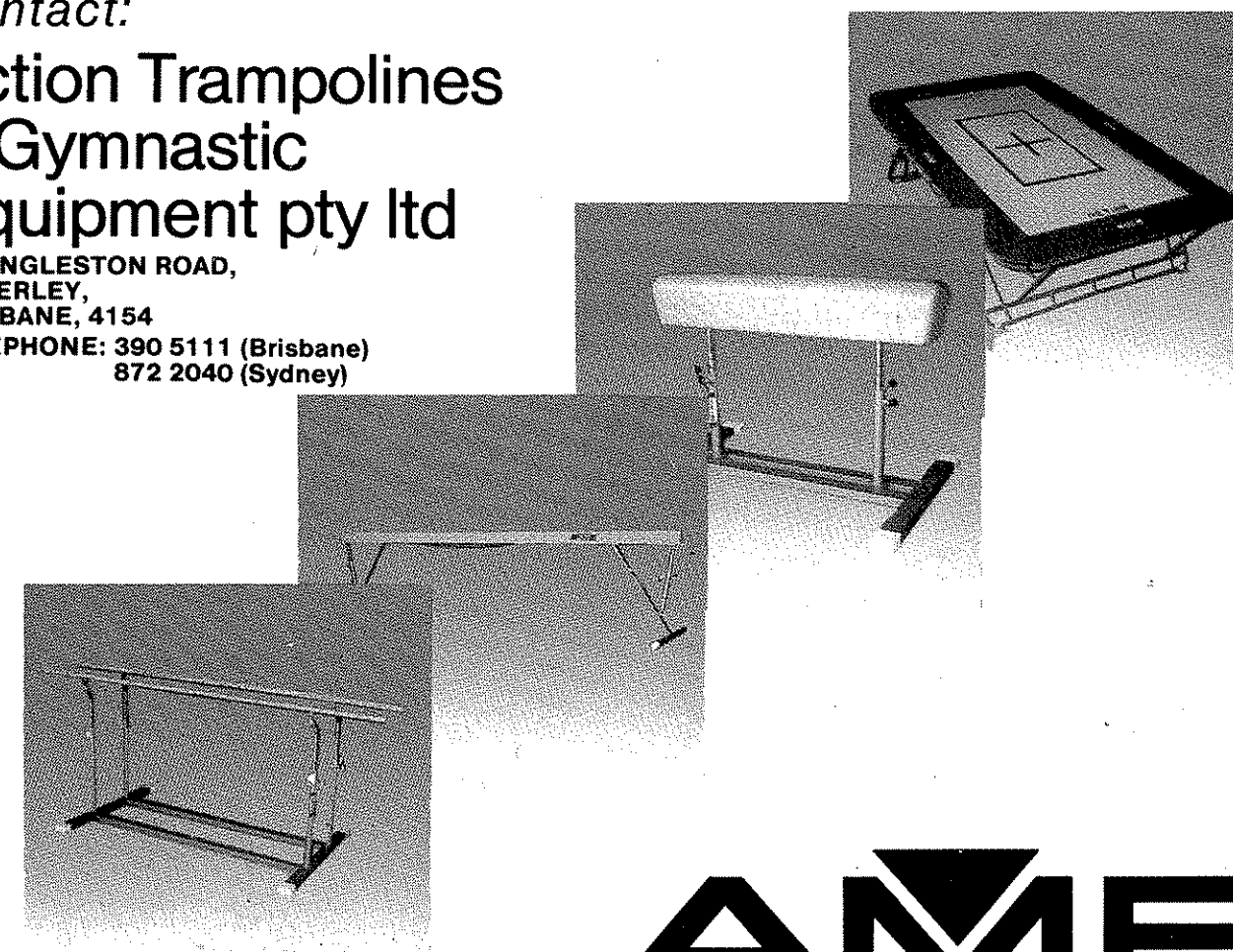
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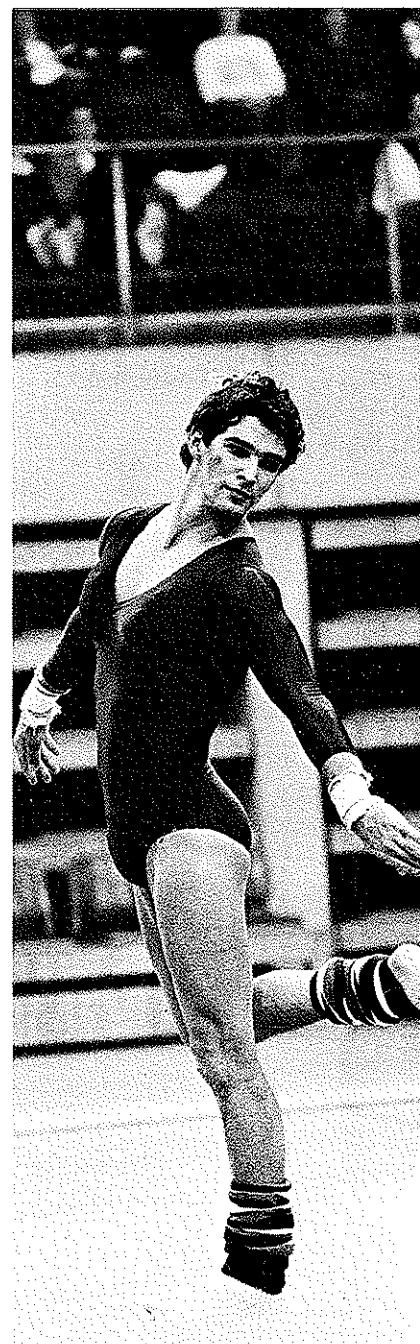
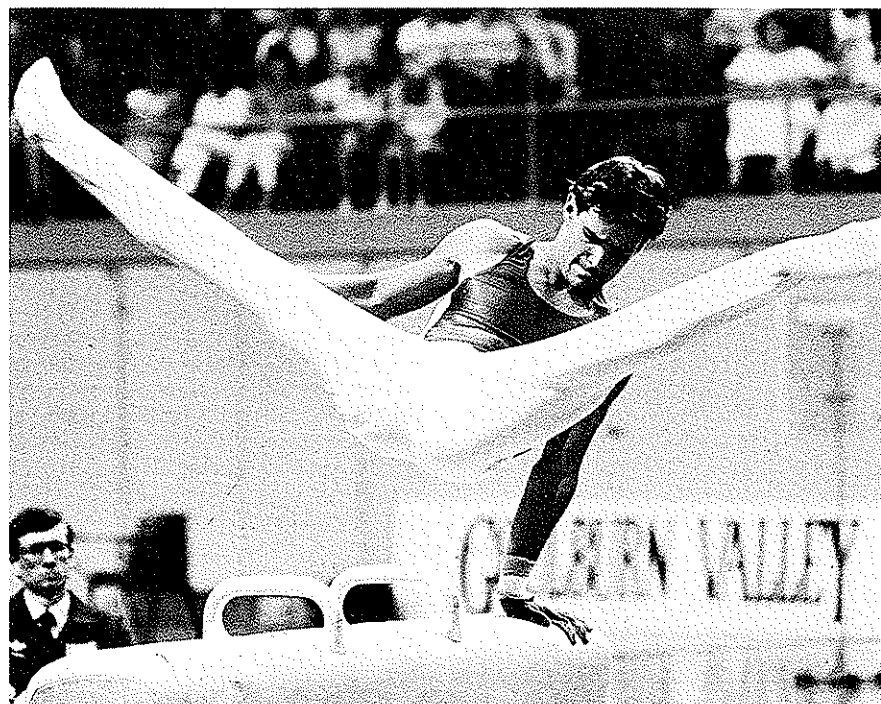
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AMF AMERICAN EXCLUSIVE APPARATUS SUPPLIER TO 1984 OLYMPIC GAMES

In which category will this gymnast be competing in the next Championships?!

Grant Carlyon
or
Carolyn Grant?

Photographs courtesy of Ross Gould



W.A.G. JUDGES

Congratulations are also extended to the following people who attended the judges courses in Canberra in May, with results as shown below:

Elite Licence

Kerrie MacIntosh, Margaret Mary Opstelten, Marcelle Middleton, Rosemary Hickey, Deborah Morgan, Kerrie Leotta, Annette Vella.

National Licence

Dianne Swain, Caron Terry, Jenny Lang, Kerie Raymond, Carron Clayton, Kathy Kristofski, Robyn Lutz, Susie Gifford, Ros Williams, Joy Carlton, Alex Lober, Maureen Littlejohn, Wendy Stephens, Marie Pascoe.

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AUSTRALIAN GYMNAST

THE OFFICIAL MAGAZINE OF THE AUSTRALIAN GYMNASTIC FEDERATION

COACHES SUPPLEMENT

EDITOR: Gene Schembri

JULY/AUGUST 1985

THE DRIVE FOR INTERNATIONAL ACCEPTANCE

A Manifesto for an Integrated National Elite Women's Program. Dr. L. Sharp

Preamble

It is widely accepted that the most pressing goal for Australia's national elite program is to rank within the top 12 gymnastic nations at World Championship level and thus qualify a full women's team for the Olympic Games. Implicit in this achievement is that Australia must improve at a rate faster than those of the 12 nations ranking immediately above Australia, notwithstanding that all these nations will themselves endeavour to improve on their own established positions. Many of these countries have distinct advantages over Australia in some critical areas such as having a large population base (Japan), being geographically well positioned for international competition and communication (West Germany) or having established a history of high ranking (eg. East European countries).

Considering these established handicaps, it is of paramount importance that we utilise all our resources in an effective and well directed manner to maximise the probability of success.

1. The Present Situation—Progress and Uncertainty.

It is recognised that since the establishment of the Australian Institute of Sport (AIS) the standard of Australian gymnastics has improved dramatically. By its very existence the AIS has challenged the Australian elite coaches to compete and match this improvement or withdraw from the elite stream. That the latter is one of the more likely albeit unfortunate alternatives, is due to the inducement of the young (12 years) gymnasts to spend their productive years at the AIS Canberra, leaving the personal coach only a very short period with his protege, effectively removing his principal reason for being

in the program. To compound matters, the formative period which spans the ages of 8 to 11 years requires considerable personal attention involving 10 to 20 hours of formal training per week, yet provides an absurdly low hourly income from the child of 40c—75c. In reality the financial situation is much worse as many personal coaches subsidize the elite program directly in cash outlay or indirectly in time (attending championships and coaching clinics and courses), to some thousands of dollars per year, with the only reward and recognition coming from the success of his gymnast.

Not surprisingly the above scenario leads to an unstable program as the AIS strives for internal Australian credibility on the one hand while the elite coaches fight for survival on the other. The success of the one being bought at the expense of the other. Domination by the AIS as presently structured as a super club will lead in the medium term to the collapse of the base as many of the present experienced coaches withdraw from the elite program. Depending on the severity of this retrenchment it could cause a major hiatus to the overall Australian program as it takes between 5 to 7 years to train replacement young coaches to the required proficiency level of an elite coach. Over the last eighteen months there have been a number of disturbing signs that such a pattern of retrenchment is forming. For example there has been a contraction in the number of elite coaches and clubs and the inability of two of Australia's previous strongest states to enter teams of three at the 1984 Open International Championships with one of the easiest qualifying requirements for many years. More recently statistics from the Australian Gymnastic Federation show

a loss of 180 judges and a fall in the number of registered gymnasts for the year 1985. This concern is heightened when we remember that the present program founded with the AIS is now entering its sixth year and we should expect to see an expansion in the number of elite coaches and clubs with the corresponding increase in the number of quality juniors. Sadly, although the standard of the top few gymnasts for the 1985 Junior Nationals has significantly improved, there is a correspondingly significant fall in the numbers and expected standard of the remaining juniors. As a consequence our elite program is entering a critical phase and we should therefore now review our program. The following proposal is one of the alternative scenarios. Its purpose is not to provide a short term panacea, but rather to attempt to address the long term future of our sport.

2. The Strategies

i) The Organisational Format

The most cost effective organisational model is that of a task force in which the three arms of the elite program, the National Body, the AIS and the Elite Coaches play an interlocking and complementary supportive role.

a) The Role of the AIS

It is proposed that the AIS provides the first tier or command which consists of the following sections:—

- The "General Staff", composed of the National coach, assistant coach (choreographer—judge) and administrator-coordinator. As overall "commanders" these persons should be in continuous personal contact with the coaches in the elite program providing moral and technical support.

NOTE

This Supplement can be removed for separate future reference.

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- A Resource section, which included a technical library, provides administrative and coaching directives, undertakes surveillance of Australia's competitors and direction of gymnastic fashion and organises audio/visual conferences.
- Training Facilities. Provides the necessary facilities for National Squad training, is responsible for the training of the teams for Australian representation, and organises workshops to update coaches knowledge.
- Provides the basic finances which are necessary to offset expenses of coaches and gymnasts participating in the above programs.

ii) The Role of the Elite Coaches

It is proved that all coaches who have a gymnast in the Australian National squads become Associate AIS coaches.

These form the second "tier of command". They take direction from and are responsible to their squad members to the National coach. The National coach will periodically visit the associate coaches and squad members and together review the progress and redirect the goals and programs for the squad members. The associate coaches will be encouraged to accompany Australian team tours overseas and will be assigned commissions. Periodically they will convene at the AIS Canberra to attend workshops and discuss tactics. To help offset their expenses the AIS will provide a yearly grant.

An associate coach (with organisation skills) may be assigned a portfolio to direct the elite program within his region and be the reporting officer for the remaining coaches in his area. These coaches form the third tier of the national program.

It is suggested that the The Australian Open Championships be moved earlier in the year to precede the major event such as the World Championships or Olympic Games by some months. At the Nationals the squad for the major event will be announced and these will then train at the AIS Canberra under the National and associate coaches (if the latter wish). In rotation each of the associate coaches will be offered the position of assistant coach for overseas competitions, with the coach having the most gymnasts in the squad being offered the assistant coach position at the major event.

The awarding of the position of Associate AIS coach provides real status and recognition of achievement to the personal coach and encourages the coach to feel part of and contribute towards the

overall national program. For the AIS charged with the fulfilment of the principal goal, it is a cost effective way of seconding experienced and dedicated "officers" to its overall program.

It can be argued, that this will encourage the gymnast to stay with her coach (and family) which as a consequence will prevent her from attaining her ultimate potential. This may be true in an absolute individual sense. However, this restriction is outweighed by the establishment in the medium and long term of a broad based professionally directed stable nationwide community program where the sheer numbers of elite will force the standard to rise to the target figure, as we have seen last year with the USA program.

iii) The Gymnasts

It is proposed that all members of the Australian National squads become members of the AIS. There are two categories:—

- Residential Members. These are meant for those gymnasts with special problems, eg. no regional facilities or coach. These will be assigned to a regional Associate coach in her state. These gymnasts will get full scholarships.
- Associate Members. This status is for those gymnasts with adequate regional facilities and coaches. They will be given a scholarship to offset personal and coaching expenses.

Twice a year the National squads will be brought to Canberra to train under the national and associate coaches. One of these periods will be of one to two weeks duration and the other four to six weeks. The junior squad will train during the school time and the senior squad during the school holidays. The travel and accommodation costs for the gymnasts and coaches will be subsidised.

iv) The Role of the National Body

The principal contribution of the national body is threefold:—

- 1) The overall control and direction of the program, which is self evident.
- 2) International protocol and organisation. This includes obtaining invitations to international competition, accrediting Australian teams, acquiring Federal grants and corporate sponsorship, obtaining significant international and domestic travel discounts, organising the management for Australian teams and providing their equipment, arranging international billets and establishing coaches/gymnast exchanges. This is a critical area due to the isolation of the Australian continent

from those international competitions where the expected content for high scoring routines are fashioned.

3) Probably the most important and decisive area at the present time is to provide active political support to the elite clubs and coaches, exploiting its position as the National governing body. This role can be compared with that of a national political party leader lobbying in the constituencies on behalf of his local party constituent. As an example, the AGF President may lobby a local council to provide an associate coach's club with a capital grant with which to build a new facility. Another example is the AGF might arrange with a national bank to lend funds at community rates to clubs with which to purchase equipment or even build a new training hall.

The National body should take the attitude that the elite coaches are its battlefield commanders and as such will support them in their perceived essential needs with all the direct and indirect support that the AGF can muster.

3. Execution Strategies

There must be a visible realistic detailed plan showing the envisaged growth in the numbers and proficiency of the coaches, judges, gymnasts and facilities. It should detail the international competition program required for our squad members and promising juniors to get overseas experience; the support funding and how these objectives are to be achieved. An example of how this can be set out is given in the Coaches Supplement, THE AUSTRALIAN GYMNAST (Vol. 10, No.16, 1984). The execution procedure should follow that of the Critical or Parallel Path methods outlined in the article. In the compilation of such a plan the advice and consent of the Australian coaches should be sought as in the long run its success will depend on their enthusiastic support.

Conclusion

The above program is an integral Australian National program with three arms, The National Body, The AIS, and the Australian Elite Coaches, playing interlocking complementary roles. Its objective is to harness all our resources in the most cost effective manner and at the same time providing an adequate reward for achievement.

Wayne Dite, B.App.Sci. (P.E.)

- Nationally Accredited Level 2 Coach
- National Course Conductor
- Staff member of the PIT Gymnastics Club.

Flexibility is not a general factor, it is highly specific to each joint. In many cases lack of flexibility limits performance as well as limiting the voluntary correction of postural defects. Generally, flexibility decreases:

- a) from birth to old age
- b) with inactivity
- c) with work or exercise

which constrains a joint within a restricted range of motion. Lack of normal flexibility may be responsible for bad posture, compression of peripheral nerves, dysmenorrhea and other ailments. Flexibility may be limited by ligaments, bones, muscle (length and extensibility), tendons and other structures associated with the joint capsule. Other factors also influencing the range of motion include the transient state of voluntary muscular contraction and the autogenic stretch reflex (muscle spindles).

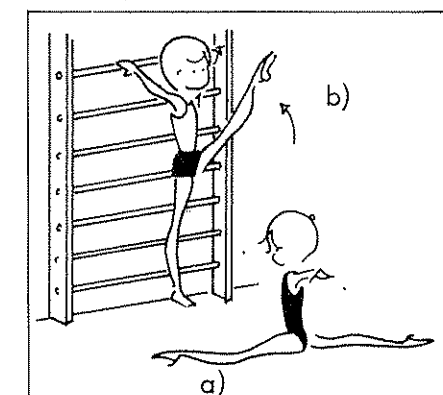
Glossary # 1

Autogenous: self-produced

Dysmenorrhea: painful menstrual periods

To increase flexibility it is necessary to move the joint beyond the range of motion to which it has been adapted. The exercise type may be passive or active.

- **Passive range** is the range of movement achieved by the application of an external force.
- **Active range** is the range of movement achieved by a voluntary muscle contraction.



- Flexibility is the range of movement about a joint or series of joints (e.g., spine). It is recorded as so many degrees of movement.
- **Passive range** is the range of movement, achieved by the application of an external force (see Fig. a).
- **Active range** is the range of movement achieved by a voluntary muscular contraction.

fig 1

TYPE OF STRETCHING

• **Slow static stretching** where the muscle or muscle group is put into a position of stretch and held there for a period of time. This time may vary from 10—15 seconds for the beginner to 60 seconds plus for the experienced athlete. Gymnast puts himself into stretch.

• **Active stretching** is also beneficial and very important for gymnastics although it is also more difficult. Because of this, a combination of controlled passive and active stretching may be of greatest value.

• **Proprioceptive neuromuscular facilitation (P.N.F.)** is the most effective form of stretching, however, unless a person understands exactly how and why P.N.F. works it can also be the most dangerous form of stretching.

P.N.F. is an active regime that relaxes the muscle/s being stretched by contraction of the antagonists through the mechanism of reciprocal innervation (relaxation). This is the principle in which nerve impulses that stimulate a given muscle, reflexly inhibit the antagonistic muscles.

This not only allows the contractile fibres to be stretched through a greater range of movement, it also makes them less susceptible to trauma. P.N.F. also develops tonus in the antagonist helping counterbalance the residual tension in the muscles which need to be stretched.

Glossary # 2

Agonist: is a muscle directly responsible and positively involved in a given action, i.e. changing a position of a body part.

Antagonist: a muscle acting in opposition (contraction or relaxation) to the action of the agonist.

Synergists: muscles that assist agonists by combining with the, or fixing muscles in movement.

Active P.N.F. Method

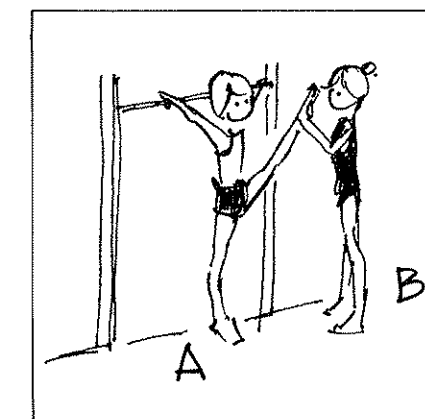


fig 2

1. Person A voluntarily lifts leg as high as possible (6 sec.)
2. Person A attempts to press leg down. Person B offers resistance preventing any movement (6 sec.)
3. A then stops pressing down and lifts the leg higher (unassisted).

4. This regime is repeated at the new higher level so that each action occurs 5 times in one minute.

Note: (B) does not push the leg of (A) higher at any stage.

Muscle Receptors

1. **Muscle spindles** are connective capsules which lie parallel with the muscles and are sensitive to stretch. If we bounce when we stretch (ballistic stretching) we cause the muscle to stretch, this excites the muscle spindles, their discharge causes the muscle to contract (stretch reflex) to a degree roughly proportional to the amount of applied stretch. This places the muscle in a very susceptible position for tears etc.

2. **Golgi tension** organs are muscle receptors sensitive to both stretch and contraction (but cannot distinguish between the two). However, contraction of the muscle will only stimulate the golgi tendon organs (not muscle spindles) and its discharge causes inhibition of their own muscles (i.e. muscle relaxation) and facilitation of its antagonist. Note in Figure 2 above that person (A) does not flex at the hips of knees as the rectus femoris (quadriceps) which normally acts as an antagonist to the hamstring functions as a synergist when simultaneous flexion occurs at the hip and knee.

Safety Considerations

Flexibility is a vital component of gymnastic movement and coaches must be aware of the type of stretching regimes that enable safe and effective improvements in flexibility. It is recommended that only coaches who understand P.N.F. practice this form of stretching and at no time should the gymnast be allowed to stretch ballistically. In this respect, slow static stretching is preferred as:—

- a) there is less danger to tissue damage
 - b) energy requirement is less
 - c) there is prevention and/or relief from muscular distress and soreness.
- Coaches must also develop an understanding of anatomical and growth and development considerations.

Excessive flexibility sometimes sacrifices desirable stability and support and may pre-dispose a joint to injury, (for example, the shoulder joint which is a ball and socket joint which allows extremely free movement and a loose construction that gives little stability). As it is impossible to cover all of the issues and implications of flexibility development in this short paper it is hoped coaches will use this as a starting point for further research and thought in this area.

Other Points for Coaches to Consider:

1. Stretching should be done on a regular basis (daily if possible).
2. Stretching should be done with the muscles warmed up (through muscular activity) and relaxed.
3. Start slowly and gradually increase as the muscles adapt. This will make stretching easier and more enjoyable.
4. Monitor increases in flexibility. This acts as a form of motivation and feedback for the performer.

5. Stretch before and after all vigorous physical activity.
6. Don't stretch beyond the point of pain. Remember people have different pain thresholds.

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(Diagrams adapted from **Introductory Gymnastics**)

Editorial Notes

1. Wayne's caution about the use of the P.N.F. (and other) partner assisted

stretching is consistent with the Federation's policy on this matter, which recommends **no P.N.F. or similar techniques** for:

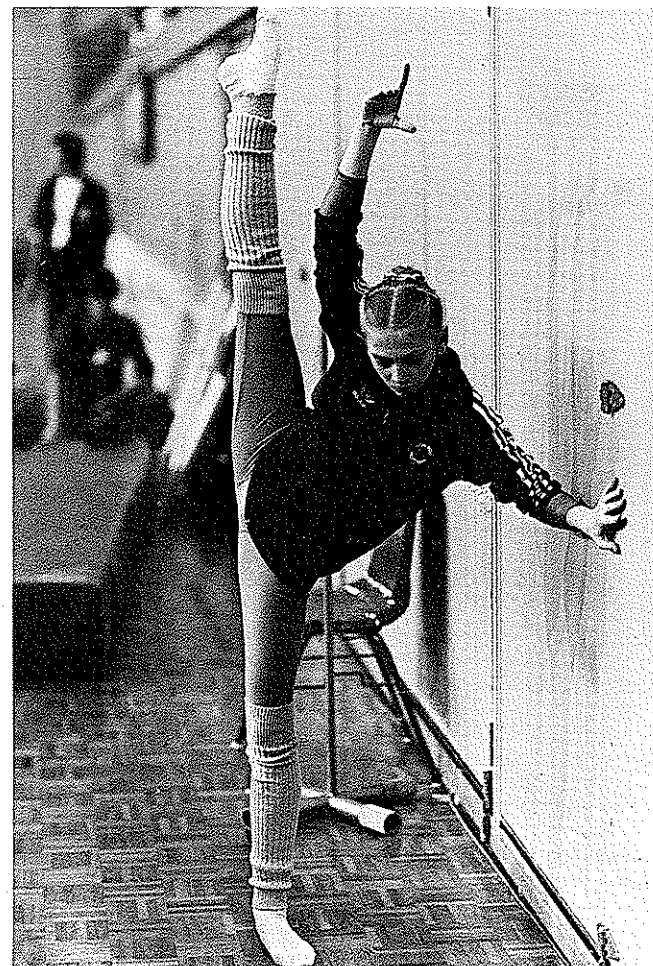
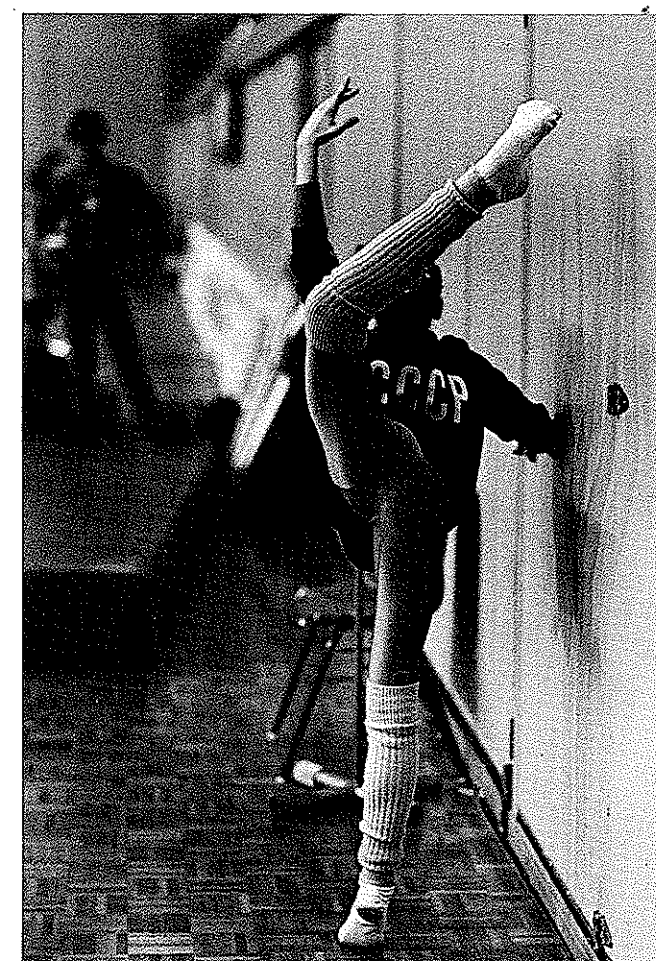
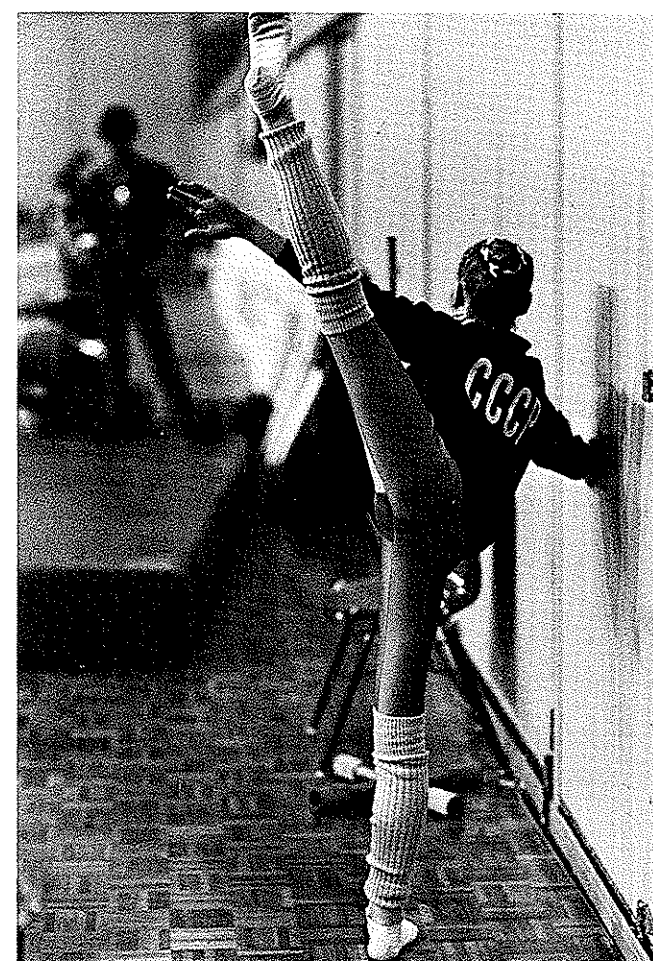
- Recreational programs up to Award Level 4
 - The National Level 1 Coaches Course
 - Programs under 6 hours per week duration
2. A very good discussion of stretching methods is contained in **Coaching the Female Gymnast**, Charles C. Thomas, 1983, pp144—215. (See **Gymnastic Coach**, Sept. 1983).

SELF-DISCIPLINE

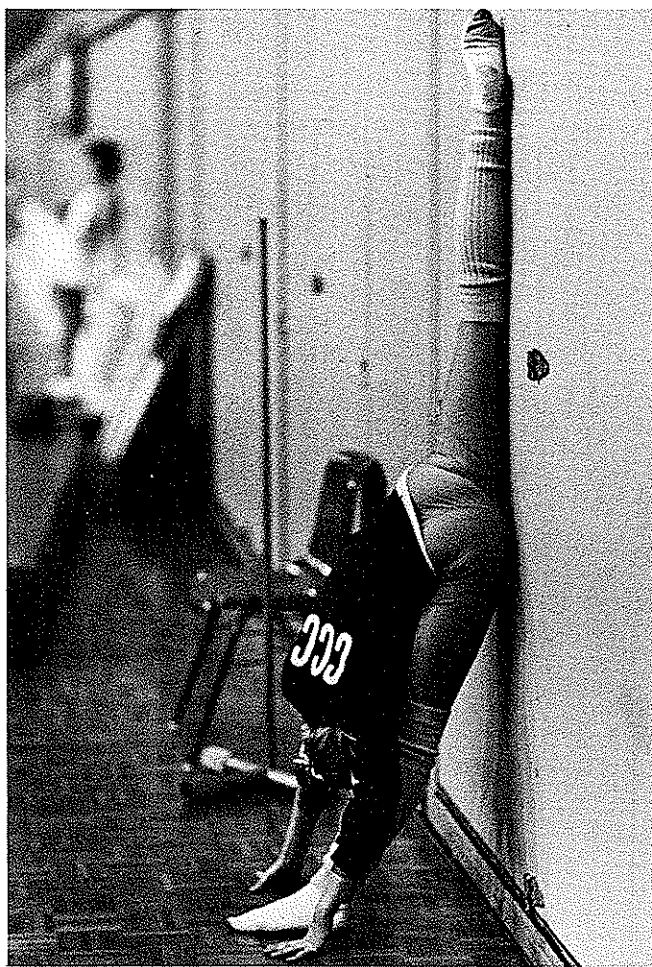
Photographer Peter Meyers

During the Australia Games, our gymnastic community was given a valuable opportunity to see the intense balletic warm-up done by the Russians, the top rhythmic gymnasts in the world—literally without coaches' supervision.

This sequence of photographs are of Marina Lobach (URS) warming up prior to her performance at the Australia Games.







RESULTS: Junior Men's National Championships

JUNIOR MENS NATIONAL CHAMPIONSHIPS

TEAM RESULTS Under 16

ACT	398.55
NSW	380.70
SA	372.90
VIC	342.34

Under 14

VIC	392.00	1
NSW	383.20	2
QLD	374.30	3
WA	371.60	4
SA	362.40	5

UNDER 16 INDIVIDUAL ALL-AROUND RESULTS

Name	State	Floor	Pommels	Rings	Vault	P.BARS	H.BAR	Total	Place
Brennon Dowrick	ACT	7.90 8.75	7.10 8.70	8.45 8.50	8.90 8.75	8.70 8.80	8.50 8.60	49.55 52.10 101.65	1
Brian Wade	ACT	8.15 8.80	7.10 7.60	8.70 8.30	8.85 9.00	8.60 7.90	9.20 9.35	50.60 50.95 101.55	2
Peter Hogan	NSW	8.70 8.90	8.10 6.60	8.20 7.70	8.65 8.90	9.30 8.50	8.60 8.00	51.55 48.60 100.15	3
Stuart Ross	WA	9.00 8.80	7.10 6.90	8.20 8.15	9.05 8.90	8.75 8.55	8.40 7.80	50.50 49.10 99.60	4
Martin Wade	ACT	8.50 8.85	7.25 7.20	8.35 8.25	9.00 8.85	8.40 8.35	8.55 7.40	50.05 48.90 98.95	5
Andrew Bain	SA	8.00 8.10	8.10 7.30	7.70 8.00	8.60 8.85	8.75 8.80	8.10 7.70	49.25 48.75 98.00	6
Mark Shaw	QLD	8.25 8.50	7.55 7.30	7.80 8.20	8.55 8.55	8.15 7.85	8.30 8.00	48.60 48.40 97.00	7
Craig Pennell	SA	8.15 8.50	4.90 7.30	8.00 8.25	9.00 8.35	8.25 7.70	8.30 8.70	46.60 48.80 95.40	8
Damian Smith	ACT	8.40 8.30	7.45 6.20	7.70 7.50	8.95 8.95	7.65 7.85	8.30 7.70	48.45 46.50 94.95	9
Brook Grimwood	NSW	8.55 8.80	6.00 7.70	5.85 7.85	8.85 8.35	9.00 8.30	8.35 6.90	46.60 47.90 94.50	10
Anthony Duarte	NSW	8.20 8.05	6.15 7.90	7.00 7.25	8.90 8.80	8.55 8.10	7.80 6.50	46.60 46.60 93.20	11
Darryl Griffiths	WA	8.40 8.60	6.25 6.80	7.65 7.25	9.05 8.30	7.50 8.00	7.55 7.00	46.40 45.95 92.35	12
Warren Billerwell	SA	6.90 8.90	5.15 6.90	7.35 7.70	8.85 8.70	7.50 8.05	7.70 7.00	43.45 47.25 90.70	13
Andrei Cleland	ACT	7.35 8.05	7.20 7.40	6.80 7.85	8.05 8.20	7.80 8.20	6.75 6.70	43.95 46.40 90.35	14
Peter Christie	NSW	8.40 8.80	4.45 7.15	7.05 7.60	9.25 9.10	6.70 8.20	6.50 6.80	42.35 47.65 90.00	15
Alister Jones	WA	7.80 8.05	5.75 7.10	7.65 7.35	8.95 8.15	7.10 8.40	6.60 6.80	43.85 45.85 89.70	16
Andrew Modica	VIC	7.20 8.00	4.95 5.35	7.80 8.00	9.10 7.90	8.30 7.40	8.60 6.60	45.95 43.25 89.20	17
Brian Templeton	SA	7.65 8.40	4.05 5.40	7.00 7.40	8.95 8.30	8.50 8.10	8.15 6.90	44.30 44.50 88.80	18
Stuart Atkinson	QLD	7.50 7.95	5.95 7.00	7.35 6.85	8.80 8.60	6.95 7.70	6.70 6.50	43.25 44.60 87.85	19
Gary Russell	NSW	8.10 8.25	4.10 7.30	7.80 7.05	9.15 8.55	6.20 6.70	8.15 6.35	43.50 44.20 87.70	20
Nigel Randall	VIC	7.50 8.05	3.90 5.50	7.40 7.00	8.80 8.35	7.20 6.65	7.45 6.80	42.25 42.35 84.60	21
Brett Newton	QLD	6.75 7.70	7.35 7.15	6.50 6.45	8.50 8.25	5.90 7.30	6.70 5.95	41.70 42.80 84.50	22

Name	State	Floor	Pommels	Rings	Vault	P.BARS	H.BAR	Total	Place
Pascal Ulrich	VIC	6.60 7.40	5.20 6.25	6.95 6.70	9.10 8.30	7.25 7.60	7.20 5.20	42.30 41.45 83.75	23
Biagio Tabacco	VIC	7.00 8.15	4.50 4.80	7.05 7.00	9.15 8.60	7.30 6.75	6.60 4.65	41.60 39.95 81.55	24
Matthew Wood	SA	7.05 7.60	3.80 4.20	6.70 6.80	8.70 8.15	7.40 7.60	7.35 5.90	41.00 40.25 81.25	25
Dean Smith	VIC	7.30 8.00	4.40 5.10	6.95 5.45	9.15 8.50	6.90 6.25	6.70 5.75	41.40 39.05 80.45	26
Reserves									
Christopher Braddon	SA	7.60 8.20	5.10 4.95	6.60 6.80	8.80 8.20	6.90 7.65	5.80 4.70	40.80 40.50 81.30	27
Richard Seretis	SA	6.90 7.10	4.05 5.15	6.65 5.60	8.50 8.20	7.10 6.35	7.10 4.10	40.30 36.50 76.80	28

UNDER 14 JUNIOR MENS INDIVIDUAL ALL-AROUND RESULTS

Alex Broch	VIC	8.70 8.70	9.00 8.30	8.75 8.55	9.00 8.50	8.90 9.00	9.60 6.90	53.95 49.95 103.90	1
Peter Varese	VIC	8.70 8.75	8.15 7.20	8.00 8.05	9.05 8.25	8.80 8.35	8.80 8.00	51.50 48.60 100.10	2
Grant Codey	NSW	8.35 8.50	8.20 7.10	8.30 8.30	8.95 8.85	8.90 8.00	8.60 8.45	51.30 47.20 98.50	3
David Amesbury	NSW	8.35 8.35	7.95 6.70	9.15 8.40	9.10 8.55	9.15 8.60	6.30 7.20	50.00 47.80 97.80	=4
David Laing	ACT	8.15 7.80	8.90 7.25	8.45 8.15	8.55 8.05	7.95 7.90	8.80 7.85	50.80 47.00 97.80	=4
Matthew Egan	QLD	8.70 8.45	7.10 6.15	8.45 8.30	8.95 8.80	8.30 7.95	9.20 8.30	50.70 45.95 96.65	6
Damien Norris	WA	8.10 8.35	6.80 6.20	7.95 7.95	8.70 8.10	8.55 8.65	8.80 7.00	48.90 46.25 95.15	7
Sacha Saharov	NSW	7.55 8.10	6.60 6.30	8.60 8.30	9.00 8.05	8.60 7.85	8.50 7.65	48.85 46.25 95.10	8
John Parrella	NT	9.10 8.90	6.70 6.00	8.60 8.35	8.70 7.45	8.60 8.35	6.80 6.90	48.50 45.95 94.45	9
Adam Dixon	VIC	8.40 8.10	6.10 5.70	8.10 8.20	8.55 8.05	8.45 7.90	8.25 8.05	47.85 46.00 93.85	10
Shau n Tipene	WA	8.15 8.45	6.80 6.00	8.20 8.05	8.85 7.80	8.30 7.30	8.40 7.10	48.70 44.70 93.40	11
Wade O'Donnell	QLD	7.95 8.10	6.65 6.40	8.25 7.90	8.70 7.35	8.20 8.05	7.90 7.10	47.65 44.90 92.55	12
Brett Newton	VIC	8.30 8.40	6.95 6.15	7.45 7.50	8.90 8.40	8.20 7.60	8.10 6.30	47.90 44.35 92.25	=13
Wally Waniarcha	SA	7.90 8.45	6.70 7.00	7.65 7.75	8.90 7.75	8.25 8.20	7.45 6.25	46.85 45.40 92.25	=13
Damien Smith	ACT	8.30 8.40	6.40 7.10	8.10 7.80	8.70 7.40	8.30 8.20	7.40 5.30	47.20 44.20 91.40	15
Julian Fritz	WA	8.70 8.50	6.20 6.00	8.40 7.70	8.35 7.50	7.60 8.60	8.00 5.80	47.25 44.10 91.35	16
Christopher Westren	SA	7.50 8.40	6.20 6.60	7.35 8.35	8.40 8.35	8.10 8.25	7.00 6.45	44.55 46.40 90.95	17
Peter Twiby	WA	8.55 8.65	5.25 5.70	7.30 7.90	8.75 8.10	8.10 8.15	7.80 6.60	45.75 45.10 90.85	18

Name	State	Floor	Pommels	Rings	Vault	P.Bar	H.Bar	Total	Place
Stephen Mommsen	ACT	8.15 8.10	8.05 5.60	8.25 8.20	8.40 7.25	7.25 7.85	7.60 6.10	47.70 43.10 90.80	19
Rodney Pfeiffer	SA	7.75 8.40	6.00 5.70	7.60 7.80	8.60 7.55	7.70 7.85	8.45 7.20	46.10 44.50 90.60	20
Paul McBride	QLD	8.00 8.20	6.90 7.30	6.80 7.60	8.85 7.90	7.95 7.20	7.65 6.10	46.15 44.30 90.45	21
Mark Lowe	QLD	8.05 7.85	6.00 5.80	7.70 7.75	8.70 7.55	8.00 7.90	7.65 7.30	46.10 44.15 90.25	22
Stuart Godber	VIC	8.50 7.90	7.50 5.65	7.70 7.30	8.05 7.20	8.60 7.70	9.00 4.95	49.35 40.70 90.05	23
Mark Farmer	NSW	7.95 8.00	6.40 5.70	7.75 8.00	8.70 7.25	8.20 8.15	7.40 6.35	46.40 43.45 89.85	24
Ben Holmes	NSW	8.20 8.30	5.70 4.90	8.00 7.75	8.90 7.85	8.40 8.05	7.65 5.90	46.85 42.75 89.60	=25
Steven Keough	QLD	7.65 8.00	6.65 6.70	7.00 7.35	7.00 7.50	8.05 8.30	7.80 7.60	44.15 45.45 89.60	=25
Tim Curtin	TAS	7.90 8.25	7.30 5.35	6.75 7.55	8.30 7.70	8.60 7.30	8.00 6.30	46.85 42.45 89.30	27
Scott Bain	SA	7.90 8.40	5.45 6.30	7.10 7.40	8.20 7.70	7.00 7.60	7.30 6.55	42.95 43.95 86.90	28
Daniel Tuan	TAS	8.30 8.35	6.00 5.80	7.45 7.25	7.20 7.45	8.00 7.00	7.80 5.90	44.75 41.75 86.50	29
Michael Hillman	SA	7.35 8.15	5.70 5.05	7.00 7.40	8.40 7.65	7.80 7.40	7.80 6.70	44.05 42.35 86.40	30
Michael Fairlie	WA	8.15 7.95	5.05 5.10	6.75 7.95	8.90 0.00	8.45 8.00	7.50 6.05	44.80 35.05 79.85	31
RESERVES									
Nathan Kingston	QLD	8.25 8.45	6.50 6.50	8.05 7.85	8.10 7.70	8.50 8.00	8.10 6.60	47.50 45.10 92.60	32
Charles Vass	VIC	7.15 8.15	7.00 6.40	6.75 7.25	8.70 7.90	8.15 7.30	7.25 7.00	45.00 44.00 89.00	33
Brett Humble	WA	8.40 8.15	5.90 4.90	7.10 7.80	8.70 7.60	7.75 8.00	7.00 5.45	44.85 41.90 86.75	34
Wayne Johnson	WA	7.75 8.25	5.15 5.75	7.45 7.30	8.25 7.55	7.85 7.80	6.90 6.25	43.35 42.90 86.25	35
Benjamin Peterson	SA	7.30 8.05	5.70 6.50	4.90 6.85	8.10 7.90	7.30 7.15	5.90 6.40	39.20 42.85 82.05	36
Justin Sharpe	SA	7.05 8.15	5.20 6.90	5.65 5.70	7.85 0.00	7.60 7.05	6.50 6.70	39.85 34.50 74.35	37

RESULTS: WAG Junior Elite National Championships

Name	Team	Vault	Bars	Beam	Floor	Total	Place
Monique Allen	NSW	8.775 8.700	8.925 8.800	8.625 8.450	8.525 8.625	34.850 34.575	1
Lisa Read	NSW	8.500 8.625	8.000 8.650	6.900 8.450	8.000 8.600	31.400 34.325	2
Lee-Anne Murray	ACT	8.800 8.650	8.175 8.600	7.825 7.400	7.900 7.925	32.700 32.575	3
Katie Watts	VIC	8.675 8.800	8.050 8.075	7.400 8.175	7.700 8.325	31.825 33.375	4
Michelle Aston	VIC	8.850 8.725	6.950 7.725	8.600 7.725	8.150 8.325	32.550 32.500	5
Michelle Wade	NSW	8.350 8.150	7.025 7.900	8.025 8.275	8.225 7.925	31.625 32.250	6
Ruth Colaguirri	NSW	8.400 8.275	8.375 7.875	7.750 7.875	7.050 8.050	31.575 32.075	7
Jennifer Richardson	VIC	9.025 9.175	6.750 6.875	7.625 8.275	7.325 8.325	30.725 32.650	8
Megan Griffith	ACT	8.650 9.175	6.550 8.050	7.800 7.400	7.475 8.250	30.475 32.875	9
Tara Kidd	VIC	8.350 8.700	7.350 8.225	6.450 6.925	7.600 8.275	29.750 32.125	10
Kirsten McGregor-Lowndes	QLD	7.625 7.875	7.425 8.425	6.875 8.100	6.725 7.500	28.650 31.900	11
Kylie Osgood	NSW	7.700 8.125	7.100 6.500	7.350 7.775	7.175 7.950	29.325 30.350	12
Michelle Cooper	VIC	8.275 8.425	6.650 5.950	6.375 8.350	7.425 7.925	28.725 30.650	13
Julie Bigham	SA	7.650 8.150	6.050 6.950	7.550 7.550	7.200 7.975	28.450 30.625	14
Lisa Burke	ACT	8.225 7.700	5.875 7.050	6.825 7.850	7.175 7.550	28.100 30.150	15
Sarah Mathieson	NSW	8.300 8.000	5.950 7.725	5.375 6.975	7.625 8.250	27.250 30.950	16
Tara Russon	SA	8.600 8.425	6.075 6.875	6.350 6.825	6.625 7.800	27.650 29.925	17
Jackie MacKenzie	NT	7.950 8.050	6.425 6.825	6.625 6.425	6.975 8.025	27.975 29.325	18
Katherine Munyard	SA	8.300 7.600	6.475 6.925	6.050 6.975	7.275 7.500	28.100 29.000	19
Dearne Huppats	SA	8.400 7.950	5.925 6.975	6.050 6.725	6.650 7.950	27.025 29.600	20
Dhana Crozier	ACT	7.825 7.950	6.150 7.375	6.025 6.700	6.825 7.275	26.825 29.300	21
Catherine Broughton	SA	7.900 8.075	5.775 7.050	6.425 6.650	6.725 7.500	26.825 29.275	22
Yasmin Crawshaw	NT	6.825 7.200	5.850 7.000	7.175 7.650	6.575 7.600	26.425 29.450	23
Michelle Mesecke	SA	6.725 7.325	6.100 7.600	6.800 6.850	6.325 7.600	25.950 29.375	24
Clarissa Horilozenko	ACT	7.700 7.475	6.550 6.325	6.000 7.125	6.475 6.250	26.725 27.175	25

Catherine Hiney	VIC	0.000 8.200	7.450 7.225	6.825 8.000	7.450 8.175	21.725 31.600	
Kelly Littlejohn	ACT	7.275 7.025	5.625 6.100	6.125 0.000	6.225 7.050	25.250 20.175	26
Kirsti Arbon	NT	0.000 6.800	5.100 6.200	6.375 6.225	5.450 6.325	16.925 25.550	27
Kirsty Strong	NZ	0.000 7.000	0.000 6.900	0.000 6.675	0.000 8.000	0.000 28.575	28
Kelly Bray	NZ	0.000 8.175	0.000 4.825	0.000 7.650	0.000 7.700	0.000 28.350	29
						28.3500	30

FINALS

Name	Team	Total	Place
VAULT			
Megan Griffith	ACT	18.0375	1
Monique Allen	NSW	17.4875	2
Michelle Aston	VIC	17.3750	3
Katie Watts	VIC	17.3375	4
Lee-Anne Murray	ACT	17.2500	5
Lisa Read	NSW	17.1375	6
Jennifer Richardson	VIC	13.5500	7
Tara Kidd	VIC	12.8750	8
BEAM			
Michelle Wade	NSW	16.6750	1
Monique Allen	NSW	16.4125	=2
Katie Watts	VIC	16.4125	=2
Lisa Read	NSW	16.3000	4
Michelle Aston	VIC	16.1625	5
Jennifer Richardson	VIC	16.1500	6
Lee-Anne Murray	ACT	16.0375	7
Ruth Colaguirri	NSW	15.4625	8
FLOOR			
Monique Allen	NSW	17.0625	1
Lisa Read	NSW	16.7500	2
Ruth Colaguirri	NSW	16.5000	3
Lee-Anne Murray	ACT	16.3125	4
Katie Watts	VIC	16.1125	5
Tara Kidd	VIC	15.7875	6
Kirsten McGregor-Lowndes	QLD	15.4500	7
Michelle Wade	NSW	14.7375	8

TEAM RESULTS

NSW	325.075	1
VIC	318.850	2
ACT	297.825	3
SA	288.575	4

INTERNATIONAL ELITE— Compulsory Competition May 1985

Name	Team	Vault	Bars	Beam	Floor	Total	Place
Lynne Rycroft	AIS	8.750	8.150	8.150	8.225	33.275	1
Cathy Blake	AIS	8.800	7.675	7.700	7.750	31.925	2
Carolyn Stewart	NSW	8.675	7.525	7.800	7.625	31.625	3
Tracey Leotta	NSW	8.725	7.725	7.775	6.875	31.100	4
Claudia Trittmacher	SA	8.475	7.900	6.675	7.300	30.350	5
Gabrielle Allen	NSW	8.350	6.500	7.550	7.800	30.200	6
Karen Thompson	AIS	9.100	6.800	6.800	7.300	30.000	7
Natalie Simper	ACT	8.675	7.400	6.475	7.250	29.800	8
Melissa Hill	NSW	7.800	6.800	7.450	7.225	29.275	9
Natalie Abreu	AIS	8.650	5.650	7.025	7.800	29.125	10
Tracee Cartwright	NSW	9.025	5.675	6.400	6.875	27.975	11
Debbie Graham	AIS	8.650	0.000	7.775	7.975	24.400	12
Kellie Larter	AIS	0.000	7.250	7.700	8.050	23.000	13

RESULTS: WAG National Club Competition

National Club Comp WAG Int Elite Optionals

Name	Team	Vault	Bars	Beam	Floor	Total	Place
Karen Thompson	CCGCA	9.300	8.600	8.550	8.900	35.3500	1
Kellie Wilson	VPCQ1	9.000	8.950	9.200	8.150	35.3000	2
Lisa Read	NW Y1	9.000	8.800	8.400	8.800	35.0000	3
Tracy Leotta	NW Y1	9.050	8.450	8.700	8.700	34.9000	4
Sue Turnbull	OLY V	8.850	8.850	7.800	8.550	34.0500	5
Debbie Graham	WAR N	9.350	7.600	8.350	8.700	34.0000	6
Kerry Peters	OLY V	9.050	8.500	8.050	8.200	33.8000	7
Melissa Hill	NW Y1	8.400	8.850	8.250	8.150	33.6500	8
Kellie Larter	IND	8.350	8.600	8.450	8.150	33.5500	9
Gabrielle Allen	NW Y2	8.600	8.150	8.500	8.200	33.4500	10
Cathy Blake	IND	8.950	8.000	8.050	8.350	33.3500	11
Natalie Abreu	IND	8.550	8.200	8.000	8.200	32.9500	12
Lisa Skene	NW Y2	8.300	7.500	8.600	8.450	32.8500	13
Megan Griffith	CCGCA	9.400	8.000	7.000	8.300	32.7000	14
Natalie Simper	CAU A	8.700	8.250	7.250	8.350	32.5500	15
Michelle Wade	NW Y2	8.500	7.250	8.100	8.600	32.4500	16
Leah Smith	IND	8.650	8.350	7.100	8.250	32.3500	17
Roslyn Scott	OLY V	8.250	8.250	7.350	7.550	31.4000	18
Natalie Moore	CCGCA	8.300	7.400	7.700	7.550	30.9500	19
Claudia Trittmacher	GLGYS	9.200	6.700	7.450	7.300	30.6500	20

TEAM RESULTS NATIONAL CLUB COMP WAG INT ELITE OPTIONALS

NW Y1	103.5500	1
OLY V	99.2500	2
NW Y2	98.7500	3

Nat Club Comp. WAG Jnr/Snr Elite

Name	Team	Vault	Bars	Beam	Floor	Total	Place
Monique Allen	WAR N	8.900	8.850	8.650	8.350	34.750	1
Katie Watts	CRO V	9.200	8.250	8.300	8.800	34.550	2
Jenny Richardson	CRO V	9.000	7.800	9.000	8.600	34.400	3
Michelle Aston	GEL V	8.900	8.300	8.050	8.650	33.900	4
Kerry Pavey	PP Q	9.200	8.500	7.800	8.200	33.700	5
Michelle Saliba	CH WA	8.850	8.450	8.100	8.250	33.650	6
Ruth Colaguri	NW Y1	8.500	7.800	8.250	8.350	32.900	7
Tracee Cartwright	NW Y1	8.800	8.150	7.350	8.350	32.650	8
Sarah Mathieson	WAR N	8.550	8.050	7.650	8.000	32.250	9
Kylie Osgood	NW Y1	8.300	7.250	8.400	8.250	32.200	=10
Allison Buzacott	NW Y2	8.100	7.850	8.150	8.100	32.200	=10
Tara Kidd	CRO V	8.750	8.350	7.000	8.050	32.150	12
Cathy Hiney	CRO V	8.450	8.000	7.250	8.300	32.000	13
Kirsten McGregor-Lowndes	VPC Q	8.500	8.200	7.250	7.950	31.900	14
Rebecca Thomsett	WAR N	8.400	7.500	7.700	8.250	31.850	=15
Jackie McKenzie	VPC Q	8.500	7.650	7.300	8.400	31.850	=15
Julie Bingham	WY S	8.250	6.850	8.000	8.100	31.200	17
Rachael Mangin	PP Q	9.100	6.600	7.900	7.550	31.150	18
Petra Kelly	CRO V	7.800	7.300	7.650	8.000	30.750	=19
Karen McDonald	CCGCA	7.950	7.650	7.400	7.750	30.750	=19
Melanie Spicer	NW Y2	8.250	6.650	7.900	7.950	30.750	=19
April Adams	WAR N	8.150	7.400	7.250	7.850	30.650	22
Barbie Hutchins	GLGYS	8.200	7.200	7.400	7.750	30.550	23
Machelle Mesecke	WY S	8.000	6.800	7.800	7.900	30.500	24
Emma Fritz	CH WA	8.200	6.700	7.350	8.200	30.450	25
Lisa Burke	CCGCA	8.200	6.750	7.200	8.100	30.250	26
Kate Munyard	GLGYS	8.050	6.400	7.850	7.750	30.050	27
Catrina West	NW Y2	7.700	7.400	7.000	7.800	29.900	28
Sasha Mangin	PP Q	8.200	7.250	6.200	8.000	29.650	29
Kelly Littlejohn	CCGCA	7.450	6.700	7.600	7.850	29.600	30
Anne Considine	GLGYS	8.200	6.350	7.050	7.650	29.250	31
Clarissa Horizenilo	CCGCA	7.450	6.100	7.200	7.900	28.650	32
Lisa Wilson	CAU A	8.000	5.950	6.700	7.600	28.250	33
Lienne Wenzel	WY S	7.850	6.250	6.000	8.000	28.100	34
Lisa Doyle	GLGYS	7.100	5.400	5.900	7.500	25.900	35
Kelly Wilkonson	CAU A	0.000	7.850	7.050	0.000	14.900	36

TEAM RESULTS

CRO V	101.1000	1
NW Y1	97.7500	2
WAR N	94.7500	3
PP Q	94.5000	4
NW Y2	92.8500	5
WY S	89.8000	6
CCGCA	89.6500	7
GLGYS	85.7000	8

NATIONAL CLUB COMPETITION WAG GEN STREAM OPTIONALS

Name	Team	Vault	Bars	Beam	Floor	Total	Place
Peta Green	VPCQ2	8.600	7.200	8.300	8.700	32.8000	1
Dana Patterson	VPCQ1	8.700	7.350	7.600	8.800	32.4500	2
Robyn Wilson	VPCQ1	8.450	6.700	8.400	8.350	31.9000	3
Sharon Brandsma	OLY V	8.450	6.750	8.300	8.200	31.7000	=4
Jodie Robins	OLY V	8.650	7.250	7.450	8.350	31.7000	=4
Kym Rankin	VPCQ2	8.250	6.350	8.300	8.600	31.5000	6
Clare Scotney	VPCQ1	8.050	7.150	8.100	8.150	31.4500	7
Louise Simpson	KC V1	8.150	7.000	7.750	8.200	31.1000	=8
Geraldine Millard	OLY V	8.350	7.600	7.600	7.550	31.1000	=8
Andrea Fitzsimmons	VPCQ2	8.400	6.850	7.200	8.300	30.7500	10
Monique Bockett	LEL N	8.750	6.800	7.500	7.350	30.4000	=11
Caroline Del Rio	NW Y2	8.400	6.500	7.600	7.900	30.4000	=11
Jacqui Kenny	CAU A	8.400	6.450	7.500	7.800	30.1500	=13
Shan Luttrell	KC V1	8.350	7.550	6.650	7.600	30.1500	=13
Julie Gordon	NW Y1	7.800	6.750	7.500	8.000	30.0500	15
Stephanie Rigg-Smith	NW Y1	8.050	6.500	8.350	7.100	30.0000	16
Alison Curtin	NW Y1	8.550	6.450	7.000	7.700	29.7000	17
Kirstie Gilchrist	KC V2	8.100	6.200	7.650	7.700	29.6500	=18
Sonya Schulz	GLGYS	7.850	6.000	7.800	8.000	29.6500	=18
Kerry Turton	SCL S	7.400	6.650	7.450	8.100	29.6000	20
Joanne Stewart	IND	7.800	7.850	6.000	7.900	29.5500	21
Lisa Hart	LEL N	7.750	6.900	7.250	7.550	29.4500	22
Rebecca Cathie	KC V2	8.200	5.750	7.750	7.600	29.3000	23
Jacqui Mendal	CAU A	8.100	6.100	7.100	7.750	29.0500	24
Gillian Kelly	WAR N	8.300	6.350	6.950	7.400	29.0000	25
Rebecca Bolt	NW Y2	7.550	6.050	7.300	8.000	28.9000	26
Belinda Hewitt	CAU A	8.050	5.500	7.900	7.400	28.8500	27
Simone Tatai	KC V1	7.750	7.400	6.400	7.050	28.6000	28
Jo Jules	NW Y2	7.750	5.700	7.700	7.400	28.5500	=29
Sarah Brecknock	WAR N	7.900	5.850	7.700	7.100	28.5500	=29
Kathy Hutchins	GLGYS	8.150	5.600	7.100	7.700	28.5500	=29
Rachel Whitney	NW Y2	7.750	5.500	6.700	8.100	28.0500	32
Leanna Smith	NW Y2	7.800	6.400	5.900	7.600	27.7000	33
Patti Bogatec	SCL S	7.650	6.500	6.200	7.300	27.6500	=34
Sue-Anne Patten	SCL S	8.100	6.100	5.800	7.650	27.6500	=34
Renee Cullen	WAR N	8.150	6.150	6.650	6.300	27.2500	36
Jody Braddon	GLGYS	7.650	5.100	7.100	7.350	27.2000	37
Linda Hill	LEL N	7.050	5.400	7.350	6.800	26.6000	38
Tabatha Reed	KC V2	0.000	6.500	7.000	7.650	21.1500	39
Sharon Turner	IND	8.200	8.000	0.000	0.000	16.2000	40

Team Results

VPCQ1	95.8000	1
VPCQ2	95.0500	2
OLY V	94.5000	3
KC V1	89.8500	4
NW Y1	89.7500	5
CAU A	88.0500	6
NW Y2	86.6500	7
LEL N	86.4500	8
GLGYS	85.4000	9
SCL S	84.9000	10
WAR N	84.8000	11
KC V2	80.1000	12

ABREVIATIONS:

C.C.G.C.A.	Canberra City Gymnastic Club
VPCQ	Valley Police & Citizens—Qld (Team 1 & 2)
NWY 1	North West YMCA Team 1
NWY 2	North West YMCA Team 2
OLY	Olympia Gym Club
WAR N	Warringah Gym Club
CAU	Canberra United Gym Club
GLGYS	Glenelg
KC	Knox Carrington
LEL	L'Elfin
CRO	Croydon
WY	Western Youth Club
SCL	Seacliff
CH WA	Chetkovich Academy (Team 1 & 2)
PP Q	Pizzy Park Gym Club—QLD
GEE V	Geelong Gymnastic Academy—Vic
IND	Representing Woden Gym Club, Launceston Police & Citizens Nth District Maroubra

NATIONAL CLUB COMPETITION—AGGREGATE RESULTS

Champion Club N.W. YMCA(NSW) 46
 = Second Chetkovich (WA) 22
 Valley P&C (Qld) 22

"D" DIVISION—PRE-ELITE: INDIVIDUAL RESULTS

Jenny Clack	Chetkovich	128.05	1
Sallyanne Hargrave	Chetkovich	125.80	2
Michelle Telfor	Chetkovich	120.20	3
Yolando Zerko	Chetkovich	119.25	4
Shelley Turnbull	Croydon	118.70	5
Lisa Tatai	Knox/Carrington	114.90	6
Sacha Harnett	Chetkovich	114.70	7
Melanie Edwards	Chetkovich	112.15	8
Tanya Sharov	Maroubra	108.70	9
Trudi Nurse	Chetkovich	106.20	10
Cher Kelly	Croydon	94.80	11
Kelly Vanson	Croydon	89.20	12
K. Mitkovs	Knox/Carrington	86.15	13
Selena West	N.W. YMCA	84.60	14
Jodie Rodgers	N.W. YMCA	80.95	15
S. Simpson	Knox/Carrington	78.95	16
Cushla Harasamick	Croydon	70.80	17
S. Davis	Knox/Carrington	64.15	18
Rebecca Moles	N.W. YMCA	63.05	19
Monique Forresties	N.W. YMCA	54.60	20
Jackie Sinclair	N.W. YMCA	48.55	21

"D" DIVISION TEAM SCORES

Chetkovich—WA—Team 1	373.15	1
Chetkovich—WA Team 2	341.05	2
Croydon—VIC	296.305	3
N.W. YMCA (NSW)	234.10	4
Knox/Carrington—Vic Team	229.255	5

RESULTS: Women's European Championships—Helsinki, May 1985

Name	Cty	Vault	Bars	Beam	Floor	Total	Place
Schouchounova, Elena	URS	10.000	9.975	9.825	9.975	39.775	1
Gnauck, Maxi	RDA	9.825	9.950	9.875	9.950	39.600	2
Omelianchik, Oksana	URS	9.800	9.925	9.900	9.900	39.525	3
Ricna, Hana	TCH	9.750	9.875	9.850	9.850	39.325	4
Szabo, Ecaterina	ROM	9.950	9.800	9.700	9.775	39.225	=5
Kersten, Dagmar	RDA	9.925	9.750	9.775	9.775	39.225	=5
Dudeva, Diana	BUL	9.800	9.875	9.725	9.725	39.125	7
Silivas, Daniela	ROM	9.625	9.825	9.800	9.850	39.100	8
Drevjana, Alena	TCH	9.750	9.875	9.675	9.600	38.900	9
Yurchenko, Natalia	URS	9.300	9.850	9.825	9.850	38.825	10
Cutina, Laura	ROM	9.750	9.750	9.400	9.725	38.625	11
Faehrich, Gabriele	RDA	9.550	9.850	9.200	9.675	38.275	12
Storczer, Beata	HUN	9.425	9.450	9.525	9.850	38.250	13
Ladanyi, Andrea	HUN	9.400	9.700	9.450	9.675	38.225	14
Demireva, Bojanka	BUL	9.675	9.750	8.950	9.800	38.175	15
Soria, Isabel	ESP	9.475	9.450	9.525	9.475	37.925	16
Heine, Elke	RFA	9.400	9.350	9.575	9.550	37.875	17
Toth, Zita	HUN	9.550	9.225	9.475	9.475	37.725	18
Manso, Ana	ESP	9.450	9.575	9.425	8.950	37.400	19
Polokova, Iveta	TCH	9.075	9.675	8.975	9.650	37.375	20
Boesch, Sandra	AUT	9.425	8.775	9.550	9.250	37.000	21
Volpi, Giulia	ITA	9.325	8.950	9.075	9.600	36.950	22
Wilhelm, Anja	RFA	9.400	9.025	9.050	9.400	36.875	23
Pistacchi, Michela	ITA	9.100	9.175	9.250	9.325	36.850	=24
Seiler, Natalie	SUI	9.425	9.075	9.200	9.150	36.850	=24
Topalova, Silvia	BUL	9.300	9.675	9.600	8.250	36.825	26
Castledos, Lidia	ESP	9.400	9.425	8.650	9.300	36.775	27
Fei, Sandra	ITA	9.275	9.425	8.825	9.125	36.650	28
Eenkhoorn, Carola	HOL	9.575	9.100	9.150	8.725	36.550	29
Ernst, Bettina	SUI	9.425	9.225	8.725	9.150	36.525	30
Adomat, Lena	SWE	9.425	8.650	9.250	9.175	36.500	=31
Price, Hayley	GBR	9.350	9.075	8.925	9.150	36.500	=31
Bovenschen, Na Mee	HOL	9.375	8.675	9.175	9.200	36.425	33
Witte, Jeanette	HOL	9.200	9.225	8.875	9.075	36.375	34
Livet, Sandrine	FRA	9.250	8.725	9.100	9.225	36.300	35
Darrigade, Sophie	FRA	8.625	9.200	9.200	9.075	36.100	36

Volkaert, Ilse	BEL	9.025	8.775	9.150	9.025	35.975	37
Lindholm, Ulrika	FIN	9.075	9.225	8.625	9.025	35.950	38
McCarthy, Jackie	GBR	9.575	9.125	7.800	9.375	35.875	39
Olsen, Ann	SWE	9.275	8.900	9.050	8.500	35.725	40
Pajarinen, Marja	FIN	8.875	8.850	8.800	9.175	35.700	41
Wetzel, Christine	RFA	9.575	8.650	8.725	8.525	35.475	42
Ronkko, Marjut	FIN	9.325	8.675	8.750	8.675	35.425	43
Pluvinaje, Isabelle	BEL	9.200	7.950	8.700	9.075	34.925	44
Young, Lisa	GBR	8.875	8.475	8.850	8.675	34.875	45
Olsen, Chris	SWE	9.125	8.275	8.500	8.750	34.650	46
Eikeskog, Siv Rita	NOR	8.950	8.275	8.725	8.625	34.575	47
Hansen, Gry	NOR	8.575	8.350	8.875	8.575	34.375	48
Veiby, Hanne	NOR	9.000	8.400	8.425	8.400	34.225	=49
Legall, Valerie	FRA	9.475	7.900	8.650	8.200	34.225	=49
De Marchi, Carole	LUX	9.250	7.600	9.175	8.100	34.125	51
Gillet, M Fabiola	BEL	9.025	7.925	8.750	8.400	34.100	52
Jorgensen, Heidi	DAN	8.650	8.350	8.500	8.500	34.000	53
Barata, Paula	POR	8.975	8.575	7.925	8.425	33.900	54
Batista, Claudia	POR	8.675	8.750	8.000	8.200	33.625	55
Cassouni, Ioanna	GRE	8.825	7.950	8.125	8.650	33.550	56
Paldan, Tania	DAN	8.550	8.150	8.050	8.550	33.300	57
Lechner, Brigitte	AUT	8.925	8.175	7.400	8.775	33.275	58
Avranitidou, Despina	GRE	8.950	7.625	7.650	8.825	33.050	59
Burtscher, Jutta	AUT	8.775	7.150	8.250	8.550	32.725	60
Zahari, Panayota	GRE	8.500	7.875	7.425	8.450	32.250	61
Carrasco, Fatima	POR			7.025	7.025		62

Name	Cty	Total	Place
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VAULT

Schouchounova, Elena	URS	19.975	1
Szabo, Ecaterina	ROM	19.900	2
Kersten, Dagmar	RDA	19.875	3
Gnauck, Maxi	RDA	19.663	4
Omelianchik, Oksana	URS	19.650	5
Dudeva, Diana	BUL	19.600	6
Cutina, Laura	ROM	19.513	7
Drevjana, Alena	TCH	19.138	8

BEAM

Omelianchik, Oksana	URS	19.800	1
Ricna, Hana	TCH	19.775	2
Schouchounova, Elena	URS	19.750	3
Gnauck, Maxi	RDA	19.675	4
Silivas, Dagmar	RDA	19.625	5
Kersten, Dagmar	RDA	19.525	=6
Szabo, Ecaterina	ROM	19.525	=6
Dudeva, Diana	BUL	19.475	8

UNEVEN BARS

Gnauck, Maxi	RDA	19.925	=1
Schouchounova, Elena	URS	19.925	=1
Omelianchik, Oksana	URS	19.825	3
Ricna, Hana	TCH	19.775	4
Faehrich, Gabriele	RDA	19.750	5
Dudeva, Diana	BUL	19.675	6
Silivas, Daniela	ROM	19.625	7
Drevjana, Alena	TCH	19.500	8

FLOOR

Schouchounova, Elena	URS	19.950	1
Omelianchik, Oksana	URS	19.900	2
Silivas, Daniela	ROM	19.750	3
Gnauck, Maxi	RDA	19.700	=4
Ricna, Hana	TCH	19.700	=4
Szabo, Ecaterina	ROM	19.675	6
Demireva, Bojanka	BUL	19.650	7
Storczer, Beata	HUN	18.975	8

RESULTS: WAG Golden Sands— Varna, June 1985

Name	CTY						Total	Place
Topalova, S.	BUL	9.55	9.65	9.70	9.70	38.60	77.50	1
		9.65	9.85	9.75	9.65	38.90		
Doudeva, D.	BUL	9.80	9.60	9.70	9.70	38.80	77.35	2
		9.80	9.15	9.80	9.80	38.55		
Demireva, B.	BUL	9.70	9.50	9.50	9.70	38.40	76.90	3
		10.00	9.75	9.65	9.10	38.50		
Kravtchouk, J.	URS	9.60	9.10	9.40	9.50	37.60	75.95	4
		9.70	9.65	9.80	9.20	38.35		
Ladanyi, A.	HUN	9.30	9.25	9.40	9.40	37.35	75.40	5
		9.55	9.50	9.55	9.45	38.05		
Popa, C.	ROM	9.10	9.45	9.30	9.35	37.20	75.20	6
		9.65	9.70	9.60	9.05	38.00		
Hristova, J.	BUL	8.85	9.05	9.45	9.30	36.65	75.00	7
		9.70	9.50	9.65	9.50	38.35		
Strong, L.	CAN	8.95	9.40	9.20	8.90	36.45	74.50	8
		9.60	9.50	9.30	9.65	38.05		
Marlowe, M.	USA	8.95	9.40	8.90	9.20	36.45	74.30	9
		9.50	9.50	9.40	9.45	37.85		
Barton, J.	USA	9.55	9.10	8.60	9.30	36.55	73.65	10
		9.60	8.80	9.30	9.40	37.10		
Chivas, E.	CUB	9.45	9.25	8.20	9.10	36.00	73.55	11
		9.60	9.55	9.15	9.25	37.55		
Patrick, S.	CAN	9.00	9.00	9.05	8.90	35.95	72.85	=12
		9.40	9.15	9.00	9.35	36.90		
Lipovska, H.	TCH	9.20	8.65	8.65	8.90	35.40	72.85	=12
		9.70	9.25	9.25	9.25	37.45		
Carol, L.	CUB	9.55	8.80	8.45	8.90	35.70	72.80	14
		9.75	9.40	8.95	9.00	37.10		
Pileckova, R.	TCH	9.35	8.80	8.45	8.90	35.50	72.40	15
		9.30	9.00	9.30	9.30	36.90		
Chavrovskaya, D.	URS	9.40	7.90	9.35	9.25	35.90	72.25	16
		9.65	8.35	9.50	8.85	36.35		
Del Hierro, M.	ESP	8.90	8.85	8.00	8.90	34.65	71.40	17
		9.30	9.15	9.10	9.20	36.75		
Hervas, M.	ESP	8.75	8.80	8.00	9.00	34.55	71.35	18
		9.50	9.40	8.70	9.20	36.80		
Rycroft, L.	AUS	8.70	8.75	8.60	8.95	35.00	70.75	19
		9.35	8.50	8.70	9.20	35.75		
Stewart, C.	AUS	7.50	8.45	8.40	8.80	33.15	69.20	20
		9.50	8.90	8.65	9.00	36.05		
Elagina, E.	URS	9.00	8.45	8.55	9.35	35.35	72.15	
		9.20	8.90	9.30	9.40	36.80		
Lowing, L.	CAN	8.90	4.50	8.75	9.00	31.15	67.30	
		9.35	8.65	8.85	9.30	36.15		
Padron, O.	CUB	0.00	0.00	0.00	0.00	0.00	36.60	
		9.30	9.50	8.60	9.20	36.60		
Kan Men Suk	PRK	0.00	0.00	0.00	0.00	0.00	35.95	
		8.80	9.35	8.55	9.25	35.95		
Kvon En, E.	PRK	0.00	0.00	0.00	0.00	0.00	35.50	
		9.50	8.85	8.40	8.75	35.50		
Kim Tcon Hi	PRK	0.00	0.00	0.00	0.00	0.00	34.65	
		8.80	8.75	8.00	9.10	34.65		

RESULTS: RSG Junior National Championships

Name		Rope	Ball	Clubs	Ribbon	Total	Place
Higham, Nicole	WA	8.85	8.80	8.55	8.70	34.90	1
McManus, Felicity	WA	8.30	8.25	8.55	8.60	33.70	2
Field, Lisa	SA	8.20	8.55	8.35	8.45	33.55	3
Haynes, Ashlee	SA	8.35	8.35	8.25	8.50	33.45	4
Varga, Patricia	SA	8.25	8.30	8.20	8.40	33.15	5
Millar, Sharmain	SA	8.05	8.30	8.35	8.10	32.80	=6
Pride, Elisa	NSW	8.15	8.45	8.35	7.85	32.80	=6
Beros, Tara	WA	7.90	8.15	8.45	8.10	32.60	8
Lanz, Karina	VIC	8.00	8.20	8.00	8.10	32.30	9
Kempson, Libby	VIC	7.95	8.00	8.15	8.15	32.25	=10
Lomas, Daveena	NSW	7.90	7.90	8.40	8.05	32.23	=10
Lyons, Angelie	WA	8.05	8.25	7.90	7.95	32.15	12
Crane, Felicity	WA	8.00	7.80	7.90	8.05	31.75	13
Giza, Michelle	SA	7.30	8.35	7.85	8.00	31.50	14
Pringle, Dianne	SA	7.65	8.25	7.55	7.90	31.35	15
Meaden, Libby	VIC	7.85	7.75	7.70	7.90	31.20	16
White, Caroline	WA	7.20	7.95	7.90	7.90	30.95	17
Samorowski, Kylie	QLD	7.35	7.90	7.25	7.95	30.45	18
Ireland, Shareen	QLD	7.40	8.05	7.60	7.10	30.15	19
Hofman, Joanne	VIC	7.25	7.95	7.50	7.25	29.95	20
Jobling, Tania	QLD	7.05	7.75	7.40	6.95	29.15	21
Fowler, Alison	ACT	6.80	7.85	7.15	7.05	28.85	22
Holgate, Joanne	ACT	6.90	7.60	7.40	6.90	28.80	23
Jamieson, Tiffany	VIC	6.95	7.80	7.10	6.90	28.75	24
Baker, Angela	QLD	6.95	7.50	7.10	6.55	28.10	25

TEAM RESULTS

WA	101.45	1
SA	100.35	2
VIC	95.95	3
QLD	89.75	4

GROUP RESULTS

WA	32.825	1
SA	30.30	2
VIC	29.875	3
QLD	29.40	4

Name	State	Total	Place
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ROPE

Nicole Higham	WA	17.95	1
Ashlee Haynes	SA	16.90	2
Felicity McManus	WA	16.80	3
Elisa Pride	NSW	16.60	4
Lisa Field	SA	16.45	=5
Patricia Varga	SA	16.45	=5
Sharmain Millar	SA	16.40	7
Angelie Lyons	WA	16.15	8

BALL

Nicole Higham	WA	18.20	1
Lisa Field	SA	17.25	2
Felicity McManus	WA	16.95	3
Elisa Pride	NSW	16.80	4
Ashlee Haynes	SA	16.65	5
Sharmain Millar	SA	16.60	6
Patricia Varga	SA	16.55	7
Michelle Giza	SA	16.05	8

CLUBS

Nicole Higham	WA	17.00	1
Tara Beros	WA	16.85	=2
Felicity McManus	WA	16.85	=2
Lisa Field	SA	16.85	=2
Elisa Pride	NSW	16.65	5
Sharmain Millar	SA	16.50	6
Daveena Lomas	NSW	16.30	7
Ashlee Haynes	SA	16.25	8

RIBBON

Ashlee Haynes	SA	17.10	1
Felicity McManus	WA	16.85	=2
Nicole Higham	WA	16.85	=2
Lisa Field	SA	16.75	4
Patricia Varga	SA	16.35	=5
Sharmain Millar	SA	16.35	=5
Tara Beros	WA	16.10	7
Libby Kempson	VIC	16.05	8

RESULTS: RSG Brother Cup

Name	CTY	Rope	Ball	Clubs	Ribbon	Total	Place
Lilia Ignatova	BUL	10.00	9.95	10.00	9.90	39.85	1
Bianka Panova	BUL	9.95	10.00	9.90	9.75	39.60	2
Galina Beloglazova	URS	9.80	9.85	9.90	9.85	39.40	3
Bianca Dittrich	RDA	9.80	9.90	9.90	9.75	39.35	4
Doina Staiculescu	ROM	9.70	9.65	9.70	9.80	38.85	5
Lori Fung	CAN	9.60	9.75	9.70	9.70	38.75	=6
Daniela Zahoroska	TCH	9.70	9.65	9.75	9.65	38.75	=6
Akiyama Erika	JPN	9.60	9.75	9.65	9.65	38.65	8
Otsuka Hiroko	JPN	9.65	9.45	9.70	9.40	38.20	9
Hirose Chieko	JPN	9.40	9.65	9.40	9.70	38.15	10
Marta Kanton	ESP	9.60	9.70	9.50	9.20	38.00	11
He Xiao Min	CHN	9.45	9.60	9.35	9.05	37.45	12
Irma Borgsteede	HOL	9.05	9.50	9.45	9.35	37.35	13
Marina Kunyavsky	USA	9.40	9.00	9.40	9.45	37.25	14
Angela Walker	NZL	9.30	9.30	9.15	8.95	36.70	15
Tanya Moss	NZL	9.20	9.40	8.80	9.20	36.60	16
Antonietta Guida	AUS	9.20	9.30	9.05	9.00	36.55	17
Chae Rhin	KOR	9.05	9.15	9.20	9.05	36.45	18
Tatiane Druchinina	URS			9.50	9.35	18.85	19

ROPE

Lilia Ignatova	BUL	10.00	9.90	19.90	1
Galina Beloglazova	URS	9.80	9.85	19.65	2
Bianca Dittrich	RDA	9.80	9.80	19.60	3
Doina Staiculescu	ROM	9.70	9.80	19.50	=4
Daniela Zahoroska	TCH	9.70	9.80	19.50	=4
Lori Fung	CAN	9.60	9.75	19.35	6
Otsuka Hiroko	JPN	9.65	9.55	19.20	=7
Marta Kanton	ESP	9.60	9.60	19.20	=7

BALL

Bianka Panova	BUL	10.00	10.00	20.00	1
Galina Beloglazova	URS	9.85	9.95	19.80	=2
Bianca Dittrich	RDA	9.90	9.90	19.80	=2
Lori Fung	CAN	9.75	9.80	19.55	=4
Akiyama Erika	JPN	9.75	9.80	19.55	=4
Doina Staiculescu	ROM	9.65	9.85	19.50	=6
Marta Kanton	ESP	9.70	9.80	19.50	=6
Daniela Zahoroska	TCH	9.65	9.15	18.80	8

CLUBS

Lilia Ignatova	BUL	10.00	10.00	20.00	1
Bianca Dittrich	RDA	9.90	9.90	19.80	2
Galina Beloglazova	URS	9.90	9.80	19.70	3
Doina Staiculescu	ROM	9.70	9.80	19.50	=4
Daniela Zahoroska	TCH	9.75	9.75	19.50	=4
Lori Fung	CAN	9.70	9.60	19.30	=6
Otsuka Hiroko	JPN	9.70	9.60	19.30	=6
Marta Kanton	ESP	9.50	9.60	19.10	8

RIBBON

Lilia Ignatova	BUL	9.90	9.95	19.85	1
Galina Beloglazova	URS	9.85	9.90	19.75	2
Doina Staiculescu	ROM	9.80	9.80	19.60	3
Bianca Dittrich	RDA	9.75	9.80	19.55	4
Hirose Chieko	JPN	9.70	9.80	19.50	5
Daniela Zahoroska	TCH	9.65	9.70	19.35	=6
Lori Fung	CAN	9.70	9.65	19.35	=6
Marina Kunyavsky	USA	9.45	9.60	19.05	8

Hawker College
Murrumbidgee St.,
Hawker, ACT

POOR COMMUNICATION

Late Magazines: On 21.6.85 I received a letter from the A.G.F. containing a notice that the 1985 fees for the Australian Gymnastics Coaching Association, the "Gymnastic Coach" and "The Australian Gymnast" were due. It also contained two magazines, September and December 1984 issues of "Gymnastic Coach". This is a most unsatisfactory situation!

I find it hard to understand how the A.G.F. can expect coaches to remain members of an association which publishes magazines up to 10 months late, and sends accounts up to 6 months late, and indeed then informs coaches of a fee increase in 1986!

In the past I have enjoyed the magazines published by the A.G.F. Recently, however, the punctuality and quality of these magazines has left a lot to be desired. In particular Vol.10, No.20, of the Australian Gymnast can only be described as a waste of money. It included 10 pages of advertisements, results and photographs. There were no substantial articles of value to the gymnast or the coach. With the talent available in Australia I am sure that a wide

LETTERS TO THE EDITOR

variety of articles could be included on such topics as:

- the history of gymnastics in Australia;
- reports on overseas teams;
- articles on training, flexibility, posture;
- judging, strength, etc.

Communication: Communication is essential to the success of a sport. With the standard of communication evident at present in the A.G.F. it is no wonder that the number of participants in gymnastics has dropped substantially in the last two years, a fact recently revealed at the Elite Coaches and Gymnasts Seminar in Canberra on April 8th this year. One exception to this low level of communication is the recent innovation by the A.C.T.G.A. to publish the "A.C.T. Gymnastics Coaching News". It commenced publication in March 1984 and has managed to keep coached regularly informed on many topics including advance notice of conferences, seminars and championships. It is hoped that the recent resignation of the A.C.T. Coaching Director, Peter Gunn, will not herald its demise.

RESIGNATION OF THE A.C.T. COACHING DIRECTOR.

The recent resignation of the A.C.T. Coaching director, Peter Gunn, was a sad day for A.C.T. Gymnastics and has damaging national implications. The A.C.T.

Gymnastics Association (A.C.T.G.A.) has not yet decided to appoint a new director. This indecision means that we have lost an excellent chance to prove the value of full-time state coaching directors. Under Peter Gunn, communication amongst all sectors of gymnastics in the A.C.T. was vastly improved; coaching courses were well run; and seminars and workshops on interesting topics such as "Gym Fun" and "Dance For Gymnastics" were conducted for the first time. Indeed Peter Gunn proved how immensely valuable a state coaching director can be. This position is doubly important in the A.C.T. where more competitions are run than in any other state.

The A.G.F. is only as strong as its state branches. The A.G.F. should be vitally concerned with questionable management practices of its state branches. In particular, the A.C.T.'s indecision as to its future direction should be of vital concern to the A.G.F.

In conclusion there are three issues here: late magazines, poor communication and the management of a state branch. What does the A.G.F. intend to do about these issues?

Fiona Ellingsen
Level 2 Coach A.C.T.

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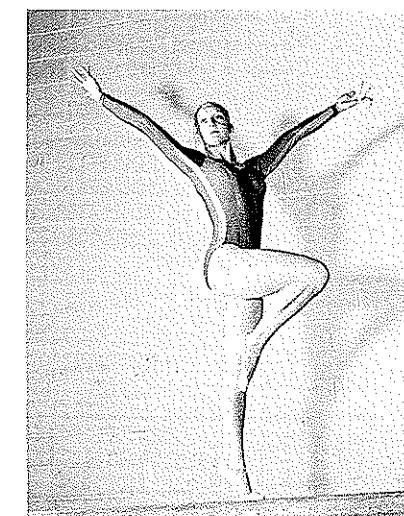
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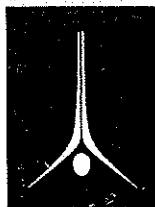
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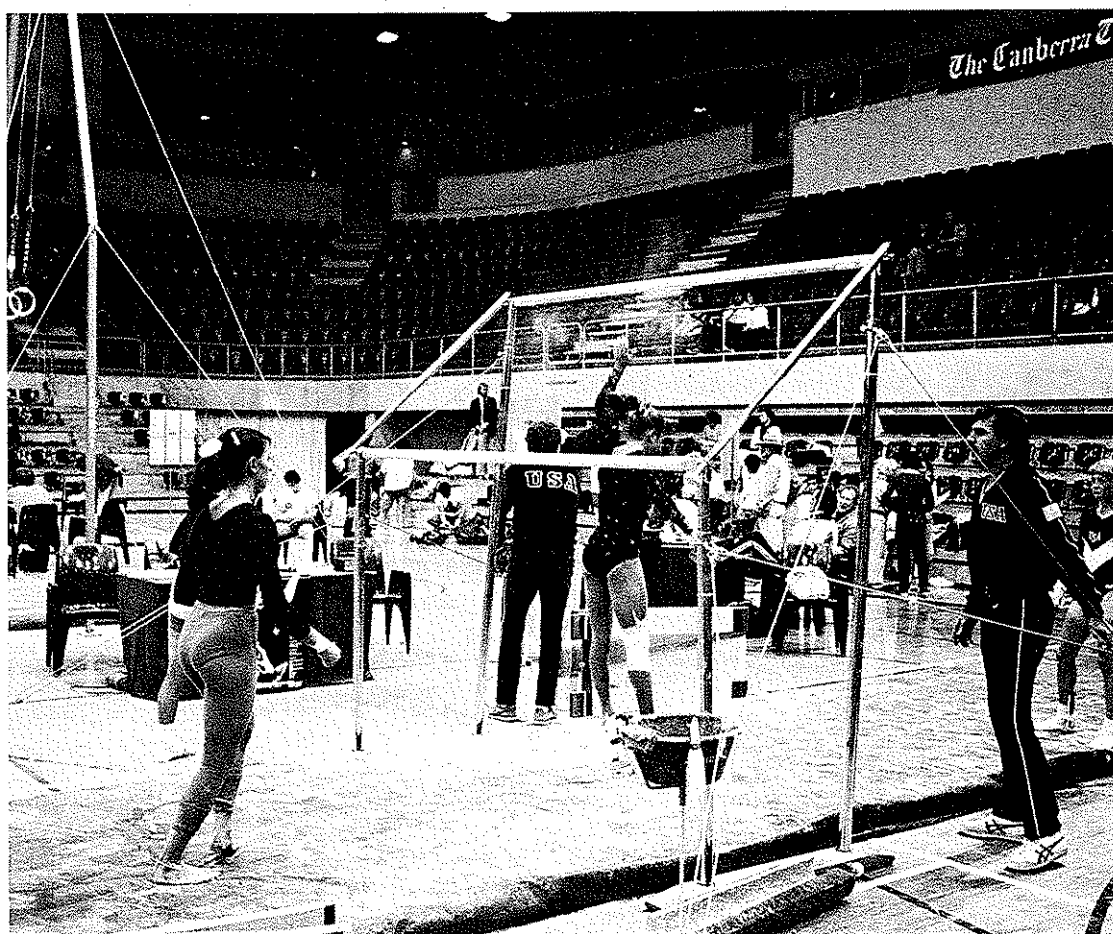
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