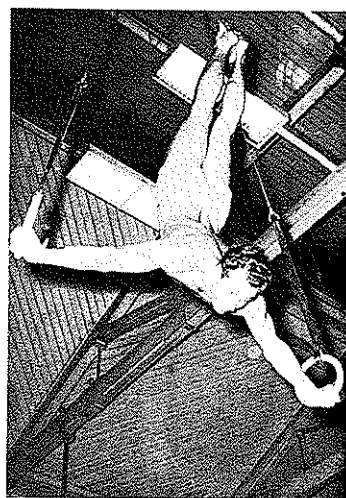


THE AUSTRALIAN GYMNAST

THE OFFICIAL MAGAZINE OF THE AUSTRALIAN GYMNASTIC FEDERATION

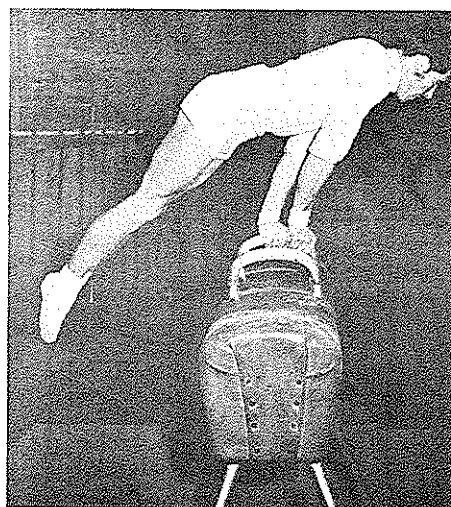
Front covers from the early 70's

THE GYMNAST



December 1971

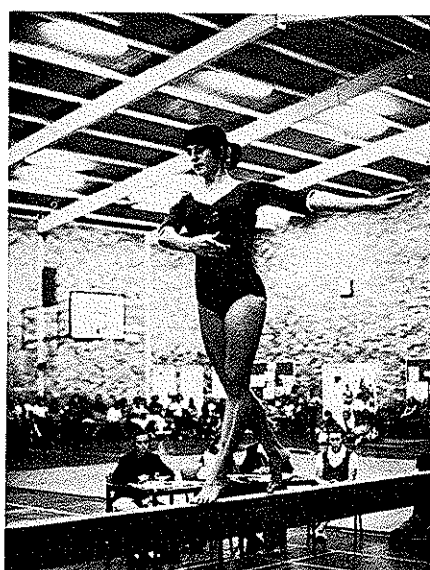
APRIL 1972



The Australian Gymnast

The Australian Gymnast

AUGUST 1972



AUSTRALIAN GYMNAST

Vol. 2 No. 4 December 1972



Turn to Page 3 to discover what these people are doing now.

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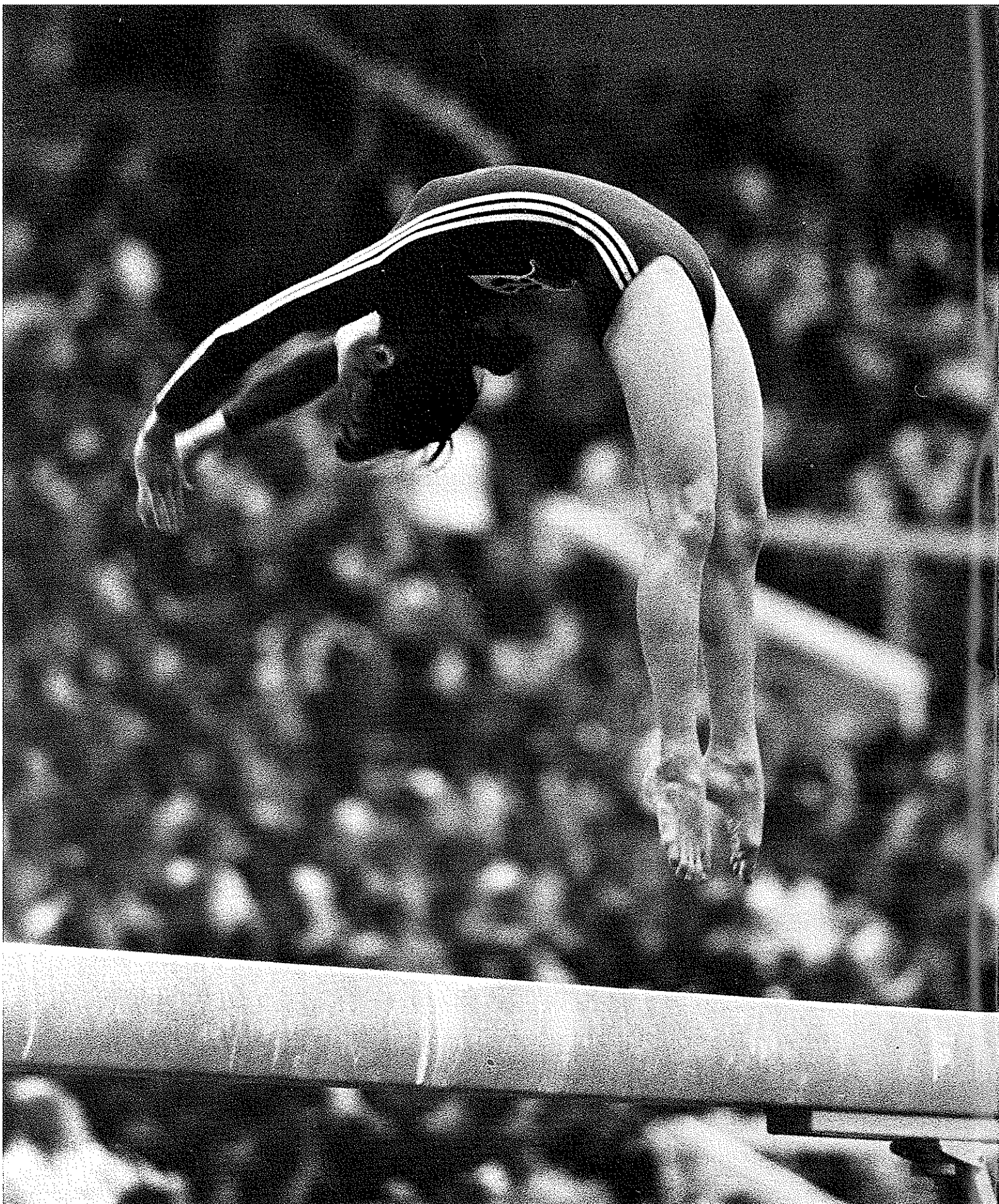


Photo courtesy Peter Meyers

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FRONT COVER:

Barry Cheales (Dec 71) and **Rosalyn Miller** (Aug 72) are married with one child, Amanda who is one year old. Barry is working at Queensland Institute of Technology as an Enrolment Clerk, and Rosalyn is a part-time school teacher. Together they run a Recreational Gymnastics Club in Sherwood.

Paul Szyjko (Dec 72) is Assistant Men's Coach at the A.I.S. He is married with one child, Daniel.

Peter Lloyd (April 72) was the first Head Coach for Men's Gymnastics at the A.I.S.—a position he held for two years. He is now living in Maleny (Qld) with his wife and two children, Lucretia and Davin.

CALENDAR OF EVENTS 1986

International Competition	McDonald's American Cup & Pairs		Washington DC, USA
	Junior RSG Tour	1-8 March	
	RSG Tour	30 April-16 May	Scandinavia
		11-12 April	Wiesbaden, West Germany
	Shanghai Invitational—AIS	April	Peoples' Republic of China
	Medico RSG Cup	1-2 May	Austria
	Hungarian Invitational RSG	5 May	Hungary
	Bulgarian International RSG	7-12 May	Bulgaria
	Swiss International RSG	13 May	Switzerland
	Corbeil Essonnes RSG	16-18 May	France
	Brother Cup RSG	23-25 May	Tokyo, Japan
	Grand Prix	30-31 May	Rome, Italy
	Golden Sands	7-8 June	Bulgaria
	Men's Team to Europe (Level 10)	8-14 June	Europe
	Canadian Classic (& proposed Junior WAG Pacific Alliance)	22-29 June	Canada
	Swedish Gymnastic Festival	29 June-5 July	Stockholm, Sweden
	AIS Junior Tour of Europe	July	Europe
	Commonwealth Gymnastic Championships	8-10 August	Scotland
	MAG Junior Team to New Zealand	23 Aug.-6 Sept.	New Zealand
	Artistic World Cup	30 Aug.-6 Sept.	Beijing, China
	Tri Commonwealth Competition	11-16 August	Liverpool, UK
	Swiss International RSG	11-14 September	Switzerland
	Pacific Alliance Championships	13-16 September	Hong Kong
	Asian Games	21-24 September	New Delhi, India
	RSG World Cup	17-19 October	Tokyo, Japan
	RSG European Championships	December	Italy
	Men's Junior Tour of USA	29 Dec-5 January	USA
	WAG Easter Clinic	27-31 March	Canberra
	Level I Pre-Gym Course (Inaugural)	27-31 March	Melbourne
	3 Discipline Junior Workshop	23-25 May	Canberra
	MAG Team Visit by New Zealand	3-17 May	VIC/ACT/NSW
	MAG Junior Nationals & Clinic	7-10 June	Brisbane
	RSG Junior Nationals & Clinic	7-10 June	Brisbane
	WAG Junior Nationals & Clinic	8-14 June	Darwin
	WAG Level III Course	20-23 June	Canberra
	Trans Tasman RSG	9-11 June	Sydney
	WAG National Clubs	2-3 August	Geelong
	GB Junior Men's Tour of Australia	8 Aug.-6 September	Adelaide
	National Championships	30 Aug.-7 September	Launceston
	Trans Bass	27-28 September	Melbourne
	Junior Four Continents RSG	1 October	Melbourne
	Four Continents RSG	2-4 October	Melbourne
	AIS Invitational (proposed)	15-16 November	Canberra

FROM THE A.G.F.

EDITORIAL

With the latest notification from the domestic airlines, the challenge is again before the Federation to generate the necessary funding to send Australian teams overseas, and to ensure the National programs are carried out to their optimum with the appropriate personnel. We have previously published a letter to the Prime Minister registering our concern with the relationship of the Australian dollar to the increase in airfares and the funding assistance from the Federal Government.

In late January, we received notification from Ansett that the domestic airlines had withdrawn their special sport discount which allowed the executive and bona fide personnel of the Federation to travel to one centre for a sanctioned National event. With the Junior Women's Championships in Darwin, this will place a challenge before the State Associations and the Federation to balance all their travel budgets in 1986. Naturally, the Federation will again make representation to the Australian Sports Commission and the Department of Aviation to ask for a review of the decision.

As a sport, we are assisted well by the traditional sources i.e. the Federal Government and the Australian Olympic Federation, relative to the other sports. However, even with this valuable assistance we are still short of our mark as our own program of events has increased. In fact, in 1979 we participated in or conducted ten National and International events with a total of \$23,600.00 funding from traditional sources. In 1985, we participated in 25 National or International events and received \$52,000.00 funding from these same sources.

The impetus of our development must continue. In 1986 we have 33 National or International events with a known funding from the traditional sources of \$57,000.00. We are attempting to keep the cost to the participant as low as possible but each hurdle presents another challenge to tackle.

Peggy Browne



PRESIDENT'S REPORT

In the last issue of this magazine I reviewed the World Championships' results and commented that success at the top depended upon the planning and development at the base of the program. It is therefore appropriate that I comment on the progress of our Gymfun program.

The Gymfun project has come a long way from its tentative start. With the assistance of "seeding" grants from the Commonwealth Government's Sports Assistance scheme we have been able to produce all the basic material to support the program. During this "setting-up" or "non-sponsorship" phase, we have introduced Gymfun to our own gymnastic community.

We are now in a position to broaden the scope of Gymfun in that we should move into the wider community in all its facets, particularly the education system. Gymfun is a superb program which caters for the formative years of children in primary school. Apart from being fun and safe it provides the exciter program that could lead children into our broader gymnastics spectrum. Even if it did not do that, we would have achieved an objective in providing for healthier, fitter children.

As there are pre-gym programs to be developed below Gymfun, we had an interest in the Tumble Tots program. Our Federation believes in pluralism of programs and encourages all forms of activity that lead to a fitter, healthier community. Whilst we were preparing our Gymfun program we had discussions with Ron Clarke of athletic fame, who heads Tumble Tots world-wide for the Jack Chia Group. This is a commercial program which satisfies all our requirements to provide appropriate endorsement. Fortunately, the General Manager of Tumble Tots Australia has turned out to be none other than our own Georges McKail, who as a physical educator/artist worked with Gene Schembri, our National Coaching Director, on Gymfun.

Tumble Tots felt it needed our Federation's endorsement and also wanted to fit into our National Coaching Accreditation Scheme so that it was not duplicating courses we were running. This desire led

to further negotiation: the Tumble Tots Group and our Federation have come to an agreement, and in fact Tumble Tots will become a "sleeping" sponsor of our Gymfun program. In return, Tumble Tots will be able to link into the Federation's National Coaching Accreditation Scheme Level I Pre-Gym Course, as an appropriate qualification for its leaders.

We have the Gymfun program before some potential sponsors at the moment, and we are continuing to expand into the market place and our target areas. Most State Associations have now taken up the Gymfun program, some more enthusiastically than others but nevertheless we are now poised to exploit this development program for future gymnasts.

It is essential our community understands the importance of this program, not only to develop gymnasts, but to provide badly needed funds for other development.

.. .. .

I should also comment on the fact that the women's artistic gymnastic program carried out an evaluation workshop at the Australian Institute of Sport in January to examine a possible restructure of the Technical Committee, Assembly and the various responsibilities for elements of the WAG program. This workshop was to capitalise on the World Championship team results which were achieved in 1985 under the guidance of Head Coach Ju-Ping Tian of the A.I.S. With the provision of new residences, and our new intake of potential elite gymnasts in the WAG program at the A.I.S., all elements of the program are in place. We can look forward to the outcome of that workshop and a continued improvement of that program following last year's World Championships.

The other disciplines have by no means been idle and all three disciplines have a contracted intensive program during the months of September and October following our National Championships in Adelaide. The Commonwealth Gymnastic Federation Championship, to be held in Glasgow, will be a most interesting competition and this is followed by the Pacific Alliance Championship to be held in the Portuguese enclave of Macau adjacent to Hong Kong on 13-16 September.

The other exciting competition will be our Federation's hosting of the F.I.G. Four Continents Championships for R.S.G. to be held in Melbourne from October 1-4, 1986.

Another exciting year is ahead of us and the challenge to be successful at the top as well as the base of our programs is still there. There are no quiet years in gymnastics anymore and we need to strive for success in all areas of development of our wonderful sport.

INTERNATIONAL COMPETITIONS

CHINESE TAIPEI INTERNATIONAL INVITATIONAL COMPETITION

Australian gymnasts competed in Taipei from December 19-23, together with representatives from Canada, Republic of Korea, West Germany, U.S.A., Switzerland, and Chinese Taipei. Rhythmic gymnasts from Japan, Denmark, Canada and the U.S.A. took part as demonstrators in displays and the competitions.

The Australian delegation was comprised of Jim Barry—Head of Delegation; Paul Szyjko—Manager/Mens' Coach; Ann Scott—Womens' Coach; Jeff Cheales, Rob Allan, Anne Bigham and Kym Dowdell—Judges, with the gymnasts being Mark Mommsen, Blaise Rizzo, Lisa Read and Karen Thompson.

The first competition took place in Kaoshiung on the south side of the island of Taiwan, whilst the second night was in Taipei. All participants had a busy schedule in between these competitions, including a visit to Leofoo Safari Park, a display in the province of Yi Lang, a banquet, reception, and a night out at which all national groups performed items of their choice. Our group borrowed the square dance (from the Americans) complete with mouth organ accompaniment from Blaise, and sang 'Waltzing Matilda'.

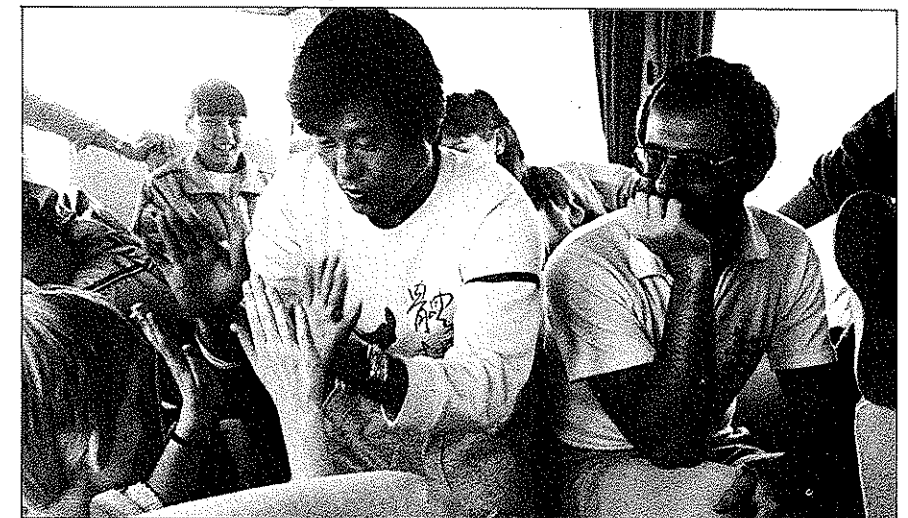
The many bus trips were tiring, but provided an opportunity to get to know the other gymnasts. All of the Australian gymnasts performed very well in the first competition with a minimum of major mistakes. The girls produced consistent performances, to take second place behind West Germany. Blaise had an excellent competition to take third place in the all-around, while Mark Mommsen achieved the goals set for him in his first senior event. All Australian competitors made apparatus finals. The highlight of these for Australia were Blaise's silver medal on rings, and Karen's bronze medal on vault.

The Chinese Taipei tour was well organised, and all of the team benefitted greatly from the international experience. The tour serves as an excellent opportunity to gain this experience with minimal pressure—and at the same time to master the art of eating with chopsticks!!

Prior to the competition (December 11-15) a **Judges' Course** was conducted by Rob Allan, Jeff Cheales, Anne Bigham and Kym Dowdell as F.I.G. Technical Representatives. Approximately 22 participants took part in both the mens and womens courses. They were held in English with translation into Chinese. This was most successful as the interpreters were all conversant with technical gymnastic terms, being either coaches or judges themselves.



The Australian Delegation: Paul Szyjko, Blaise Rizzo, Kym Dowdell, Anne Bigham, Jeff Cheales, Jim Barry, Lisa Read, Mark Mommsen, Karen Thompson, Anne Scott. Photo courtesy Jan Barry



Lisa with Mr Lee (Sth. Korean Women's Coach). Photo courtesy Anne Bigham.



Lisa and Karen. Photo courtesy Anne Bigham



Back: Anne Scott, Blaise Rizzo, Mark Mommsen, Paul Szyjko. Front: Lisa Read, Jeff Cheales, Karen Thompson. Photo courtesy Anne Bigham

INTERNATIONAL COMPETITIONS

1986 McDONALD'S AMERICAN CUP

This competition will be held at the Patriot Centre, in Fairfax, Virginia, (near Washington D.C.) from March 1-2, 1986.

The following countries have been invited by special invitation from the U.S.G.F.:

Australia, Brazil, Bulgaria, Canada, China, Cuba, France, Federal Republic of Ger-

many, Democratic Republic of Germany, Great Britain, Hungary, Italy, Japan, Mexico, Romania, Switzerland, Czechoslovakia, U.S.S.R. and Venezuela.

Australia has selected Shaw Byng as gymnast, and Warwick Forbes as Coach to attend this prestigious competition. Congratulations and good luck for this event.

The American Cup will be followed by an International Mixed Pairs competition in Hampton, Virginia on March 7, 1986.

INAUGURAL JUNIOR FOUR CONTINENTS CHAMPIONSHIPS TO BE HOSTED BY AUSTRALIA

The 1986 Four Continents Championships in Rhythmic Sportive Gymnastics, which will take place in Melbourne from October 1-4, 1986, will be the second prestigious Rhythmic Gymnastics event hosted by the Australian Federation. This major competition is ranked 5th in the world in importance during the 4 year Olympic Cycle in Rhythmic Gymnastics and corresponds to the European Championships.

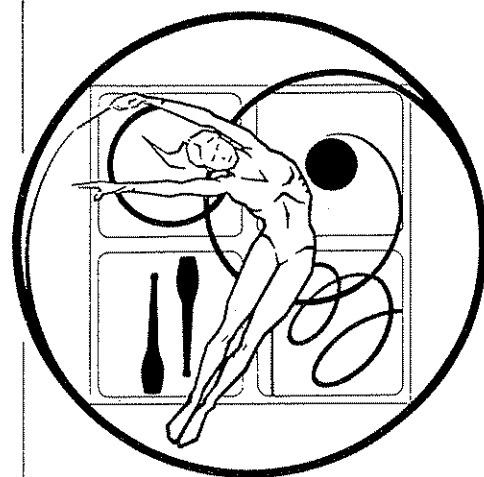
In 1977 at the FIG Congress in Basel, Switzerland the proposal to conduct a rhythmic gymnastics championships for the countries not on the European continent was accepted. In 1978 the first Four Continents Championship was held in Toronto, Canada. The second was conducted in 1980 in Rio de Janeiro, Brazil, in 1982 the third in Auckland, New Zealand, and the fourth in Indianapolis in the U.S.A. in 1984.

At the FIG Congress in 1984, the Australian Federation was granted the approval to conduct the 1986 Championships. It

will be the first international competition ever to take place in Australia in both individual and group competition. The RSG FIG Technical Committee has requested the Four Continents Championships competition to include juniors in their 1986 competition. Australia has the honour of hosting this inaugural portion of the Championships. The juniors will compete on October 1, with three apparatus: hoop, ball and ribbon.

Group routine competition is comprised of a group of 6 gymnasts performing a 2½-3 minute exercise with 6 pieces of apparatus. The apparatus is determined by the FIG for that specific 2 year time period. For these Championships the group apparatus will be 3 balls and 3 hoops, and the apparatus for the individual competition will be rope, ball, clubs and ribbon. Both individual and group competition is scored on a 10.00 point basis, however, group routine is scored by two panels of judges: one for composition and one for execution.

Editor's note: Australia has been most appreciative of the assistance given by the U.S.G.F. in providing information for this event.



PRE GYMNASTICS LEADERS' COURSE

PRE - GYM

The adoption by the F.I.G. of **general gymnastics** as its fourth discipline, has prompted National Gymnastic Federations throughout the world to develop community-based non-competitive and recreational oriented gymnastic programs.

General Gymnastics encompasses the entire age and ability range. It is the 'peoples gymnastics'.

With an Australian member on the FIG General Gymnastic Committee the A.G.F. has a special responsibility in this area.

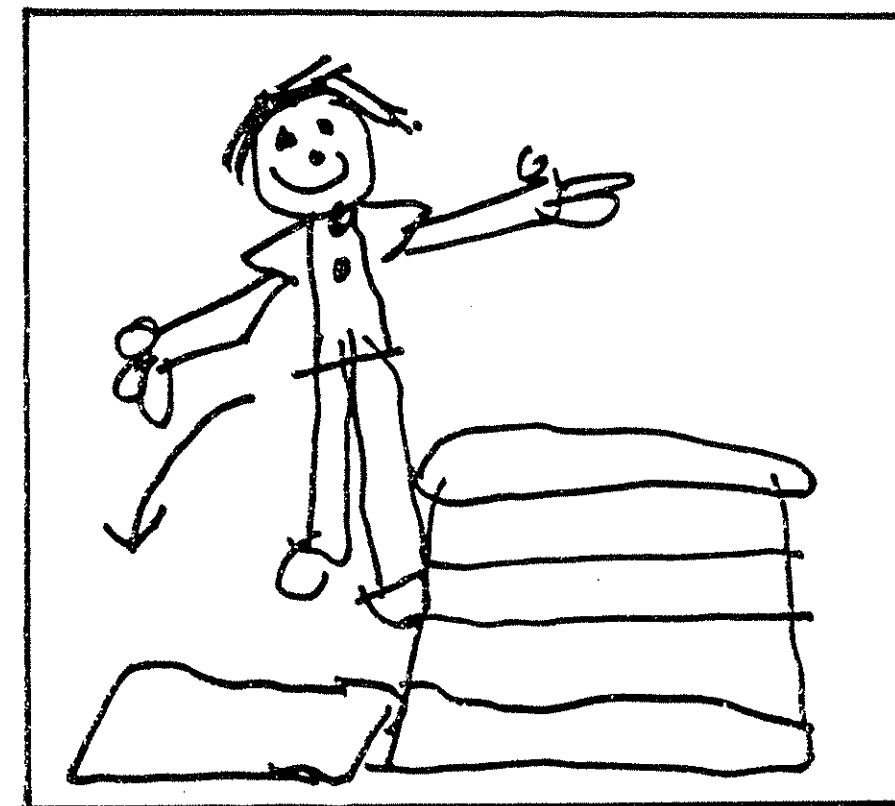
In the total spectrum of human movement, gymnastics has an important place as a generic or foundation activity. Other sport and recreational activities build on a foundation of gymnastic fundamentals.

Physical activity including play is developmentally important from the earliest age. Open-ended exploratory opportunities in a gymnastic setting have very much to offer the young child. Involving the parents adds an extra dimension with the possibility of parents assisting in the development of positive attitudes in children to life-long participation in physical activity.

An increasing number of clubs, youth groups and professional groups are responding to the growing interest by parents for their children to participate in play-gym classes at an early age.

The Pre-Gym Leaders' Course is designed to meet the need to train suitably qualified personnel for the growing numbers of programs, that as yet, are not suitably staffed. Apart from tertiary courses in early education, no suitable courses are available to potential leaders.

The A.G.F. is holding an Inaugural National Pre-Gym Leaders' Course in Melbourne, on April 5-6. This will be preceded by an Official Launch on April 4, in an effort to bring this course to the attention of not only our gymnastic community, but to local government, education



LEVEL 1: INTRODUCTORY LEADERS COURSE

department, youth groups and other community groups. To date interest has been shown from a wide range of people, and we would be looking to decentralise the course to the States, using a pool of National Course Conductors. Topics such

as the role of the leader, parents in the program, growth and development, and health and safety, are included in the course. This course will be another of the Federation's National Coaching Accreditation Scheme Level I courses.

NATIONAL COACHING AND JUDGING PERSONNEL- 1986

National Judging Co-ordinators

MAG..... Jeff Cheales
WAG..... Anne Bigham
RSG..... Maureen Vyse

National Coaching Co-ordinators

MAG..... Peter Sharpe
WAG..... Kym Dowdell
RSG..... Gail Watson

AIS Coaches

MAG..... Warwick Forbes (Head)
Paul Szyjko (Assistant)
John Curtin (Apprentice)
WAG..... Ju-Ping Tian (Head)
Mark Carlton (Assistant)

Songliang Xiong (Assistant)

Kazuya Honda (Decentralised)

RSG..... Illeana Vogelaar (Decentralised)

National Regional Coaches

MAG..... Helmut Geiblinger (VIC/TAS)

Ken Mooney (SA/WA)

Fred Burke (QLD/NT)

Paul Szyjko (Junior Development)

Satellite Coaches

MAG..... Helmut Geiblinger (VIC/TAS)

Ken Mooney (SA/WA)

Fred Burke (QLD/NT)

WAG..... Kym Dowdell (QLD)

Liz Chetkovitch (WA)

SASI Coach (SA)

RSG..... Gail Watson (WA)

Deborah Tilley (SA)

Ann Dearing (VIC)

EDINBURGH HOSTS THE COMMONWEALTH GAMES

The XIIIth Commonwealth Games will be conducted in Edinburgh, Scotland from July 24 to August 2 this year.

The sport of Rowing has been introduced to the programme to join Athletics, Boxing, Badminton, Cycling, Lawn Bowls, Shooting, Swimming, Weightlifting and Wrestling.

The sports events will be conducted at the same venues which hosted the Commonwealth Games in 1970. With the introduction of Rowing, the Australian Team will be the largest in history numbering some 300 sportspeople and officials. The budget for this Australian Team is

\$3.3 million which will be used for pre-Games training and competition, travel and accommodation etc. at the Games, and uniforms.

To assist with promotion of the Games and fundraising for the Team, the Australian Commonwealth Games Association Marketing Committee have commissioned 2' mascots—"Matilda" and "Mac Roo" and a corporate logo for marketing by sponsors and suppliers. To this end, two National Sponsors have been appointed: "Fosters" Lager and Esso, and two National Suppliers: adidas and Scholl, which have contributed greatly to the Team.



1986 AIS SCHOLARSHIPS



Australian Institute of Sport

Congratulations to the following gymnasts who have been awarded scholarships at the AIS—Canberra for 1986:

Men's Artistic Gymnastics

Werner Birnbaum	Mark Bird
Ken Meredith	Antony Gianotti
Robert Edmonds	Glen Parker
Grant Carlyon	Brennon Dowrick
Shaw Byng	Mark Shaw
Mark Mommsen	Damian Smith
Russell Stevens	

WAG/AIS REPORT

The 1986 AIS Squad is:

Gymnast	Club	Coach
Monique Allen	Warringah NSW	Jan McConville
Debbie Graham	Warringah NSW	Jan McConville
Tracey Harris	Gold Coast QLD	Barry Martin
Kellie Larter	Launceston P&C TAS	Margaret Jack
Kirstin McGregor-Lowndes	Valley P&C QLD	Peter & Kym Dowdell
Clare Scotney	Valley P&C QLD	Peter & Kym Dowdell
Leanne Murray	Southern Canberra ACT	Rhonda Murray
Samantha Ritchie	Eastern Suburbs NSW	Rosalyn Griffiths
Leanne Rycroft	Seacliffe SA	Brian & Lyn Hutchins
Kylie Shadbolt	Maroochy QLD	Bill & Jenny Oughton
Carolyn Stewart	North West YMCA NSW	Ken Benson, Anne Scott
Karen Thompson	Canberra City ACT	Les Sharp
Kim McKay	Southern Canberra ACT	Rhonda Murray

Congratulations to these girls.

The squad has been back in training since January 5, and this year all are living at the A.I.S. Residence.

The AGF/AIS Apprentice Coach, Sue Konarik of W.A., has just completed a 4 week stay in Canberra. Other coaches to visit during January, excluding the clinic, have been Kim Morris and Kathy Kristofski of NSW and Michael Jones of SA.

A team of six gymnasts, three coaches and a manager from the Auckland Association of New Zealand also visited for training for two weeks in January.

We have also hosted two major meetings during January:

- A.G.F. Directors Meeting from January 3—5
- Women's Technical Committee Meeting from 18—19 January.

All these events and the clinic have made for a very busy start to 1986.

Frances Crampton
Women's Co-ordinator.

MEN'S JUNIOR NATIONAL CLINIC

This clinic was conducted at the Australian Institute of Sport from January 4—11, 1986, in conjunction with Rothmans National Sport Foundation. It represented a further consolidation of what has now become a major event in the national calendar of junior elite development projects.

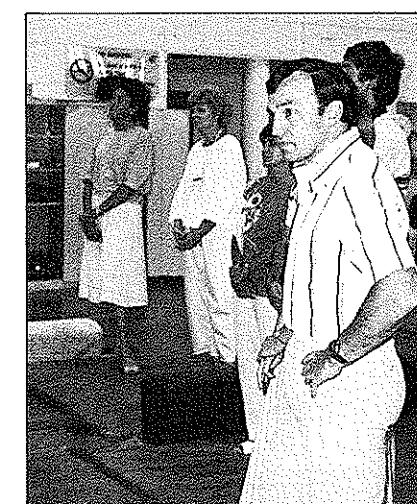
1986 was the first year with all our junior national squads (U/18, U/16, U/14) as well as U/12 representatives participating together. The clinic was well attended with 28 gymnasts and 18 coaches. These numbers are most encouraging and greatly enhanced the effectiveness and value of the week's work.

The emphasis for the week was the perfection of key or profile body positions and skills. Mini-clinics were conducted by Warwick Forbes dealing with specific skills and with the Hungarian Junior Development System, and by Songliang Xiong, from China, who gave an interesting insight into some of the Chinese approaches to junior development. It was pleasing to note the overlap with the emphasis and content of the rest of the clinic. Also included was assessment of gymnastic dance profiles by the A.I.S. dance teacher Stephanie Burridge, and special topic sessions covering sport psychology, nutrition and injury prevention.

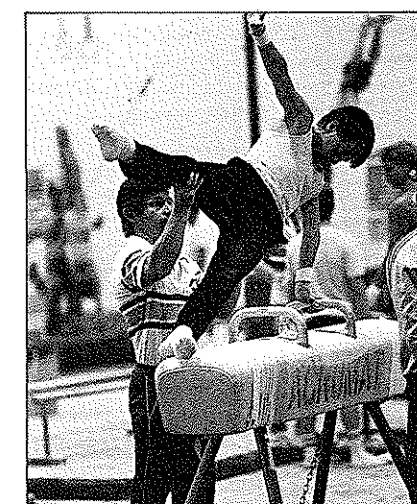
The week was a great success, and thanks are extended to Rothmans National Sport Foundation, the A.I.S. National Training Centre Program, The Canberra Times, A.I.S. support services, A.I.S. coaches, Stephanie Burridge, our National Regional Coaches, and of course, the coaches and gymnasts.



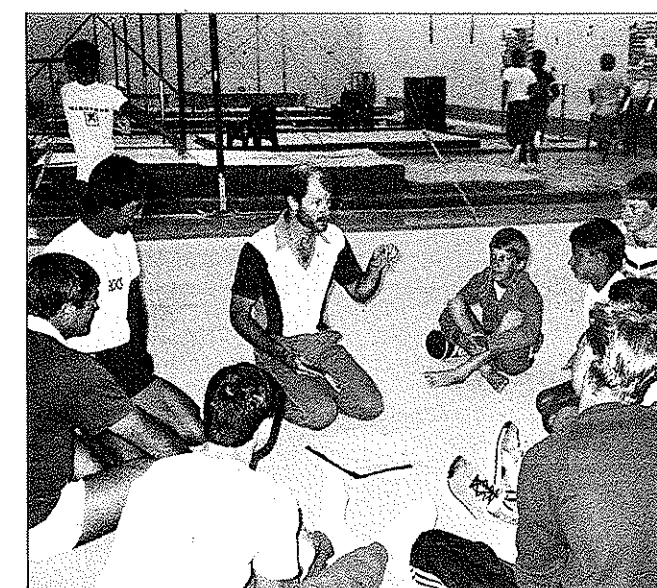
Under 12 Boys: Back: Jason McIntyre (VIC), Steven Mommsen (ACT), Damien Norris (WA), Adam Dixon (VIC), Julian Fritz (WA). **Middle:** Adrian Blinman (NSW), Shane Hayman (SA), Andre Cleland (ACT). **Front:** Mark Moncur (TAS), Daniel Cardinelli (SA), Nathan Kingston (QLD), Mark Lowe (QLD). Photo courtesy Warwick Forbes.



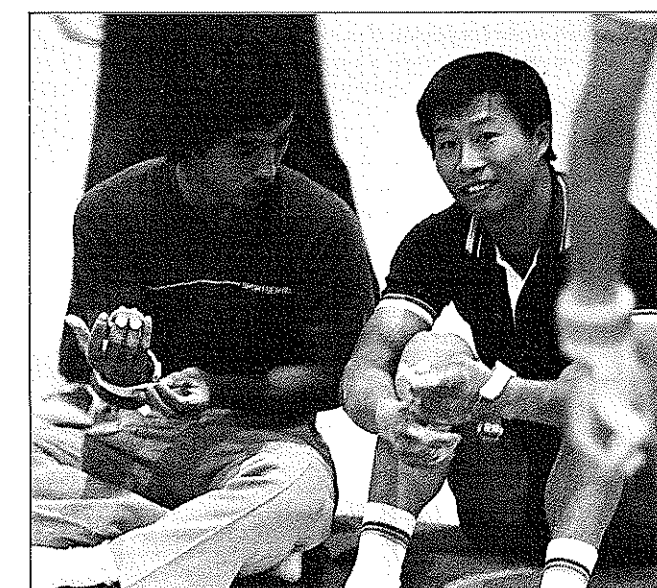
Margaret Andreas, Marlene Matthews, (Rothmans) & Jim Barry. Photograph: Margaret Lanz.



Paul Szijko on pommels with Adam Dixon (VIC). Photo: Warwick Forbes



Peter Sharpe (National Coaching Co-ordinator) surrounded by coaches and gymnasts. Photograph: Margaret Lanz.



Songliang Xiong (R) gripping up as he talks to Masa Samura. Photograph: Warwick Forbes

Seoul use 'Hodori'—The Tiger Symbol

by Peggy Browne

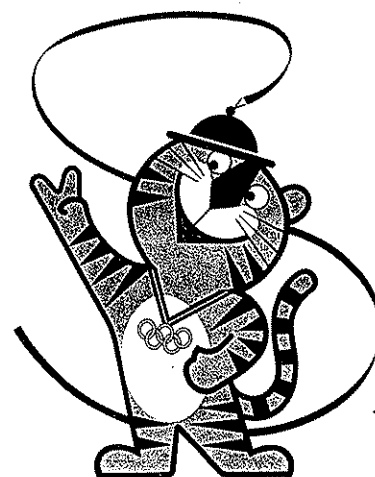


It was an honour to be selected along with Mike Jacki, Executive Director of U.S.G.F., to lecture at an I.O.C. Course in Seoul, Korea. The objective was to give information about the conduct of the gymnastic competition during the 1988 Olympic Games.

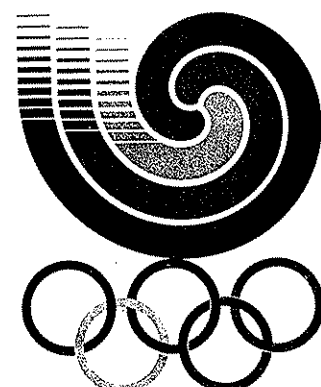
Plans are well underway for the Asian Games in September, 1986, the trial for the 1988 Olympic Games. The gymnastic competition facility will be completed by April 1986. A great deal of thought has gone into its planning: it should prove to be an excellent facility. Housed in the Olympic Park complex, the competition venues will be within walking distance of

many other competition venues, and the Olympic Plaza. All the facilities have been constructed to keep the emphasis of the Korean culture on harmony.

Seoul ranks as one of the five most populous cities in the world, and provides the visitor with a variety of experiences. The city incorporates the modern within its 5,000 year culture. The 1988 Olympic Games have a solid foundation for providing the world with an exciting sporting festival.



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"Hodori"—translated is Ho—tiger, and dori—little. He wears the Olympic rings and a sangmo, the streamered hat from the Korean farmers' dance.

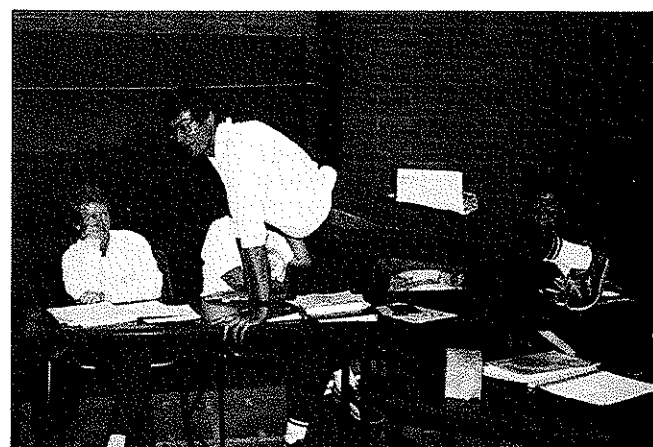
The emblem of the 24th Games was derived from the sam-taeguk, a commonly used motif in traditional Korean architecture and crafts.

R.S.G. LEVEL II COACHES COURSE—JANUARY 7-11 1986. ADELAIDE

Photographs: Margaret Lanz



What the devil is this man doing?



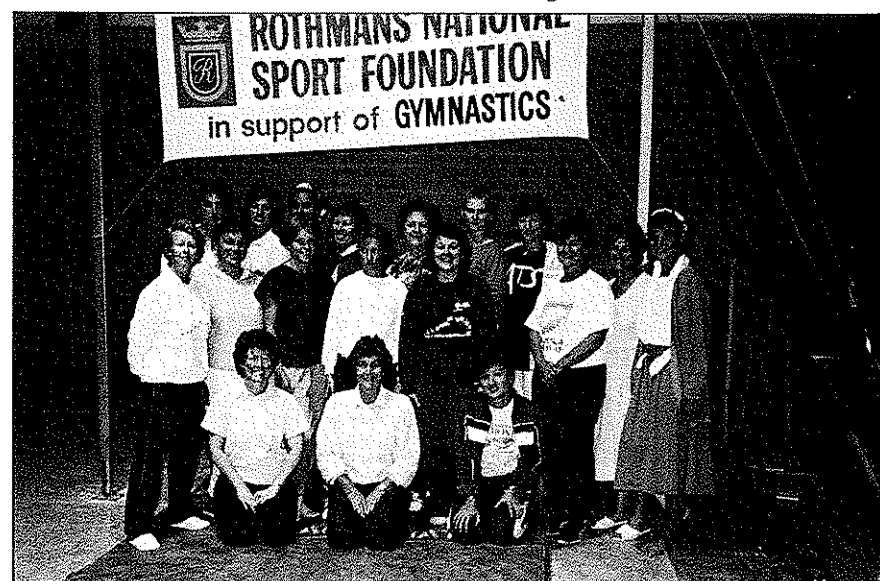
What the devil is this man doing now?

This inaugural Level II course proved to be an intensive week of lectures, practical demonstrations and tests for all involved, with just enough time to socialise and meet the other candidates.

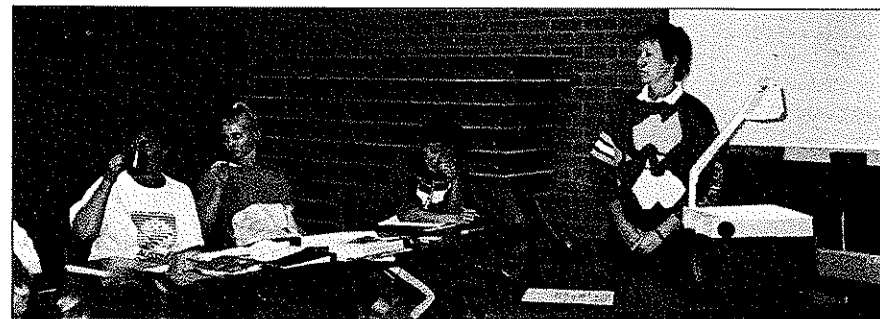
After the welcome dinner at Marion Recreation Centre, it was down to business with lectures starting that evening. Lesley White, Yvonne Bradley, Debra Tilley and Karen Ho instructed participants on the individual apparatus—excellent programs with much practical input, initiating some interesting discussion. Illeana Vogellar's music and dance sessions could well have provided some amusement to the on-looker, as young and old bodies moved around the floor together—some with more grace than others!

Other components of the course included biomechanics, sports psychology, sports injuries, nutrition, and growth and development.

By the end of the course, minds and bodies were moving into overload. Thanks must go to Gene Schembri as Course Co-ordinator, and all the lecturers for a most educational week. This type of course can only improve the standard of coaching, so coaches throughout Australia—don't miss the next course.



Participants in the R.S.G. Level II Course



Deb Tilley lecturing

CONGRATULATIONS:

To Jenny Couch (nee Sunderland), 1972 Olympian, who has just been awarded a Rotary Scholarship as a Gymnastic Coach, to study in North America. Jenny and her family will depart in September to spend 9 months in Canada and 3 months in U.S.A.

A WORLD CHAMPION OF A DIFFERENT KIND

Ferret Legging is Britain's fastest growing sport. It has the virtue of being utterly simple. The participant puts a ferret down his trousers having first secured the trouser bottom with string. The winner is the one who lasts longest. The present world champion is Reg Mellor, of Bamsley, who once had a ferret in his trousers for six hours.

Courtesy of Michael Parkinson, and British Airways High Life.

WOMEN'S TECHNICAL REPORT

Gymnasts

1985 finished on a good note with excellent results at the World Championships. The Australian Team of Kellie Wilson, Debbie Graham, Leanne Rycroft, Carolyn Stewart, Sue Turnbull and Michelle Saliba finished 17th out of 23 teams. Kellie was named reserve for Competition II and Debbie and Leanne achieved their F.I.G. Gold Pins for averaging 9.00+ (Kellie earned her Gold Pin at the 1984 Olympics).

The success continued with Lisa Read placing 5th and Karen Thompson 6th at the Chinese Taipei International in December. Between them they placed 2nd. Full results are printed elsewhere.

1986 has commenced a busy year with many clinics around Australia during the January period. This is supposed to be the "lay off" year for Internationals, but not so. It is good that for the first time ever there is at least 5 months of 1986 and 1985 for skill development, with no competitions. However, once June arrives we have a very busy 4 months for the international stream.

Starting the year's travel will be the Junior Australian Team to compete in the Canadian Classic. This team will be selected at the Junior Nationals.

Judges

Our judges have also been busy, particularly the Brevets. Kym Dowdell, Jill Wright and Anne Bigham attended the World Championships, with Anne invited by F.I.G. as S.T.C. Kym and Anne went to Chinese Taipei in December to conduct a Continental Judges Course prior to the competition. Anne and Kim Morris left in February for a FIG STC Course in Frankfurt, and an Australian judge is scheduled to conduct a Continental Course in the Philippines with Jackie Fie in March.

Technical Committee/Decisions

The Committee of the writer, Anne Bigham, Kym Dowdell, Liz Chetkovich, Peter Hassan and Jill Wright (apologies Danica Mladenovic) met for two long, fruitful days on January 18-19 in Canberra. Many decisions were made and have been circulated via the Technical Bulletin to all States.

Major issues:

Terminology—to apply immediately

Old Term	New Term
International Elite	International
Senior Elite	Senior
Junior Elite	Junior
Pre-Elite	Sub-Junior
Elite Stream	International Stream
General Stream	National Stream

All others remain as before.

A restructure of the Committee is proposed to ensure all areas are appropriately covered and promoted. This structure will be voted at the A.G.M. However, it is important that you, the people who make up the Federation, have input. Below is the proposal; your comments can be sent either to your State Technical Director or the National T.D.

Proposed Technical Committee

Technical Director
Judging Co-ordinator
Coaching Co-ordinator
International Stream—Jun. to Int.
International Stream—Pre/Sub Junior
National Stream 5-10
National Stream 1-4
Recreational (kinder and pre)
(Secretary appointed as required)

The **International Stream Structure** was also carefully considered, and the Committee encourages the below:

International Squad (ie 14 yrs+) at central AIS.
Regional Squads (State Institutes) for Juniors.
State Assocs.—Sub Juniors Talent Squads.
Clubs

It was recognised that the stepping stone to any of these areas could be from any area. There would always be exceptions who could or would not necessarily work through the system, and provisions for these gymnasts must always be made. However, the W.T.C. believes that for International development this is the best model to support. A gymnast could come up through the ranks, or enter at any stage. The present method of selection allows for the gymnast in the club to have equal opportunity for national selection.

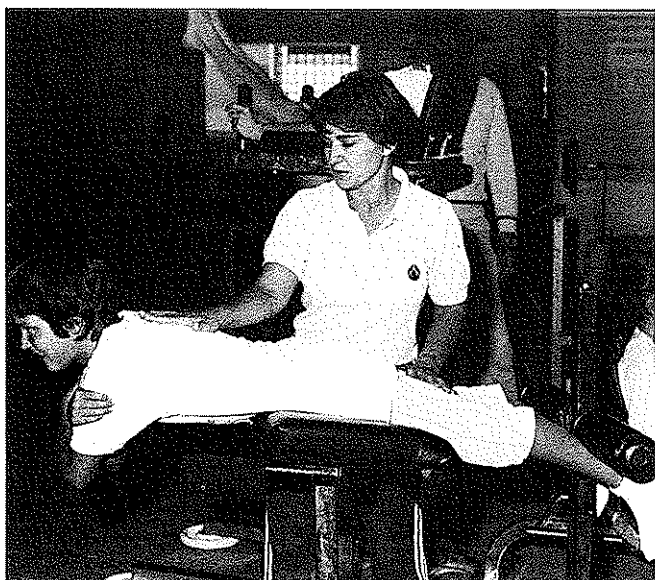
National Stream Structure

The present system of levels 1-10 appears to be working very well, and is flexible enough to allow States to operate a program that most suits their requirements. The incentive of a National Championship for Level 10 would encourage more girls to remain in the sport. The National Club Competition also provides an excellent competition incentive.

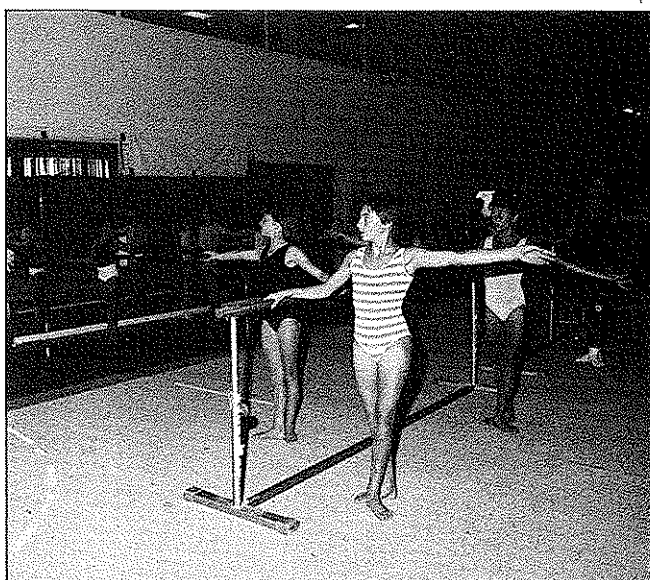
Frances Crampton
Women's Technical Director

LIST OF ABBREVIATIONS

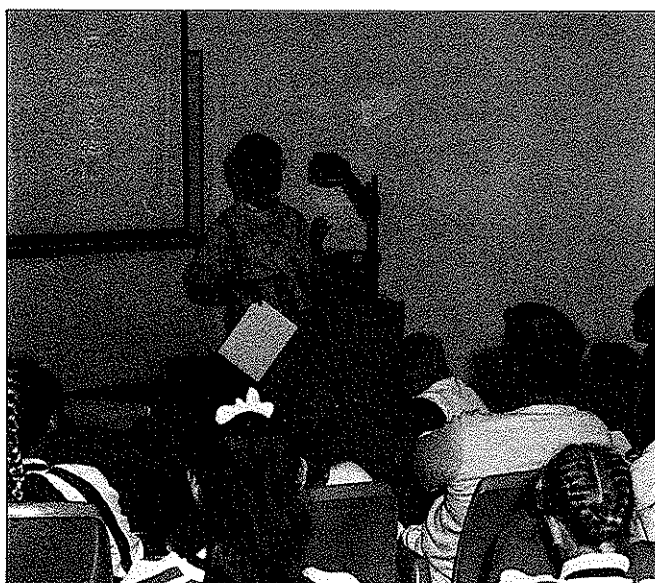
I.O.C.	International Olympic Committee	S.A.G.A.	South Australian Gymnastic Association Inc.
A.O.F.	Australian Olympic Federation	T.A.G.A.	Tasmanian Amateur Gymnastic Association Inc.
A.C.G.A.	Australian Commonwealth Games Association	V.G.A.	Victorian Gymnastic Association Inc.
C.A.S.	Confederation of Australian Sport	W.A.G.A.	Western Australian Gymnastic Association Inc.
C.A.S.C.A.	Confederation of Australian Sport Coaches Assembly	M.A.G.	Mens' Artistic Gymnastics
R.N.S.F.	Rothmans National Sport Foundation	W.A.G.	Womens' Artistic Gymnastics
A.C.C.	Australian Coaching Council	R.S.G.	Rhythmic Sportive Gymnastics
A.I.S.	Australian Institute of Sport	G.G.	General Gymnastics
S.R.&T.	Department of Sport, Recreation & Tourism (Fed.)	M.T.D.	Mens' Technical Director
A.S.C.	Australian Sports Commission	W.T.D.	Womens' Technical Director
A.S.M.F.	Australian Sports Medicine Federation	R.S.G.T.D.	Rhythmic Sportive Gymnastics Technical Director
A.U.S.A.	Australian University Sports Association	M.C.C.	Mens' Coaching Co-ordinator
A.C.H.P.E.R.	Australian Council for Health, Physical Education & Recreation	W.C.C.	Womens' Coaching Co-ordinator
F.I.G.	Federation Internationale de Gymnastique	R.S.G.C.C.	Rhythmic Sportive Gymnastics Coaching Co-ordinator
A.G.F.	Australian Gymnastic Federation Inc.	M.J.C.	Mens' Judging Co-ordinator
A.C.T.G.A.	Australian Capital Territory Gymnastic Association Inc.	W.J.C.	Womens' Judging Co-ordinator
N.S.W.G.A.	New South Wales Gymnastic Association Inc.	R.S.G.J.C.	Rhythmic Sportive Gymnastics Judging Co-ordinator
N.T.G.A.	Northern Territory Gymnastic Association Inc.	A.G.C.A.	Australian Gymnastic Coaches Association
Q.G.A.	Queensland Gymnastic Association Inc.	A.G.J.A.	Australian Gymnastic Judges Association



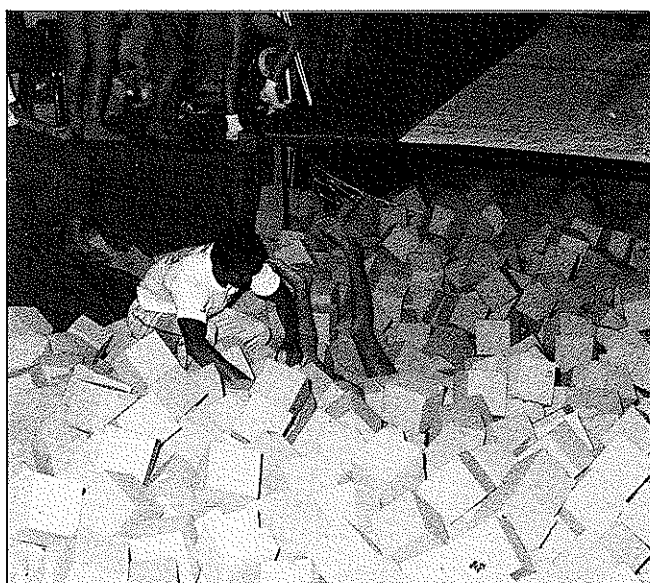
Frances Crampton—Weight Training. **Photo: C. Russell**



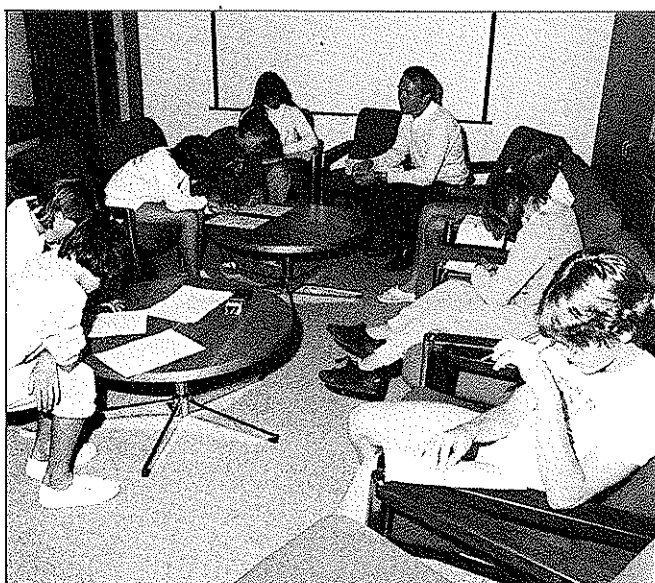
Kym Dowdell—Dance



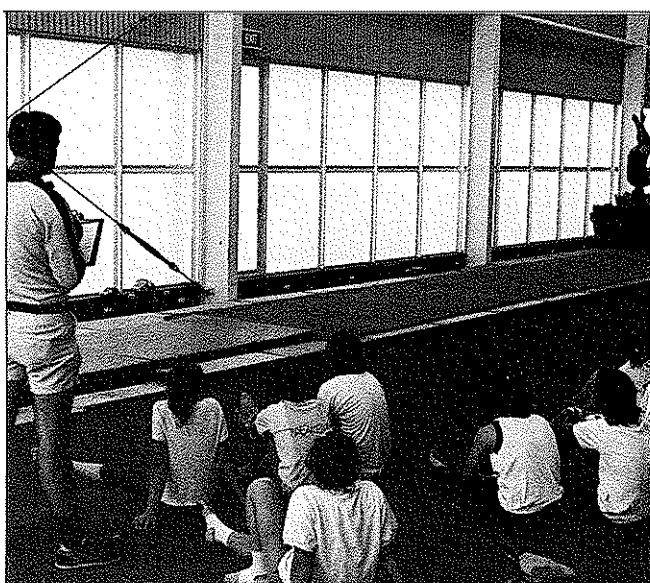
Vicki Deakin—Dietician. **Photo: C. Russell**



'She's in there somewhere'. Songliang Xiong—Slant Tramp



John Crampton—Psychologist. **Photo: C. Russell**



In the Bio-mechanics lab. **Photo: C. Russell**

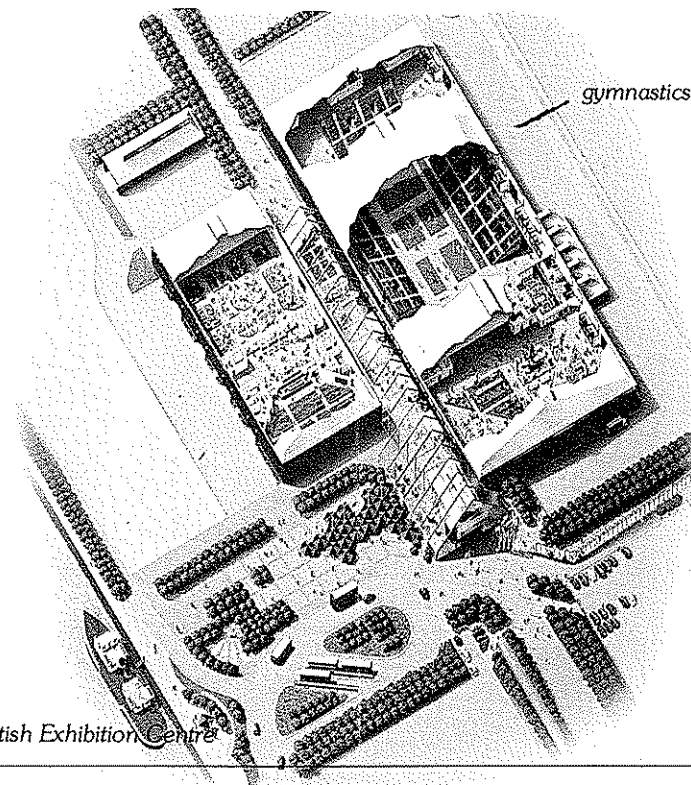
COMMONWEALTH GYMNASTIC CHAMPIONSHIPS— 1986

The Commonwealth Gymnastic Championships will be held in Glasgow, Scotland following the conclusion of the Commonwealth Games in Edinburgh.

The competition will be held in the newly completed Scottish Exhibition Centre and will take place from Friday 8th August to Sunday 10th August.

Australia will be sending a team of 5 officials and 8 artistic gymnasts to the competition to test their skills against gymnasts from Canada, New Zealand, England, Wales, Ireland, Scotland, Zimbabwe, India, Trinidad & Tobago, Hong Kong, Nigeria and possibly invitational gymnasts from Denmark, Sweden, Finland, Iceland and Eire.

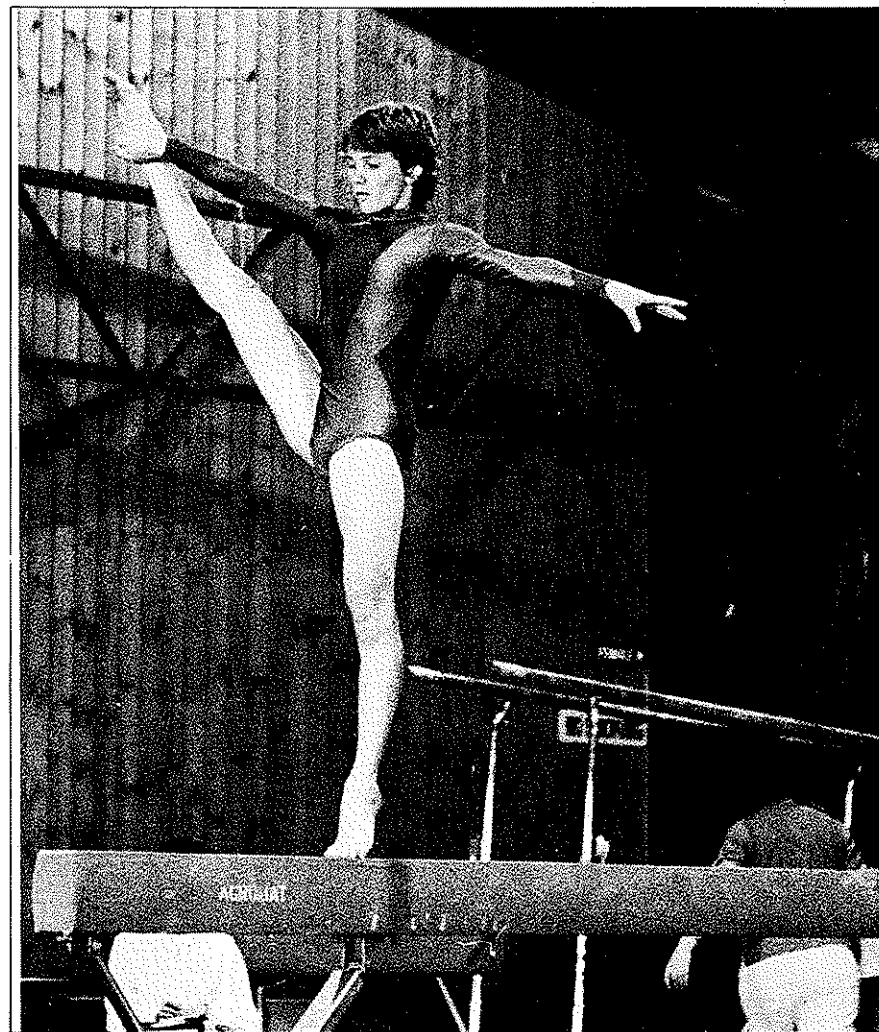
It is worth remembering that at the last Commonwealth Championships held in Brisbane, Australia enjoyed success with Kellie Wilson winning a Silver medal in the Women's Individual Championship, a Silver medal in the Women's Team Event and a Bronze medal in the Men's Team Event. Again our strongest competition will come from Canada and England.



The Scottish Exhibition Centre

AROUND THE STATES QUEENSLAND

Madonna Wolff is a young gymnast from Rockhampton Girls' Gym Club, where she is coached by Cath Skinner. She has represented Queensland for three years, and recently competed successfully in the State selection trials at Level 7. Madonna, who is 15 years old, holds the title of Central Queensland's Level 7 champion. She is now competing at Level 8, and attended the WAG /AIS clinic in January, which should help her attain her gymnastic ambition to compete for Australia. She is currently doing a little coaching, and is interested to do a judges' course in the future. It is good to see gymnasts making a contribution to the gymnastic community, outside the competitive realm.



Photographer: Roy Neary

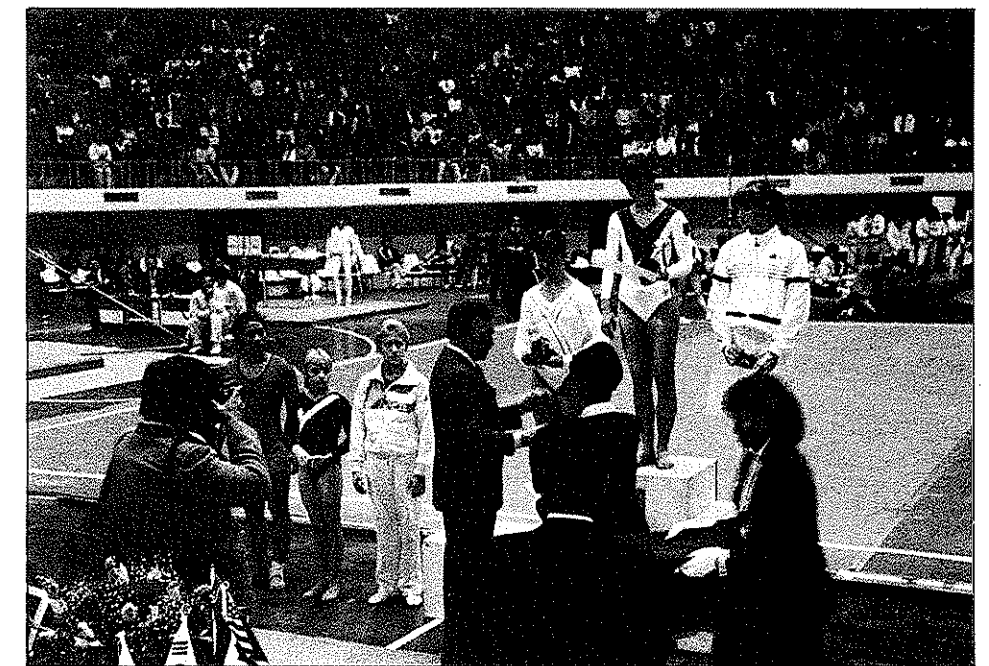
RESULTS: CHINESE TAIPEI COMPETITION

TEAM COMPETITION I WOMEN

CTY	Total	Place
RFA	72.55	1
AUS	71.95	2
CAN	71.90	3
SUI	71.50	4
TPE	70.70	5
KOR	70.00	6

MEN

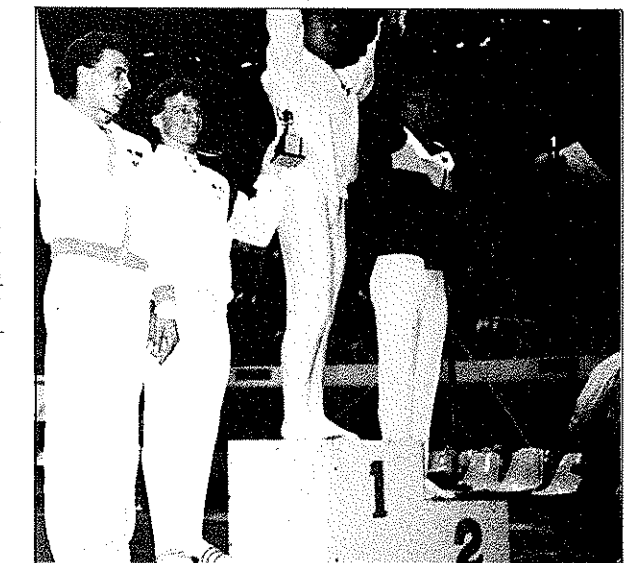
CTY	Total	Place
KOR	109.35	1
SUI	108.70	2
USA	107.90	3
RFA	107.85	4
AUS	105.25	5
TPE	104.35	6



Karen Thompson being presented with bronze medal for vault by Jim Barry. **Photo: K. Dowdell.**

COMPETITION II—WOMEN

Name	CTY	Vault	U.Bars	Beam	Floor	Total	Place
I. Von Lospici	RFA	9.05	9.45	9.05	9.20	36.75	1
Y. Mavity	USA	9.55	9.25	8.60	9.00	36.40	2
S. Ivanochko	CAN	9.15	8.85	8.95	9.20	36.15	=3
M. Jervella	SUI	9.10	8.85	9.20	9.00	36.15	=3
L. Read	AUS	8.75	8.95	9.15	9.20	36.05	=5
S. Yeon-Hee	KOR	9.20	9.10	8.55	9.20	36.05	=5
K. Thompson	AUS	9.20	8.40	9.10	9.20	35.90	7
C. Pi-Yuan	TPE	9.20	8.50	9.00	9.15	35.85	8
A. Lang	RFA	9.50	9.00	8.15	9.15	35.80	9
L. Wittmeier	CAN	9.25	8.75	8.25	9.50	35.75	10
S. Latanzio	SUI	8.95	8.60	8.80	9.00	35.35	11
H. May-Jeng	TPE	8.85	8.85	8.30	8.85	34.85	12
C. Pei-Wen	TPE	8.85	8.65	8.15	9.00	34.65	13
C. Li-Yu	TPE	8.80	8.80	8.05	8.65	34.30	14
W. Ya-Hway	TPE	8.90	8.25	8.25	8.65	34.05	15
S. Su-Kwang	KOR	9.05	7.55	8.10	9.25	33.95	16
H. Li-Tin	TPE	8.60	8.45	8.20	8.60	33.85	17



Finals—Rings—Blaise 2nd

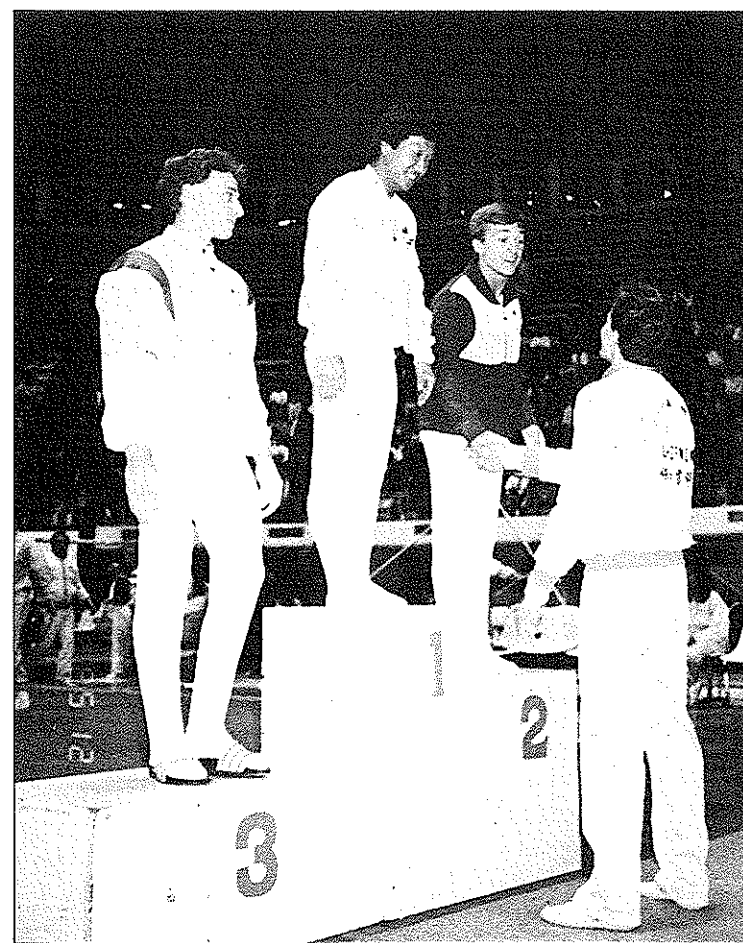
COMPETITION II MEN

Name	CTY	Floor	P.Horse	Rings	Vault	P.Bars	H.Bar	Total	Place
P. Jong-Hoon	KOR	9.35	8.90	9.50	9.55	9.00	9.40	55.70	1
B. Cavelti	SUI	9.20	8.95	9.15	8.90	9.25	9.50	54.95	2
B. Rizzo	AUS	8.75	8.75	9.25	9.10	9.10	9.50	54.45	3
J. Omori	USA	9.00	9.20	8.85	8.75	9.00	9.60	54.40	4
U. Hornung	RFA	8.85	8.75	9.05	9.35	9.25	9.10	54.35	5
D. Wunderlin	SUI	9.25	8.85	8.75	9.05	8.85	9.00	53.75	6
H. Choong-Shik	KOR	8.95	9.05	9.20	9.10	9.00	8.35	53.65	7
J. Ray	USA	8.75	8.80	9.05	8.85	9.10	9.15	53.50	=8
H. Wochowski	RFA	8.60	8.90	9.00	9.00	8.80	9.20	53.50	=8
T. Hung	TPE	8.75	8.75	8.60	9.20	8.40	8.55	52.25	10
H. Rea-Rong	TPE	8.55	8.80	8.90	9.00	8.25	8.60	52.10	11
J. Shyh-Dyi	TPE	8.80	8.60	8.80	7.95	8.50	8.75	51.40	12
C. Chao-Chun	TPE	9.15	7.40	8.60	9.20	8.85	9.00	51.20	13
M. Mommsen	AUS	8.60	8.80	8.15	9.30	8.45	8.30	50.80	14
H. Kung-Hwi	TPE	8.55	7.90	7.90	8.85	8.65	8.20	50.05	15
Y. Chiu-Ying	TPE	9.00	8.30	6.85	8.85	6.90	8.25	48.15	16
W. Jiann-Gwo	TPE	8.85	9.00	0.00	8.65	8.15	0.00	34.65	17
H. Kuo-Ming	TPE	0.00	8.60	0.00	8.60	8.85	0.00	26.05	18

RESULTS: CHINESE TAIPEI COMPETITION

COMPETITION III EVENT FINALS—WOMEN

Name	CTY	Final	Prelim	Total	Place
FLOOR					
L. Wittmeier	RFA	9.55	9.50	19.05	1
I. Von Lospicel	CAN	9.40	9.20	18.60	2
S. Yeon-Hee	KOR	9.25	9.20	18.45	3
L. Read	AUS	9.20	9.20	18.40	4
K. Thompson	AUS	9.15	9.20	18.35	5
S. Su-Kwang	KOR	9.00	9.25	18.25	6
BEAM					
S. Ivanochko	CAN	9.55	8.95	18.50	1
I. Von Lospicel	RFA	9.20	9.05	18.25	2
M. Jervella	SUI	9.00	9.20	18.20	3
L. Read	AUS	8.75	9.15	17.90	=4
S. Latanzio	SUI	9.10	8.80	17.90	=4
K. Thompson	AUS	8.70	9.10	17.80	6
U. Bars					
I. Von Lospicel	RFA	9.20	9.45	18.65	1
Y. Mavity	USA	9.20	9.25	18.45	2
S. Yeon-Hee	KOR	9.25	9.10	18.35	3
A. Lang	RFA	9.15	9.00	18.15	4
M. Jervella	SUI	9.25	8.85	18.10	5
S. Ivanochko	CAN	9.05	8.85	17.90	6
VAULT					
A. Lang	RFA	9.65	9.50	19.15	1
Y. Mavity	USA	9.55	9.55	19.10	2
L. Wittmeier	CAN	9.45	9.25	18.70	=3
K. Thompson	AUS	9.50	9.20	18.70	=3
S. Ivanochko	CAN	9.30	9.15	18.45	5
C. Pi-Yuan	TPE	8.90	9.20	18.10	6



Blaise Rizzo—2nd on Rings
Photo: P. Szyjko

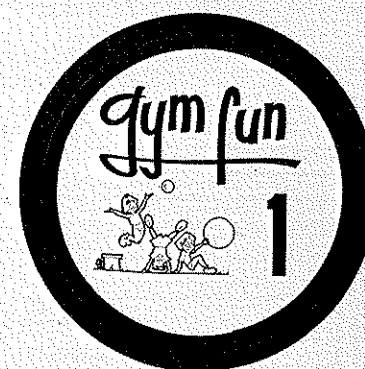
COMPETITION III—EVENT FINALS MEN

Name	CTY	Final	Prelim	Total	Place
FLOOR					
B. Cavelti	SUI	9.15	9.20	18.35	1
P. Jong-Hoon	KOR	8.90	9.35	18.25	2
C. Chao-Chun	TPE	8.95	9.15	18.10	3
Y. Chiu-Ying	TPE	9.00	9.00	18.00	4
D. Wunderlin	SUI	8.60	9.25	17.85	5
B. Rizzo	AUS	9.00	8.75	17.75	6
P. HORSE					
J. Omori	USA	8.65	9.20	17.85	1
B. Cavelti	SUI	8.80	8.95	17.75	2
P. Jong-Hoon	KOR	8.70	8.90	17.60	3
H. Choong-Shik	KOR	9.05	9.05	17.55	=4
D. Wunderlin	SUI	8.70	8.85	17.55	=4
H. Rea-Rong	TPE	8.50	8.80	17.30	6
RINGS					
H. Choong-Shik	KOR	9.35	9.20	18.55	1
B. Rizzo	AUS	9.20	9.25	18.45	2
B. Cavelti	SUI	9.20	9.15	18.35	=3
U. Hornung	RFA	9.30	9.05	18.35	=3
J. Ray	USA	9.20	9.05	18.25	5
P. Jong-Hoon	KOR	8.30	9.50	17.80	6
VAULT					
P. Jong-Hoon	KOR	9.375	9.55	18.925	1
U. Hornung	RFA	9.10	9.35	18.45	2
C. Chao-Chun	TPE	9.175	9.20	18.375	3
H. Choong-Shik	KOR	9.25	9.10	18.35	4
B. Rizzo	AUS	8.975	9.10	18.075	5
D. Wunderlin	SUI	9.00	9.05	18.05	6
P. BARS					
B. Cavelti	SUI	9.25	9.25	18.50	1
U. Hornung	RFA	9.20	9.25	18.45	2
H. Choong-Shik	KOR	9.40	9.00	18.40	3
J. Omori	USA	9.20	9.00	18.20	4
P. Jong-Hoon	KOR	8.80	9.00	17.80	5
C. Chao-Chun	TPE	8.80	8.85	17.65	6
H. BAR					
B. Cavelti	SUI	9.70	9.25	19.20	1
J. Omori	USA	9.50	9.60	19.10	2
P. Jong-Hoon	KOR	9.30	9.40	18.70	3
B. Rizzo	AUS	9.00	9.50	18.50	4
H. Wochowski	RFA	8.85	9.20	18.05	=5
J. Ray	USA	8.90	9.15	18.05	=5

CORRECTION 1985 National Championships Results SENIOR ELITE APPARATUS FINALS—BEAM

Name	Team	Total	Place
E. Fritz	WA	16.0375	1
L. Skene	NSW	15.9500	2
L. Prosser	VIC	15.8625	3
N. Stiles	WA	15.8500	4
T. Cartwright	NSW	15.8375	5
A. Buzacott	NSW	15.8250	6
L. Alberg	VIC	15.6625	7
M. Griffith	ACT	15.3375	8

Gym fun



Peel off sticker

The following Gymfun products should now be available from your State Association office, or in the case of Tasmania, from the Hobart Y.M.C.A.

- **Book 1**—Achievement Awards for Schools and Clubs
- **Book 2**—Lesson Plan Program for Schools and Clubs
- **Participation Cards** (Levels 1—6)
- **Wallcharts** (Levels 1—6)

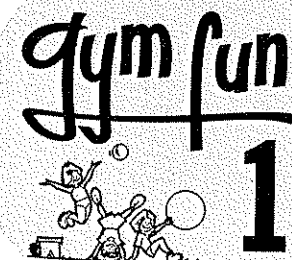
NB: Prices are reduced if both books are purchased together (this also includes a complimentary Level 1 wallchart).

There are various prices that apply to the purchase of wallcharts, for example, if bought in a set of Levels 1—6, or with a set of books.

Registration of your school or club as an official Gymfun user is easy. It is not necessary to be affiliated with your State Association. Your State Association office will be able to supply you with a Gymfun Registration form.

Completing the Registration Form enables your gymnasts to participate in the Gymfun Award Scheme.

The **Gymfun** Instructors Course will soon be in operation. Contact your State Association if you are interested to participate.



Sew on badge



Gym fun

1

GYMNASTIC AWARD

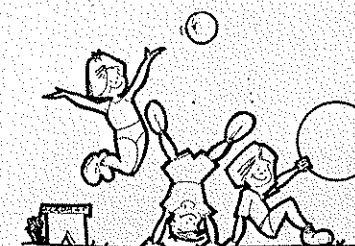
This is to certify that

has obtained the gym-fun gymnastic award Level One of the Australian Gymnastic Federation

Date: _____

Examiner: _____

President AGF: _____



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Above: Award Certificate
Below: Participation Card

Gym fun

Gym fun
gymnastic
award

Name _____
Club/School _____

- **WHAT IS GYM FUN?**
Gym fun is a program of activity aimed at introducing children to gymnastics in an enjoyable and safe way.
Gym fun is for boys and girls.
There are two parts to the program:
Part 1 is based on six levels of achievement. To pass each level six out of twelve simple, gymnastic activities are performed and assessed.
Part 2 is a program of activity especially designed for instructors. In this part many additional simple practice activities are introduced.
- **HOW DOES IT WORK?**
Children in any club or school may participate in the gym fun program. All you will need are the gym fun booklets and some simple equipment. Start by contacting your local Gymnastic Association Office for more information.
- **WHERE CAN I PRACTISE?**
You can practise gym fun indoors and outdoors at your club or school. Many of the activities are safe to practise at home.
- **WHAT DO YOU GET WHEN YOU COMPLETE AN AWARD?**
For each level passed an attractive cloth badge and wall certificate is available. Your instructor will give you more information about the "Award Set".

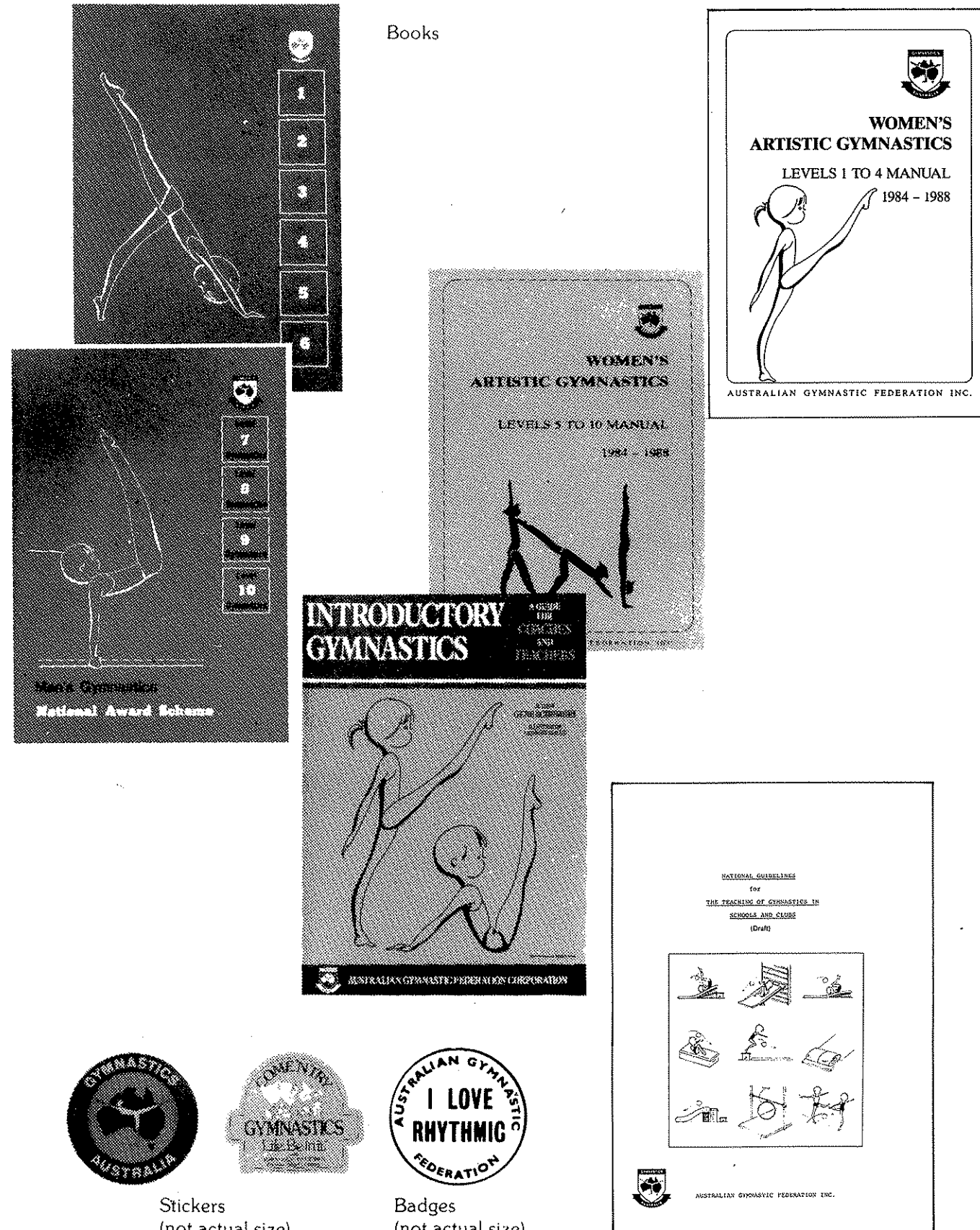
Award Activity	Date	Pass
1. Rear supports		
2. Floor sequence		
3. Marching on hands		
4. Rocking exercises		
5. Straight jumps		
6. Step-ups, jump and land		
7. Bench hops		
8. Mini-trampoline straight jump		
9. Bench walk and jump		
10. Ball: bounce combination		
11. Hoop: pass through and swinging comb		
12. Rope: skipping		

Instructor's Signature _____
Date _____

RESOURCES

Available from the A.G.F. via State Associations

Books



Stickers
(not actual size)

Badges
(not actual size)

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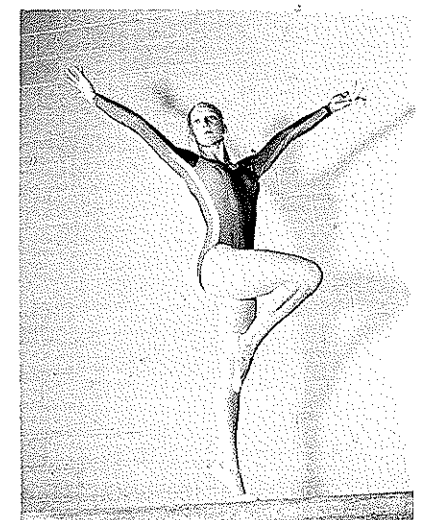
- ALL BALLET REQUIREMENTS
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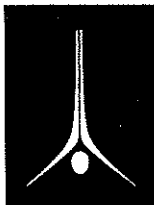
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