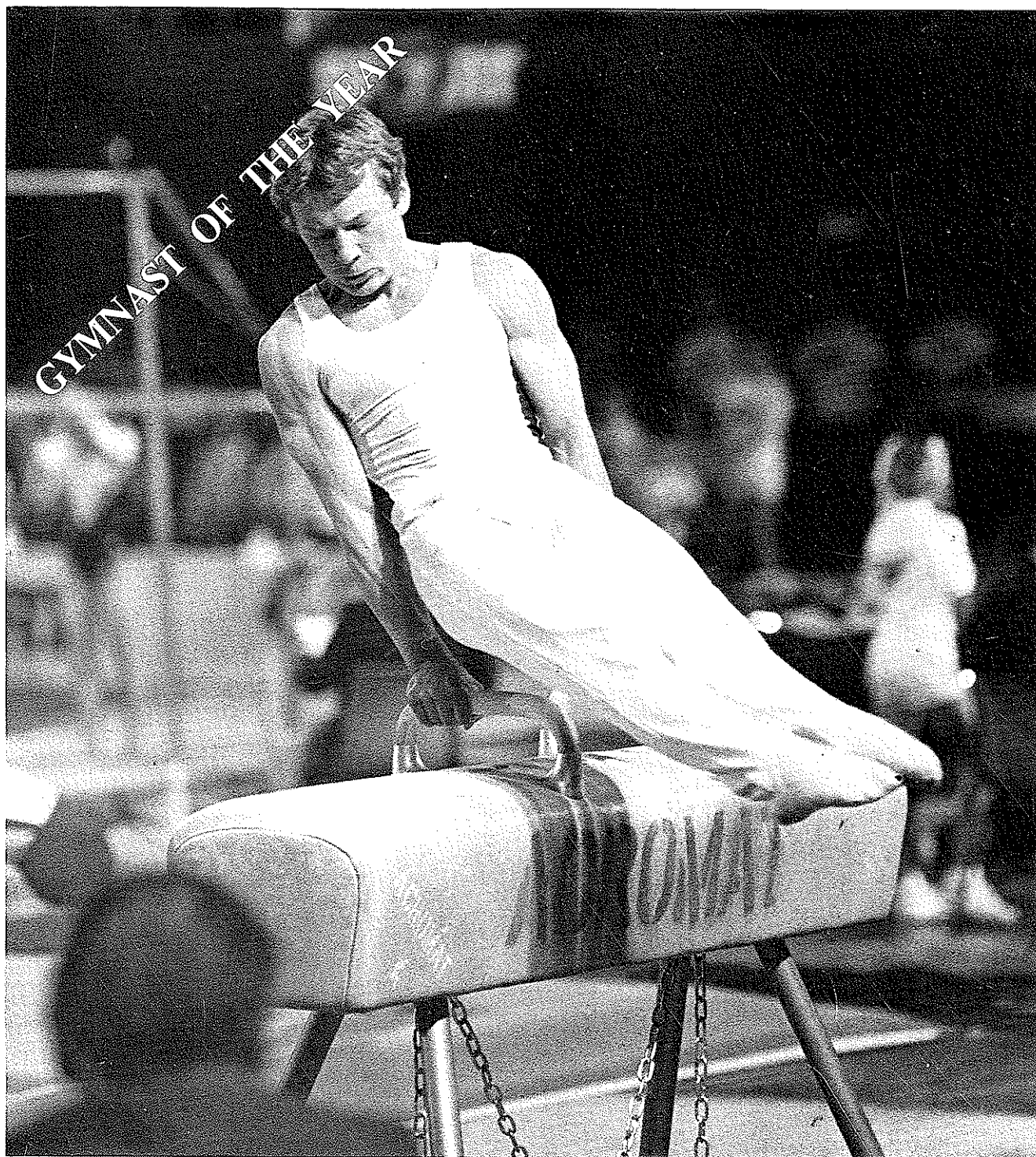


THE AUSTRALIAN GYMNAST

THE OFFICIAL MAGAZINE OF THE AUSTRALIAN GYMNASTIC FEDERATION



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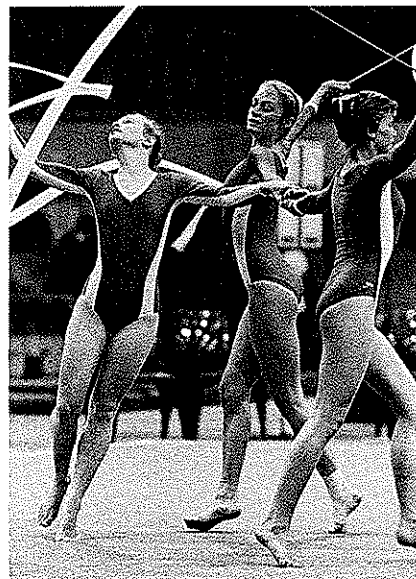
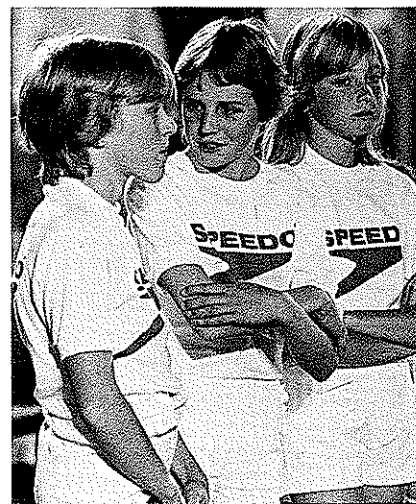
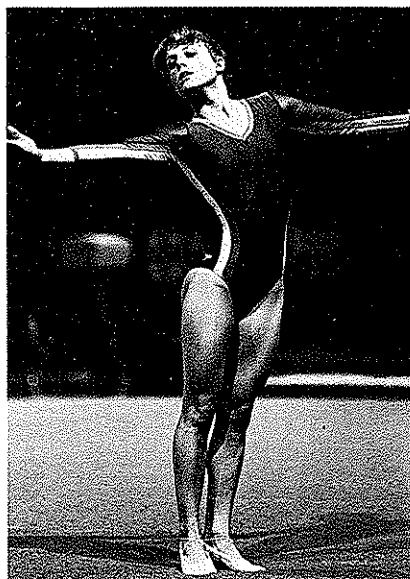
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STATE OFFICES — MAILING ADDRESS

Q.A.G.A.,
Box 1471, G.P.O.,
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A.C.T.G.A.,
P.O. Box 1579,
Canberra, A.C.T. 2601

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EDITOR'S REPORT



Peggy Browne

In August we saw the successful hosting of the National Championships by the W.A.G.A. Inc. Also contributing to the success of the Championships was the exciting gymnastic work now being performed by the Australian gymnasts. The standard of gymnastics in Australia is certainly rising which augers well for a very bright future. Congratulations to all those who participated and organized the National Championships.

With the employment of our National Coaching Director, Gene Schembri, and his subsequent initiative to provide a newsletter, particularly for the Level 1 Coaches, considerable thought was given to the role of the coaches supplement within the "Australian Gymnast" magazine. It was subsequently decided to retain this part of the "Australian Gymnast" magazine and to print information which was technical in nature. As the year progresses, we may find it necessary to re-evaluate this decision, however, we shall proceed with this until an alternative or other suggestion arises.

WORLD CUP — ZAGREB — 1982

MEN'S INDIVIDUAL RESULTS

- 1st Li Ning (PRC)
 - 2nd Yuri Kordev (USSR)
 - 3rd Tong Fei (PRC)
 - 4th Koji Gushiken (JPN)
 - 5th Nobuaki Kajitani (JPN)
 - 6th Peter Widmar (USA)
 - 7th Bogdan Makuts (USSR)
- (Editor's Note: Soviet domination broken)

WOMEN'S INDIVIDUAL RESULTS

- 1st Olga Bicherova (USSR)
- 2nd Natalia Iurchenko (USSR)
- 3rd Maxi Gnauck (DDR)
- 4th Lavinia Agache (RUM)
- 5th Wu Jiani (PRC)
- 6th Julianne McNamara (USA)

CALENDAR OF EVENTS:

International Competition	Aloha Fest	28 December 1982	Hawaii
	North Shore Invitational (W.A.G.)	29 January 1983	Vancouver
	West German Invitational (R.S.G.)	April 1983	Weisbaden
	Universiade	1—11 July 1983	Edmonton, Canada
	Artistic World Championships	25—30 October 1983	Budapest, Hungary
	Rhythmic World Championships	10—13 November 1983	Strasbourg, France
Clinics	W.A.G. Level III Coaches Course	1—4 April 1983	
	Junior Clinic—M.A.G.	July 1983	Canberra
	R.S.G. National Clinic	September 1983	Canberra
State Titles	VIC	8—10 July 1983	
Tours	West Germany—Junior M.A.G.	January 1983	
Other Events	61st F.I.G. Congress	1—6 November 1983	Strasbourg, France
	Tours of Australia		
	by Danish Gymnaestrada Groups	April/July 1983	

FROM THE A.G.F.

PRESIDENT'S REPORT



Jim Barry

The Federation's Conference of August, 1982 was historic in that it approved the concept of a Board of Management.

This in essence means that a Board of Management of nine Directors now manage the affairs of the Federation and report back to an Annual General Meeting of the "shareholders" which is a Conference of State Association delegates. There is nothing new in this form of management, but the significant change is that we have moved from an Executive with a member from each State to a Board of Directors who have functional roles.

The Board consists of the three Office Bearers of the Federation, the Executive Director, the three Technical Directors and two Delegates-at-Large. The latter two positions are very important in that they are charged with the responsibility of representing State Associations' views within management deliberations.

An interim Board of Management operated throughout the previous year under guidelines that were approved at the 1981 Conference. That Board's effectiveness was reviewed at this recent Conference resulting in some minor modification of the guidelines under which the Board will function. This new method of operation, apart from being more business-like than a Federally based Executive, is more in accord with the recent Incorporation of the Federation. It now behoves the Board to continue with the momentum it developed throughout the previous year for the benefit of all participants in our sport.

The Conference endorsed the consequential amendments that were necessary to the Constitution to cover this significant change. The Conference also provided the impetus for policy decisions that the Board of Management will have to take in the coming year.

The major policy review that will have to be carried out, is that of a new 5-Year Development Plan, which is essential now that we have appointed a National Coaching Director. It should be very interesting to read this Plan when it is formulated as it will hold the key to the directions the Federation must take if we are going to continue to develop our sport at the same rate of progress as we have in recent times.

Formal approval was also given at the Conference for the acceptance of a three-year sponsorship package from Speedo Knitting Mills Pty. Ltd. for "Speedo" to continue as our National Sponsor. The Federation is most appreciative of "Speedo's" generosity.

Another important issue that the Conference reviewed was the Federation's relationship with the Australian Institute of Sport. This relationship is continuing to grow and it has been agreed that it should be dynamic in its approach, as both the Federation and the Institute continue their respective development. The submission to have our third discipline of Rhythmic Sportive Gymnastics accepted into the Institute is currently under consideration.

Gymnastics has come a long way in a very short time and it will be interesting to see how history records these significant changes in the direction of our Federation.

WOMEN'S TECHNICAL REPORT



Frances Thompson

An exciting, extremely busy period has just passed with

- State Titles, seeing many interstate exchanges
- Senior National Championships
- Pacific Alliance Series — Australia Cup—Melbourne Pacific Cup—Canberra Commonwealth Invitation and Commonwealth Gymnastic Championship—Brisbane.

A great deal of hard, time consuming work by many people. In my annual report, I predicted an outcome of the Pacific Alliance Series—which I am

delighted to say came to fruition more than any of us hoped for.

We also achieved our first International Medals, with our ever improving Women's Team placing 2nd to win the Silver in the Commonwealth Gymnastic Championship, and Kellie Wilson also placing 2nd to take Silver in the All Round. A full report and results will be published by this magazine, but congratulations to our Women's Team—Kellie Wilson, Tracy Johnson, Kerrie Battersby, Heidi Amunsden, Julie Briguglio (injured on tour) and Philippa Ray—Coach: Kazuya Honda. Congratulations also to our Men's Team for consistent, good performances, and to the R.S.G. girls who demonstrated throughout.

The National Championships/P.A. selection trials provided a new experience for many participants with a semi podia and particularly interesting for the judges—commendation to the Perth organising committee for this innovation.

Congratulations to the judges who gained their Bronze or Silver licences during the Judges Course conducted in conjunction with the Nationals.

Bronze Licence
Beverly Standring—A.C.T.

Sheryl Campbell—W.A.
Jan Harris—W.A.

Silver Licence
Felicity Pittaway—N.S.W.
Marcelle Middleton—A.C.T.
Robyn Moore—A.C.T.
Patricia Fritz—W.A.
Mary-Jane Iddon—W.A.
Joy Hunt—S.A.

Congratulations to the National Squads selected.

Gold Squad	Silver Squad
Kellie Wilson	Debbie Graham
Heidi Amunsden	Gillian Berry
Sue Turnbull	Sharon Orchard
Philippa Ray	Carolyn Stewart
Julie Briguglio	Sue Miller
Michelle Duke	Margo Akeroyd
Tracey Johnston	Natalie Stiles
Keri Battersby	Sharon Corrigan
Elana Sharp	Susan Quay
Michelle White	Jean Steele
Sue Stanley	Debbie Stevens
Jenny Curtin	Tracy Parnell

Special congratulations to the recipients of the Annual Gymnastic commendations:

Best Senior Gymnast:
Kellie Wilson
Best Junior Gymnast:
Keri Battersby

AUSTRALIAN CHAMPIONSHIPS 1982

Best Team Performance:
N.S.W. Bronze Team
Best Coach:
Kazuya Honda
and over the three disciplines
Best Senior Gymnast:
Werner Birnbaum
Best Junior Gymnast:
Ann-Maree Kerr
Best Team:
N.S.W. Bronze Team
Best Coach:
Peter Lloyd

The individual persons are to be nominated for the Sport Australia Awards.

Major issues arising from the Perth Conferences were

- No protests on scores will be permitted as from 1983
- 1983 will see Senior National Championships over the three disciplines combined, run by the A.G.F. in the National Indoor Stadium—Canberra
- Gymnasts who do not achieve the qualifying score for their level at the Nationals must requalify for the next year
- Pass percentages are Gold 80% i.e. 64.00, Silver 70% i.e. 56.00, Bronze 65% i.e. 50.00

On a sad note, the retirement of Mrs. Val Beitzel from the position of National Coaching Co-ordinator. Val has contributed a great deal to Gymnastics, and particularly W.A.G. over the past twenty years. We thank her for her dedication and expertise, and trust it will not be too long before she is able to return to our ranks again. Val was particularly responsible for the Physical Ability Development Programme.

We now look forward to the Level III Component 2 Coaches Course to be held 8th—13th December in Adelaide, with the assistance of an I.O.C. Solidarity Grant. The Guest Coach will be Mrs. Dale (Flansaas) Kephart of the U.S.A., and coaches will be attending from New Zealand, Malaysia and Hong Kong.

A.I.S. selection trials are being conducted in the major capitals during November this year. Details were given to all States at the Nationals in Perth during August. This is a most important step, as it enables all Gymnasts—regardless of level—to have the opportunity to be considered. I hope Gymnasts avail themselves of the opportunity:

November 5th, Perth.
November 4th, Adelaide, Sydney.
November 7th, Brisbane, Melbourne.

Frances Thompson
Women's Technical Director

Perth's Entertainment Centre provided the venue for this year's Australian Championships.

The championships saw the results of the 18 months of hard work at the Australian Institute of Sport, and the remarkable slip stream effect this has had on elite gymnastics throughout Australia.

The competition provided an excellent stepping stone for gymnasts preparing for the upcoming Pacific Alliance/Commonwealth Invitational Championship Series. A vast improvement in difficulty was a feature of the competition, with almost every Level 10 gymnast premiering an element or series at an Australian Championship.

The individual over-all champions of the various levels won convincingly. Werner Birnbaum (NSW/AIS), Kellie Wilson (QLD/AIS), Blaise Rizzo (NSW), Debbie Graham (NSW), Wayne Van Morsel (WA/AIS) and Russell Stevens (QLD), each in their own way demonstrating some unique aspect of difficulty, virtuosity or consistency.

Highlights of the women's competition:

Vault

Tracey Johnson—an excellent layout tsukahara, a world class vault, showing height, distance and form.

Kellie Wilson—a superb full twisting tucked tsukahara.

Philippa Ray (VIC/AIS)—a well executed full twist on handspring off.

Susan Turnbull and Jenny Curtin—excellent piked tsukaharas.

Uneven Bars

Keri Battersby (VIC/AIS)—clear straddle jump over the low bar to mount, grasp the high bar, long kip, cast, clear circle to handstand, reverse hip beat, back uprise to back hip circle on the high bar, hecht with 180 deg. turn to

regrasp the high bar, dismounting with a piked Comaneci salto.

Kellie Wilson (QLD/AIS)—clear straddle jump over the low bar to grasp high bar, long kip, cast, clear circle to handstand, three quarter giant circle with mixed grip, delchev salto to regasp the high bar, dismounting with a full twisting tucked Comaneci salto.

Philippa Ray (VIC/AIS)—mounting with a jump half turn over the low bar to kip to support on the high bar, later in the exercise including a clear circle to handstand, reverse hip beat, wrap, hecht to reverse eagle grip, whip beat half turn, drop glide, kip to rear lying hang, kip, cast to handstand, cast to full twisting hecht dismount.

Heidi Amunsden (VIC/AIS)—clear straddle jump over the low bar mount, long kip, clear circle to handstand, comaneci straddle salto to regasp the high bar, dismounting with a three quarter giant to a high quickly rotating double tucked back salto.

Beam

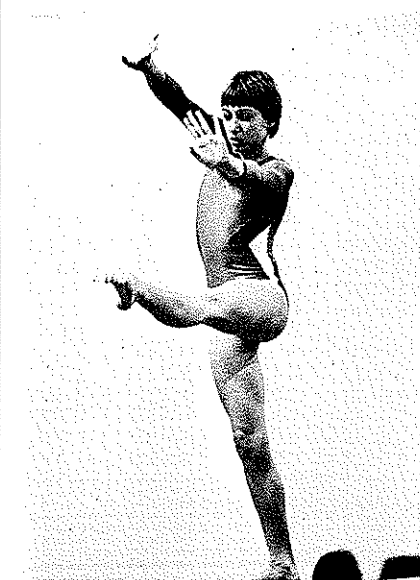
Kellie Wilson (QLD/AIS)—mounting with a hecht dive to handspring mount onto the end of the beam, Kellie continued with a barani, side split leap, backward walkover flic flac, one armed handstand, one and half turn, piked back salto, dismounting with a full twisting hecht jump front tucked salto.

Suzanne Stanley (VIC)—dismounted to the side of the beam with a full twisting tucked gainer salto.

Michelle White (NSW/AIS)—backward walkover flic flac layout step out salto.

Philippa Ray (VIC/AIS)—backward roll extension.

Julie Briguglio (WA/AIS)—punch front salto mount, including also a punch front salto in the exercise.



Keri Battersby—VIC/AIS



Jacqui Gibbons—QLD/AIS

AUSTRALIAN CHAMPIONSHIPS 1982

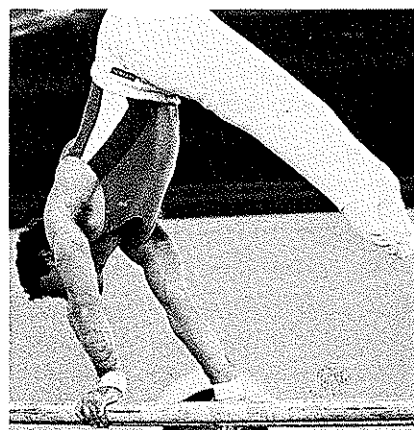
Floor

Tracey Johnson (WA)—an excellent double tucked back salto.

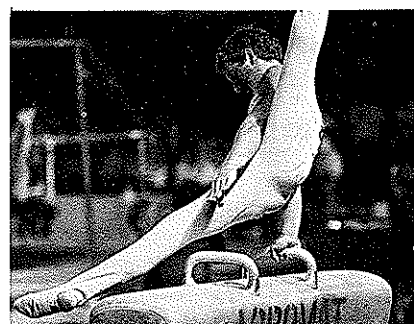
Kellie Wilson (QLD/AIS)—included a roundoff flic flac to tucked double back salto; second row—roundoff tucked arabian step out to roundoff full twisting arabian dive roll, dismounting with a roundoff flic flac layout double twisting layout salto.

Heidi Amunsden (VIC/AIS)—a much improved combination of layout double twists and expressive dance connections.

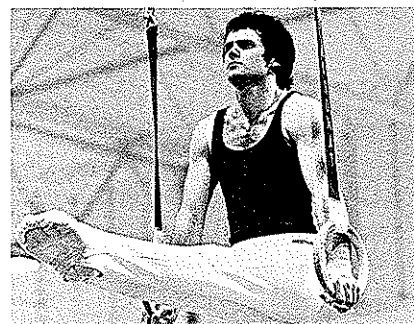
Michelle White (NSW/AIS)—also a clean expressive exercise which included a roundoff flic flac layout double twist.



Rob Edmonds—QLD/AIS



Werner Birnbaum—NSW/AIS



John Maher—ACT optional mount-jump to planche on a single bar, dismounting with a tucked back salto from handstand.

Floor

Gennady Gleyberman (VIC/AIS)—a top

class exercise, first row, roundoff flic flac full in back out double back salto; handspring front tucked salto; second row—punch front salto step out roundoff flic flac layout double twisting salto; dismounting with a roundoff flic flac tucked double back salto.

Ken Meredith (QLD/AIS)—first row—punch double front tucked salto, dismounting with a double tucked back salto.

Blaise Rizzo (NSW)—first row—roundoff flic flac tucked double back salto, second row—roundoff flic flac layout full twisting salto rebound back tuck salto rebound front tucked salto, dismounting with a roundoff flic flac layout double twisting back salto.

Robbie Edmonds (QLD/AIS)—showing double back saltos in the first and last rows, including also Thomas flairs.

Grant Carlyon (QLD)—triple twisting layout back salto.

Pommels

Werner Birnbaum (NSW/AIS)—showing usually consistent high class exercises throughout the competition.

A greater use was made in this competition of elements on one pommel, flair travels and elements in the middle of the horse.

Rings

Ken Meredith (QLD/AIS)—inverted cross and straight armed giant swings.

The common use of the full in back out double salto dismount.

Such an explosion of difficulty is a good omen for the development of elite gymnastics in Australia, its effects seeping back to the very core of the sport. Australian coaches, gymnasts, judges and administrators can indeed be proud of the rapid progress made by our sport over the past few years. Let's work together to keep up the momentum.

Peter Hassan

MEN'S LEVEL 10 INDIVIDUAL — ALL ROUND

Name	Team	No.	Floor	Horse	Rings	Vault	P.Bar	H.Bar	Total	G.Total
Birnbaum W. (AIS)	N.S.W.	62	8.9500	9.1000	9.3000	9.5500	9.2500	9.2000	55.3500	110.25000
Gleyberman G. (AIS)	VIC.	70	9.1000	9.0000	9.2000	9.6000	9.0000	9.0000	54.9000	109.10000
Edmonds R. (AIS)	QLD.	67	9.3000	8.2000	9.0000	9.2000	9.2500	9.2000	54.1000	108.30000
Byng S. (AIS)	N.S.W.	63	9.6000	9.0500	9.0000	9.5000	8.9500	8.9000	55.0000	107.15000
Meredith K. (AIS)	QLD.	68	9.0000	8.6000	9.3500	9.3000	9.2000	9.2000	54.6500	108.30000
Obata M. (Inv)	S.A.	69	8.8500	8.5000	8.9500	9.5000	8.4000	8.4000	53.6500	107.15000
Edelsten P. (AIS)	QLD.	66	8.8000	7.8000	9.2000	9.1000	8.3500	8.9500	52.2000	103.90000
Carlyon G. (AIS)	QLD.	65	9.4000	8.5000	9.2000	9.4000	8.8500	8.8000	54.9500	107.15000
Simmonds A. (AIS)	VIC.	71	8.7000	8.4000	8.8500	8.2500	8.8500	8.3000	51.3500	102.10000
McKillop D.	A.C.T.	60	9.2000	8.2000	8.8000	9.2000	8.7000	8.4500	52.5500	103.90000
Maher J.	A.C.T.	61	8.3000	7.4000	8.4500	9.0000	8.6500	8.8000	50.6000	102.10000
Yamasaki M. (Inv)	N.T.	64	9.0000	8.8000	8.1000	8.5000	8.3500	8.7500	51.5000	102.10000
			8.2500	6.9000	8.4500	9.1500	6.7000	8.8500	48.3000	98.15000
			8.4000	7.9000	8.3500	9.3000	7.3500	8.5500	49.8500	98.15000
			7.5000	7.2000	7.3000	9.4000	6.5000	8.3000	46.2000	90.85000
			9.3000	6.8000	6.9500	8.9000	7.8500	8.9500	48.7500	94.95000
			7.1000	5.0000	7.8500	8.5000	7.2500	7.8500	43.6500	90.15000
			8.5500	7.1000	6.2000	8.8000	8.3000	8.3500	47.3000	90.85000
			7.4000	5.2500	7.3500	8.9500	7.2000	6.5500	42.9000	89.50000
			8.2000	7.3000	7.6000	8.7000	7.6500	7.8000	47.2500	90.15000
			.0000	6.2500	.0000	9.1000	6.1000	7.9500	29.4000	61.10000
			.0000	7.0500	.0000	9.0000	7.3000	8.3500	31.7000	61.10000
			8.5500	6.2000	8.6000	8.6000	7.9500	8.4500	48.3500	48.35000
			.0000	.0000	.0000	.0000	.0000	.0000	.0000	48.35000

AUSTRALIAN CHAMPIONSHIPS 1982

MEN'S LEVEL 9 INDIVIDUAL — ALL ROUND

Name	Team	No.	Floor	Horse	Rings	Vault	P.Bar	H.Bar	Total	G.Total
Rizzo B.	N.S.W.	74	8.1500	6.5500	8.6000	9.1000	7.9000	8.2000	48.5000	101.35000
Dobrinski L.	N.S.W.	73	8.1500	8.0500	8.2500	8.6000	8.0000	8.6500	49.7000	98.60000
Shorthose M.	S.A.	77	8.0500	7.6000	8.3000	8.5000	7.9000	8.5500	48.9000	96.90000
Duncan G.	N.T.	75	7.4500	7.0000	8.4000	9.0500	7.9000	8.1500	47.9500	96.00000
McCormack S.	A.C.T.	72	8.3000	7.9000	7.9500	8.6000	8.1500	8.0500	48.9500	96.00000
Ross A.	VIC.	79	7.8500	7.3000	8.6000	8.9500	7.0000	8.2500	47.9500	95.05000
Gray P.	VIC.	81	8.8000	6.8000	7.6500	9.3000	7.6000	7.9000	48.0500	93.60000
Richard S.	VIC.	82	7.6500	5.3000	8.8000	8.2500	8.0000	8.1500	46.1500	86.29000
Kolt G.	VIC.	80	8.3500	6.5000	8.5500	8.8500	8.6500	8.0000	48.9000	86.29000
			7.5500	6.9000	8.3500	8.2500	8.1500	8.0500	47.2500	75.70000
			7.9000	6.1000	8.1500	8.4000	8.2500	7.5500	46.3500	75.70000
			7.9500	6.3500	7.5500	7.6500	6.5900	6.7500	42.8400	31.5000
			7.7500	5.8000	7.3000	8.0500	7.7500	6.8000	43.4500	31.5000
			7.0000	4.5000	7.8500	8.4000	6.0500	6.8000	39.6000	31.5000
			7.5000	.0000	7.0500	8.5500	7.2500	5.7500	36.1000	31.5000
			7.0000	5.9000	8.0000	.0000	5.9500	4.6500	31.5000	31.5000
			7.4500	7.6000	7.5000	8.4000	7.2500	5.9500	44.1500	75.65000

TEAM SCORE (3 OUT OF 4 SCORES)

VIC.

266.04000

MEN'S LEVEL 9 FINALS



Name	Team	No.	Floor	Average Final	Total
Rizzo Blaise	N.S.W.	74	8.1500	8.4750	16.92500
Dobrinski Leon	N.S.W.	73	8.1500	8.1000	16.30000
Duncan Glen	N.T.	75	7.8500	8.3250	16.17500
McCormack Stuart	A.C.T.	72	7.6500	8.3500	15.85000



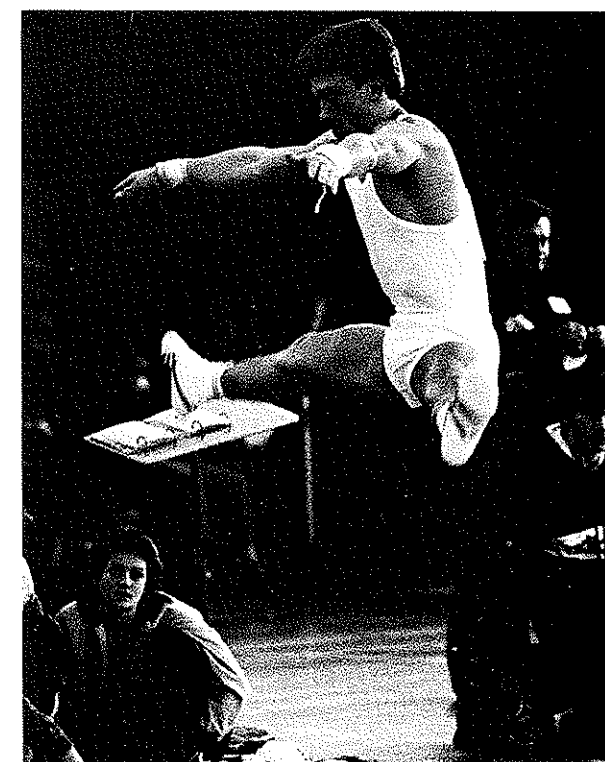
Name	Team	No.	Horse	Average Final	Total
Rizzo Blaise	N.S.W.	74	6.5500	7.6500	15.30000
Dobrinski Leon	N.S.W.	73	8.0500	7.8250	14.62500
Shorthose Michael	S.A.	77	7.0000	7.4500	13.70000
Duncan Glen	N.T.	75	7.3000	7.0500	12.80000



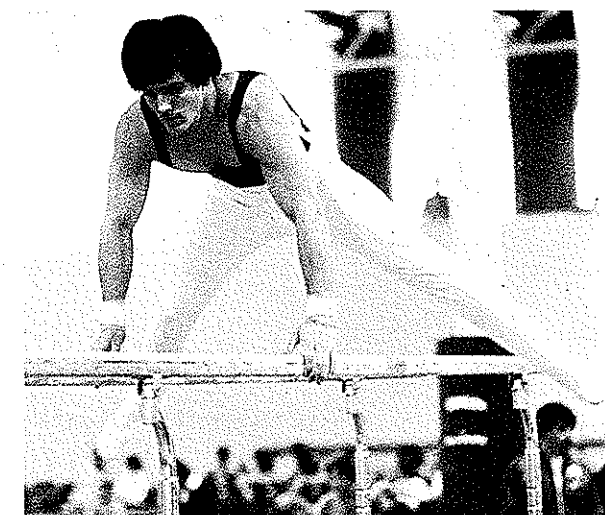
Name	Team	No.	Rings	Average Final	Total
Dobrinski Leon	N.S.W.	73	8.2500	8.2750	16.97500
McCormack Stuart	A.C.T.	72	8.8000	8.6750	16.92500
Rizzo Blaise	N.S.W.	74	8.6000	8.3750	16.87500
Shorthose Michael	S.A.	77	8.4000	8.1750	15.82500
Duncan Glen	N.T.	75	8.6000	8.1250	15.32500
Ross Andrew	VIC.	79	8.3500	8.2500	14.95000



Name	Team	No.	Vault	Average Final	Total
Rizzo Blaise	N.S.W.	74	9.1000	9.2000	18.80000
Duncan Glen	N.T.	75	8.9500	9.1250	18.22500
Shorthose Michael	S.A.	77	9.0500	8.8250	17.60000
Richard Steven	VIC.	82	8.4000	8.4750	17.22500
Dobrinski Leon	N.S.W.	73	8.6000	8.5500	17.20000
McCormack Stuart	A.C.T.	72	8.2500	8.5500	16.95000



Blaise Rizzo—NSW



Stuart McCormack—ACT

AUSTRALIAN CHAMPIONSHIPS 1982

MEN'S LEVEL 9 FINALS



Name	Team	No.	P.Bar	Average Final	Total
McCormack Stuart	A.C.T.	72	8.0000		
			8.6500	8.3250	8.4000
Rizzo Blaise	N.S.W.	74	7.9000		
			8.3500	8.1250	7.7000
Shorthose Michael	S.A.	77	7.9000		
			8.1500	8.0250	7.8000
Ross Andrew	VIC.	79	8.1500		
			8.2500	8.2000	6.9000



Name	Team	No.	H.Bar	Average Final	Total
Rizzo Blaise	N.S.W.	74	8.2000		
			9.5000	8.8500	9.4000
Dobrinski Leon	N.S.W.	73	8.6500		
			8.5500	8.6000	8.3500
Shorthose Michael	S.A.	77	8.1500		
			8.0500	8.1000	7.7500
Duncan Glen	N.T.	75	8.2500		
			7.9000	8.0750	7.7500

MEN'S LEVEL 8 INDIVIDUAL

Name	Team	No.	Floor	Horse	Rings	Vault	P.Bar	H.Bar	Total	G.Total
Van Moorsel W. (AIS)	W.A.	103	9.2000	5.8000	8.8500	9.0000	8.6500	8.6500	50.1500	
			9.3500	6.7500	8.8500	9.1000	8.4500	8.9500	51.4500	101.60000
Hall R.	S.A.	92	8.4000	7.3000	7.7000	8.2000	8.5500	8.0500	48.2000	
			9.0500	6.2000	8.3000	9.0000	8.3500	8.1000	49.0000	97.20000
Hurst M.	N.S.W.	84	8.3500	8.1000	8.0000	9.4000	8.2000	7.8500	49.9000	
			8.8000	6.6000	8.2000	8.6000	6.9000	7.0500	46.1500	96.05000
German D.	W.A.	99	8.6000	6.9500	7.7000	8.4000	9.1500	7.7500	48.5500	
			8.6500	7.0500	8.2500	8.3000	7.5500	7.3000	47.1000	95.65000
Hurst P.	N.S.W.	85	8.4000	7.9000	7.9000	9.0000	8.0500	6.9500	48.2000	
			8.7500	8.0000	7.9000	8.3000	6.6500	6.2000	45.8000	94.00000
Willett D.	QLD.	90	8.4500	5.5000	6.8500	8.7000	8.7500	8.5500	46.8000	
			8.6500	5.8500	8.4000	8.6000	7.6000	7.3500	46.4500	93.25000
Besanko M.	S.A.	91	8.6000	7.0000	7.8000	8.2000	8.4000	6.3000	46.3000	
			8.7000	7.0000	7.4000	8.3500	7.6500	7.6500	46.7500	93.05000
Edwards J.	N.S.W.	83	7.6000	7.0500	8.7000	8.5500	8.5500	6.0000	46.4500	
			8.4000	5.6000	7.4500	8.9000	8.1000	8.0500	46.5000	92.95000
Thomas S.	QLD.	89	8.4000	6.4000	8.7000	9.0000	8.8500	7.0500	48.4000	
			8.9000	6.1000	8.1000	7.8000	6.8500	6.7000	44.4500	92.85000
Livesey L.	QLD.	86	8.2500	7.9500	8.1000	7.4500	8.7500	6.4500	46.9500	
			8.6000	6.9000	8.2000	7.5500	6.9500	6.5500	44.7500	91.70000
Robinson C.	W.A.	102	7.9500	7.6000	7.2500	7.9500	7.7000	7.3500	45.8000	
			7.8000	7.5000	7.7500	8.3000	7.6500	6.6000	45.6000	91.40000
King A.	W.A.	101	6.9500	6.1000	7.5000	8.6500	7.9000	7.4500	44.5500	
			7.7000	6.6000	7.5500	8.6000	7.7000	8.0500	46.2000	90.75000
Heeris D.	W.A.	100	8.1000	4.0500	8.0500	8.5000	8.3000	7.4000	44.4000	
			8.6500	5.4000	7.8500	8.2000	7.5000	8.1000	45.7000	90.10000
Walsh D.	S.A.	94	6.8500	5.6500	8.0000	8.7500	8.6500	6.7000	44.6000	
			7.7000	5.8500	8.0500	8.3000	8.1500	7.2500	45.3000	89.90000
Hanrahan G.	VIC.	98	6.7000	8.0000	7.8500	7.9500	8.4500	7.4500	46.4000	
			7.1000	6.6500	7.8000	6.8000	7.9000	7.0000	43.2500	89.65000
Slack T.	QLD.	88	7.0000	5.9000	8.0500	8.2500	8.4500	5.7000	43.3500	
			8.1000	7.2000	7.7500	7.9000	7.9000	6.6000	45.4500	88.80000
Koop S.	S.A.	93	7.7000	7.7000	7.7000	8.2500	7.4500	7.3500	46.1500	
			8.0000	5.2000	8.1000	7.3000	6.5000	6.4500	41.5500	87.70000
Turner D.	VIC.	96	8.3500	6.7000	7.8000	8.6000	7.5000	4.3500	43.3000	
			8.8000	4.9000	7.4000	8.4000	7.3000	5.1500	41.9500	86.25000
Skinner S.	VIC.	95	7.6500	7.5000	6.9000	8.7500	8.4500	8.3500	47.6000	
			8.6500	5.0000	7.0000	.0000	7.6000	8.0000	36.2500	83.85000
Prewitt D.	VIC.	97	7.4500	4.0000	7.9000	8.5000	8.6500	6.1000	42.6000	
			8.4000	4.6500	8.0000	.0000	7.5500	6.7000	35.3000	77.90000

TEAM SCORE (3 OUT OF 4 SCORES)

W.A.	292.25000	1
S.A.	285.15000	2
N.S.W.	283.00000	3
QLD.	283.00000	4
VIC.	268.05000	5



Shaw Byng—NSW

AUSTRALIAN CHAMPIONSHIPS 1982

MEN'S LEVEL 8 FINALS

Name	Team	No.	Floor	Average Final	Total
Van Moorsel Wayne (AIS)	W.A.	103	9.2000		
			9.3500	9.2750	8.4500
Hurst Michael	N.S.W.	84	8.3500		
			8.8000	8.5750	7.7500
Thomas Scott	QLD.	89	8.4000		
			8.9000	8.6500	7.4500
German Douglas	W.A.	99	8.6000		
			8.6500	8.6250	7.4500
Besanko Michael	S.A.	91	8.6000		
			8.7000	8.6500	7.4000
Hall Robert	S.A.	92	8.4000		
			9.0500	8.7250	7.1000

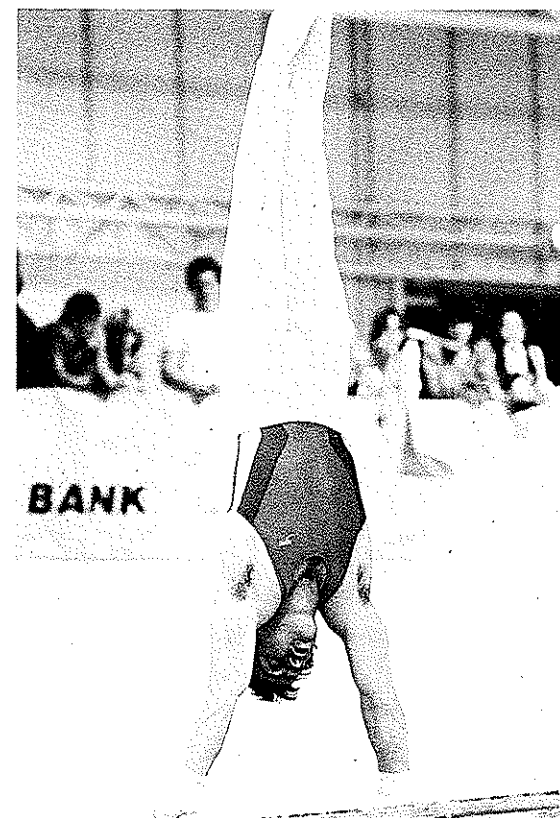
Name	Team	No.	Horse	Average Final	Total
Hurst Paul	N.S.W.	85	7.9000		
			8.0000	7.9500	7.1000
Robinson Cameron	W.A.	102	7.6000		
			7.5000	7.5500	6.7000
Hurst Michael	N.S.W.	84	8.1000		
			6.6000	7.3500	5.5500
Hanrahan Geoff	VIC.	98	8.0000		
			6.6500	7.3250	5.2000

Name	Team	No.	Rings	Average Final	Total
Van Moorsel Wayne (AIS)	W.A.	103	8.8500		
			8.8500	8.8500	8.2000
Thomas Scott	QLD.	89	8.7000		
			8.1000	8.4000	7.8500
Walsh Darren	S.A.	94	8.0000		
			8.0500	8.0250	7.4000
Edwards John	N.S.W.	83	8.7000		
			7.4500	8.0750	7.2500
Hurst Michael	N.S.W.	84	8.0000		
			8.2000	8.1000	6.4500

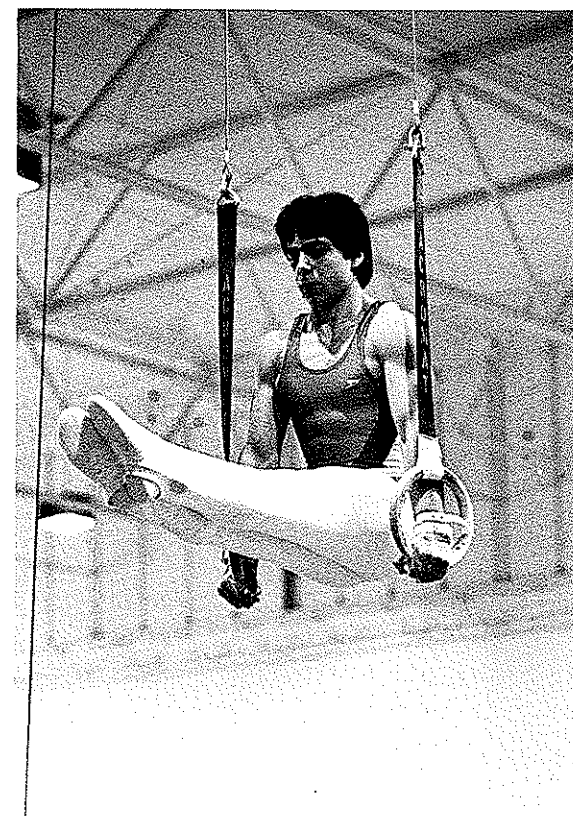
Name	Team	No.	Vault	Average Final	Total
Van Moorsel Wayne (AIS)	W.A.	103	9.0000		
			9.1000	9.0500	9.2000
Hurst Michael	N.S.W.	84	9.4000		
			8.6000	9.0000	8.7250
Howards John	N.S.W.	83	8.5500		
			8.9000	8.7250	8.8250
Hurst Paul	N.S.W.	85	9.0000		
			8.3000	8.6500	8.6250
Willett David	QLD.	90	8.7000		
			8.6000	8.6500	8.2750
King Andrew	W.A.	101	8.6500		
			8.6000	8.6250	7.9250

Name	Team	No.	P.Bar	Average Final	Total
Walsh Darren	S.A.	94	8.6500		
			8.1500	8.4000	7.4500
Hall Robert	S.A.	92	8.5500		
			8.3500	8.4500	7.3000
Van Moorsel Wayne (AIS)	W.A.	103	8.6500		
			8.4500	8.5500	7.0000
Black Trevor	QLD.	88	8.4500		
			7.9000	8.1750	6.9000
Edwards John	N.S.W.	83	8.5500		
			8.1000	8.3250	6.6000
German Douglas	W.A.	99	9.1500		
			7.5500	8.3500	6.5000
Gillett David	QLD.	90	8.7500		
			7.6000	8.1750	6.6000
Hanrahan Geoff	VIC.	98	8.4500		
			7.9000	8.1750	6.5000

Name	Team	No.	H.Bar	Average Final	Total
Van Moorsel Wayne (AIS)	W.A.	103	8.6500		
			8.9500	8.8000	7.9000
Hall Robert	S.A.	92	8.0500		
			8.1000	8.0750	7.2500
Skinner Stephen	VIC.	95	8.3500		
			8.0000	8.1750	6.6000
Willett David	QLD.	90			



Ken Meredith—QLD/AIS



Gennady Gleyberman—VIC/AIS

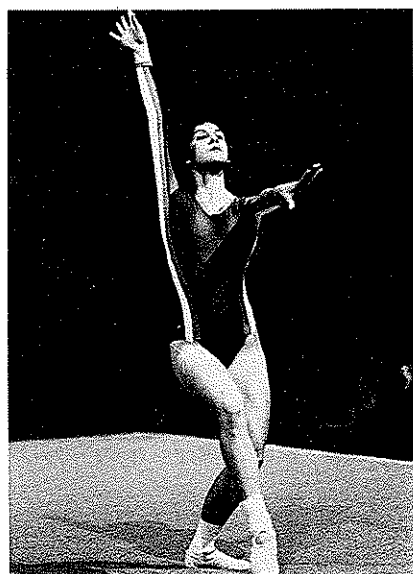
AUSTRALIAN CHAMPIONSHIPS 1982

MEN'S LEVEL 7 INDIVIDUAL

Name	Team	No.	Floor	Horse	Rings	Vault	P.Bar	H.Bar	Total	G.Total	
Stevens R.	QLD.	112	7.6500	9.0000	9.2000	8.8000	8.9500	8.2500	51.8500	102.30000	1
Burton A.	QLD.	109	8.3000	9.0000	8.9500	8.5000	9.1000	7.9500	51.8000	102.20000	2
Doumas C.	W.A.	125	8.9000	9.2500	8.7500	8.9500	9.0000	7.4000	52.2500	102.10000	3
Banevicius N.	W.A.	124	9.0000	8.6000	8.6000	8.9000	8.9000	7.9000	51.9000	100.00000	4
Higbee D.	W.A.	126	8.5500	8.4000	8.3500	9.3000	8.9000	8.1500	51.6500	99.95000	5
Hardy M.	VIC.	123	8.8000	7.9500	8.7000	8.9500	8.1000	8.1000	50.6000	99.75000	6
Wright S.	N.S.W.	107	8.6500	7.0000	9.2500	8.9000	9.0500	8.2500	51.1000	99.70000	7
McSkimming P.	W.A.	128	7.8500	8.7000	9.0500	8.9500	9.0000	8.4000	51.9500	99.40000	8
Morgan R.	VIC.	119	8.7000	9.0500	8.7000	8.5000	8.9000	7.6000	51.4500	98.40000	9
Duncan J.	QLD.	110	8.8000	8.3000	8.2500	8.8500	8.9500	7.5500	50.7000	97.30000	10
Herbert B.	VIC.	121	7.8000	8.6000	8.5500	8.6000	8.6500	7.9000	50.1000	97.15000	11
Whitelock G.	QLD.	113	8.4500	8.2500	8.4000	8.2000	8.2000	7.5000	49.6000	96.95000	12
Mayhew C.	W.A.	127	7.8000	9.2000	8.9500	8.7000	7.4000	6.2000	48.2500	96.55000	13
Barnes-Oake M.	S.A.	117	8.4000	8.7000	8.1500	8.8000	8.3000	8.0000	50.3500	96.10000	14
Zeylemaker A.	N.S.W.	108	8.2500	8.6500	7.4500	8.9000	8.4000	6.9000	48.5500	94.95000	15
Hardman D.	A.C.T.	104	7.7000	7.8500	8.3500	8.4500	7.8500	7.8000	48.0000	94.25000	16
Guthrie D.	N.S.W.	106	7.8500	8.2000	8.2000	7.9000	7.5000	6.7500	47.7000	94.05000	17
Faggotter S.	S.A.	115	8.5500	7.7000	8.6000	8.4500	8.3000	6.8500	48.4500	93.70000	18
Baum S.	S.A.	114	7.7500	7.8500	8.4000	8.2000	8.2000	6.3000	46.7000	93.50000	19
Mommsen M.	A.C.T.	105	7.8000	7.6000	8.0000	8.1000	8.6500	6.8000	47.9500	92.35000	20
Williams J.	VIC.	122	7.3500	6.5500	8.2000	7.9000	6.3500	4.8500	41.8000	86.50000	21
Wolfe C.	S.A.	118	8.0000	7.1000	6.9500	7.1000	7.6000	5.7000	42.4500	83.65000	22
Keane B.	S.A.	116	7.3000	6.9000	7.3000	8.9500	7.2000	4.7000	42.3500	81.35000	23
Reeves A.	QLD.	111	8.1000	7.8000	.0000	.0000	.0000	.0000	15.9000	58.85000	24
Randall M.	VIC.	120	8.0500	9.1000	8.4500	9.0500	8.8500	7.6000	51.1000	51.10000	25

TEAM SCORE (4 OUT OF 3 SCORES)

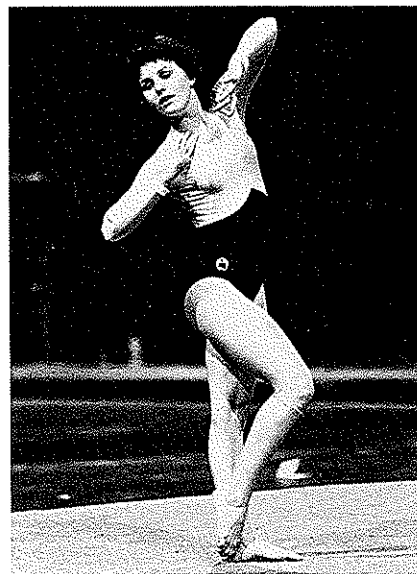
W.A.	406.80000	1
QLD.	400.05000	2
VIC.	388.20000	3
S.A.	370.65000	4



Julie Briguglio (WA/AIS)



Coach P. Lloyd spotting W. Birbaum.



Tracey Johnson—WA

AUSTRALIAN GYMNAST

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COACHES SUPPLEMENT

EDITOR: Gene Schembri

NOVEMBER 1982

A BIOMECHANICAL ANALYSIS OF THE MEN'S HANDSPRING FORWARD 1½ SALTO VAULT:

PHILLIP JOHN CHEETHAM

ABOUT THE AUTHOR

Phillip John Cheetham, Born 26/10/54
Salford, England.

Education:

—Bachelor of Electrical Engineering,
University of New South Wales, Aus-
tralia.

—Master of Science (Biomechanics),
Arizona State University, U.S.A.

Competitive Background

—Former National Champion (1975/
76/78)
—Australian Olympic Representative,
Montreal 1976.
—Olympic Team Member, Moscow 1980
—U.S.A. Olympic Training Centre
—World Championships 1974/78/79.
—F.I.G. Gold Pin 1979 World Champion-
ships.
—Commonwealth Games 1974 Christ-
church.
—Commonwealth Games team 1978 Ed-
monton (out due to injury)
—Universiade 1979 Sofia, 1981 Bucha-
rest.

Coaching Background

Assistant Coach, Arizona (1980/81/82)

Coaching Background

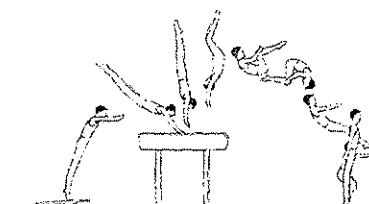
—Assistant Coach, Arizona (1980/81/82)

Current Employment

—Phillip has accepted the position of
applications engineer in the U.S.A.
Olympic Committee's Colorado Springs
Biomechanics Laboratory.

Editorial Note

Cheetham's reference to the first ap-
pearance of the Tsukahara vault below
related to an F.I.G. recognised interna-
tional event. The American Hal Shaw of
the University of Illinois, performed the
"Tsukahara" vault in the late '60s. Readers
should refer to p53 of the August 1982
edition of "International Gymnast" for a
sequence photograph of a well executed
Tsukahara by Shaw in the 1968 N.C.A.A.
Championships.



The biomechanics of gymnastics has
received relatively little study compared
to other major sports. Within this realm,
though, vaulting has received much at-
tention. The basic vault, the handspring,
has been extensively studied. Ferriter
(1964), Cianfarani (1974), Dainis (1979),
Bruggemann (1979) and Bruggemann and
Nissinen (1981), have all done studies
on this vault. Dainis (1981) broke the
vault down, phase by phase and produced
the first mathematical model of the hand-
spring.

Introduction

One of the difficult vaults of the past,
which has become a basic vault today, is
the handspring vault. This vault is, how-
ever, rarely seen in modern high-level
competition since it has a maximum score
of 9.0. It does, however, form the basis of
the most common of the more difficult
vaults performed today.

At the 1970 World Gymnastics Cham-
pionships, a Japanese gymnast, Tsuka-
hara, performed a revolutionary new vault
for the first time in international compe-
tition which was later given his name. He
added a somersault to the final airborne
phase of the vault. This was the first time
that had been done. This vault began the
revolution in vaulting technique. Since
that time, somersaults and twists have
been added to the postflight of all the
basic vaults.

Two of the most common families of
vaults seen at high level competition today
must definitely be the Tsukahara (round-
off backward 1½ somersault) and the
handspring front 1½ somersault. Figure
1 shows an example of this vault. This
study covers the handspring front 1½
somersault.

Fig. 1. Handspring Forward 1½ Salto (from
the Code of Points, International Gym-
nastic Federation, 1979 edition.)

The purpose of this study was to identify
the main factors in the early phase of the
handspring front 1½ somersault, that affect
the three main postflight variables. The
early phase is the phase up until the
hands lose contact with the horse and
the postflight is from then on. The three
main postflight variables are, the distance
of the landing from the end of the horse
(referred to below as the judged post-
flight distance), the height of the post-

NOTE

This Supplement can be
removed for separate
future reference

CONTENTS

The Men's Handspring Forward 1½ Salto Vault: Relationship of Early Phase to Post-Flight (Phillip John Cheetham).....	1
Motivating the Young Gymnast: A Case of Personal Responsibility (Dr. Kevin Spink).....	4

MEN'S HANDSPRING FORWARD 1½ SALTO VAULT

flight and the angular velocity on leaving the horse. These three variables were chosen because; height and distance of the postflight are the two main criteria judged in a competition and the angular velocity on leaving the horse is that which allows (or does not allow) the gymnast to complete the 1½ somersault.

Summary of Experimental Procedures

1. Number of subjects:—

—8 Male Gymnasts, including the author of the study Phillip Cheetham.
—Gymnasts from Arizona State University.

2. Reference body points:

The following parts were marked with athletic tape: toe, ankle, knee, hip, shoulder, elbow, wrist, hand, head.

3. Film record.

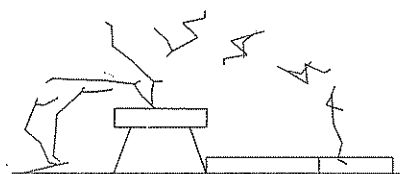
The following information pertains the filming of the 8 subjects:

—3 vaults for each subject filmed.
—99 frames per second, 16mm.
—Camera to vaulting horse distance 24.27m.

4. Calculations

—body co-ordinates were computer analysed
—the displacement data was subjected to a mathematical technique called "data smoothing", which is aimed at reducing errors resulting from taking positional measurements from the film record
—various statistics, including correlations between early phase variables and post-flight variables, were calculated
—computer analysis furnished numerical data for: height and distances, angles, linear velocities and angular velocities
—times were calculated by counting the number of film frames between each event
—the computer program also drew stick figure diagrams (see Fig. 2.)

Fig. 2. Computer generated stick figure diagram of the handspring forward 1½ salto vault. An example from the study.



Summary of Results

The study was aimed at resolving, for the handspring 1½ somersault vault, which factors in the phase up to the moment the hands lost contact with the horse (early phase) were significantly related to the following postflight variables: height above horse, distance passed end of horse, angular velocity on loss of contact with horse.

The results showed that the judged postflight distance was:

DIRECTLY RELATED TO:—

1. The distance and time of preflight.
2. The horizontal take-off velocity.

INVERSELY RELATED TO:—

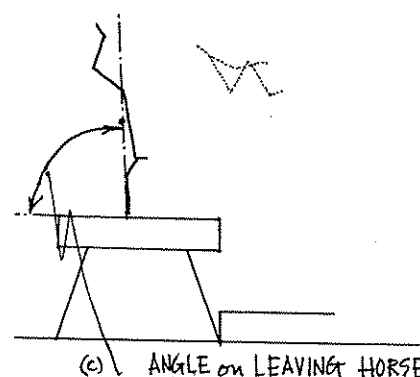
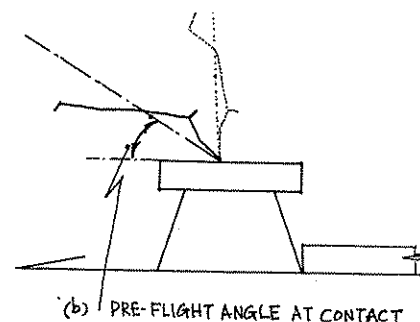
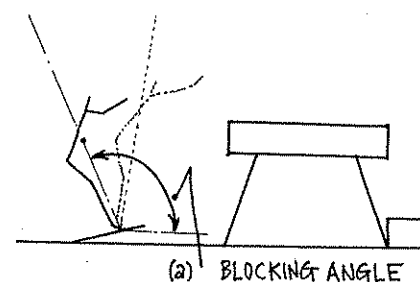
3. Angle take-off, i.e., a greater post-flight distance resulted from a more forward lean at take-off.

4. Change in horizontal velocity on the board, i.e., a greater postflight distance resulted from a smaller change in horizontal velocity on the board.
5. Vertical velocity on horse contact, i.e., a greater postflight distance resulted from a smaller vertical velocity or horse contact.

No significant correlations were found between either the judged postflight distance or the angular velocity of the body on leaving the horse, and the following early phase variables:

1. Duration of board contact
2. Duration of horse contact
3. Angle between horizontal and line through ankle—c.g. on board contact (blocking angle) (Fig. 3(a))
4. Angle between horizontal and line through wrist—c.g. on horse contact (pre-flight angle at horse contact) (Fig. 3(b))
5. Angle between horizontal and line through wrist—c.g. on leaving horse (exit from support phase). (Fig. 3(c)).

Fig. 3. Early-phase angles.



6. Angular velocity of the shoulders about the c.g. on leaving the board
7. Angular velocity of the shoulders about the c.g. on contacting the horse
8. Horizontal velocity of the c.g. on board contact
9. Horizontal velocity of c.g. when wrists leave the horse

10. Vertical velocity of the c.g. on board contact
11. Vertical velocity of the c.g. on leaving the board
12. Change in the vertical velocity on the board
13. Change in vertical velocity on the horse.

—All vaulters were found to have positive vertical velocities of the c.g. on horse contact, i.e., at no time in the earlier phase of the vault does the gymnast "dive down" onto the horse.

—In all but one vault the gymnast was in contact with the horse long enough (0.09–0.16 sec.) to exert and impulse against it, which aided his postflight.

DISCUSSION OF RESULTS

One of the trials of one of the subjects was not used. His vault accidentally twisted and so invalidated the assumption that the motion of the handspring front 1½ somersault could be considered to be in one plane.

Judged Post-Flight Height and Angular Velocity on Leaving the Horse.

There are no significant correlations between the early phase variables and either the judged postflight height or angular velocity on leaving the horse. This is surprising since previous studies, notable Brüggermann and Nissinen (1981), did find some significant correlations. They found for example, approach velocity was significantly correlated to the judged postflight height and that angular velocity on leaving the board was significantly related to the angular velocity on leaving the horse.

It should be mentioned however, that their study was on the basic handspring vault and that the subjects of their study varied widely in ability. They studied and compared three groups of male gymnasts, juniors, national class and world-class. Two possible reasons for the disagreement between the two studies are presented:

1. The handspring front 1½ somersault is a very complex vault. The energy from the take-off from both the board and the horse must be partitioned into height, distance and angular velocity in the postflight. In the handspring the angular velocity in postflight is not so important since only ½ a rotation rather than 1½ rotations, must be completed before landing.
2. The subjects of this study were all at a similar ability level, all were capable of scoring higher than 9.0 on this vault. In Brüggermann's and Nissinen's study, they were all of differing ability level.

Relationship Between Pre-Flight Distance and Post-Flight Distance

Pre-flight distance (point of foot contact on board to place of hand contact on horse) and pre-flight time, were found to be directly related to the judged post-flight distance.

This implies that the longer the pre-flight the further the landing from the end of the horse. This contradicts the results of the Brüggermann and Nissinen study of 1981 on the handspring. It also contradicts a generally accepted coaching

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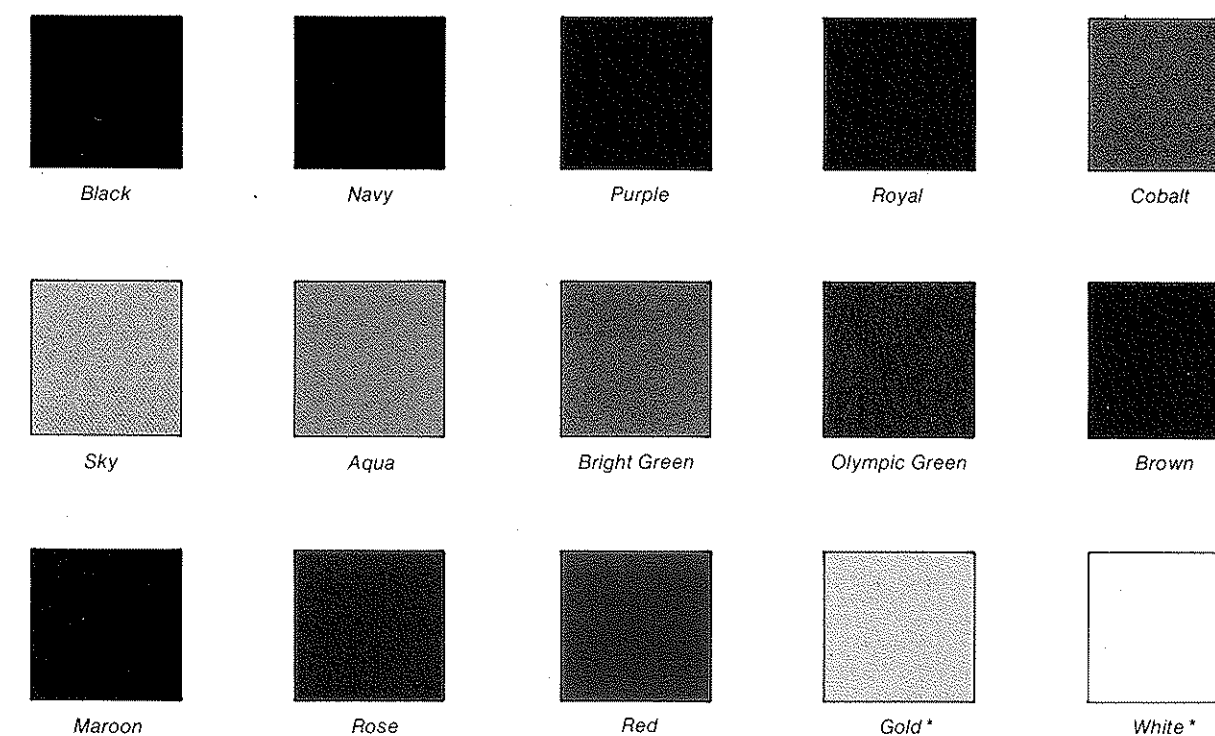
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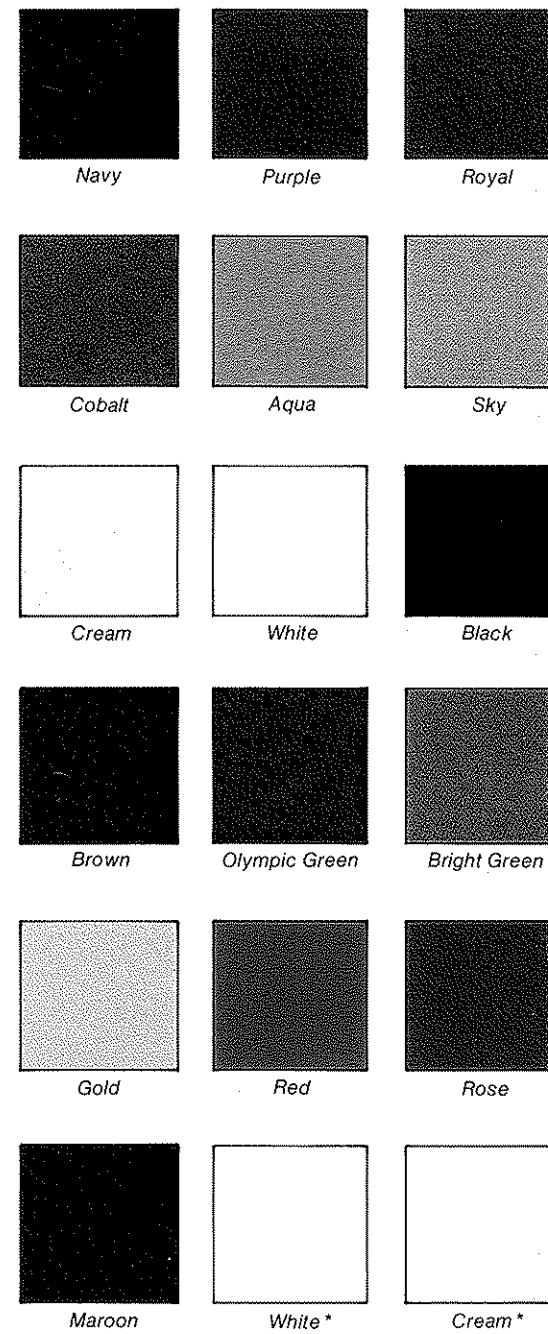
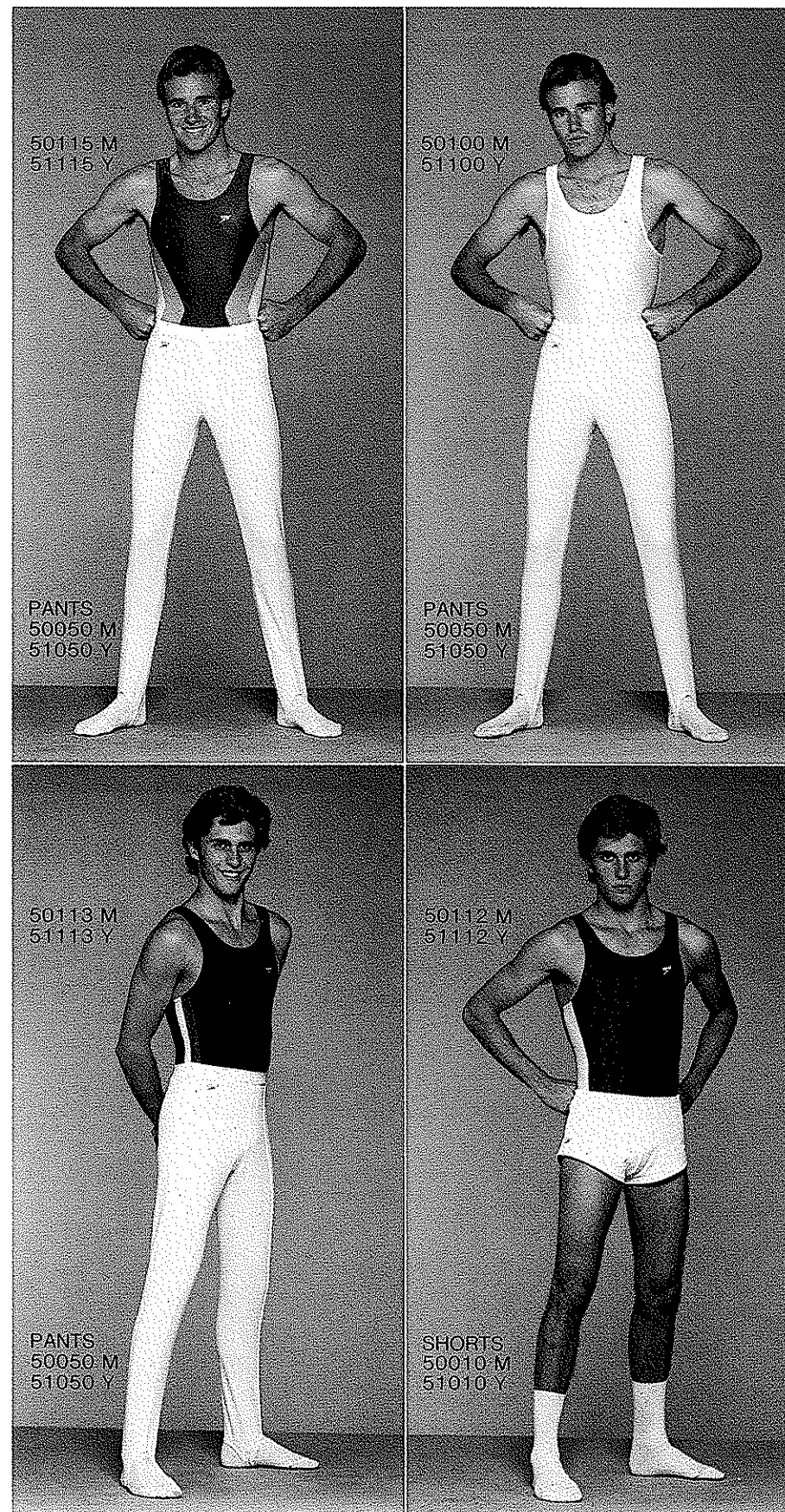
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MEN'S HANDSPRING FORWARD 1½ SALTO VAULT

edict that one should "get onto the horse as soon as possible". Perhaps this study points out that within this specific subject population, this coaching edict is not as important as is thought. Perhaps, once the subject is proficient at the vault, he can lengthen his pre-flight, contact further down the horse and hence lengthen his landing distance from the end of the horse. This was definitely the case with the subjects of this study.

Relationship Between the Board Take-off Angle and Post-flight Distance

The only angle in the early phase that was found to correlate to the post-flight distance was the angle of the centre of gravity to the horizontal on leaving the board, that is the take-off angle. The gymnasts with a greater forward lean had the longest post-flight judged distance. Data collected shows the minimum value of this angle was 64° and the maximum was 83°. Fukushima (1975) concluded this lean to be an important factor in the vault. Brüggermann and Nissinen (1981) concluded that the better gymnasts had smaller take-off angles, agreeing with the findings of this study.

Early Phase Angular Velocity and Post-flight Distance

No early phase angular velocity was found to correlate to the post-flight distance. Correlation may have been found if angular momentum were measured rather than angular velocity. Once in free flight, angular momentum is fixed, angular velocity can vary greatly if the gymnast changes his moment of inertia by tucking or opening. Perhaps angular momentum should be the variable investigated in the future.

Approach Velocity and Post-flight Distance

No significant correlation was found between approach velocity and judged post-flight distance. This was a very surprising result since Brüggermann and Nissinen (1981) suggested there should be a significant correlation between these two variables.

Their subjects were very varied in skill level, from juniors to world-class but the subjects of this study were all of a similar level as already mentioned. Hence, a possible explanation for the non-correlation could be that the gymnasts of this group already possessed more than enough horizontal approach velocity to complete the vault, that is, they were possibly already running fast enough that slight variations in speed within this range did not affect the postflight judged distance.

Obviously the approach velocity must have some effect on the postflight distance in the extreme case, since if the gymnast has zero approach velocity, he must also have zero postflight distance, but with this group of gymnasts no significant correlation was found.

It is interesting to note, however, that data collected a significant correlation between horizontal take-off velocity and judged postflight distance. Dainis (1981) also found this relationship in his mathematical model of the handspring vault.

The study showed the larger the change of velocity on the board, the smaller the

postflight judged distance. So, if one of these subjects intends to increase his distance, he must endeavour not to block his horizontal velocity on the board too much.

In conclusion, it is evident that in this case, how fast one leaves the board and how much one blocks the horizontal velocity while on the board, have more of an effect on postflight judged distance than the approach velocity.

Vertical Velocity and Change in Vertical Velocity during Horse Contact

Two other questions regarding the handspring front 1½ somersault were answered by this study. The first was, "Does the gymnast's centre of gravity have an upward or downward velocity on initial contact with the horse?"

The direction of the vertical velocity will answer this question. Data collected show the minimum value of the vertical velocity to be + 1.76m/sec. The gymnast, contrary to earlier beliefs (Borrmann, 1978), never dives down onto the horse in this particular vault. If he did, it would make it very difficult to complete the 1½ somersault in the postflight. Brüggermann and Nissinen (1981) agree with this study. They found positive mean contact velocities for each of the three groups they analyzed.

The second question was "Is the gymnast in contact with the horse long enough to exert an impulse against it and aid his postflight?" Out of 23 studied was the change in vertical velocity during the support phase zero. All other measured changes were positive the rest are all positive changes. (Figure 5.) This evidence supports the idea that one can exert an impulse against the horse during the support phase. In one case out of the 23 studied the change in vertical velocity while in contact with the horse was zero. The reason for this question is that it was suggested since the gymnast is only in contact with the horse for between 90—160 milliseconds, he actually does not have time to react to the kinesthetic stimulus of the horse under his fingers and so cannot push on the horse to aid his postflight.

Schmidt (1982) states: "RT is rarely found to be less than about 120msec. for Kinesthetic stimuli" (P.156). So, on some of the vaults studied, theoretically, the gymnast does not have time to react, but on some others he does, although at the very end stages of the support phase. It would seem then that the gymnast cannot, at least in some vaults, exert an impulse against the horse, but this study showed he does.

The key to the situation is anticipation. The gymnast learns to anticipate when he will contact the horse and is ready to push against it immediately. Schmidt (1982) states:

If the fore periods are constant and very short (e.g., less than a few seconds), evidents shows that the subject can respond essentially simultaneously with the stimulus after some practice (provided that the subject knows which response to produce). (P.160.)

So, as the gymnast improves his timing, he begins to learn to respond immediately

as he contacts the horse. This improves the effectiveness of the impulse.

Brüggermann and Nissinen (1981) consider this impulse to be one of the most important causes of a high and long postflight. Dainis (1981) agrees that an impulse can be exerted, but does not agree that it is an important factor in the postflight characteristics of the vault. This study shows no significant correlation between change in vertical velocity during the support phase and the judged post-flight distance or height. Hence, it is concluded within this group of subjects and subjects of similar ability that while the gymnast can and does exert an impulse on the horse during the support phase, it has no significant effect on judged post-flight height or distance.

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MOTIVATING THE YOUNG GYMNAST

ABOUT THE AUTHOR

Kevin S. Spink, Born Cornwall, Ontario, Canada.

Education:

—Ph.D. University of Illinois, Urbana—Champaign.

Competitive Background:

—Participated in a number of organized sports at the local, provincial and inter-collegiate levels.

Coaching Background:

—Football (gridiron)—High School level Soccer—Age group level Baseball.

Current Employment:

—Lecturer—Department of Physical Education and Recreation, Footscray Institute of Technology.

MOTIVATING THE YOUNG GYMNAST A CASE FOR PERSONAL RESPONSIBILITY

Motivation is the key to success—right? Of course! But what do you do when the motivation is sagging or missing? Two of the more common techniques that coaches use to motivate their gymnasts include threat and reward. For example, coaches will often attempt to motivate lethargic gymnasts by either threatening them with some type of punishment (i.e. making them sit out some part of the practice they might enjoy), or providing them with some type of incentive (i.e. offering an ice-cream for an improved performance).

Both of these techniques—threatening the gymnast into action and providing performance incentives may have some immediate pay off. The gymnast may appear "to spring to life". However, both techniques may be short-lived. In the first instance, motivation depends on the presence of threat. If the threat is absent, then motivation is not enhanced. In the case of the reward approach, gymnasts must not only be rewarded repeatedly, but as time passes, be enticed by bigger and more impressive rewards.

How does all of this relate to you, the coach of the young gymnast? It is possible that you use a variety of motivational techniques, involving threats and rewards, that suffer from long-term deficiencies. Undoubtedly the biggest drawback in using these types of motivational techniques is that you, rather than the gymnasts, are providing the motivation.

When gymnasts' motivation is dependent on you, psychologists call it **external control**. Think of a puppet—an object incapable of initiating its own activity, moving only when its strings are manipulated. It is completely under external control. Similarly, gymnasts who are promised rewards or threatened with punishments are being manipulated by an external source. You are "pulling their strings" to make them perform, and when you quit pulling their strings, their motivation declines. In this puppet-like state,

gymnasts begin to feel that they are not responsible for what happens in the gymnasium. They depend on being motivated by you. Wouldn't it be more desirable if the gymnasts did not need you to motivate them? Wouldn't it be better if gymnasts were self-motivated?

Luckily, many gymnasts already are self-motivated—and that makes coaching a lot easier. But what about the others who need to develop self-motivation? Self-motivation depends on a feeling of **personal responsibility**. Gymnasts must feel that they can "pull their own strings"—that they are masters of their own fate. While kids may not have complete control over their sport environment, they should realize that much of what occurs in gymnastics is under their control—what is termed **internal control**. When kids understand that they can affect their environment, they will find purpose and meaning in what they do because they have a personal stake in it.

Once the gymnasts are committed and feel a sense of personal responsibility, they are eager to learn and improve their skills. There is little need for outside intervention by you—the athletes will motivate themselves. This permits you to devote more time to teaching skills and routines and less time pulling strings.

PERSONAL RESPONSIBILITY

But how do you achieve this? How can you increase the gymnasts' motivation through personal responsibility? Here are a few procedures you should try.

Freedom in Goal Setting. First, allow the gymnasts some freedom in determining goals—both short and long-term goals. Although this sound simple enough, it requires a great deal of skill and insight on your part. Give the gymnasts freedom, but don't abandon your responsibilities as an adult or coach. You should not be a laissez-faire leader who allows the gymnasts unrestricted freedom and choice. Instead, be an accepting, supportive individual who strikes a delicate balance between internal and external control. Know when to encourage the gymnasts to assume responsibility for their outcomes, but realize when external structure is needed. Remember, provide enough structure to allow the gymnasts the freedom to develop personal responsibility.

Long-term Goals. One approach to determining long-term goals is to ask the gymnasts what **they** want to accomplish during the season and what suggestions **they** have for reaching the goals. Incorporating these suggestions into your plans goes a long way toward increasing personal commitment and motivation.

Short-term Goals. There are many ways to involve your team in determining short-term goals. For example, have the gymnasts create a drill incorporating a particular skill you want to emphasize during a practice. Kids can be very innovative and will probably work harder in "their" drills than in "your" drills. Allowing gymnasts the opportunity to set personal goals will ultimately increase long-term motivation. Gymnasts soon learn that setting and attaining realistic goals positively affects their self-image, and in turn, serves to enhance future motivation.

Supportiveness—Regardless of Outcome.

Gymnasts must feel supported in their endeavours. It's easy to be supportive of a successful performance, but it's much more difficult to support a poor performance. But that's your responsibility too. Try focusing on the positive aspects of their performance which fulfilled any of your short-term goals. For example, a coach who witnesses one of the gymnasts finish a vault on the "seat of his pants" rather than on his feet should try to focus on aspects of the vault that were correct. The coach should comment on such aspects as "a powerful run-up and take off", or "an excellent half-turn during the pre-flight". The positive environment not only shows the gymnasts that they are supported in their actions, but also establishes a path of communication between you and your gymnasts.

When to Assume Full Responsibility. Realize that the democratic approach does not apply in every situation. You must decide which issues warrant team input and which are strictly in your domain. You will find that there are occasions when you must assume total responsibility—like decisions involving the safety of the gymnasts. For example, consider a gymnast wishing to attempt a double back somersault on the floor prior to attempting the appropriate progressions. Obviously, the coach in this instance would assume total responsibility and "decide" that it was not the appropriate time to attempt the move. This decision is made on the basis of your knowledge and experience as a coach. Young gymnasts are not ready or capable of making such decisions. As gymnasts get older and more mature they should be allowed more input into decisions.

Additional Points to Remember. Three other points related to building motivation through increased personal responsibility deserve mention. Note the **individual differences** among your gymnasts. Certain techniques used to increase a gymnast's feeling of responsibility may be good for one gymnast but not for another. Some individuals require explicit direction and structure whereas others do not. Get to know your gymnasts; decide how much structure is necessary for each one.

Remember—patience is a virtue. Transfer responsibility to the gymnasts gradually, on a day-to-day basis. Only after the individuals learn to accept responsibility will the payoff of increased motivation be realized.

Finally, believe in your kids. Before you transfer responsibility to them you must feel that they can be responsible. If you do not adhere to this belief, your chances of implementing this transfer of responsibility will not be very good.

So next time you are wondering how to motivate your gymnasts, try letting the kids pull their own strings. It will provide long-term benefits for the program as well as for the kids.

1. Much of the material in this article originally appeared in: Kevin S. Spink, "On motivation, puppets, and personal responsibility", **Sports Line**, 1980, 2, 1—3. The author would like to acknowledge the assistance of Warwick Forbes in preparing this article.

AUSTRALIAN CHAMPIONSHIPS 1982

MEN'S LEVEL 7 FINALS

Name	Team	No.	Floor	Average	Final	Total
Higbee David	W.A.	126	8.5500	8.8500	9.2000	18.05000
Banevicius Neville	W.A.	124	9.0000	9.0000	8.9500	17.95000
Doumas Con	W.A.	125	8.9000	8.9000	9.0500	17.95000
Hardy Mark	VIC.	123	8.8000	8.8000	8.8000	17.60000
Duncan Jon	QLD.	110	8.8000	9.0500	8.6500	17.57500
Zeylemaker Andrew	N.S.W.	108	8.2500	8.7000	8.6000	17.30000

Name	Team	No.	Horse	Average	Final	Total
Mayhew Chris	W.A.	127	9.2000	8.9000	8.3500	17.25000
Doumas Con	W.A.	125	9.2500	8.7750	8.2500	17.02500
Burton Andrew	QLD.	109	9.0000	8.6500	8.1000	16.75000
Higbee David	W.A.	126	8.4000	8.2000	7.8000	16.00000
Morgan Robert	VIC.	119	9.0500	8.1000	7.4000	15.50000
Stevens Russell	QLD.	112	9.0000	8.2250	7.0500	15.27500

Name	Team	No.	Rings	Average	Final	Total
Stevens Russell	QLD.	112	9.2000	8.8750	8.4500	17.32500
Hardy Mark	VIC.	123	8.7000	8.6000	8.6500	17.25000
Wright Scott	N.S.W.	107	9.2500	8.8500	8.3500	17.20000
McSkimming Peter	W.A.	128	9.0500	8.6250	8.3500	16.97500
Burton Andrew	QLD.	109	8.9500	8.7250	8.0000	16.72500
Morgan Robert	VIC.	119	8.7000	8.5250	8.1000	16.62500

Name	Team	No.	Vault	Average	Final	Total
Higbee David	W.A.	126	9.3000	8.8500	8.9000	17.75000
Stevens Russell	QLD.	112	8.8000	8.6750	8.8750	17.55000
Mommsen Mark	A.C.T.	105	9.1000	8.4500	8.3500	17.12500
Wright Scott	N.S.W.	107	8.9000	8.6750	8.3500	17.02500
Barnes-Oake Matthew	S.A.	117	8.8000	8.6500	7.9250	16.65000
Zeylemaker Andrew	N.S.W.	108	8.9000	8.2000	8.5500	16.62500

Name	Team	No.	P.Bar	Average	Final	Total
Whitlock Geoff	QLD.	113	8.8000	8.7500	8.5000	17.25000
Doumas Con	W.A.	125	9.0000	8.8500	7.6500	16.50000
Stevens Russell	QLD.	112	8.9500	8.3000	7.7500	16.37500
Banevicius Neville	W.A.	124	8.9000	8.1000	8.5000	16.35000
Morgan Robert	VIC.	119	8.9000	8.3000	8.6000	15.75000
McSkimming Peter	W.A.	128	9.0000	8.3000	8.6500	14.95000

Name	Team	No.	H.Bar	Average	Final	Total
Hardy Mark	VIC.	123	8.1000	8.7500	8.4250	17.17500
Stevens Russell	QLD.	112	8.2500	8.5500	8.4000	16.75000
McSkimming Peter	W.A.	128	8.4000	8.1000	8.2500	16.65000
Higbee David	W.A.	126	8.1500	8.1000	8.1250	16.32500
Wright Scott	N.S.W.	107	8.2500	7.7500	8.0000	16.30000
Burton Andrew	QLD.	109	7.9500	8.4500	8.2000	15.50000



Karen Nasskau—(WA/AIS)



Debbie Stevens—ACT



Margo Akeroyd—ACT

AUSTRALIAN CHAMPIONSHIPS 1982

WOMEN'S LEVEL 10 INDIVIDUAL — ALL ROUND

Name	Team	No.	Vault	Bars	Beam	Floor	Total	G.Total
Wilson K. (AIS)	QLD.	16	9.7000 9.5000 9.5000	8.6500 8.8500 9.3500	9.1500 7.5000 7.9000	9.0000 9.3000 9.1500	36.5000 35.1500 35.9000	
Johnson T.	W.A.	26	8.9000 9.4000 9.4750	8.1000 8.4500 7.6000	7.3000 7.9000 8.6500	8.0250 8.9000 9.1500	32.3250 34.6500 34.8750	71.72500
Amundsen H. (AIS)	VIC.	18	8.6500 9.0000 8.6750	8.9500 8.8500 8.7500	8.3500 8.2000 9.0000	8.0000 8.2000 7.1500	33.9500 34.2500 33.5750	68.36250
Ray P. (AIS)	VIC.	20	8.7000 9.0000 8.7500	9.0500 8.1000 8.9000	8.5500 8.1000 8.1500	8.0500 8.1500 7.8500	34.3500 33.3500 33.6500	67.67500
White M. (AIS)	N.S.W.	13	7.7500 8.3500 8.4000	7.7500 8.7000 8.3500	8.3000 8.1000 8.9000	8.5000 8.4500 8.4500	32.3000 33.6000 34.1000	67.05000
Turnbull S.	VIC.	22	9.2500 9.0000 8.9500	8.9500 8.2000 8.2000	8.3500 8.3000 7.6000	8.1000 7.8000 7.9000	34.6500 33.3000 32.6500	66.62500
Curtin J.	N.S.W.	11	8.8500 8.8500 9.1000	8.0500 7.4500 7.9000	8.0000 7.8500 7.9500	7.8500 8.2000 8.0500	32.7500 32.3500 33.0000	65.55000
Briguglio J. (AIS)	W.A.	23	9.1000 8.6000 8.6500	7.0000 8.5500 6.9000	8.6500 8.6000 7.6500	8.6000 8.3000 8.3000	33.3500 34.0500 31.5000	65.20000
Stanley S.	VIC.	21	8.3500 8.6000 8.5250	8.0500 7.8500 7.3500	8.6500 7.8500 8.0000	8.1000 8.3500 7.8000	33.1500 32.6500 31.6750	64.57500
Nasskau K. (AIS)	W.A.	25	7.3500 7.9000 7.5750	8.5000 8.1000 8.1500	7.7500 7.8000 8.3000	7.8500 8.3500 8.2500	31.4500 32.1500 32.2750	64.07500
Conn L.	QLD.	14	8.2500 8.2000 8.4250	7.8750 8.2500 8.2000	7.4500 8.0500 7.3500	7.7000 8.1500 8.1000	31.2750 32.6500 32.0750	64.03750
Battersby K. (AIS)	VIC.	19	8.0500 4.1250 7.9500	9.1500 8.1000 6.4000	7.7500 8.1000 7.0500	7.8000 8.3500 7.5000	32.7500 28.6750 28.9000	61.87500
Kah N.	S.A.	17	8.7000 8.4250 8.9500	6.9500 7.4000 7.9000	7.5500 6.1000 7.9000	8.2000 8.1000 8.0000	31.4000 30.0150 32.7500	60.17500
Duke M.	W.A.	24	8.5000 8.2000 8.6500	8.5000 7.6500 7.1500	9.0500 8.6500 6.9500	8.3500 1.0000 7.4500	34.4000 25.5000 30.2000	59.07500
Swayn D.	N.S.W.	12	7.5000 3.5750	7.3500 7.6000	7.5000 8.0500	7.3500 8.0500	29.7000 27.2750	57.22500

TEAM SCORE (3 OUT OF 4 SCORES)

VIC.	205.70000	1
W.A.	203.52500	2
QLD.	192.02500	3
N.S.W.	190.90000	4

WOMEN'S LEVEL 10 FINALS

Name	Team	No.	Vault	Average Final	Total
Wilson Kellie (AIS)	QLD	16	9.7000 9.5000 8.9000	9.6000	19.10000
Johnson Tracey	W.A.	26	9.4000 9.2500 9.0000	9.1500	18.62500
Turnbull Susan	VIC	22	9.2500 9.0000 8.8500	9.1250	18.07500
Curtin Jenny	N.S.W.	11	8.8500 8.8500 8.7000	8.8500	17.95000
Ray Philippa (AIS)	VIC	20	9.0000 9.0000 8.6500	8.8500	17.60000
Amundsen Heidi (AIS)	VIC	18	9.0000 8.8250 8.6750	8.8250	17.50000

Name	Team	No.	Bars	Average Final	Total
Wilson Kellie (AIS)	QLD	16	8.6500 8.8500 8.9500	8.7500	18.10000
Amundsen Heidi (AIS)	VIC	18	8.8500 8.9000 9.0500	8.9000	17.65000
Ray Philippa (AIS)	VIC	20	8.1000 9.1000 9.1500	8.5750	17.47500
Battersby Keri (AIS)	VIC	19	9.1000 9.1500 8.9500	9.1250	17.22500
Turnbull Susan	VIC	22	8.2000 8.2000 7.7500	8.1000	16.77500
White Michelle (AIS)	N.S.W.	13	8.7000 8.2250 8.3500	8.2250	16.57500

Name	Team	No.	Beam	Average Final	Total
Amundsen Heidi (AIS)	VIC	18	8.3500 8.2000 7.9000	8.2750	17.27500
Duke Michelle	W.A.	24	9.0500 8.3000 8.1000	8.4750	17.12500
White Michelle	N.S.W.	13	8.3000 8.1000 8.2000	8.2000	17.10000
Ray Philippa (AIS)	VIC	20	8.5500 8.1000 8.6500	8.3250	16.47500
Briguglio Julie	W.A.	23	8.6000 8.6000 7.8500	8.6250	16.27500
Stanley Suzanne	VIC	21	8.6500 8.2500 8.0000	8.2500	16.25000

Name	Team	No.	Floor	Average Final	Total
Wilson Kellie (AIS)	QLD	16	9.0000 9.3000 8.0250	9.1500	18.30000
Johnson Tracey	W.A.	26	8.9000 8.5000 8.4500	8.4625	17.61250
White Michelle (AIS)	N.S.W.	13	8.6000 8.4500 8.6000	8.4500	16.92500
Briguglio Julie (AIS)	W.A.	23	8.3000 8.3000 7.8000	8.4500	16.75000
Battersby Keri (AIS)	VIC	19	8.6500 7.8000 7.8500	8.2250	16.57500
Nasskau K. (AIS)	W.A.	25	8.3500 8.1000 8.2500	8.2500	16.35000

AUSTRALIAN CHAMPIONSHIPS 1982

WOMEN'S LEVEL 9 INDIVIDUAL — ALL ROUND

Name	Team	No.	Vault	Bars	Beam	Floor	Total	G.Total
Graham D.	N.S.W.	35	8.6000 8.7000 8.4000	8.3500 8.9500 8.6000	8.2000 8.9500 8.4000	8.2000 8.8000 8.4500	33.3500 34.7500 33.8500	67.90000
Berry G. (AIS)	VIC.	47	9.2000 8.6000 8.5250	7.4000 8.1000 7.7500	8.3000 7.4000 7.6000	8.4250 8.8500 8.9500	33.3250 32.9500 32.8250	65.96250
Orchard S.	VIC.	50	8.7000 8.3500 8.0500	7.9500 7.8000 8.8500	8.1500 8.4000 7.9000	7.8000 8.4000 8.3000	32.6000 32.9500 33.1000	65.87500
Steward C.	N.S.W.	40	8.5000 8.6000 8.3750	7.9000 7.9500 8.2500	7.4000 8.1500 8.0000	7.8000 8.7500 8.0000	31.6000 33.4500 32.6250	65.15000
Miller S. (AIS)	N.S.W.	37	8.8000 8.1500 8.0500	8.6500 8.5000 8.4000	7.2500 6.9000 7.4500	8.0500 8.6000 8.7000	32.7500 32.1500 32.6000	65.05000
Corrigan S.	VIC.	48	8.4500 8.8500 8.8000	7.8000 8.1500 8.3500	7.0000 7.2500 7.3000	7.5000 8.4500 8.3500	30.7500 32.7000 32.8000	64.52500
Parnell T.	W.A.	56	8.3000 7.5500 7.9500	8.0500 8.2000 7.7500	7.6500 7.0000 8.3000	7.5500 8.5000 8.4500	31.5500 31.2500 32.4500	63.85000
Stiles N.	W.A.	57	8.7000 8.9500 8.9500	7.2500 7.0500 7.3000	7.7500 7.9500 7.6000	7.9500 8.1000 8.0000	31.6500 32.0500 31.8500	63.70000
Quay S.	W.A.	58	8.7500 8.6500 8.6000	7.2000 7.7500 7.8500	7.7000 7.6000 7.4000	7.3000 8.0000 8.1000	30.9500 32.0000 31.9500	63.42500
Steele J.	N.S.W.	39	8.6500 7.4500 8.1000	7.9000 8.3500 8.4500	7.8000 6.6000 7.4500	7.8000 8.3000 7.9000	32.1500 30.7000 31.9000	63.32500
Sullivan T.	W.A.	59	8.2000 7.3000 7.6000	7.7000 7.4000 7.8500	8.2000 7.6000 8.5000	7.9000 8.1500 8.1500	32.0000 30.4500 32.1000	63.32500
Akeroyd M.	A.C.T.	27	8.6000 8.4750 8.4500	8.0000 8.2000 7.9500	7.2000 6.9000 7.2000	7.4000 7.4500 8.1500	31.2000 31.0250 31.7500	63.10000
Gifford S.	N.S.W.	34	8.0000 8.5000 7.9000	7.4500 7.4500 7.0500	7.6500 7.5000 7.9000	8.3500 7.5000 8.3000	31.4500 30.9500 31.1500	62.50000
Ridley S.	S.A.	46	8.5000 7.9000 7.8500	7.4500 7.0500 7.7000	7.5000 7.9000 7.9000	7.5000 8.3000 8.0000	30.9500 31.1500 31.4500	62.50000
Lober A.	N.S.W.	36	8.7000 8.0000 7.9000	7.4500 7.8500 7.7500	6.9500 7.2000 7.4500	8.0000 8.0500 8.0500	31.1000 31.1000 31.1500	62.25000
Adams J.	W.A.	54	7.9000 8.1500 8.1500	7.5000 8.0500 8.7500	7.0000 7.2500 6.9500	7.5000 7.2000 8.1000	29.9000 30.6500 31.9500	62.22500
Stephens D.	A.C.T.	30	8.2000 8.3500 7.9750	8.2000 8.1000 8.2000	7.0000 7.8000 6.4000	7.6000 7.6000 8.1500	31.0000 31.8500 30.7250	62.15000
Fenton K.	A.C.T.	28	8.1500 7.5500 7.7000	7.1500 7.4500 7.8000	7.3500 7.8000 7.9500	7.4000 7.8000 8.1000	30.0500 30.6000 31.5500	61.87500
Smith L.	VIC.	53	8.3500 7.6500 7.8750	7.8500 7.7000 8.3500	7.5000 6.9500 7.2500	7.6000 7.5000 7.8000	31.3000 29.8000 31.2750	61.82500
Driver C.	S.A.	45	8.0500 7.6000 7.5250	6.9500 7.6500 7.4000	7.6500 7.1500 7.5500	8.0500 8.8000 8.3500	30.7000 31.2000 30.8250	61.77500
Foulis M.	VIC.	49	8.7500 7.0000 7.8500	7.9000 7.4000 7.6500	7.8500 7.8500 6.3500	7.6000 8.0500 7.7000	32.1000 30.3000 29.5500	60.75000
Thompson K.	A.C.T.	31	8.4000 7.8000 8.4250	6.2000 6.9500 6.1500	7.5000 7.6500 7.5000	7.7500 8.1000 8.0500	29.8500 30.5000 30.1250	60.30000
Wood X.	A.C.T.	32	8.4000 7.9000 7.8250	7.0000 7.1500 6.7500	7.1500 7.4500 6.6500	7.6500 7.9000 7.8000	30.2000 30.4000 29.0250	59.32500
Griffith B.	A.C.T.	29	8.0500 7.6000 7.9000	6.8500 7.1000 6.7000	7.9000 7.2000 5.8000	7.1000 7.9000 7.4500	29.9000 29.8000 27.8500	57.70000

TEAM SCORE (5 OUT OF 6 SCORES)

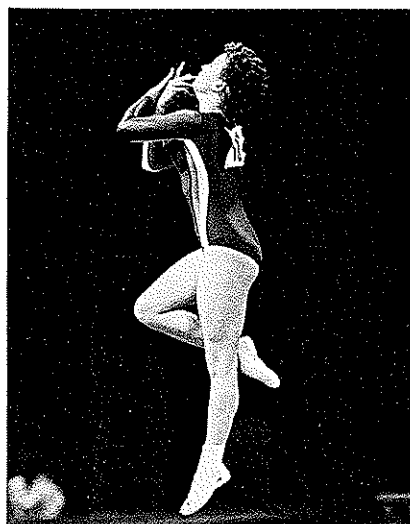
N.S.W.	326.10000	1
VIC.	321.17500	2
W.A.	313.25000	3
A.C.T.	310.85000	4

AUSTRALIAN CHAMPIONSHIPS 1982

WOMEN'S LEVEL 9 FINALS

Name	Team	No.	Vault	Average Final	Total
Stiles N.	W.A.	57	8.7000	8.8250 8.9500	17.77500 1
Corrigan S.	VIC	48	8.4500	8.8500 8.6500 8.8000	17.45000 2
Berry G. (AIS)	VIC	47	9.2000	8.6000 8.9000 8.5250	17.42500 3
Quay S.	W.A.	58	8.7500	8.6500 8.7000 8.6000	17.30000 4
Akeroyd M.	A.C.T.	27	8.6000	8.6000 8.6000 8.4750	17.07500 5
Graham D.	N.S.W.	35	8.6000	8.7000 8.6500 8.4000	17.05000 6
Name	Team	No.	Bars	Average Final	Total
Graham D.	N.S.W.	35	8.3500	8.9500 8.6500 8.6000	17.25000 1
Miller S. (AIS)	N.S.W.	37	8.6500	8.5000 8.5750 8.4000	16.97500 2
Orchard S.	VIC	50	7.9500	7.8000 7.8750 8.8500	16.72500 3
Steele J.	N.S.W.	39	7.9000	8.3500 8.1250 8.4500	16.57500 4
Adams J.	W.A.	54	7.5000	8.0500 7.7750 8.7500	16.52500 5
Stephens D.	A.C.T.	30	8.2000	8.1000 8.1500 8.2000	16.35000 6

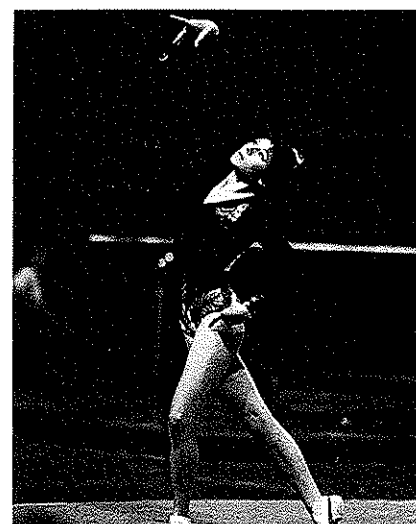
Name	Team	No.	Beam	Average Final	Total
Graham D.	N.S.W.	33	8.2000	8.3000 8.2500 8.4000	16.65000 1
Sullivan T.	W.A.	59	8.2000	7.6000 7.9000 8.5000	16.40000 2
Orchard S.	VIC	50	8.1500	8.4000 8.2750 7.9000	16.17500 3
Stewart C.	N.S.W.	40	7.4000	8.1500 7.7750 8.0000	15.77500 4
Parnell T.	W.A.	56	7.6500	7.0000 7.3250 8.3000	15.62500 5
Ridley S.	S.A.	46	7.5000	7.9000 7.7000 7.9000	15.60000 6
Name	Team	No.	Floor	Average Final	Total
Berry G. (AIS)	VIC	47	8.4250	8.8500 8.6375 8.9500	17.58750 1
Miller S. (AIS)	N.S.W.	37	8.0500	8.6000 8.3250 8.7000	17.02500 2
Graham D.	N.S.W.	35	8.2000	8.8000 8.5000 8.4500	16.95000 3
Driver C.	S.A.	45	8.0500	8.8000 8.4250 8.3500	16.77500 4
Gifford S.	N.S.W.	34	8.1500	8.3500 8.2500 8.3000	16.55000 5
Parnell T.	W.A.	56	7.5500	8.5000 8.0250 8.4500	16.47500 6



Kellie Wilson—QLD/AIS



Elana Sharp—ACT



Tanya Sullivan—WA

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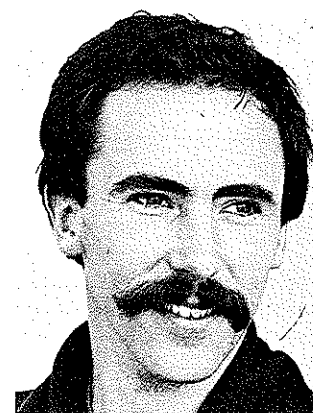
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INTERVIEW — COACH OF THE YEAR



**PETER LLOYD —
COACH OF THE YEAR**

Peter Lloyd was awarded the Coach of the Year title at the 1982 Gymnastic Sport Awards held in conjunction with this year's National Championships.

Peter Lloyd, two times ex-olympian is a worthy recipient of this year's Gymnastic Sport Award for best Coach in the country.

For the most part of the last two years, Peter has been establishing, driving and fine tuning the men's program at the Australian Institute of Sport. The good results and consistent performance of the Institute gymnasts are worthy tribute to Peter's hard work.

Peter Lloyd was born in September 1949 in Melbourne. He is married with two children.

Peter's senior competitive experience includes four National Championships (1970—1973), World Championships 1970, and Olympic Games 1972 and 1976. He rates as his best competitive period the 1976 German League Competitions where he competed with no breaks over five meets.

His worst competitive experience was "being beaten half to death" in a Tae Kwon Do tournament in 1974.

In addition to Peter's current coaching experience, he has coached at various clubs in Melbourne, and at a club in West Germany.

Academic qualifications include a Diploma of Physical Education, and a Bachelor of Applied Science specialising in Human Movement. Time permitting, Peter would like to pursue further studies in German and collate a history of Australia's top gymnasts.

Peter keeps fit and trim, and listed amongst his personal future plans is the "objective to break the 100 metres sprint for men over 100 years of age, which currently stands at 17.5 seconds". He hopes that he "doesn't peak too early".

AG: What do you think are the main reasons for your success with the Institute team?

PETER: It's not my success, it's the gymnast's success. Of course there are times when you have to work very hard to keep the gymnasts on the 'right track'. But that is my role, to guide the gymnasts so they know where they are going, and to give them a better understanding of how they are to achieve their goals.

AG: Following on from your answer, how important is the Coach in the Elite setting?

PETER: I think the Coach has to work himself out of job! I see the role of the Elite Coach as a continually changing one. In my own case, last year was essentially a time of establishment: setting up the program, settling in the kids to a new environment, structuring the training schedule, conditioning the athletes and administrating the program.

Now that the gymnasts better understand their role in a program which is very much gymnast oriented, with the gymnasts offering much input, my role has changed to that of supporter rather than director.

AG: Will you expand a little on your concept of a "coach-supporter".

PETER: One very important aspect of my role as a supporter of the gymnast comes into play in times of crisis in the gymnast's personal or training life. In these circumstances the coach can be a very important mediator offering advice and personal support.

AG: How do you see the men's program at the Institute developing in the next few years?

PETER: We presently lack depth. We must aim to build up our depth in the junior ranks. This will be a top priority for at least the rest of the decade.

AG: Are you hopeful of improvement by Australia in the International scene?

PETER: With the advent of the Institute Australia has a real opportunity to increase its world ranking. I expect that the climb will come when we have some depth in our National Team. The recent results of the Pacific Alliance competition, and the Commonwealth Games Invitational offer some encouragement in the short term. At the moment we have good gymnasts, but our eventual goal must be to have team of good gymnasts.

AG: Do you expect to see individual success before team success?

PETER: Yes, this is likely, although I'm reluctant to put a time scale on it.

The World Championships in 1970 was my first major international. I can remember watching the American men's team competing. At that time our own gymnasts, given half a chance, could have given the Americans a run for their money.

AG: What are some of the problems you see on the men's side at the present time?

PETER: The lack of coaches in men's gymnastics is a big problem. The standard of the basic work performed by our juniors is not good. This will be a major handicapping factor in the development of these young gymnasts. More emphasis must be placed on the basic swings and conditioning of the young gymnasts.

AG: Being an Institute coach doesn't mean you spend all your time coaching does it?

PETER: A typical day in the life of an Institute Gymnastic Coach involves at least as many hours in administration and organisation of the affairs of office as does the coaching side. This can be frustrating. There will always be a conflict situation here, where I feel that more time should be available for coaching specific tasks; but have to attend to the important matters of budgeting, travel arrangements, reports, communication with the National Federation and other people in the sport.

AG: Are chronic injuries a problem with your gymnasts?

PETER: The program here like every other program throughout the world has its share of chronic injury problems. It is a constant matter of concern to our coaching and ancillary staff at the Institute. Under the guidance of our sports medicine staff we attempt to minimise the risk of injury, and where injury occurs the best possible care is provided.

Chronic strains, pains, aches...it's just not clear why they occur. A lot more research needs to be done. Equipment is a possible contributing factor. Little is known about landing surfaces; for instance, is the spring floor a good or bad thing from an injury point of view?

AG: Do you have any special remarks to make about hand-grips and the gymnast's safety?

PETER: The change in grip design to facilitate the new work in men's gymnastics has led to many serious wrist and arm injuries the world over. The proper functioning and state of repair of this aspect of personal equipment cannot be stressed too highly.

If the hand-grip is too long or free to move on the gymnast's hand, then there is the danger of it wrapping around the bar and arresting the essential movement of the gymnast's grip.

Gymnasts should remember the old rule that the grip should be tight enough so that he cannot completely open his hand, and the straps should sit snug against the heel of the gymnast's hand.

AG: Are there any short cuts to the top in gymnastics?

Interviews — Gymnast of the Year — Senior & Junior

PETER: Yes, one I would like to quote from the famous physiologist Astrand "Choose your parents wisely, otherwise disadvantage yourself to some extent!"

The hard way to do it is to train in a cold, ill-equipped gymnasium by yourself. I would never say it cannot be done, just very difficult.

AG: That is the way you had to do it? PETER: I never got to the top....that's how I had a bit of fun — yes.

The opportunity the A.I.S. offers the aspiring young gymnast is certainly a tremendous advantage in his pursuit of excellence.

AG: Thanks, and good coaching.



WERNER BIRNBAUM
AGF GYMNAST OF 1982

In Perth, during August this year, he convincingly won the Australian Championship Title scoring 110.25. Werner sees this personal best as a stepping stone to the forthcoming World Championships and Olympic Games. Werner also received the 1982 Australian Gymnast of the Year award.

Werner Birnbaum was born August 9th, 1963 in Rumania. He started gymnastics at the age of five in a local club. By eight years of age he was training six or seven times a week, twice a day.

Werner and his parents arrived in Australia in February 1979. That year he competed in the National Championships in Brisbane at Level 8. He has competed at the three Nationals since then: 1980 (L9), 1982 (L10), 1982 (L10). Between 1979 and 1981 he won the rings event twice and pommel horse three times. This year he won pommel horse, rings, vault and parallel bars.

International experience to date includes participation in the 1980 South East Asia and Japan Junior Tour, and the Moscow World Championships in 1981. At this latter event Werner was Australia's highest scoring gymnast, and was awarded the F.I.G. pin.

Werner's schedule, balancing his training, school-work and residential college living, is demanding. Making all the right connections on occasions

requires four separate bus trips, sometimes arriving late to training because of school demands and having to make arrangements for special late meals. (As the sign in Werner's gym reads "The harder you work the luckier you get!")

Werner is a matriculation student at Dickson College in Canberra. He is studying English, Psychology, Human Movement, Mathematics and German. The last subject is a logical choice as Werner spoke German prior to his arrival in Australia.

Werner intends to go on to tertiary studies in Human Movement taking one of the sports studies courses at Canberra College of Advanced Education. However with the World Championships and Olympic Games on Werner's 1983/1984 agenda, he intends to delay his entry to college for a year and concentrate on his preparation for these events.

AG: Where do you train and who is your Coach?

Werner: I train at the Australian Institute of Sport in Canberra. My Coach is Peter Lloyd.

AG: How long have you been at the Institute?

Werner: The Gymnastic Programme is quite young. I was one of the first intake in January 1981. I am currently on a full scholarship.

AG: What is your training Schedule?

Werner: The Schedule depends on whether we are preparing for a competition or not. Generally I train six days a week from 4.00p.m. — 8.30p.m. The total is about 22—25 hours per week. Training intensity is cut back in the middle of the week for one session allowing sufficient time for recovery.

AG: How important has the Australian Institute of Sport been in your reaching the top?

Werner: Without the Institute I could not have made it to the top in Australia. It is as simple as that. At the Institute we have a world class facility and coaching. At the present the Institute is the answer to our future development. Travel overseas is the only other option and I am not sure that is the answer either.

AG: What are your medium to long-term goals?

Werner: I would like to represent Australia at the 1983 World Championships and the Olympic Games the following year. My target is 113 to 114 points which I hope would enable me to compete in the Individual All-around Competition with the top 36.

AG: What do you intend to do after you have finished competing?

Werner: As one of the first intake of gymnasts at the Institute I feel I am a

pioneer. It would be nice to carry on the good work and continue at the Institute in a coaching capacity. In the longer term I would like to build up my own gymnastic club, perhaps starting in an area or a State which is not so developed gymnastically.

AG: How do you find Canberra after Sydney?

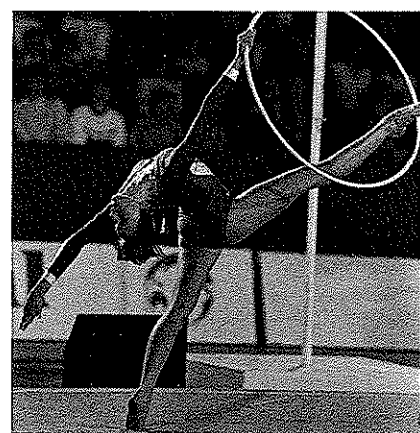
Werner: I guess you have to get used to Canberra. It takes some adjustment to its quietness and slower way of life. The climate is good, sometimes a bit cold (I am used to that though). Canberra is not so hectic, you can relax a bit more. I miss the beach.

AG: How do you relax outside of training?

Werner: With training six days per week, that only leaves Saturday evening and Sunday. That is not much time! Things are particularly tight at the peak of our competition season. My most enjoyable moments are relaxing outdoors: picnicing, riding my bicycle or just relaxing.

AG: Thanks and good luck.

Gene Schembri



ANNE MAREE KERR
AGF JUNIOR GYMNAST 1982

Anne Maree Kerr, A.G.F. Junior Gymnast of the Year, and the Federation's nomination in the Confederation of Australian Sports—Sport Australia Awards, epitomizes the talented array of gymnasts coming through the ranks of Rhythmic Sportive Gymnastics.

Anne Maree is typical of this rising generation of future R.S.G. stars, pretty, lean and flexible, having the polish and presentation necessary in the gracefully lyrical sport.

This year, Anne Maree won the under fifteen national individual championship, and was either the outright or residential apparatus champion in rope, hoop, clubs and ribbon.

Quickly interviewed during the recent Pacific Championships tour in Brisbane's Festival Hall while sitting high up in the dimly lit stands, before the beginning of the competition, Anne Maree gives us some insight into her lifestyle, hopes and aspirations.

AG: Well we've finally made it, could you tell us something about yourself?

AM: This is my first interview.

AG: This is only my second.

AM: Well I'm fourteen years old, and am attending Highvale High School in Melbourne.

AG: Where do you train, and who is your coach?

AM: I'm coached by Ann Dearing at the Strathcona Gymnastics Club.

AG: How did you become involved in R.S.G. and for how long have you been training?

AM: I've been involved in R.S.G. for about four and a half years. I was training in artistic gymnastics and did ballet. I started R.S.G. in a recreational class and within two weeks had been entered in a competition.

AG: Could you tell us something of your training schedule?

AM: Due to the availability of the gym, we don't have a great deal of time to train. We train from two to five hours each week. I'd like to do more but the time is just not available.

AG: Do you have a favourite apparatus?

AM: Yes, the ball.

AG: Why is it your favourite?

AM: Because it requires the most grace.

AG: Apart from the obvious apparatus differences between R.S.G. and artistic gymnastics, what other differences do you see?

AM: In rhythmic gymnastics more emphasis is placed on ballet.

AG: What have been the high points of your gymnastic career to date?

AM: Winning the national championship three times, and competing in Germany against the girl who came second at the Munich World Championships. It was an overwhelming experience. I learnt a lot by just watching.

AG: What are your goals in R.S.G.?

AM: My goals are to go to the Olympics and the World Championships as an individual gymnast.

AG: There is a possibility that R.S.G. may be introduced into the Australian Institute of Sport. What are your views on that possibility?

AM: It would be a great chance to progress. To be able to train each day would be a huge advantage.

AG: What do you plan to do after you finish competing?

AM: I plan to take up coaching.

AG: With the competition about to commence, do you have anything to add?

AM: Not really.

AG: Well, thanks for your time and good luck for tonight.

Peter Hassan



OVERSEAS REPORT

Four gymnasts travelled to West Germany in October with Peter Lloyd to compete in the International Cup being held in that country. A warm-up competition was arranged for October 9, with the West German regional team, Sailauf. The team result in that event was:

A.I.S.	216.65
Sailauf	209.45

Individual All-Around results were:

1st Werner Birnbaum—A.I.S.	55.10
2nd Robert Edmonds—A.I.S.	54.55
3rd Matheus Hauck—Frankfurt	54.40

Gymnastic Centre
The performances and the results of the A.I.S. competitors were an excellent warm-up.

The team travelled from Sailauf to Volklingen to participate in the International Cup. The eight top-ranked nations competed in Group A of the competition, while a further 16 teams competed in the Group B. A.I.S., representing Australia, was placed 5th in the Group B, the first five placing being:

1. West Germany
2. Switzerland
3. Norway
4. Canada
5. Australia

In the individual All-Around placings in Group B, A.I.S. took the following:

7th Gennady Gleyberman	54.55
14th Werner Birnbaum	53.95
34th Ken Meredith	51.35

There were 43 competitors in Group B, and so these results are particularly satisfying, especially in view of the fact that Robert Edmonds suffered a last minute injury to an ankle and had to be replaced by Ken Meredith who had been left at less than 100% by a severe cold.

Of particular note was Gennady Gleyberman's performance in the Floor Exercises. The apparatus finals were an open event, with the best eight performances on each event—from both Group A and Group B—being selected to compete. Before the finals, Gennady scored 9.50 on Floor to place his sixth in that event. In the finals he scored a further 9.50 to hold sixth place—a top achievement in International Competition. The remaining places in that event went to:

1. U.S.A. — Jim Hartung
2. Romania
3. U.S.A. — Peter Widmar
4. East Germany
5. Italy
6. Australia—A.I.S. Gennady Gleyberman
7. East Germany
8. France

Werner Birnbaum gave a fine performance on Pommel Horse to place just outside of the front eight and the finals.

All in all, a very satisfying competition.

Top Team A results:

1. U.S.A.
2. E. Germany
3. W. Germany



Gennady Gleyberman

Confederation of Australian SPORT

SPORT AUSTRALIA AWARDS

Australia's top male and female athletes for 1982 will be announced at a gala function at Melbourne's Southern Cross Hotel on December 15.

In a year that has seen brilliant farewell efforts by Tracey Wickham and Raelene Boyle, as well as gold medal winning performances by stars like Lisa Forrest, Lisa Curry, Robert de Castella, Glynis Nunn, Peter Bourke and many more, the selection of athlete of the year is likely to be particularly controversial.

The Sport Australia Awards are organised by the Confederation of Australian Sport, which represents the overwhelming bulk of Australia's sporting organisations.

Mr. Garry Daly, the Executive Director of the Confederation said there would be 11 awards, three gold and eight silver. The gold would be: Male athlete of the year, female athlete of the year and team of the year. These awards were expected to be presented by the Prime Minister.

Silver awards will include junior male and female athletes of the year, junior team, administrator, coach and most popular sporting personality, and best performance by an Australian. There will also be an award for the best organisation and presentation of an Australian sporting event.

CANADIAN COACHING PUBLICATIONS EXCITE INTEREST IN AUSTRALIA

The Confederation of Australian Sport has been appointed the Australian distributor of the wide range of coaching and general sports publications produced by the Coaching Association of Canada.

Of particular interest is the series of coaching manuals, which are similar in the level of expertise to the 3 structures defined in the National Coaching Accreditation Scheme.

As a consequence, there has been considerable demand for the coaching manuals from many Australian Coaches, and of all whom have been extremely satisfied with the content material. Enquiries for publication listings, together with prices, should be directed to the Confederation of Australian Sport, 76 Flinders Lane, Melbourne, Victoria, 3000.

AROUND THE STATES – VICTORIA

RHYTHMIC SPORTIVE GYMNASTICS VICTORIAN CHAMPIONSHIPS 1982

1982 saw us for the first time dividing our Victorian 'A' Grade Championships into two separate events. The Junior event was held at Burwood State College, Victoria, on Saturday 3rd July. A very high standard of Rhythmic Gymnastics is being sustained in Victoria, a standard of which we are justly proud. All girls competing produced extremely well executed exercises which had been choreographed and practised to a high level. Thirteen girls were entered for the competition with one scratching.

The Senior competition, that is the 15 and Under and International Sections, were held in conjunction with the M.A.G. Levels 6 and 7 at the Croydon Leisure Centre on Saturday morning, 10th July. This is an entirely new venture combining R.S.G. with Artistic Championships, and from the point of view of R.S.G. proved a most successful step in the right direction. We look forward to working side by side with Artistic Gymnastics for many years to come.

The standard of work produced in these sections also showed a marked improvement on last year's performances, and it was obvious that the girls had put in a great deal of effort to raise the level of their work. This year we welcomed for the first time, interstate competitors to our competition. Two members of the South Australian

State Team made the journey from Adelaide to join us. Hopefully this is yet another indication that the sport of Rhythmic Gymnastics is gaining interest and momentum throughout Australia and that the future will see many interstate competitors journeying to Melbourne for State Titles.

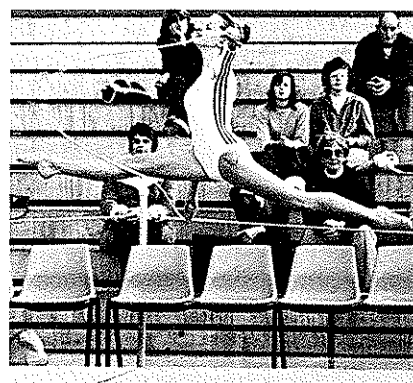
Burwood Gym Club Group were required to be judged, although they were the only group entered in the championships. They gave a most impressive display of their work at both sessions of the competition and are to be commended for their excellent performances.

A special thanks is extended to Roy Grafton who videoed all of the competition. This is of great benefit to the gymnasts, to be able to see, not only their own work, and parts of their exercises where they have weaknesses that can be worked on and improved, but also to see over again the work of all the competitors which gives them a better indication of the improvement in the level of competition. We also thank Robert Lanz for his much valued assistance in the playing of music for the gymnasts. The work done by our announcer, scorers, averagers and time-keepers is invaluable, they are all fast becoming experts at handling the positions allotted to them during the championships, and thanks are extended to other parents and friends who help us out on these occasions.

Micky Kimber
R.S.G. Technical Director, Vic.



L-R: Fiona Lee, Amanda Pellow, Sharron White.



Ann-Maree Kerr.



Bridget Kimber



Heidi Bruce

RESULTS

JUNIOR GIRLS' "A" GRADE

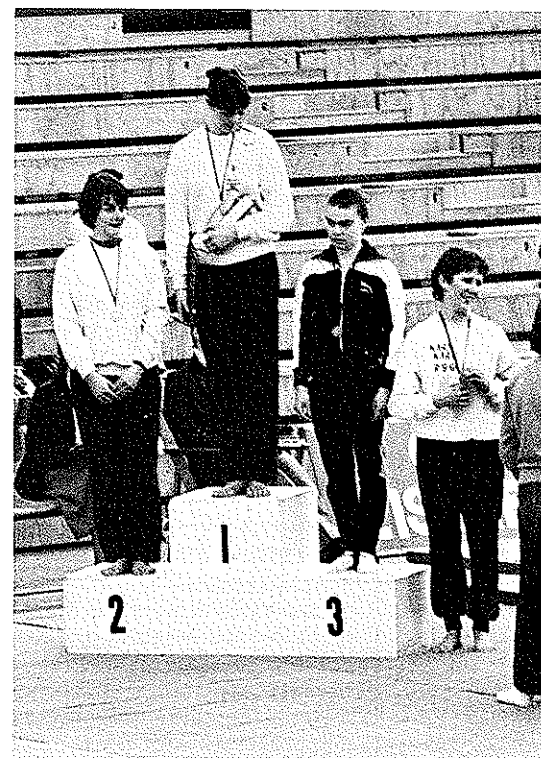
			Rope	Hoop	Ball	Total
1st	Sharron White	Strathcona	7.90	8.45	8.75	25.10
2nd	Amanda Pellow	Strathcona	8.05	8.25	8.35	24.65
3rd	Fiona Lee	Strathcona	7.90	8.30	8.20	24.40
4th	Georgia Dawson	Strathcona	7.75	8.35	8.20	24.30
5th	Monica Fincham	Croydon	7.95	8.20	8.00	24.15
6th	Rose Turnbull	Strathcona	7.80	7.95	8.05	23.80
7th	E. Cannington	Strathcona	7.65	8.00	7.90	23.55
8th	Fiona Hyslop	Burwood	7.75	7.80	7.70	23.25
9th	Joanne Hofman	Burwood	7.25	7.55	7.65	22.45
10th	Karina Lanz	Burwood	7.40	7.30	7.05	21.75
11th	Louise Stratton	Burwood	6.95	7.50	7.05	21.50
12th	Lisa Kerr	Burwood	7.05	6.75	7.30	21.10

GIRLS' "A" GRADE

			Rope	Hoop	Clubs	Rib.	Total
1st	Ann-Maree Kerr	Burwood	8.60	8.75	8.95	8.35	34.65
2nd	Ruth Ibbotson	Strathcona	8.25	8.40	8.40	8.00	33.05
3rd	Bridget Kimber	Strathcona	8.20	8.40	8.30	8.05	32.95
4th	Heidi Bruce	Croydon	8.15	8.45	7.90	8.00	32.50
5th	K. Guihenneuc	Strathcona	8.00	8.20	8.05	7.90	32.15
6th	Jenny Winter	Strathcona	8.00	8.00	8.10	7.85	31.95
7th	Martine Shields	Athena	8.00	7.70	7.60	8.05	31.35
8th	Debbie Sheil	Croydon	7.90	7.45	7.45	7.65	30.45

INTERNATIONAL

			Rope	Hoop	Clubs	Rib.	Total
1st	Gail Duquemin	Burwood	8.60	8.65	8.90	8.40	34.55
2nd	Kathy Duquemin	Burwood	7.85	8.15	8.45	7.90	32.35
3rd	Julie Longmire	S.A.	8.30	7.55	8.05	7.90	31.80
4th	Linda Ritter	S.A.	7.70	7.40	7.50	8.05	30.65
5th	Brenda Cortese	Athena	7.55	7.30	7.80	7.40	30.05
6th	Patsy Yandell	Burwood	7.50	6.60	7.60	7.95	29.65
7th	Lyn Patten	Burwood	6.50	7.40	7.00	7.35	28.25



1st. Gail Duquemin
2nd. Kathy Duquemin
3rd. Brenda Cortese

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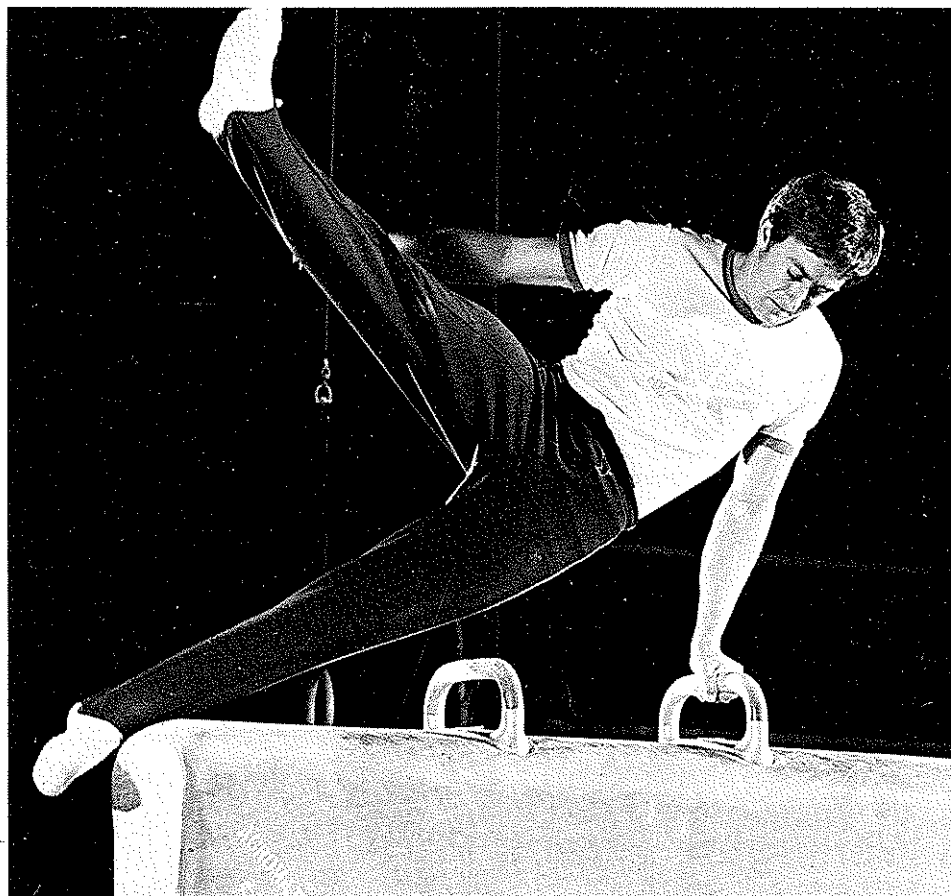


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