

*the australian*

# GYMNAST

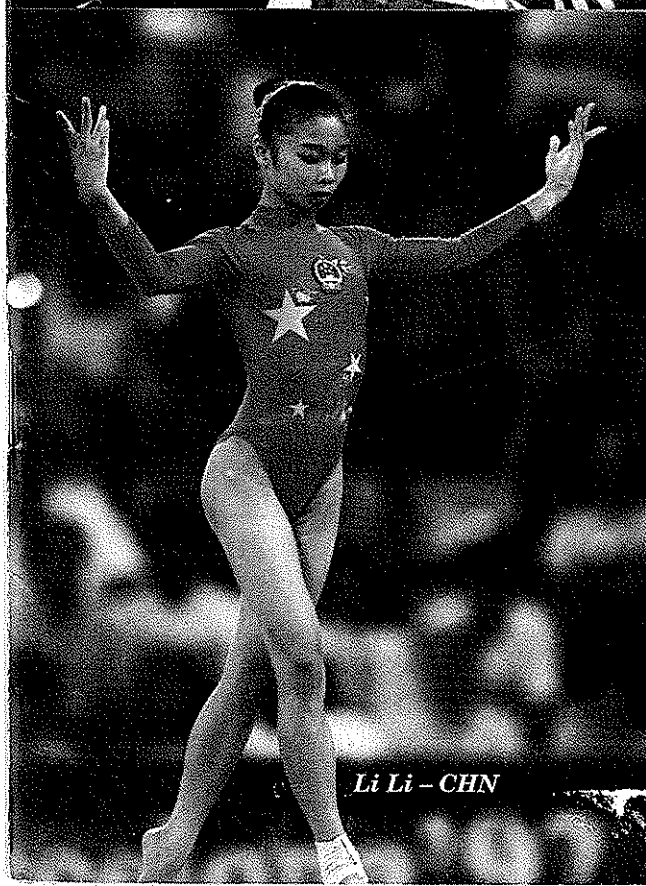
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**SPRING 1992**



*Monique Allen - AUS  
Qu Derui - AUS Asst. Coach*

*Shannon Miller - USA*



*Li Li - CHN*



*Kylie Shadbolt, Monique Allen and Lisa Rand - AUS*

# AUSTRALIAN WOMEN WIN GOLD AT PACIFIC ALLIANCE CHAMPIONSHIPS, MANILA 7-9 DECEMBER 1990



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# AUSTRALIAN SPORTS COMMISSION

# the *australian* GYMNAST

The official magazine of the Australian Gymnastic Federation

**SPRING 1992**  
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**ISSUE No. 3**

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Front Cover:  
Olympic Games - Barcelona, Spain.  
1992.  
Photographs courtesy Ken Rainsbury.

## EXECUTIVE DIRECTOR'S REPORT



At the beginning of each year we look at the past and look toward the future and once in every four years we have a bench mark called the Olympic Games where we evaluate the past Olympiad and look forward to the future Olympiad.

In terms of the performances of the gymnasts and the programmes involved, the elite, with the goal of the Olympic Games, have in women been achieved. These results are well documented as to the achievements and the technical personnel are now setting priorities and objectives for the future.

At the end of this Olympiad, the administration also took a major step for the future and that was to lease our own premises for the National Office on St. Kilda Road, Melbourne. It has always been an objective of the Federation to have a place of its own, and this has finally been reached in the third Olympiad since the beginning of full time administration of the Federation.

Whilst being excited about the development in the administrative area, it is certainly warranted to recognise the contribution of our President, Jim Barry, through his companies in giving office space to the sport of gymnastics so that we were able to conserve

our financial resources in order to make the step that has now been taken.

With financial priority given to programmes and the development of gymnastics rather than administration in our formative stages, I believe we have achieved a great deal, and this is now recognised and accepted. The contribution of the President, who through his companies so willingly gave of resources both financial and personnel, allowed the establishment of a sound administrative base for the National Federation.

The Australian Sports Commission (Federal Government), the Australian Olympic Committee and the Australian Gymnastic Federation are all going through their review process with regard to sport and the sport of gymnastics, and these outcomes will be known in the not too distant future.

Coupled with the excellent development programmes that the Federation has, I am very confident of a positive review and look forward to the future with a great deal of enthusiasm.

One of the final steps to be taken will be the opportunity to have the magazine "The Australian Gymnast" produced and published in colour on a regular basis.

Once again the priorities in distribution of finance play a major role in taking these decisions and it is only special events like the Olympic Games which allow us to produce a magazine in colour.

## PRESIDENT'S REPORT



In the last issue I stated how much our elite programme depended on our Women's Team performance at the Barcelona Olympic Games. The pressure on those seven young people was enormous. That they responded was not surprising, because of their commitment, the training regimen and the support groups determination to keep them focussed on the task in hand. Nevertheless the rest of our community will have breathed a metaphoric sigh of relief.

The seventh place finish was superb, considering the loss of Joanna Hughes and the disruptive pandemonium of the audience when a Spaniard was competing. We felt for Michelle Telfer when she

became the reserve, but she had the opportunity to be part of this team's effort.

From a government funding point of view their performance was consistent and convincing and should ensure our next Olympiad's funding of our elite programmes. The years of effort in following a national plan have paid off, but at what price. This is a two, or is it three edged argument. The Federation made its priority decision on which discipline to support. The Women's programme became our flagship. The Men's programme was substantially reduced and for the first time we could not field a Men's Team at the Indianapolis World Championships. Injuries had taken their toll, but this was basically lack of financial support to our residential programme at the Australian Institute of Sport and the lack of development of talent over the previous four years that created the problem.

That Tim Lees qualified, one individual gymnast to the Olympic Games, is a credit to him and the remaining programme. Brennon Dowrick was our representative in Barcelona and he, though not

placing high in such competitive company, enhanced our creditability in the international gymnastic community. The sadness is that we will still have a great challenge to field a Men's Team in 1995.

Our Rhythmic discipline suffered greatly in financial terms under the priority decision. It has, however, now restructured its Technical Committee, identified two High Performance Centres in Perth and Sydney and realised the necessity of having a junior development programme. That we did not qualify for the Olympic Games is a disappointment, but we now have a clear objective to perform at the 1994 Commonwealth Games.

The way ahead is clear, our current Development Plan identifies what has to be done in all spheres of gymnastics and not just the pinnacle of our elite programme.

We are currently in the post Olympic evaluation consultancy phase of our High Performance Centres and this will culminate in our open forum late in October. Our recent National Championships have highlighted the success of our junior development emphasis and the establishment of 1996 and 2000 squads.

The International Gymnastic Federation (FIG) held its biennial Congress in Salou south of Barcelona prior to the Olympic Games and our Federation was well represented at all sessions and technical assemblies.

The Congress was dominated by the elections for the next four years, with the key election for the Presidency. The challenge to Yuri Titov was quite serious for Australia and other non-European Federations.

Historically Yuri took over from Arthur Gander SUI in Montreal in 1976 by one vote! Over the last five or six years his vision for gymnastics as a world wide influential international Federation has developed. This congress passed the final phase of full recognition of the four continental Groups with their Presidents becoming ex-officio members of the FIG Executive.

Australia with the Asian Gymnastic Union supported Yuri's campaign. He survived on the first ballot 37:35! Bruno Grandi's challenge, from Italy, was well motivated, but not in the best interests of Australia and would have heralded a return to European centralism. The change would have been premature and upset the momentum of the FIG's

independent influence. Having lost the election Bruno stepped down from all other nominated positions, a surprising move, but one that allowed for a better world wide balance of positions. The tension during the five hours of the election was palpable, especially to this reporter! The results are published elsewhere in this edition.

The other major decisions of the Congress, were the return to annual congresses and the change to the team size.

The annual congress, with the speed of today's communication and the pace of change demanded this rethink, despite the cost to Federations.

The most welcome and commonsense decision for some time was the decision hammered out to alter team size.

In the best interest of our sport and particularly to overcome any team size problem, with regard to reserves, with the International Olympic Committee, the size of the Team has been increased to seven gymnasts.

Of the seven gymnasts, six only can compete on any one apparatus and with the five best scores to count on that apparatus. This means we recognise a genuine working reserve and it allows for better team strategy and mitigates any injury during the event.

In summary, we have completed a very satisfactory Olympiad, we still have challenges to be addressed, but we can look forward confidently to the future of Australian Gymnastics within a stable world wide community.

**James E. Barry**  
*President*



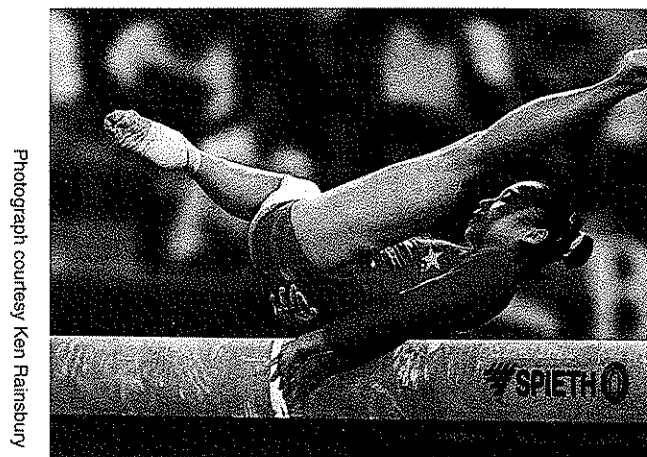


# REPORT ON OLYMPIC GAMES



Athletics Stadium

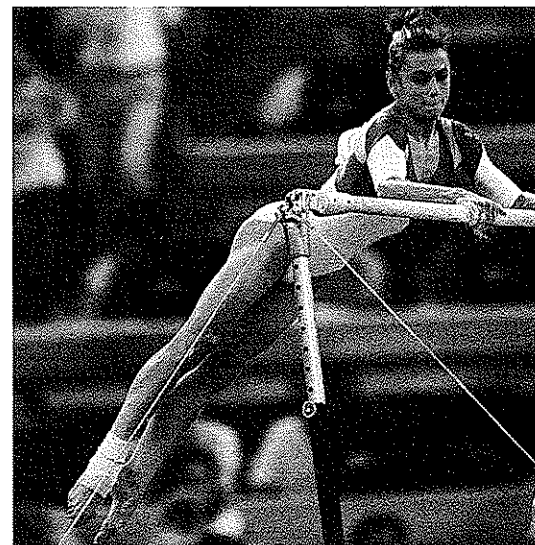
- Venue: Palau Sant Jordi
- Heat and humidity were part of the Olympic Games in Barcelona as well as the pollution in the city.
- Excellent venue for gymnastics with good seating, space and lighting.
- Girls competed compulsories before men for the first time in Olympic history.
- One of the most improved countries in both men and women was Hungary.
- Standard of work in both competitions, because it was the top 100 in the World, was excellent.
- Two Soviet men fell in the first round of compulsories.
- Tatiana Gutsu fell on her optional beam.
- Australian women finish in 8th place after compulsories and finish overall in 7th place. A credit to their dedication, commitment and elite programmes.



- In compulsories Bulgarian women were overmarked and in optionals they dropped from 6th to 12th place.

- The Commonwealth of Independent States men were as usual well ahead of the field even though they did have two falls in the compulsory round.

- In the team event for women the big contest was for the silver medal between United States and Romania.



Photograph courtesy Ken Rainsbury

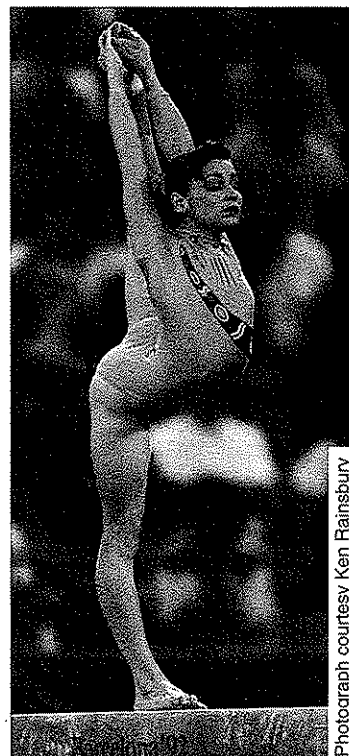
- Chinese women have improved their work and demonstrated excellent technique and execution on bars and beam.

- Australia was invited to send four judges, two in Women's Artistic (1 Judge - Kym Dowdell, 1 Expert Judge - Kim Morris), one Men's Artistic (Ken Williamson), one Rhythmic Sportive (Margaret Lanz).

- \* In the men's team event in the optional round the main contest was between the Chinese and Japanese men.

- Going into the optional round China was only .09 of a point ahead of Japan.

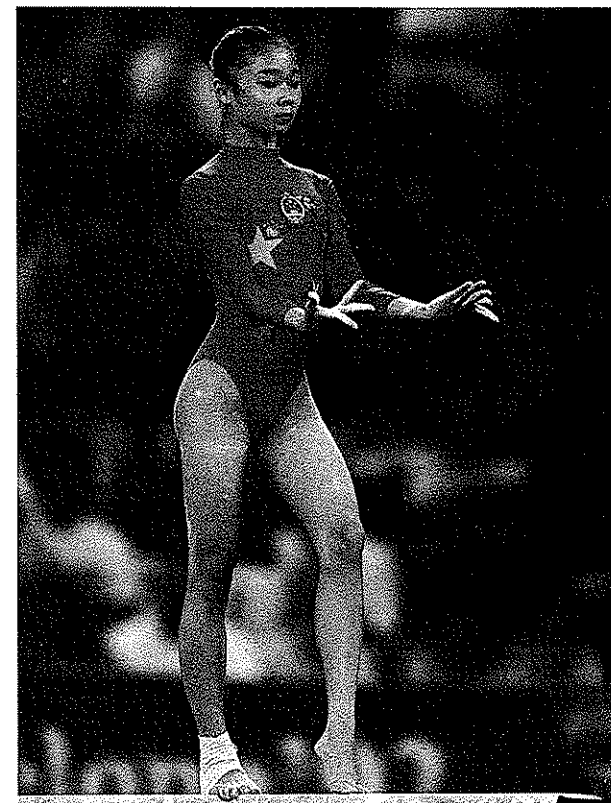
- Men's judging stayed accurate and with an appropriate range during the entire competition which is most encouraging for the presentation of our sport.



Photograph courtesy Ken Rainsbury



- Although not qualifying Gutsu was put into the second round.
- Dominance of Spanish music used by all nations except Spain.
- Guatemala and Belgium had girls make it to the second round for the first time.
- Men's individual all-around was taken by the three members of the former Soviet Union which represented their republic, so we saw the Ukraine, Azerbaijan and Belorussia flags go up.
- Wecker GER had an excellent competition and came 4th.



Photos courtesy Ken Rainsbury

- Women's finals showed some excellent quality work from all the gymnasts performing.
- Women's judging gave scores into the very small range which gave them little manoeuvrability and range with the results.
- It was pleasing to see Lu Li win gold on bars because of her excellent execution, composition and difficulty.

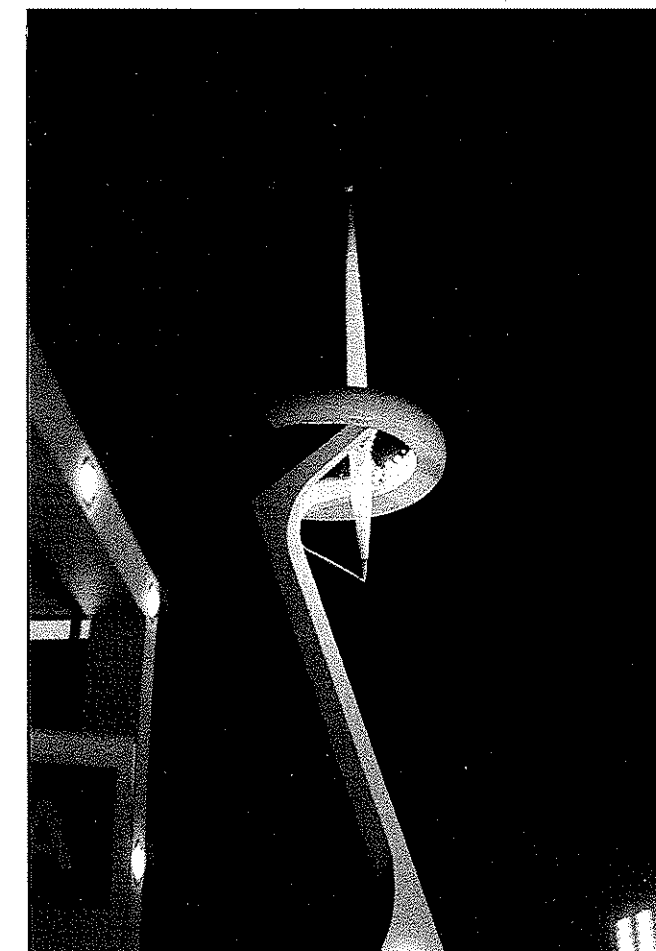
- Onodi (Hungary) did an excellent floor routine to her native Hungarian music and received the silver medal.



- \* Men's apparatus finals Li Xiaoshuang of China did a triple somersault in floor exercise plus perfectly executed routine with full difficulty to receive the gold medal and be the first gymnast to do the triple somersault in an Olympic Games.

- Vitaly Shcherbo won a total of 6 gold medals!

**More pictures next issue.**



### THE FUTURE OF GYMNASTICS

I read with interest the latest edition of the Times Magazine Number 92 dated August 10, 1992. This was followed up by an article in the newspapers which highlighted the stress being imposed on very young children and the fact that they have to commit themselves exclusively to gymnastics if they, or their coaches, want them to be successful.

These few paragraphs summed up what I believe is happening to Australian gymnastics. Allow me space to explain.

For two years I attended the AGF Annual General Meetings as the President of the ACT Gymnastics Association. I saw then, and argued against, the move to denigrate the National Levels system and the tunnel-visioned focus on the Elite system.

While the corporate and Government money may support the Elite system, the public and gymnast money is in the Levels system, regardless of what anybody says. The Levels system with its associated competitions is the base on which the Elite stream is built. It is larger and has more competitors. National Levels Titles should run a profit because of the number of potential competitors.

On the other hand, our Elite gymnasts can not afford to compete at overseas titles, State Titles and National Titles every year. They need time to build skills in order to be able to put them on the competition floor. As a result they are not a the beck-and-call of National Title organisers nor should they have to compete regularly every year. Furthermore, their competitions require more judges and officials and, consequently, are more expensive to run. As a result, even with high corporate sponsorship each year, National Elite Titles just break even. While I am not saying that National Elite Titles should be eliminated, perhaps there is an argument for combining the two or just having National Elite titles once every two years.

I believe that the Levels system should continue to act as the money raiser and the encouragement incentive for children to continue in the sport of gymnastics. Recreational gymnastics can not do it because it is really non competitive. The non-Elite child also needs a goal and that goal is to compete at National Titles for his or her State.

Recently, I heard a senior coach tell a hall packed with receptive young people that "Quitters are losers". I have also seen coaches measure and weigh small girls regularly and then criticise them for gaining twenty grams since the last weigh-in. What are we trying to do - create a cult of anorexic children, too frightened to eat or to grow? Or are we creating a burden on the health scheme with old gymnasts who have kidney failure or have growth-plate problems?

As the money is in the name "High Performance Centre" I have seen the Levels system cut back and clubs refusing to register all but the minimum number of gymnasts. As a result the sport as a whole loses, particularly the AGF who will not have the number of participants necessary to convince the Government that they are worthy of the grants required to support the sport. The National Levels Titles will end up as small as the Elite Titles, be unable to financially support itself and will die altogether. Then we will have to introduce another High Performance system so that our really truly top gymnasts can compete at worthwhile titles - or does the circle keep regenerating?

The aim of junior sport has to be to encourage as many children as possible to participate. The current aim of gymnastics appears now to be win gold, regardless of the cost. That cost may well be a heap of discarded children who hold no love of the sport and who actively discourage their friends or, in the future, their own children from participating in our sport.

I expect that these comments will draw widespread criticism from coaches who are aiming to get gymnasts from their club to the Olympics regardless of the cost to the gymnasts. Coach and club recognition and winning has become the goal.

It is a pity that this magazine does not get a wide distribution within the grass-roots of the Australian gymnastics world because I think you would find that these views are widely held.

**Bob Morton**  
Level 2 MAG Coach  
28th August 1992.

**Editor:** We look forward to receiving and other views or comments.



### 1994 WORLD CHAMPIONSHIP REPORT

#### FROM THE CHIEF EXECUTIVE

Organisation of the World Championships are now well and truly in the planning phase with Board Meetings being held every two months to determine policy and the timing of key elements of that phase.

An official report was given at the FIG Congress in Salou before the Barcelona Olympic Games, including the distribution of our first international information bulletin. Interest is quite strong, because the event will be held in Australia and we must capitalise on that fact to enhance our international reputation.

One important change emanating from the congress is that, instead of a maximum of five (5) men and five (5) women gymnasts as for Paris, we will change to the basis of apparatus. Six (6) men and four (4) women can nominate to ensure complete specialisation. No more than three (3) gymnasts can nominate for any one apparatus.

With the Technical Membership mailing in late October or early November we will commence our preferential promotion campaign for these World Championships. Our ticketing policy has now been decided and the brochures are currently being printed for distribution in the "Technical" mailing.

This policy includes A & B reserve seats in the Brisbane Entertainment Centre and will allow preferential reservation of the best seats in the house, on a season ticket basis. Subsequently ticket brochures will be forwarded to all Associations for their mailing. Tickets are only available on a season ticket basis, until open seating goes on sale three months out from the event. Sales to the general public of season tickets will not occur until April 1993, twelve months out from the event.

The other promotion of the event is through merchandise. A full range of high quality tee-shirts, polo shirts and "fleecy" tops, along with "bumper" stickers and lapel badges.

These are all available through the Federation on a special basis to keep the prices at a value level. Again the first release will be with the Technical Membership mailing.

A great deal of interest has also been aroused in our gymnastic community and we are currently developing our "Volunteers" policy. This will also be released with the Technical Membership mailing and seeking expressions of interest. It will also be advertised in Association bulletins.

The policy will nominate the areas of involvement, the level of skills for each, the time commitment, etc. This will allow 12 to 15 months lead time in requesting leave from your various organisations.

These Championships are an International event and will require the very best from our personnel all around Australia if we are to achieve our objectives and enhance our International reputation.

**Jim Barry, Chief Executive**

## NATIONAL SPORTS SERVICE AWARDS

The Australian Sports Medicine Federation has launched a new awards scheme aimed at recognising sports medicine professionals working at the community level of sport. The National Sports Service Awards (NSSA) scheme is needed to recognise the work of sports medicine professionals who devote many hours, voluntarily assisting in the care of local level athletes and teams.

To be eligible for the award sports medicine professionals must be nominated by a club official eg. coach, team manager who provides details about the nominee's involvement with that club or athlete. The main criteria to be used in assessing nominations will be:

- Extent of the nominees involvement
- Extent to which the work is voluntary

- The level of sport that the service is provided ie. local and regional support is preferable to state or national level.
- Professional activity within the community eg. giving sports medicine lectures etc.

Award winners will receive local and national recognition through publicity in the Sport Health magazine. An engraved plaque and one years complimentary membership to the Australian Sports Medicine Federation will be awarded.

Application forms are available from:

ASMF P.O. Box 897, Belconnen, ACT, 2616  
Phone: (06) 251 6944  
Fax: (06) 253 1489  
Applications will close 30th October, 1992.

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# WOMEN'S ARTISTIC GYMNASTICS NATIONAL CLUBS CHAMPIONSHIP

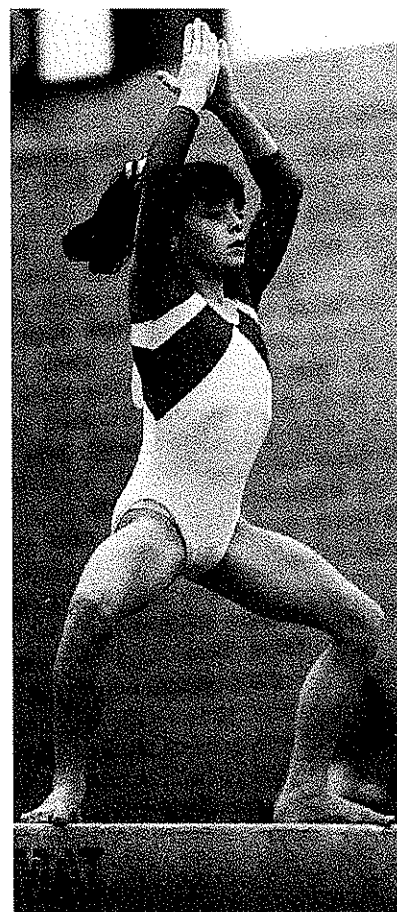
## Adelaide 1992

- \* Over 265 women gymnasts participated
- \* 10th Anniversary of the event which was initiated by Lex Sharp of Canberra City Gymnastic Club.
- \* Only national event for women where the general and elite stream are combined.
- \* Champion Club for 1992 is Cheltenham Youth Club.
- \* Organisation by South Australian Gymnastic Association was excellent.
- \* Competition venue at Marion is a good venue for this type of competition.
- \* 126 gymnasts representing 39 Clubs in Division C.

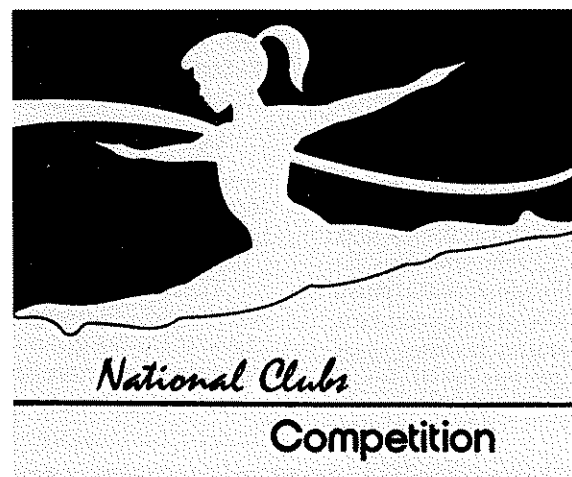
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Canberra City  
Bunnerong  
Frankston  
Bulleen

Chandler  
Olympic  
MLC  
Geelong  
Grips  
Liverpool

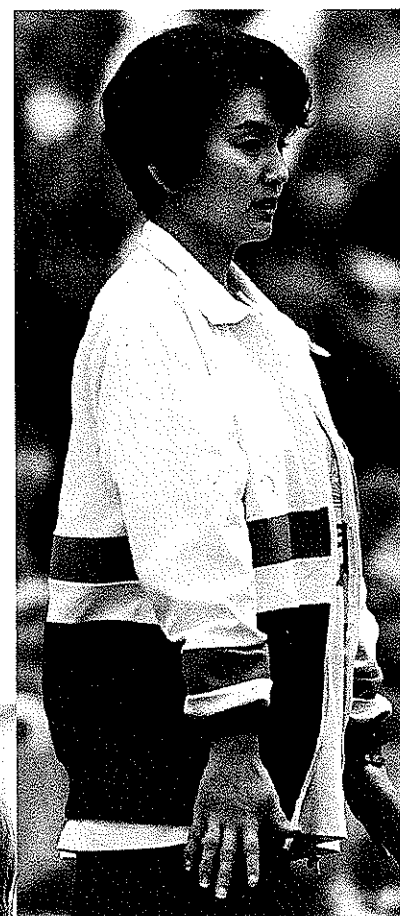
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Koorana  
Sydney YMCA  
Cromer  
Canberra United  
Red Hill



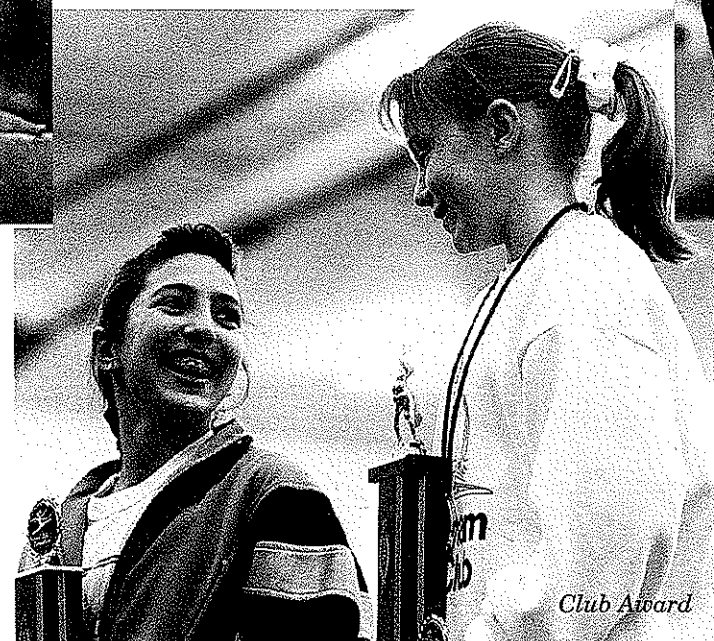
Shylea Huppertz



Photographs courtesy Ross Gould



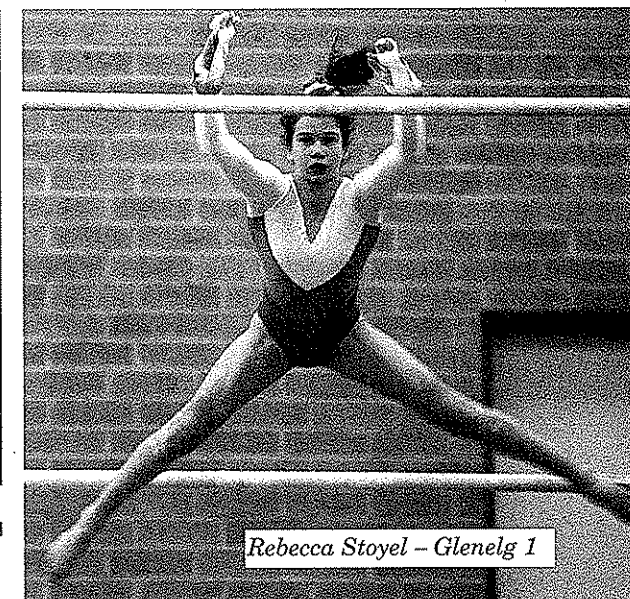
Wang Ping



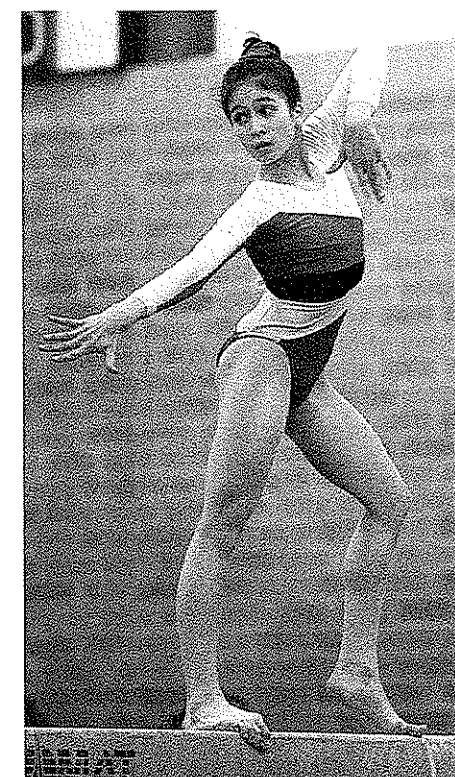
Club Award



Lisa Moro - Cheltenham

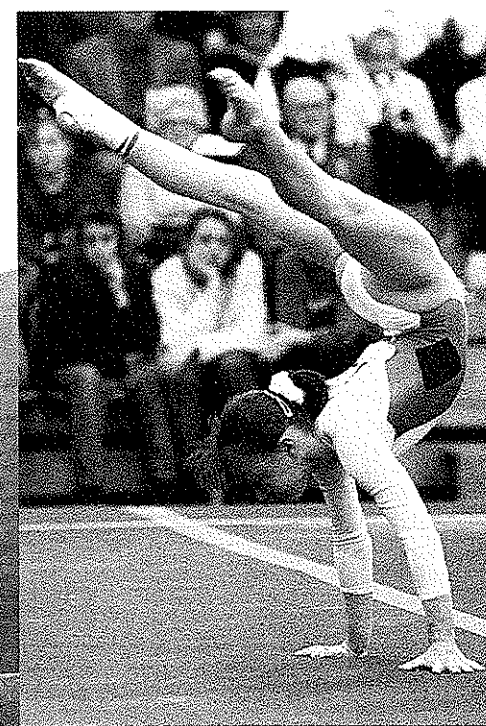
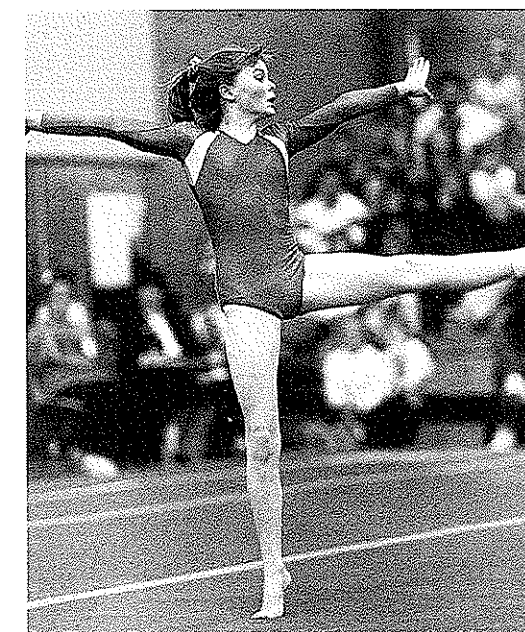
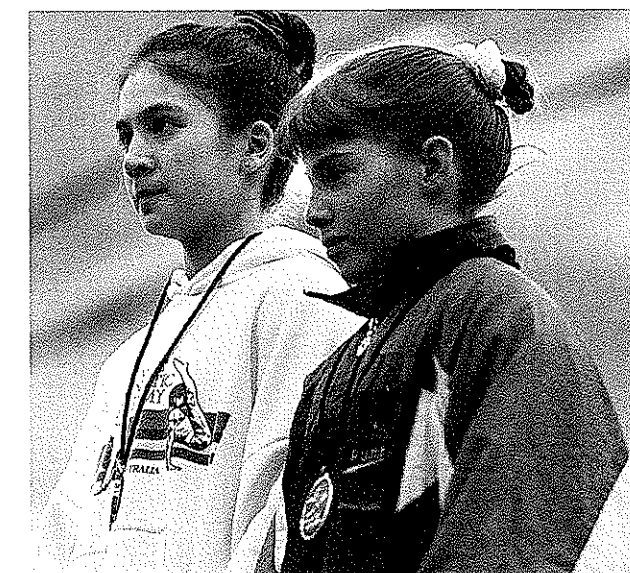


Rebecca Stoyel - Glenelg 1

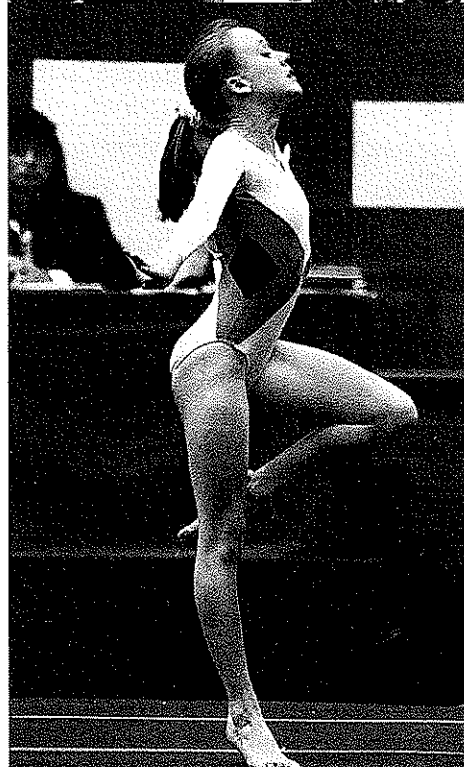


Cathy Keyser - Olympic

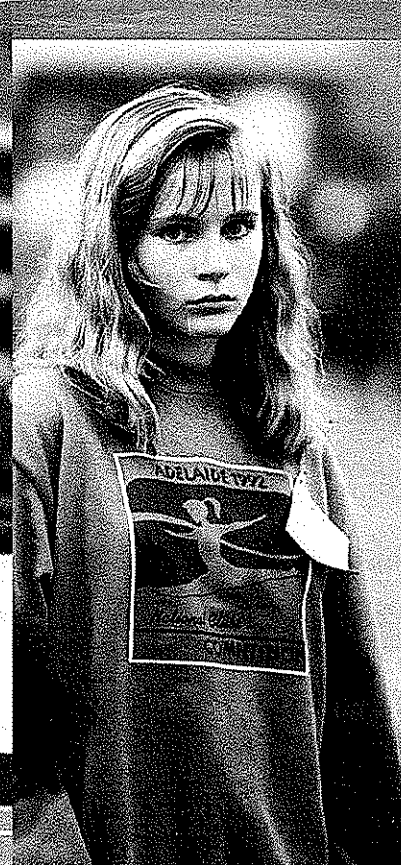
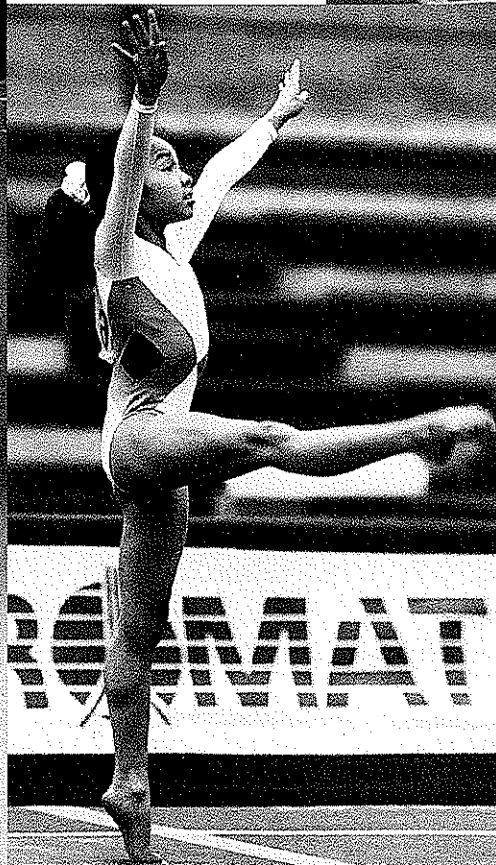
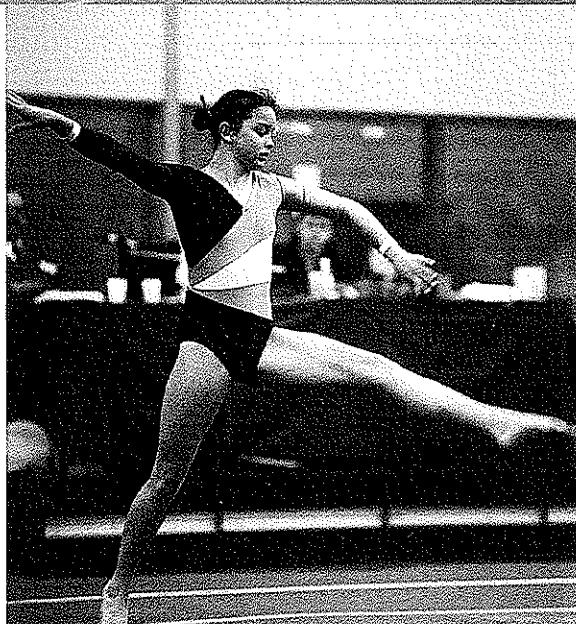
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Bonnie Hollis - The  
Hub / YMCA  
Bottom Centre:  
Kristy Wilson, Oak  
Flats  
Bottom Right:  
Clare Cribbes -  
Cheltenham  
Centre Right:  
Cathy Keyser -  
Olympic & Rebecca  
Jackson - Vic Ind.



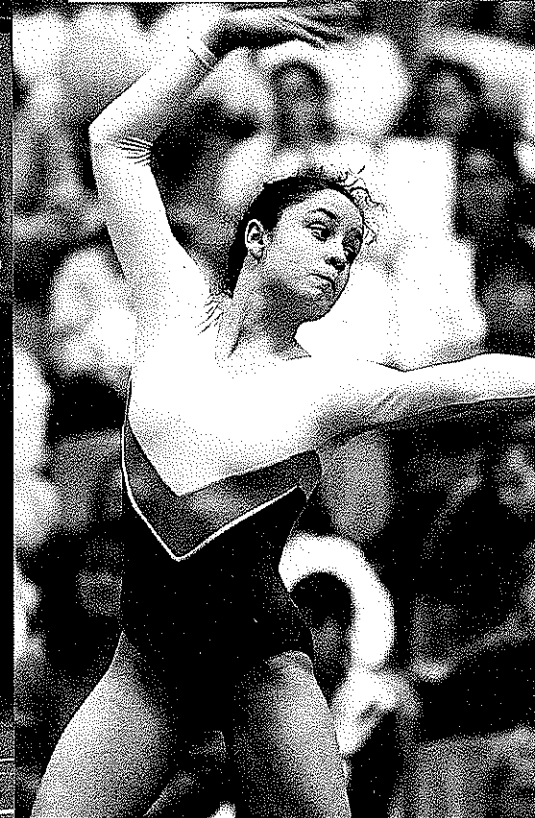
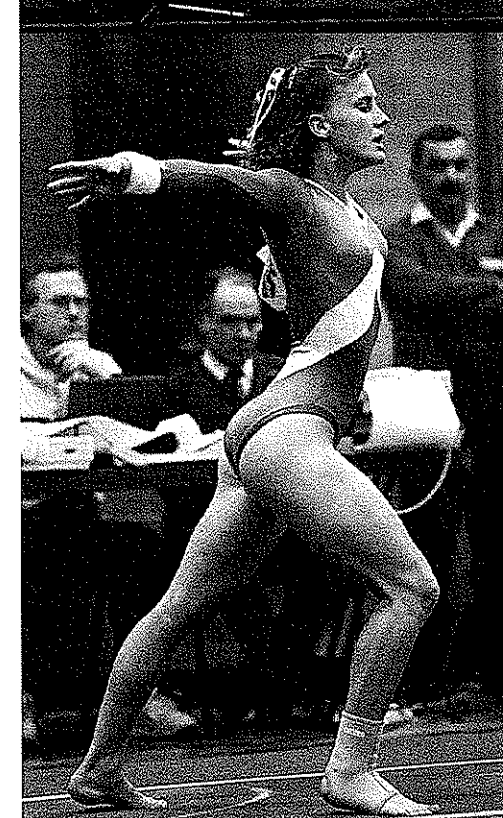
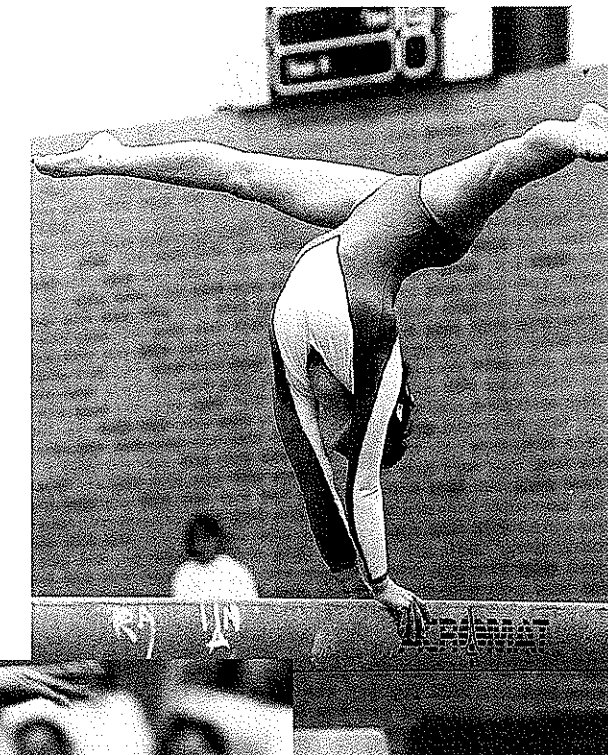




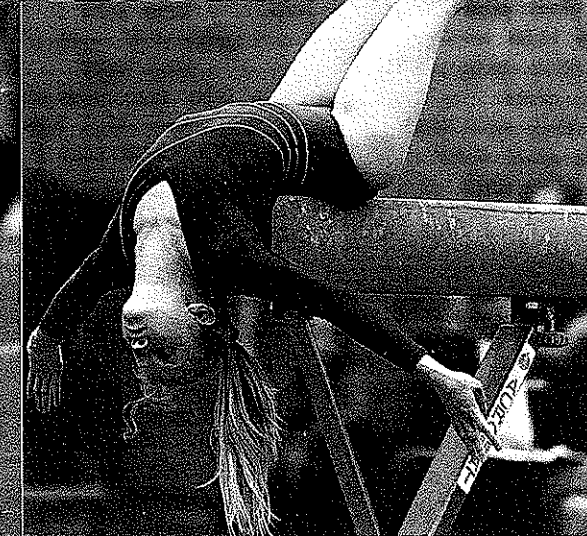
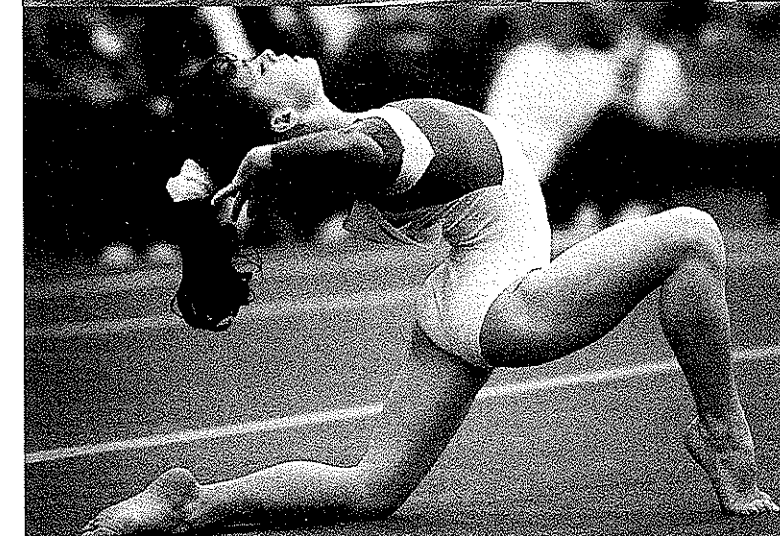
Top L: Div. D Cheltenham,  
Susanna Le, Deborah Van  
Ginkel, Zeena McLaughlin.  
Centre L: Deborah Van  
Ginkel, Cheltenham.  
Centre R: Amya Lam,  
Cromer  
Bottom L: Hollie Bevans,  
Bulleen.  
Bottom Centre: Susanna  
Le, Cheltenham.



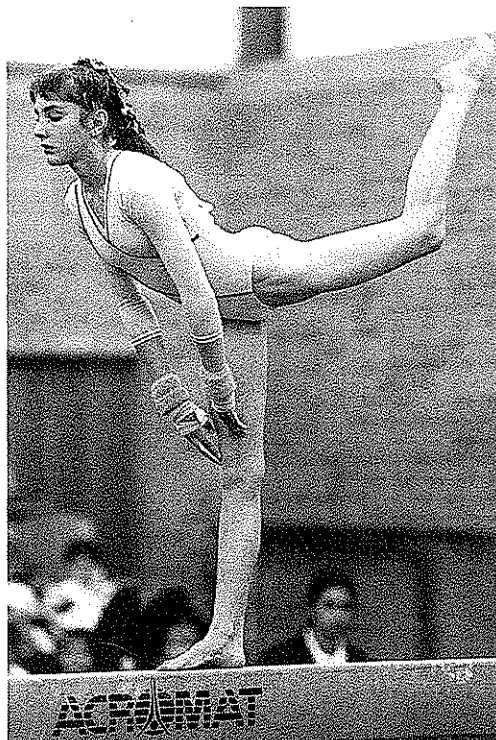
Left: Sandra  
Law - Grips  
Right: Janine  
Ross, MLC -  
Vic



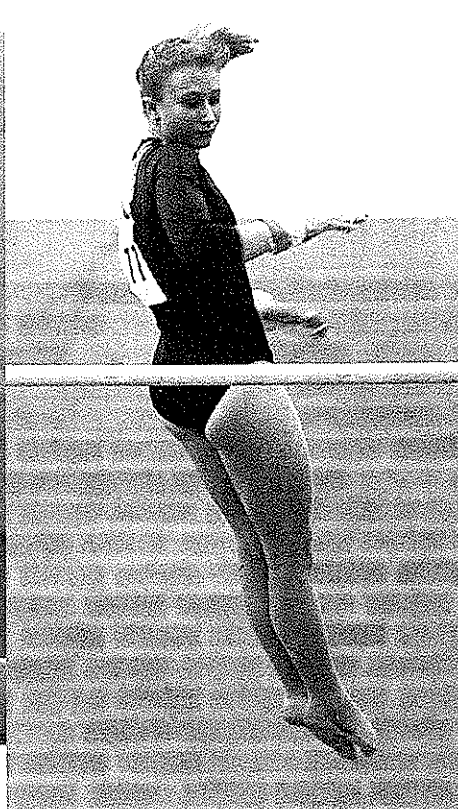
Far Left: Tammy Pasco -  
Ferry Hills  
Bottom Left: Shylea  
Huppatz - Crescent  
Youth  
Bottom Right: Laura  
Royce - Geelong  
Centre: Veronica  
Skrzymarz - Grips



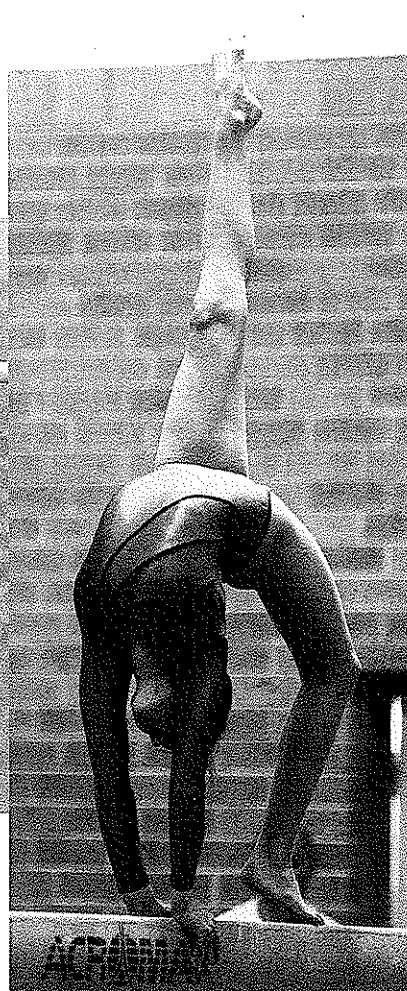




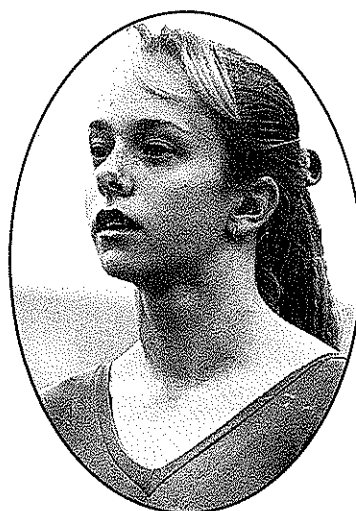
*Carly Strickland – Rainbow Gymnastics*



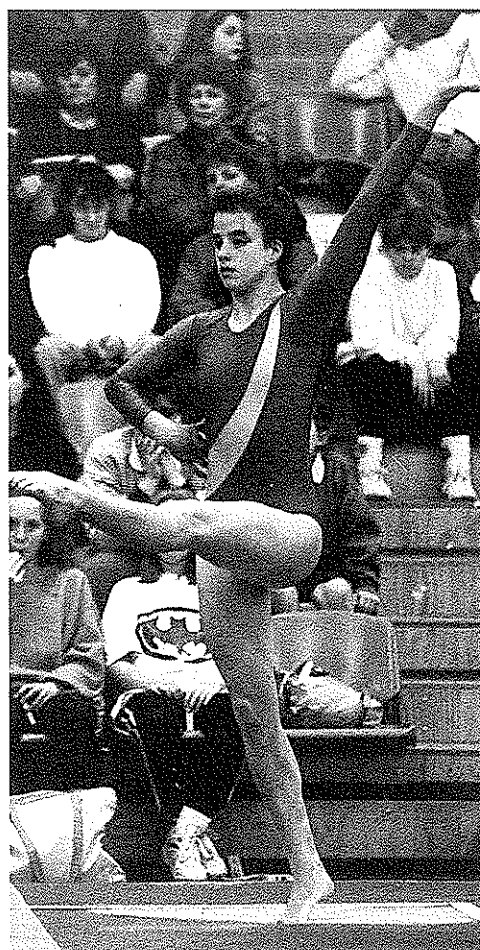
*Amanda Stoodley – Lawton*



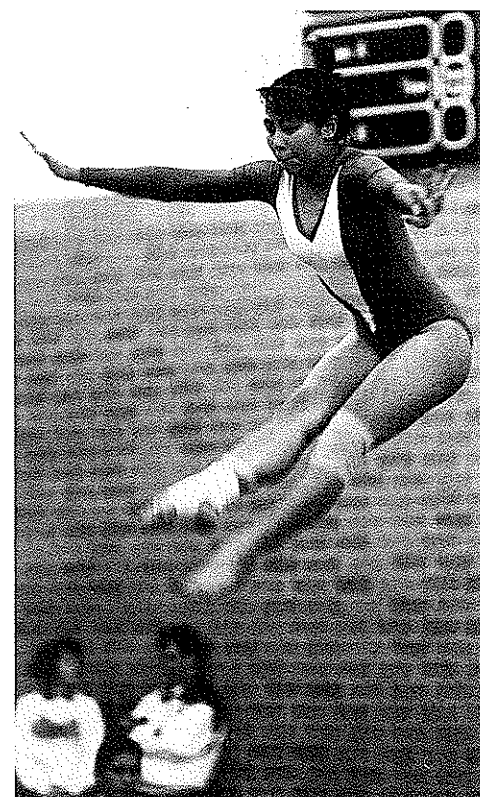
*Mali Morris – Bunnerong*



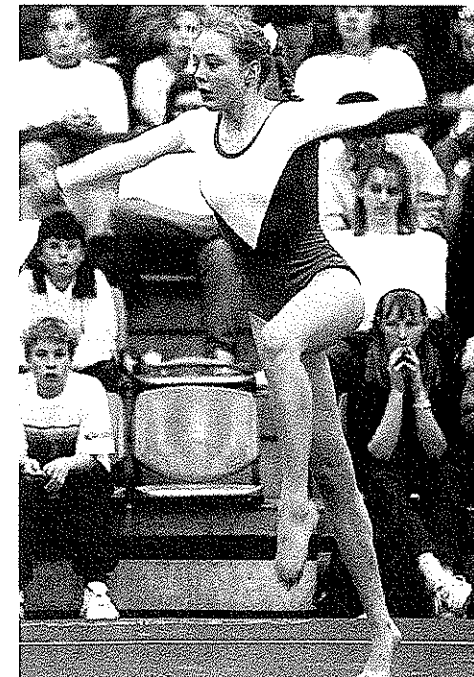
*Mardi Watson – Chandler*



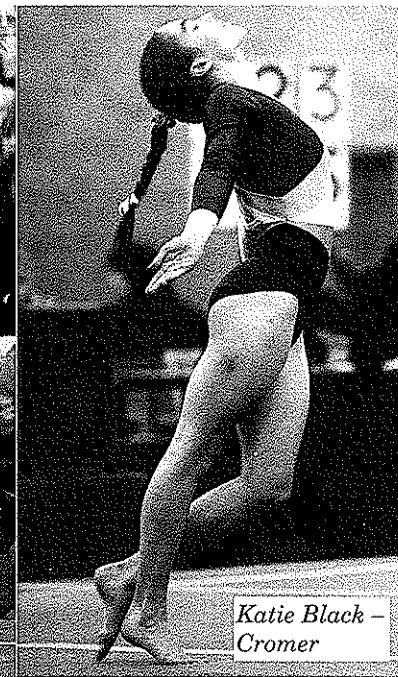
*Julie-Anne Keane – Koorana*



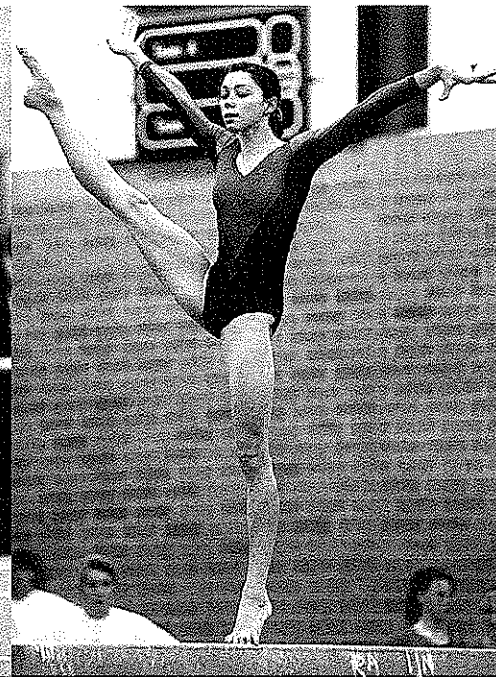
*Kim Yuen – Bill Parsons Academy*



*Susan Allatt – MLC*



*Katie Black – Cromer*



*Nicola Button – Chandler*



*Celeste Marsh – MLC*


**QANTAS**  
 THE SPIRIT OF AUSTRALIA

*“Official Airline”*


**QANTAS**  
 THE SPIRIT OF AUSTRALIA



# WARM-UP: A SAFETY REQUIREMENT FOR GYMNASTIC PARTICIPATION

Gregory Kolt

Gregory Kolt is a lecturer in Physiotherapy at La Trobe University, Melbourne, Australia, and operates a private practice, the "Masada Physiotherapy Centre" in Melbourne. His involvement in gymnastics has been as a competitor, coach, judge and Physiotherapist, and has carried out extensive research in the area of gymnastic injury. This is the second in a series of articles dealing with safety and the prevention of injuries in gymnastics.

This month's article deals with the issue of warm-up and its importance to the gymnastic class.

There are many varied definitions of warm-up, but it could be said that warm-up is the preparation of the body for the ensuing gymnastic activity. This definition can be extended to also include the psychological preparation of the gymnast.

Before discussing the individual components of warm-up it is important to note that warming up has two major functions.

1. TO PREVENT INJURY
2. TO ENHANCE GYMNASTIC PERFORMANCE.

These functions are achieved by attaining the individual effects of the warming up process.

## EFFECTS OF WARM-UP

The principle effect of all warm-up is to **increase body temperature** resulting in a number of desirable changes. The first desirable change is the **increase in blood flow to the muscles** which are going to be used in the gymnastic activity. In order for muscles to operate efficiently in the demanding sport of gymnastics they require an adequate supply of blood. The blood carries the oxygen (energy source) and other nutrients to the muscles, allowing them to work and perform movements. To illustrate the importance of blood flow for exercise, firstly consider that with the body at rest the muscles are using approximately 15-20 per cent of the body's blood flow and most of the small blood vessels supplying them are closed. After about 10 minutes of moderate exercise the muscles are using 70-75 per cent of the body's blood flow and most of the blood vessels supplying them are open. A muscle can achieve maximum performance only when all its blood vessels are functional. Therefore, it could be suggested, that if the blood flow is increased to the muscles before the gymnastic activity starts (as in warming up) the muscles could operate more efficiently, sooner.

Secondly, warm-up can result in **improved elasticity of muscle** due to the enhanced blood supply and the increased temperature of the muscle. During gymnastic activity the muscles are required

to **contract** (shorten to produce movement) and are often stretched to great lengths (e.g., split leaps). If the muscle is extensible it is less likely to become damaged during the repeated contractions and stretches. Stretching can be performed as part of a warm-up, however, this will be considered in subsequent articles.

Thirdly, warm-up can result in a **greater range of motion at the joints**. This is due to the enhanced extensibility of the tissue that makes up the **tendons** (structures that connect muscle to bone), **ligaments** (structures that connect bone to bone, forming a joint), and **joint capsules** (fibrous cuffs supporting joints). It must be remembered that flexibility not only refers to muscle extensibility, but also to joint range of motion.

Finally, warm-up **increases the speed of transmission of nervous impulses to and from muscle**. In order for muscles to contract to produce movements, they require an electrical impulse from a nerve. When the speed of the electrical impulse is increased by warming up, the muscle will be able to contract more readily. This is of major importance in gymnastics where muscles are required to contract at rapid speeds for many skills.

## WARM-UP TECHNIQUES

There are numerous different warm-up techniques which are all classified under three broad headings.

### A. Non-specific warm-up

Increasing total body temperature through active contraction of the major muscle groups through large ranges of motion, e.g., jogging.

### B. Specific warm-up

Involving predominantly those muscles which will be used in a given activity. This involves rehearsal of specific skills, e.g., practice of sprinting and landings before vaulting. This type of warm-up is always preceded by a non-specific warm-up.

### C. Passive warm-up

Increasing body temperature by passive or external means, e.g., massage.

In gymnastics the first two types of warm-up are most commonly used.

## WARM-UP EXAMPLE

I will now outline a typical suggested warm-up for a gymnastic class. It must be noted that this is only one example and many other routines are also acceptable.

1. Non-specific warm-up. Begin with movements of the large muscle groups as these are the main areas to which blood is redistributed. This could involve some gentle jogging, exercises to music, or dance routines.
2. After the general warm-up more specialised exercises can begin. Gymnasts, for example, should concentrate their warm-up on muscles and joints which are going to be used in the forthcoming activities. This involves most of the major muscle groups of the body (legs, ankles, arms, shoulders, wrists, back, etc.). Stretching of these muscles and joints is essential, but heavy loads at the outer limits of joint movement should be avoided (in most cases the coach applying a force to the gymnast at the end of range should be avoided).
3. The final stage of the warm-up should concentrate on technique, e.g., performing some landings from a jump from the vault, or checking a run-up, or practising any other specific gymnastic movement.

Once the warm-up is finished the gymnast should keep as warm as possible, as the effects of the warm-up can start to wear off in as little as 10 minutes. This is a definite problem in competitions, as after warming up the gymnasts may be required to assemble, march out onto the floor area, and be introduced before the competition starts. In this case the gymnast must keep warm with clothing, and before competing, warm-up appropriate muscles and joints as required. Some competitions also involve the gymnasts having a spare or bye between events. In this time the gymnast must continue to keep warm, stretch, and practice minor gymnastic movements. At most competitions an area is set aside for these purposes.

Very importantly, if gymnasts are aware of specific anatomical sites of previous injuries, they must concentrate extra time on warming up these parts to prevent re-injury.

Many important issues have been raised in this article and coaches, gymnasts, and parents should be fully aware of these. Please remember that a warm-up serves not only to enhance performance, but far more importantly, to prevent injury.



# Gymnastic Tidbits

## FIG ELECTIONS



### • Jim Barry - 2nd Vice President - FIG

CONGRATULATIONS ARE EXTENDED TO JIM BARRY WHO WAS ELECTED BY THE FIG CONGRESS TO THE POSITION OF 2ND VICE PRESIDENT.

OTHER MEMBERS ELECTED TO THE FIG EXECUTIVE COMMITTEE INCLUDE:

**FIG AUTHORITIES -**  
ELECTED AT FIG CONGRESS (term is 4 years)

### EXECUTIVE COMMITTEE

<b>President:</b>	Yuri Titov	URS
<b>Vice Presidents:</b>		
1st	Mike Jacki	USA
2nd	Jim Barry	AUS
3rd	Siegfried Fischer	BRA
<b>Members:</b>		
	Frank Edmonds	GBR
	Slava Corn	CAN
	Feng Jibai	CHN
	Hans-Jurgen Zacharias	GER
	Jesus Orozco Nestarez	ESP
	Ivan Weber	SUI
	Nicolae Vieru	ROM

NB: Presidents of the Continental Unions are now members of the FIG Executive Committee. These Presidents are;

AFRICA:	Mahammad Lazari	ALG
AMERICA	William Tprres	CUB
ASIA	Shuji Yokoyama	JPN
EUROPE	Pierre Chablois	SUI

### MEN'S TECHNICAL COMMITTEE

<b>President:</b>	Karl Zschocke	GER
<b>Vice Presidents:</b>		
1st	Sawao Kato	JPN
2nd	Julio Marcos	ESP
<b>Members:</b>		
	Adrian Stoica	ROM
	Li Ning	CHN
	William Roetsheim	USA
	Hartmut Fink	CAN

### WOMEN'S TECHNICAL COMMITTEE

<b>President:</b>	Jackie Fie	USA
<b>Vice Presidents:</b>		
1st	Maria Simionescu	ROM
2nd	Teresa Perez	CUB
<b>Members:</b>		
	Anneke Kelder	HOL
	Agneta Gothberg	SWE
	Tzvetana Dimova	BUL
	Isabela Miyake	POR

### RHYTHMIC TECHNICAL COMMITTEE

<b>President:</b>	Egle Abruzzini	ITA
<b>Vice Presidents:</b>		
1st	Maria Szyszkowska	POL
2nd	Andrea Schmid	USA
<b>Members:</b>		
	Elisabeth Lafranchi	BRA
	Yoshiko Kamo	JPN
	Manuela Fernandez del Pozo	ESP
	Todorka Chickova	BUL

### GENERAL GYMNASTICS TECHNICAL COMMITTEE

<b>President:</b>	Jean Willisegger	SUI
<b>Vice Presidents:</b>		
1st	Giorgio Garufi	ITA
2nd	Niels Peter Nielsen	DEN
<b>Members:</b>		
	Henri Doue Tai	CIV
	Inger Marie Holte	NOR
	Margaret Ahlquist	SWE
	Herbert Hartmann	GER

**PLEASE NOTE: THE NEW ADDRESS, PHONE AND FAX NUMBERS FOR THE AUSTRALIAN GYMNASTIC FEDERATION :**

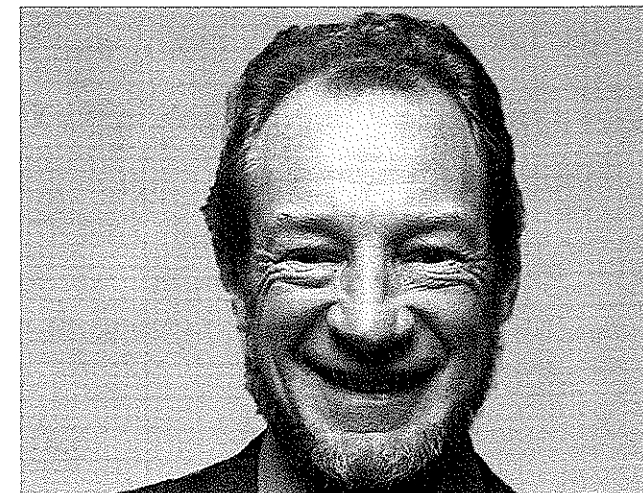
**Lower Ground Floor, 416 St Kilda Road, Melbourne, Vic. 3004.**

**Phone: (03) 866 6011**

**Fax: (03) 866 6007**

# Gymnastic Tidbits

## HONORARY FIG DISTINCTION.



Lance Otto, our Vice President, was awarded an Honorary Distinction of the FIG for his service and contribution to FIG General Gymnastic Technical Committee.



## 1992 Australian Junior Mens & Rhythmic Classic Championship - Townsville.

T-Shirts:	\$10
Sweat Shirts:	\$15
Videos:	\$20 (MAG or RSG - please specify)

Shirts are available immediately. Videos will be available at the end of October.

Please send cheques payable to Qld Gymnastic Association Inc, 12 Hayes Street, North Ward, Queensland 4180.

Please indicate sizes.

## Music - Olympic Games - Finals

The music used by the gymnasts in the final of the floor exercises was:

- Shannon Miller (USA) "Hungarian Gypsy Medley"
- Lavinia Milosovici (ROM) Jazz-Rock
- Oxana Tchoussovitina (EUN) "Spartak"
- Cristina Bontas (ROM) Spanish Dance
- Sylvia Mitova (BUL) Music by Eddy Louis
- Henrietta Onodi (HUN) "Hungarian Rhapsody" (Liszt)
- Tatiana Goutsou (EUN) "That's a plenty"
- Kim Zmeskal (USA) "Rock Around The Clock"



### CAPS - STAGE 3



Successful participants in the CAPS Program (wearing many 'CAPS') are David Dwyer and Kylie Rosenauer of Mullumbimby N.S.W. Well done!

Photo: Courtesy Kerry Rosenauer.



# EVALUATION OF COACHING PRACTICE

COACH'S NAME: \_\_\_\_\_

L1ASSESS 2 April, 1992

Please indicate with a circle which of the following is being assessed:

Completion of 10 hours coaching practice OR Supervised Lesson Number #1 #2 #3  
YES / NO

	COACHING ASSESSMENT			
	1	2	3	4
<b>LESSON PREPARATION</b>				
Balanced Warmup (E,S,P,&F)				
Fun and Fast Moving activities				
Awareness of physical preparation				
Activities and leadups suitable				
Balanced lesson content (DMP's)				
Awareness of safety				
<b>LESSON PRESENTATION AND COACHING ABILITY</b>				
Adequate class control				
Children organised quickly into activity				
Enjoyment for everyone				
Continuous activity for everyone all the time				
Awareness of safety				
Supervision provided all the time				
Recognition of the group's stage of development				
Recognition of individual needs				
Produced observable improvement in performance				
Effective use of time				
Effective use of equipment and circuits				
<b>COMMUNICATION SKILLS</b>				
Effectiveness of explanations				
Effective eye contact maintained				
Voice volume and modulation				
Does the coach display good humour				
Other non-verbal behaviour				

Coaching Assessment Scale: 1 needs much attention; 2 needs attention; 3 satisfactory; 4 excellent

	1	2	3	4
<b>PROFESSIONALISM</b>				
Punctuality				
Appropriate dress and appearance				
Attitude to coaching				
Lesson completed on time as planned				

## ASSESSMENT OF THE PRACTICAL COACHING LESSON AS A WHOLE

Not impressive..x.....x.....x.....x..Very impressive

### Strengths of coach:

1

2

### Specific areas requiring further development

1

2

### Comment by Coach being assessed

TYPE OF GROUP / ACTIVITY:		
Recreation	Levels 1/2/3/4...MAG/WAG/RSG	School

Name of Supervising Coach: \_\_\_\_\_

Date \_\_\_\_\_ Signature: \_\_\_\_\_

Signed by Coach being assessed: \_\_\_\_\_

## FILLING OUT THE FORMS - A CHECKLIST

### Step #1

The **Lesson Preparation** section refers to the Lesson Plan, not the coaching session. You complete this section before you observe the actual lesson.

### Step #2

The **Lesson Presentation and Coaching Ability, Communication skills and Professionalism** sections refer to the actual coaching sessions, and should be completed as soon as possible after viewing each lesson.

### Step #3 Assessment of the Practical Coaching Lesson as a whole

This is your overall impression of the trainee's performance. Place a cross at a point on the line which best describes their performance during the period being assessed.

### Step #4 Strengths of the coach

Briefly identify good coaching behaviours. What does he/she do well??

### Step #5 Specific areas requiring further development

These may show up from the rankings given, but this section allows you to highlight any key areas.

### Step #6 Comment by coach being assessed

After discussing the evaluation with you, the trainee has an opportunity to add notes or reinforce your comments, to help him/her to address the issues raised in the evaluation.

### Step #7

Both people sign the form.

## THE LEVEL 1 COACH'S COURSE AT A GLANCE

<b>PRE-COURSE</b>	Coaching
Principles study	6 hours
Complete assignments	
Practical coaching experience (may be pre- or post-course)	40 hours
<b>COURSE WORK</b>	
100% attendance	14 hours
Active participation	
<b>POST-COURSE</b>	Complete
lesson plans	3 hours
Evaluation by self and supervisor	
Supervised coaching practice	10 hours
Practical coaching experience (may be pre- or post-course)	40 hours
<b>ADMINISTRATION</b>	
Accreditation requirements checklist: Form "A"	
State Association membership form	
AGF Technical Membership form	
"The Cheque"	

Please return completed application forms and money to: State Association Office

## LEVEL 1 COACH'S COURSE OVERVIEW

## ACCREDITATION COURSE REQUIREMENTS

Non-accredited course work

LEVEL "O" ORIENTATION

LEVEL 1  
INTRODUCTORY GYMNASTICS  
covers  
MAG/WAG/RSG/REC/Gen Gym

PRE-COURSE READING  
Coaching Principles

COURSE 14 HOURS  
Weekend or Modular

## SPECIAL INTEREST WORKSHOPS

*eg Levels Award Skills*

Disabilities (C.A.D.)  
Displays etc

## POST COURSE REQUIREMENTS

Evaluated coaching experience  
(All coaches)

## ASSESSMENT

Knowledge:  
Pre-course reading  
Program planning outline  
Evaluated Lesson plans

Behaviour/Productivity:  
In-course participation  
Evaluated Coaching practice

# A.G.F. COACHING QUESTIONNAIRE

Included in this issue is a questionnaire relating to the future direction of coaching education programs and services. It takes the form of an insert which may be completed and returned to the Australian Gymnastic Federation.

The Australian Gymnast invites you to take this opportunity to talk directly to the coaching education arm of the A.G.F.

The front page seeks your comments about:

- the updating system
- what you think are the important issues which we should be addressing
- the role of your state coaching personnel

The back page is devoted specifically to a review of the needs of W.A.G. coaches who:

- have completed Level 1 some time ago
- are coaching gymnasts in the General Stream at Levels 5 and higher, but particularly Levels 5 to 8

If you would like to make any other comments, please attach them and return the form to:

**A.G.F. COACHING QUESTIONNAIRE**  
Lower Ground Floor  
416 St.Kilda Road  
MELBOURNE VIC 3004

## PACIFIC GYM FEST 1993

THE FIRST GYMNAESTRADA IN THE PACIFIC

is to be held in

HAMILTON, NEW ZEALAND

January 7 - 10, 1993



Experience the excitement of General Gymnastics.

Groups will have the opportunity of performing indoor, daytime displays.

The Entry Fee of \$200.00 per person covers:  
- Dinner, Bed & Breakfast from January 7 - 10 at the University of Waikato  
- Transport & admission to all gymfest events  
- Admission to the campus swimming & recreation centre

The Pacific Gymfest, is followed by:

The New Zealand National Gym School with the General Gymnastics Theme; Gymnastics for Adults. The guest lecturer will be the FIG Tutor at the Gymfest.

For further information on either of the above events, contact:

Jenny Young  
National Development Director  
Australian Gymnastic Federation  
Ph. (07) 289 2099 Fax. (07) 289 2088

NB: AGF Sanction is required for attendance at both events.



## RHYTHMIC LEVELS PACKAGE 1993 - 1996

PRICE: \$50.00 (Including Postage)

The 1993 - 1996 Cycle Package includes:

- \* Levels Manual (120 Pages)
  - Levels 1-9 Elements & Routines
  - Ballet classes appropriate for Levels 1-10
  - Judging breakdowns for Levels 1-10
  - Judging tables of deductions
  - Apparatus & Competition requirements
  - Pairs, Trios, Quads and Group requirements & Judging breakdowns
- \* 3 Music Cassettes
  - Ballet
  - Routines
- \* Conditioning Manual (30 Pages)
- \* Video (VHS)
  - 2 Hours
  - Levels 1-9 Elements
  - Level 1-6 Compulsory Freehand Routines
  - Levels 1-4 Ballet

NB: The Video may be purchased separately for \$20.00  
The Manuals/Music cassettes may be purchased separately for \$30.00

## RSG LEVELS PACKAGE ORDER FORM

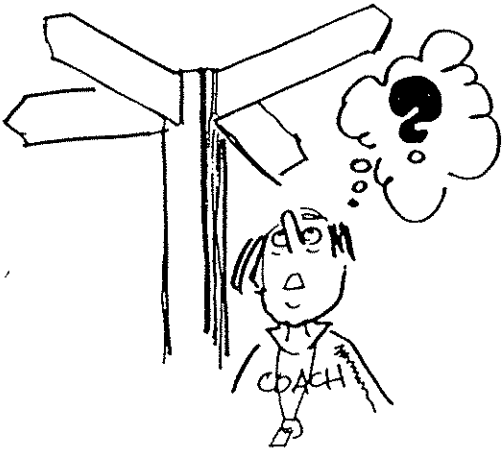
NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
POSTCODE \_\_\_\_\_

☐ Total Levels Package (\$50.00) ☐ Video Only (\$20.00) ☐ Manuals/Music Cassette Only (\$30.00)

Make cheque payable to: AUSTRALIAN GYMNASTIC FEDERATION  
and return to: 416 St. Kilda Road, Melbourne, VIC 3004  
Phone: (03) 866 6011 Fax: (03) 866 6007



**GYMNASTICS - "THE BIG PICTURE"**



**Where are we heading?**

- 1    How can we make use of the updating system to assist in improving the training of coaches in the future?
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- 2    The most important tasks for the A.G.F. / N.C.D. to address over the next 4 years are:
- 
- 
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- 3    The role of your State Coaching Coordinator/Director over the next 4 years should be:
- 
- 
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**REVISED WAG LEVEL 2 GENERAL STREAM COACH'S COURSE**

**Please take this opportunity to give the AGF your thoughts**

Philosophy/ emphasis
Priorities
Additions/increased input
Deletions/reduced input
Duration and timing (eg modular over one year or intensive live-in over 1 or 2 weeks etc)
Assessment requirements (including time limits)
Post-course follow-up workshops? - status/content/purpose
Texts/references
Other considerations/comments

Thank you for your time and input. Your feedback is an important part of the review process.

# AN OPEN LETTER TO LEVEL 2 COACHES

## THE REVISED LEVEL 1 COACHING COURSE -

### HOW DOES IT AFFECT YOU?

The Level 1 Coaching Course provides the backbone to our coaching education process. For many people it is their introduction to learning how to teach gymnastics to our children.

#### The importance of Accreditation

Level 1 Accreditation is recognised throughout Australia and provides coaches with access to a wide range of educational and other benefits.

It also has legal and insurance implications, and carries with it certain expectations in terms of standards of coaching and behaviour.

#### The revised Level 1 Coaching Course - How it affects you

The National Level 1 course has been operating now for over ten years. A review was carried out during 1991/92, involving many coaches from all over Australia.

Although there were obviously many different points of view, there was considerable agreement on a number of issues, and the common views of these coaches strongly influenced the outcome.

The review has resulted in a number of changes to the course itself and to the post-course requirements which a course candidate must fulfil before becoming accredited.

Most of the changes are not great, and it is hoped that the new procedures will be adopted without too much heartache.

One of the important changes is to require candidates to be evaluated by **you**, the supervising coach, while they are actually coaching.

There is a strong feeling in the community that any coaching course, even an introductory one, must be able to address the question: *"Has this course made you a better coach?"*

#### The Evaluation checklist

The review told us that we need to look more closely at the candidate's actual coaching skills before awarding Level 1 status.

Therefore, as a part of all courses from now on, course candidates will have to prepare and carry out three lessons, which must be supervised and evaluated by a supervising coach (usually Level 2).

They must also coach, under the direct supervision of a Level 2 coach, for 10 hours after completing their course. The supervising coach must assess the candidate's coaching and complete an evaluation form.

#### "Not more forms"!!

Although there are a number of forms to be completed, the responsibility for getting the paperwork done rests with the candidate, NOT you.

In addition, nearly all the forms are identical, so that you will have to become familiar with only the one evaluation form.

Finally, to make it easier for you to complete, the form consists mainly of boxes to tick. You need to decide whether the candidate:

1. needs much attention
2. needs attention
3. is satisfactory
4. is excellent



#### Let's start them off on the right track

Please take the time to sit down and talk to your new coaches when they are completing their requirements. We all want to see in the end result better coaches, better gymnasts, and better people.

If you have any questions or problems, please contact the Course Co-ordinator, whose name and phone number is written on the candidate's accreditation checklist.

Thank you for supporting coach education.

**Peter Sharpe**  
National Coaching Director  
Australian Gymnastic Federation Inc.

## WHAT YOU SHOULD KNOW ABOUT THE EVALUATION FORMS

### 1. What are they for?

All people doing a Level 1 coaching course from now on have to prepare and carry out three lessons under the direct supervision of a supervising coach (usually Level 2) - **that's you**.

They also have to coach for 10 hours after attending their course, again under supervision.

Finally, they have to complete a total of 50 hours of coaching before they can be recognised as a Level 1 Coach.

### 2. How many forms?

In all you (or another Level 2 coach, you don't have to do all the supervision if you have other Level 2 coaches to call on) have to complete 4 forms:

- one form each for 3 lessons
- at the end of 10 hours of supervised coaching

For each form you have to complete, the Level 1 candidate also has to complete a similar form evaluating his/her own performance.

### 3. How the forms work

The same form is used for each task. Your "trainee" should photocopy enough copies for the 4 reports.

Tick the box you think best describes the trainee's coaching as at the time you were observing.

You need to decide whether your trainee:

1. needs much attention
2. needs attention
3. is satisfactory
4. is excellent...

.....in each of the areas listed on the form.

A ranking on the Assessment scale of 1 means you think the coach's performance in this area needs a lot of improvement.

A ranking of 4 would mean that you think the performance is in no need of improvement.

It is important to identify good coaching behaviours as well as those needing improvement.



# RESULTS....

## OLYMPIC GAMES - BARCELONA, SPAIN, 1992

### Men's Competition 1A & 1B

Name	Country	Floor	Pommel	Rings	Vault	P.Bars	H.Bar	Total	Place
Chtcherbo, V.	EUN	19.800	19.650	19.800	19.525	19.725	19.375	117.875	1
		9.900	9.775	9.900	9.825	9.900	9.700		
		9.900	9.875	9.900	9.700	9.825	9.675		
Belenki, Valeri	EUN	19.675	19.650	19.675	19.400	19.575	19.525	117.500	2
		9.875	9.750	9.875	9.650	9.800	9.825		
		9.800	9.900	9.800	9.750	9.775	9.700		
Misioutine, G.	EUN	19.700	18.800	19.650	19.575	19.550	19.700	116.975	3
		9.800	9.625	9.800	9.725	9.750	9.800		
		9.900	9.175	9.850	9.850	9.800	9.900		
Wecker, Andreas	GER	19.475	19.550	19.750	19.125	19.375	19.600	116.875	4
		9.750	9.675	9.900	9.625	9.700	9.800		
		9.725	9.875	9.850	9.500	9.675	9.800		
Korobtchinski, Igor	EUN	19.500	19.475	19.475	19.300	19.600	19.150	116.500	5
		9.800	9.700	9.800	9.675	9.800	9.750		
		9.700	9.775	9.675	9.625	9.800	9.400		
Li, Xiaohuang	CHN	19.425	19.450	19.625	19.175	19.375	19.400	116.450	6
		9.725	9.650	9.900	9.475	9.775	9.725		
		9.700	9.800	9.725	9.700	9.600	9.875		
Li, Chunyang	CHN	19.450	19.275	19.575	19.100	19.300	19.225	115.925	7
		9.750	9.450	9.800	9.525	9.750	9.700		
		9.700	9.825	9.775	9.575	9.550	9.525		
Guo, Linyao	CHN	19.175	19.500	19.350	19.025	19.425	19.425	115.900	8
		9.625	9.700	9.700	9.550	9.725	9.725		
		9.550	9.800	9.650	9.475	9.700	9.700		
Iketani, Yukio	JPN	19.500	19.325	19.600	19.075	19.300	18.650	115.450	9
		9.725	9.825	9.875	9.550	9.550	9.000		
		9.775	9.700	9.725	9.525	9.750	9.650		
Khristozov, K.	BUL	19.300	19.125	19.550	19.025	19.125	19.175	115.300	=10
		9.675	9.475	9.800	9.525	9.525	9.700		
		9.625	9.650	9.750	9.500	9.600	9.475		
Hatakeda, Y.	JPN	19.125	19.400	19.050	19.025	19.300	19.400	115.300	=10
		9.600	9.600	9.650	9.600	9.675	9.750		
		9.525	9.800	9.400	9.425	9.625	9.650		
Gherman, Marius	ROM	19.275	19.250	19.100	19.175	19.125	19.375	115.300	=10
		9.600	9.600	9.650	9.575	9.525	9.675		
		9.675	9.650	9.450	9.600	9.600	9.700		
Supola, Zoltan	HUN	19.250	18.975	19.450	19.250	19.175	19.175	115.275	=13
		9.550	9.350	9.800	9.700	9.525	9.575		
		9.700	9.625	9.650	9.550	9.650	9.600		
Preti, Boris	ITA	19.150	19.250	19.375	19.000	19.150	19.350	115.275	=13
		9.475	9.550	9.700	9.500	9.475	9.725		
		9.675	9.700	9.675	9.500	9.675	9.625		
Chinen, Takashi	JPN	19.225	19.350	19.200	19.050	19.200	19.250	115.275	=13
		9.675	9.575	9.650	9.525	9.575	9.725		
		9.550	9.775	9.550	9.525	9.625	9.525		
Voropaev, A.	EUN	19.400	19.050	19.450	18.650	19.350	19.225	115.125	16
		9.700	9.475	9.700	9.000	9.650	9.625		
		9.700	9.575	9.750	9.650	9.700	9.600		
Bucci, Paolo	ITA	19.150	19.175	19.300	19.050	19.200	19.225	115.100	=17
		9.550	9.450	9.675	9.575	9.550	9.700		
		9.600	9.725	9.625	9.475	9.650	9.525		
Nishikawa, D.	JPN	18.975	18.800	19.425	19.075	19.350	19.475	115.100	=17
		9.700	9.525	9.775	9.625	9.725	9.750		
		9.275	9.275	9.650	9.450	9.625	9.725		
Yoo, Ok	KOR	19.450	18.650	19.450	19.500	18.825	19.150	115.025	19
		9.675	9.300	9.800	9.750	9.450	9.625		
		9.775	9.350	9.650	9.750	9.375	9.525		
Rodriguez, A.	ESP	19.225	19.050	19.350	19.000	19.000	19.375	115.000	20
		9.600	9.475	9.775	9.550	9.475	9.750		
		9.625	9.575	9.575	9.450	9.525	9.625		
Aihara, Yutaka	JPN	19.350	18.975	19.125	19.200	19.300	19.025	114.975	21
		9.600	9.375	9.500	9.575	9.650	9.675		
		9.750	9.600	9.625	9.625	9.650	9.350		
Li, Jing	CHN	18.175	19.475	19.650	18.600	19.500	19.550	114.950	=22
		9.700	9.650	9.875	9.050	9.750	9.825		
		9.475	9.825	9.775	9.550	9.750	9.725		
Charipov, R.	EUN	19.475	18.425	19.350	19.350	19.175	19.175	114.950	=22
		9.750	8.775	9.700	9.550	9.700	9.675		
		9.725	9.650	9.650	9.800	9.475	9.500		
Li, Dashuang	CHN	19.425	19.300	19.025	19.050	18.950	19.125	114.875	=24
		9.625	9.600	9.500	9.450	9.525	9.525		
		9.800	9.700	9.525	9.600	9.425	9.600		
Li, Ge	CHN	19.150	19.175	19.400	18.925	18.975	19.250	114.875	=24
		9.500	9.500	9.625	9.425	9.475	9.675		
		9.650	9.675	9.775	9.500	9.500	9.575		
Kroll, Sylvio	GER	19.250	18.800	19.250	19.250	19.150	19.150	114.850	26
		9.700	9.075	9.700	9.575	9.650	9.575		
		9.550	9.725	9.550	9.675	9.500	9.575		
Waller, M. Chris	USA	19.225	19.425	19.225	18.550	19.125	19.250	114.800	27
		9.650	9.650	9.875	9.025	9.600	9.650		
		9.575	9.775	9.550	9.525	9.525	9.600		
Rizan, Marian	ROM	19.275	19.225	19.000	18.950	19.125	19.150	114.725	28
		9.650	9.550	9.675	9.525	9.550	9.600		
		9.625	9.675	9.325	9.425	9.575	9.550		
Thomas, Neil	GBR	19.350	19.025	19.175	19.175	18.925	19.025	114.675	29
		9.625	9.450	9.750	9.450	9.650	9.500		
		9.725	9.575	9.425	9.725	9.375	9.525		

Csollany, S.	HUN	18.575	19.275	19.675	19.200	18.850	18.925	114.500	30
		9.500	9.625	9.875	9.650	9.350	9.525		
		9.075	9.650	9.800	9.550	9.500	9.400		
Walther, Oliver	GER	19.025	19.100	19.125	18.875	19.050	19.250	114.425	=31
		9.500	9.500	9.700	9.475	9.575	9.525		
		9.525	9.600	9.425	9.400	9.475	9.725		
Pae, Gil-Su	PRK	18.900	19.475	19.175	18.750	18.725	19.400	114.425	=31
		9.400	9.700	9.750	9.450	9.400	9.800		
		9.500	9.775	9.425	9.300	9.325	9.600		
Buchner, Ralf	GER	19.025	19.250	19.150	19.150	19.075	18.750	114.400	33
		9.400	9.525	9.650	9.550	9.525	9.675		
		9.625	9.725	9.500	9.600	9.550	9.075		
Lee, Joo	KOR	19.250	18.875	19.100	19.100	19.225	18.825	114.375	34
		9.650	9.375	9.650	9.500	9.675	9.775		
		9.600	9.500	9.450	9.600	9.550	9.050		
Matsunaga, M.	JPN	19.200	18.150	19.250	19.125	19.350	19.250	114.325	35
		9.550	8.700	9.650	9.600	9.575	9.725		
		9.650	9.450	9.600	9.525	9.775	9.525		
Roethlisberger	USA	19.250	18.850	19.225	18.875	18.800	19.200	114.200	36
		9.600	9.150	9.700	9.375	9.500	9.657		
		9.650	9.700	9.525	9.500	9.300	9.525		
Rossato, Ruggero	ITA	19.150	19.150	19.000	19.100	18.850	18.925	114.175	37
		9.550	9.475	9.575	9.625	9.450	9.600		
		9.600	9.675	9.425	9.475	9.400	9.325		
Fajkus, Csaba	HUN	19.025	19.000	19.050	18.750	18.775	19.325	113.925	38
		9.450	9.400	9.600	9.425	9.325	9.700		
		9.575	9.600	9.450	9.325	9.450	9.625		
Engeler, Michael	SUI	19.125	19.025	18.950	19.075	19.050	18.650	113.875	39
		9.525	9.525	9.650	9.525	9.550	9.675		
		9.600	9.500	9.300	9.550	9.500	9.875		
Han, Yoon	KOR	19.100	18.550	18.950	18.900	19.125	19.200	113.825	40
		9.525	9.025	9.600	9.450	9.475	9.650		
		9.575	9.525	9.350	9.450	9.650	9.550		
Tippelt, Sven	GER	19.000	18.775	19.500	18.650	18.900	18.950	113.775	41
		9.525	9.250	9.750	9.525	9.525	9.600		
		9.475	9.525	9.750	9.125	9.375	9.350		
Casimir, Patrice	FRA	18.800	18.925	18.925	18.925	19.100	19.075	113.750	42
		9.350	9.475	9.600	9.525	9.575	9.700		
		9.450	9.450	9.325	9.400	9.525	9.375		
Keswick, Scott	USA	19.325	18.700	19.425	18.525	19.050	18.700	113.725	43
		9.650	9.550	9.775	9.525	9.575	9.700		
		9.675	9.150	9.650	9.000	9.475	9.000		
Dimas, Trent	USA	18.800	18.825	18.700	18.950	18.950	19.450	113.675	44
		9.325	9.350	9.575	9.400	9.625	9.725		
		9.475	9.475	9.125	9.550	9.325	9.725		
Jung, Jin	KOR	19.350	18.075	19.300	18.900	19.100	18.900	113.625	45
		9.675	9.425	9.600	9.425	9.500	9.750		
		9.675	8.650	9.700	9.475	9.600	9.150		
Hibbert, Curtis	CAN	18.675	18.750	18.650	19.100	19.025	19.225	113.425	46
		9.575	9.400	9.625	9.600	9.550	9.700		
		9.100	9.350	9.025	9.500	9.475	9.525		
Darrigade, S.	FRA	18.875	18.450	19.000	18.925	18.900	19.175	113.325	=47
		9.575	9.375	9.600	9.525	9.400	9.750		
		9.300	9.075	9.400	9.400	9.500	9.425		
Gal, A.	ROM	19.100	18.850	18.800	18.875	18.975	18.725	113.325	=47
		9.400	9.400	9.450	9.675	9.450	9.375		
		9.700	9.450	9.350	9.200	9.525	9.350		
May, James	GBR	19.025	18.750	19.025	19.175	18.900	18.400	113.225	49
		9.450	9.300	9.600	9.625	9.450	9.600		
		9.575	9.400	9.425	9.550	9.450	8.800		
Franke, Mario	GER	19.025	18.675	19.450	18.500	18.375	19.150	113.175	50
		9.500	9.050	9.750	9.350	9.575	9.700		
		9.525	9.625	9.700	9.150	8.800	9.450		
Bejenaru, N.	ROM	19.150	18.575	19.050	18.975	18.925	18.475	113.150	51
		9.525	9.050	9.525	9.475	9.450	9.375		
		9.625	9.525	9.525	9.500	9.475	9.100		
Jonasson, Johan	SWE	18.950	18.850	18.975	18.850	18.675	18.800	113.100	52
		9.450	9.350	9.600	9.450	9.275	9.675		
		9.500	9.500	9.375	9.400	9.400	9.125		
Sala, Gabriele	ITA	18.975	19.050	18.700	18.950	18.800	18.600	113.075	53
		9.475	9.450	9.600	9.550	9.325	9.500		
		9.500	9.600	9.100	9.400	9.475	9.150		
Giubellini, D.	SUI	18.925	18.925	19.050	19.075	18.975	18.075	113.025	54
		9.550	9.375	9.550	9.575	9.475	9.550		
		9.375	9.550	9.500	9.500	9.500	9.525		
Yovtchev, Yordan	BUL	18.900	18.950	19.150	18.800	18.775	18.425	113.000	55
		9.450	9.400	9.475	9.425	9.450	9.550		
		9.450	9.550	9.675	9.375	9.325	8.875		
Minicucci, D.	USA	18.775	19.050	19.000	18.675	18.850	18.600	112.950	56
		9.425	9.425	9.525	9.325	9.425	9.650		
		9.350	9.625	9.475	9.350	9.425	8.950		
Lopez, Luis	MEX	18.350	18.925	19.050	18.925	18.600	19.075	112.925	=57
		9.300	9.550	9.625	9.525	9.400	9.625		
		9.050	9.375	9.425	9.400	9.200	9.450		
Stroia, Nicu	ROM	18.750	18.925	18.800	18.475	18.725	19.250	112.925	=57
		9.350	9.350	9.425	9.150	9.350	9.550		
		9.400	9.575	9.375	9.325	9.375	9.700		
Sandu, Adrian	ROM	19.075	19.000	18.825	18.275	18.650	19.025	112.850	58
		9.525	9.375	9.525	9.400	9.300	9.650		
		9.550	9.625	9.300	8.875	9.350	9.375		

RESULTS ....

Women Individual All-Around

Name	Cty	Vault	U.Bars	Beam	Floor	Total	Place
Miller, Shannon	USA	19.875	19.862	19.787	19.787	79.311	1
		9.950	9.912	9.887	9.887		
		9.925	9.950	9.900	9.900		
Boguinskaia, Svetlana	EUN	19.800	19.787	19.800	19.900	79.287	2
		9.850	9.925	9.875	9.975		
		9.950	9.862	9.925	9.925		
Bontas, Christina	ROM	19.749	19.800	19.762	19.900	79.211	3
		9.812	9.900	9.900	9.950		
		9.937	9.900	9.862	9.950		
Milosovici, Lavinia	ROM	19.837	19.862	19.637	19.862	79.198	4
		9.887	9.937	9.862	9.912		
		9.950	9.925	9.775	9.950		
Lyssenko, Tatiana	EUN	19.824	19.774	19.787	19.737	79.122	5
		9.862	9.862	9.837	9.912		
		9.962	9.912	9.950	9.825		
Okino, Elizabeth	USA	19.824	19.737	19.712	19.725	78.998	6
		9.887	9.850	9.862	9.900		
		9.937	9.887	9.850	9.825		
Gogean, Gina	ROM	19.812	19.737	19.550	19.787	78.886	7
		9.837	9.850	9.600	9.862		
		9.975	9.887	9.750	9.925		
Galieva, Roza	EUN	19.699	19.750	19.662	19.774	78.885	8
		9.812	9.850	9.750	9.862		
		9.887	9.900	9.912	9.912		
Goutsou, Tatiana	EUN	19.787	19.899	19.312	19.850	78.848	9
		9.837	9.937	9.887	9.925		
		9.950	9.962	9.425	9.925		
Mitova, Silvia	BUL	19.762	19.675	19.574	19.762	78.773	10
		9.875	9.825	9.787	9.887		
		9.887	9.850	9.787	9.875		
Hadarean, Vanda	ROM	19.737	19.750	19.574	19.700	78.761	11
		9.787	9.850	9.687	9.825		
		9.950	9.900	9.887	9.875		
Zmeskal, Kim	USA	19.850	19.787	19.262	19.850	78.749	12
		9.900	9.887	9.350	9.925		
		9.950	9.900	9.912	9.925		
Yang, Bo	CHN	19.850	19.700	19.725	19.662	78.737	13
		9.850	9.850	9.800	9.812		
		9.800	9.850	9.925	9.850		
Strug, Kerri	USA	19.787	19.699	19.525	19.724	78.735	14
		9.837	9.837	9.775	9.887		
		9.950	9.862	9.750	9.837		
Lu, Li	CHN	19.624	19.824	19.812	19.474	78.734	15
		9.812	9.887	9.887	9.812		
		9.812	9.937	9.925	9.662		
Onodi, Henrietta	HUN	19.862	19.775	19.199	19.862	78.698	16
		9.900	9.900	9.887	9.937		
		9.962	9.875	9.312	9.925		
Neculita, Maria	ROM	19.750	19.599	19.574	19.700	78.623	17
		9.850	9.762	9.737	9.775		
		9.900	9.837	9.837	9.925		
Li, Yifang	CHN	19.625	19.712	19.699	19.562	78.598	18
		9.775	9.837	9.787	9.762		
		9.850	9.875	9.912	9.800		
Pasca, Mirela	ROM	19.737	19.837	19.349	19.662	78.585	19
		9.837	9.887	9.512	9.800		
		9.900	9.950	9.837	9.862		
Li, Li	CHN	19.587	19.800	19.524	19.625	78.536	20
		9.737	9.900	9.712	9.775		
		9.850	9.900	9.812	9.850		
Fraguas, Cristina	ESP	19.549	19.812	19.425	19.850	78.436	21
		9.712	9.900	9.700	9.800		
		9.837	9.912	9.725	9.850		
Groudneva, E.	EUN	19.637	19.750	19.687	19.337	78.411	22
		9.762	9.850	9.812	9.825		
		9.875	9.900	9.875	9.512		
Molnar, Andrea	HUN	19.687	19.700	19.449	19.550	78.386	23
		9.762	9.850	9.812	9.725		
		9.925	9.850	9.637	9.825		
Portocarrero, L.	GUA	19.587	19.599	19.637	19.550	78.373	24
		9.762	9.812	9.812	9.775		
		9.825	9.787	9.825	9.775		
Umeh,Stella	CAN	19.712	19.625	19.437	19.587	78.361	25
		9.812	9.775	9.737	9.750		
		9.900	9.850	9.700	9.837		
Dawes, Dominique	USA	19.662	19.574	19.387	19.737	78.360	26
		9.762	9.762	9.750	9.812		
		9.900	9.812	9.637	9.925		
He, Xuemei	CHN	19.399	19.575	19.650	19.574	78.198	27
		9.562	9.675	9.800	9.737		
		9.837	9.900	9.850	9.837		
Bruce, Wendy	USA	19.775	19.637	19.362	19.387	78.16	28
		9.825	9.787	9.650	9.750		
		9.950	9.850	9.712	9.637		
Fraguas, Sonia	ESP	19.587	19.249	19.599	19.712	78.147	29
		9.750	9.387	9.812	9.850		
		9.837	9.862	9.787	9.862		
Tchoussoviltina, Oksana	EUN	19.750	18.849	19.675	19.837	78.111	30
		9.850	9.012	9.875	9.912		
		9.900	9.837	9.800	9.925		
Fernandez, A.	ESP	19.625	19.625	19.275	19.537	78.062	31
		9.775	9.750	9.725	9.787		
		9.850	9.875	9.550	9.750		

Name	Cty	Vault	U.Bars	Beam	Floor	Total	Place
Rueda,Eva	ESP	19.774	19.737	19.487	19.037	78.035	32
		9.837	9.837	9.787	9.825		
		9.937	9.900	9.700	9.212		
Read, Lisa	AUS	19.249	19.712	19.462	19.512	77.936	33
		9.812	9.850	9.787	9.762		
		9.437	9.862	9.675	9.750		
Stark, Kathleen	GER	19.624	19.574	19.012	19.587	77.797	34
		9.812	9.812	9.762	9.825		
		9.812	9.762	9.250	9.762		
Zhang, Xia	CHN	19.399	19.625	19.412	19.337	77.773	35
		9.637	9.800	9.712	9.537		
		9.762	9.825	9.700	9.800		
Zhang, Xia	CHN	19.399	19.625	19.41	19.337	77.773	35
		9.637	9.800	9.712	9.537		
		9.762	9.825	9.700	9.800		
Colson, M.	FRA	19.637	19.437	19.137	19.450	77.661	36
		9.787	9.762	9.637	9.725		
		9.850	9.675	9.500	9.725		
Machado, V.	FRA	19.437	19.587	19.262	19.325	77.611	=37
		9.675	9.750	9.587	9.625		
		9.762	9.837	9.675	9.700		
Choi, Gyong,Hui	PRK	19.525	19.737	19.412	18.937	77.611	=37
		9.725	9.875	9.687	9.750		
		9.800	9.862	9.725	9.187		
Allen, Monique	AUS	19.487	19.649	19.475	18.937	77.548	39
		9.737	9.862	9.775	9.675		
		9.750	9.787	9.700	9.262		
Schroder, Diana	GER	19.362	19.437	19.249	19.412	77.460	40
		9.712	9.650	9.587	9.687		
		9.650	9.787	9.662	9.725		
Vodenitcharova	BUL	19.450	19.062	19.337	19.600	77.449	41
		9.850	9.837	9.837	9.875		
		9.600	9.225	9.500	9.725		
Roilan, Ruth	ESP	19.474	19.624	18.837	19.462	77.397	42
		9.637	9.812	9.637	9.712		
		9.837	9.812	9.200	9.750		
Maigre, Chloe	FRA	19.399	19.662	18.924	19.299	77.284	43
		9.687	9.875	9.737	9.612		
		9.712	9.787	9.187	9.687		
Kim, Gwang-Suk	PRK	19.512	19.875	18.737	19.150	77.274	44
		9.800	9.950	9.800	9.675		
		9.712	9.925	9.937	9.475		
Kosuge, Mari	JPN	19.637	18.800	19.400	19.412	77.249	45
		9.787	9.225	9.675	9.750		
		9.850	9.575	9.725	9.662		
Shadbolt, Kylie	AUS	19.474	19.549	18.899	19.274	77.196	46
		9.762	9.737	9.712	9.712		
		9.712	9.812	9.187	9.562		
Becks, E.	NED	19.575	19.437	18.737	19.412	77.161	47
		9.750	9.725	9.587	9.775		
		9.825	9.712	9.150	9.637		
Evraud, B.	BEL	19.474	19.412	19.312	18.962	77.160	48
		9.787	9.750	9.600	9.700		
		9.687	9.662	9.712	9.262		
Martinez, Silvia	ESP	19.462	19.037	19.275	19.337	77.111	49
		9.687	9.700	9.575	9.637		
		9.775	9.337	9.700	9.700		
Kinclova, Pavla	TCH	19.525	18.687	19.450	19.412	77.074	50
		9.775	9.662	9.750	9.700		
		9.750	9.025	9.700	9.712		
Warrilow, Jane	AUS	19.325	19.487	19.037	19.200	77.049	51
		9.625	9.775	9.587	9.650		
		9.700	9.712	9.450	9.550		
Li, Chun-Mi	PRK	19.412	19.637	19.012	18.975	77.036	52
		9.712	9.837	9.837	9.750		
		9.700	9.800	9.175	9.225		
Strong, Lori	CAN	19.424	19.024	19.300	19.224	76.972	53
		9.712	9.762	9.700	9.712		
		9.712	9.262	9.600	9.512		
Balazs, B.	HUN	19.474	19.312	18.637	19.475	76.898	54
		9.662	9.600	9.675	9.700		
		9.812	9.712	9.962	9.775		
Horvath, Kinga	HUN	19.525	19.375	18.924	19.012	76.836	55
		9.700	9.650	9.487	9.362		
		9.825	9.725	9.437	9.650		
Gunther, Jana	GER	19.387	19.274	18.912	19.262	76.835	56
		9.662	9.612	9.300	9.600		
		9.725	9.662	9.612	9.662		
Parente, Luisa	BRA	19.624	19.549	18.487	19.137	76.797	57
		9.787	9.812	8.875	9.662		
		9.837	9.737	9.612	9.475		
Polokova, Iveta	TCH	19.462	19.225	19.237	18.849	76.773	58
		9.787	9.625	9.575	9.762		
		9.675	9.600	9.662	9.087		
Plataroti, R.	ARG	19.512	18.974	19.050	19.137	76.673	59
		9.725	9.612	9.550	9.562		
		9.787	9.362	9.500	9.575		
Seo, Kyoko	JPN	19.587	18.787	19.037	19.250	76.661	60
		9.762	9.712	9.487	9.575		
		9.825	9.075	9.550	9.675		
Giordano, Andrea	ARG	19.262	19.350	18.924	19.050	76.586	61
		9.612	9.675	9.512	9.600		
		9.850	9.675	9.412	9.450		
Boucher, Karine	FRA	19.537	18.574	19.212	19.250	76.573	62
		9.737	9.437	9.562	9.750		
		9.800	9.137	9.650	9.500		
Hwang, Bo-Sil	PRK	19.212	19.612	18.899	18.824	76.547	63
		9.650	9.825	9.587	9.187		
		9.562	9.787	9.312	9.637		
Bartova, Daniela	TCH	19.462	19.074	18.962	19.137	76.535	64
		9.737	9.487	9.462	9.587		
		9.725	9.587	9.500	9.550		



# RESULTS ....

## RSG Competition I

Name	Cty	Rope	Hoop	Ball	Clubs	Total	Place
Timoshenko, A.	EUN	9.950	9.950	9.700	9.950	59.037	1
Pascual, C.	ESP	9.650	9.700	9.775	9.775	58.100	2
Skaldina, Oksan	EUN	9.600	9.600	9.625	9.575	57.912	3
Acedo, Carmen	ESP	9.525	9.725	9.725	9.475	57.225	4
Petrova, Maria	BUL	9.550	9.600	9.550	9.550	57.087	5
Deleanu, Irina	ROM	9.425	9.475	9.600	9.450	56.612	6
Bodak, Joanna	POL	9.575	9.400	9.425	9.425	56.475	7
Oulehlova, Lenk	TCH	9.300	9.450	9.450	9.550	56.137	8
Popova, Diana	BUL	9.450	9.325	9.450	9.175	47.325	9
Klumpp, C.	GER	9.400	9.350	9.300	9.125	45.975	10
Sansaridou, M.	GRE	9.500	9.550	9.550	9.200	37.037	11
Ferrari, S.	ITA	9.250	9.300	9.300	9.100	36.987	12
Germiini, Irene	ITA	9.300	9.325	9.325	9.300	36.937	13
Sinapidou, Aret	GRE	9.325	9.000	9.075	9.275	27.825	14
Bialkowska, E.	POL	9.200	9.275	9.225	9.150	27.762	15
Sramkova, Jana	TCH	9.250	9.400	9.200	9.275	27.650	16
Li, Gyong	PRK	9.150	9.250	9.300	9.050	27.512	17
Goia, Ancuta	ROM	9.150	9.150	9.275	8.850	18.250	18
Yamada, Miho	JPN	9.000	9.200	9.250	9.050	18.200	19
Sahuc, C.	FRA	9.100	9.25-	9.000	9.050	18.187	20
Gimotea, Madonn	CAN	9.150	9.050	9.075	9.100	18.175	21
Southwick, D.	GBR	9.325	9.250	9.225	8.550	18.075	22
Lovell, Jennifer	USA	9.200	8.850	9.075	9.025	18.062	23
Frater, Viktori	HUN	9.025	9.125	8.950	9.025	18.050	24
Degrange, Celin	FRA	9.000	9.150	9.150	8.800	17.975	25
Laiho, Hanna	FIN	9.000	8.975	9.050	8.925	17.975	26
Chong, Gum	PRK	9.000	9.100	9.150	8.700	17.937	27
Szalay, Andrea	HUN	8.875	9.050	9.025	8.925	17.912	28
Cushman, Susan	CAN	8.850	9.100	9.125	8.650	17.887	29
Bai, Mei	CHN	8.850	9.150	8.900	8.875	17.887	30
Seifert, Viva	GBR	8.525	9.150	9.125	8.975	17.887	31
Millak, Majda	IOP	8.950	9.100	9.125	8.650	17.837	32
Radonjic, K	IOP	8.900	9.300	8.625	8.300	17.562	36
Yoon, Byung	KOR	8.700	9.000	9.100	8.800	17.525	37
Kim, Yoo	KOR	9.225	9.075	8.450	8.750	17.512	38
Guo, Shasha	CHN	8.875	8.875	8.700	8.925	17.475	39
Kawamoto, Yukar	JPN	8.800	8.650	8.875	8.700	17.237	40
Kimonos, Anna	CYP	8.800	8.650	8.875	8.700	17.225	41
Stoltemberg, C.	BEL	8.875	8.925	8.600	8.550	16.887	42
Levinson, Tama	USA	9.025	9.000	8.200	8.250	0.000	43
Schonhorst, M.	BRA	8.600	8.450	8.650	8.750		
Hadjisavva, E.	CYP	8.450	8.350	8.400	8.575		
Picarra, Clara	POR						

NB: Top line indicates score for Competition II

## 1992 NATIONAL CLUBS CHAMPIONSHIPS ADELAIDE 14-15 AUGUST 1992

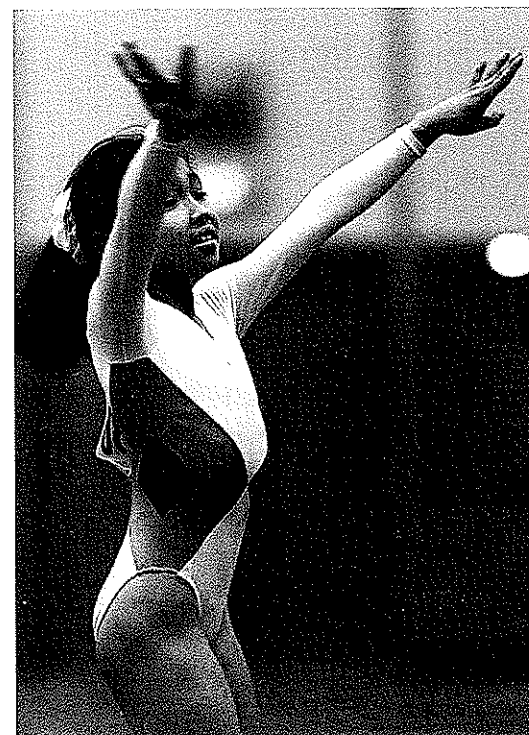
Calculation of team results for Division D was complicated by changes to original allocation of members to teams. One club began with two teams of three, and after changes had occurred the remaining four members still remained 'flagged' in the program as two teams, while another club which started with four members had three flagged as a team and one as an individual. The final result of this anomaly was that one club scored a point which was critical in placement of second place for Champion Club. I am sorry for the embarrassment and disappointment that this caused.

Don Bigham

## OVERALL CLUB RESULTS 1992 NATIONAL CLUBS CHAMPIONSHIPS

Club	Total	A+D+C+D	8+12+10+10	40
Chlt	Total	B+D1+D2	12+6+1	19
B.P.	Total	A+B+D1	12+2+4	18
CCit	Total	B+D1+D2	4+8+3	15
Bunn	Total	C	12	12
Frnk	Total	B	10	10
Bull	Total	B+D	8+2	10
Chand	Total	A	10	10
Olymp	Total	C+B	8+1	9
MLC	Total	C+B	4+3	7
Geel	Total	A	6	6
Liver	Total	C	6	6
BVall	Total	B	6	6
Koor	Total	C	3	3
Syd	Total	C	2	2
Crom	Total	C	1	1
CUtd	Total	C	1	1

Chlt	(Cheltenham)
B.P.	(Bill Parsons Academy)
CCit	(Canberra City)
Bunn	(Bunnerong)
Frnk	(Frankston)
Bull	(Bulleen)
Chand	(Chandler)
Olymp	(Olympic)
MLC	(MLC)
Geel	(Geelong)
Liver	(Liverpool)
BVall	(Barron Valley)
Koor	(Koorana)
Syd	(Syd YMCA)
Crom	(Cromer)
CUtd	(Canberra United)



# RESULTS ....

## NATIONAL CLUBS CHAMPIONSHIPS

### WAG - Division A

Name	Cty	Vault	U.Bars	Beam	Floor	Total	Place
Jackson, Rebecca	*IND	9.775	9.400	9.450	9.525	38.150	1
Keyser, Cathy	*Chelt	9.200	8.950	9.300	8.975	36.425	2
Cribbes, Claire	Chelt1	9.050	9.500	9.200	8.575	36.325	3
Kantek, Nicole	*Liver	9.100	8.750	8.950	9.125	35.925	4
Calanni, Ziona	*East	8.925	8.400	8.900	8.925	35.150	=5
Stoyel, Rebecca	SA*GI	9.250	9.200	9.000	7.700	35.150	=5
Hollis, Bonnie	SA*H	8.950	8.250	8.500	8.725	34.425	7
Laws, Melissa	CCit1	8.600	8.350	8.250	8.375	33.575	8
Wilson, Kristy	*Oak	9.250	5.750	9.250	9.125	33.375	9
Huppertz, Shylea	SA*Cr	8.800	8.050	7.550	8.950	33.350	10
Firkin, Sally	NSW-C1	8.200	7.675	7.950	8.400	32.225	11
Jones, Kassandra	CCit1	8.550	7.600	7.950	7.875	31.975	12
Whitwell, Karinda	*SydY	0.000	8.400	8.725	8.975	26.100	13
Jackson, Anna	SA*Mt	8.900	7.150	0.000	0.000	16.050	14
Farry, Lauren	NSW-7	0.000	7.200	0.000	0.000	7.200	15

### WAG - Division B

Name	Cty	Vault	U.Bars	Beam	Floor	Total	Place
Bevans, Hollie	Bull1	9.250	9.150	8.750	8.900	36.050	1
Johnson, Heidi	B.P.1	8.925	8.712	8.900	8.662	35.199	2
O'Brien, Nicole	Chlt1	8.775	8.775	8.425	8.912	34.887	3
Morris, Mali	Bunn1	8.800	8.725	8.500	8.762	34.787	4
Keane, JulieAnne	Koor1	8.987	8.625	8.575	8.575	34.762	5
Cashmere, Louise	CCit1	8.675	8.650	8.850	8.400	34.575	6
Laidler, Amanda	B.P.1	9.000	8.312	8.475	8.600	34.387	7
Watson, Mardi	Chand	8.675	8.275	8.625	8.775	34.350	8
Smith, Leanne	Syd1	8.725	8.537	8.500	8.550	34.312	9
Button, Nicola	Chand	8.550	8.800	8.550	8.175	34.075	10
Bonner, Catherine	B.P.1	8.575	8.150	8.750	8.450	33.925	11
Haggart, Kirsten	NSW-C1	8.725	8.300	8.375	8.437	33.837	12
Tauila, Jasmine	Grip1	8.825	8.250	8.400	8.300	33.775	13
Waye, Kelly	Koor3	8.887	8.750	7.675	8.462	33.774	14
Poole, Reanne	Koor1	8.175	8.425	8.650	8.450	33.700	15
Kypreos, Kristina	Bunn1	8.600	8.800	7.925	8.337	33.662	16
O'Loughlin, Rebecca	Geel1	8.725	8.150	8.675	7.950	33.500	17
Jensen, Trudi	MCL2	8.700	8.325	8.325	8.100	33.450	18
Lam, Anya	Crom1	9.462	8.125	8.475	7.387	33.449	19
Royce, Laura	Geel1	8.737	8.550	7.750	8.400	33.437	20
Hardcastle, Collett	Bull1	8.800	7.900	8.750	7.975	33.425	21
Butler, Joanne	Chand	8.950	7.050	8.775	8.625	33.400	22
Stoodley, Amanda	Lawn1	8.850	8.075	8.200	8.225	33.350	23
Tillett, Megan	Koor2	9.162	7.925	7.650	8.600	33.337	24
Cole, Kirsten	Bull1	8.600	8.050	8.200	8.475	33.325	25
O'Brien, Felicia	Grip2	8.550	8.500	8.200	7.975	33.225	=26
Fuda, Carolyn	RHill	8.925	7.750	8.300	8.250	33.225	=26
Booth, Rachel	TTG1	8.675	8.175	8.075	8.282	33.187	28
Heron, Michelle	CCit1	8.425	7.550	8.750	8.425	33.150	=29
Hamilton, Chandra	CCit1	8.500	7.825	8.475	8.350	33.150	=29
Ross, Janine	MLC1	8.375	7.862	8.275	8.625	33.137	31
Skrzymarz, Veronica	Grip1	8.775	7.625	8.300	8.400	33.100	32
Richens, Michelle	MLC1	8.975	7.900	8.375	7.825	33.075	33
Wood, Jenny	MLC1	8.775	8.187	8.225	7.825	33.012	34
Angelo, Eileen	Bunn1	8.575	7.812	8.200	8.387	32.974	35
Harradine, Linda	Koor1	8.787	8.100	7.750	8.325	32.962	36
Jones, Alisha	Bunn2	8.800	7.675	8.175	8.200	32.850	37
Bronts, Sally	Geel1	8.525	7.400	8.425	8.450	32.800	38
Marsh, Celeste	MLC2	8.900	8.000	7.650	8.225	32.775	39
Johns, Anna	Syd1	8.375	8.625	7.550	8.200	32.750	=40
Molyneaux, Regan	Grip2	8.550	7.975	8.025	8.200	32.750	=40
Cahalan, Michelle	Koor2	8.525	8.350	7.600	8.212	32.687	42
Pomeroy, Lynette	Koor3	8.587	7.750	8.100	8.150	32.587	43
Allatt, Susan	MLC2	8.650	7.775	7.900	8.150	32.475	44
Fox, Jenny	RHill	8.650	7.675	7.962	8.075	32.362	45
Short, Sarah	Grip1	8.750	8.125	7.600	7.862	32.337	46
Cole, Shelley	Bunn2	8.600	7.775	7.600	8.337	32.312	47
Chant, Terrena	Koor2	8.650	8.175	7.625	7.575	32.025	48
Hopper, Alysia	Chlt1	8.662	7.300	7.750	8.262	31.974	49
Atkins, Jennifer	CCit1	8.600	7.700	7.350	8.125	31.775	50
Law, Sandra	Grip2	8.687	8.587	7.800	6.600	31.674	51
Barnes, Belinda	Koor3	8.375	7.675	7.600	7.950	31.600	52
Rischin, Christie	Bunn2	8.625	7.525	7.200	8.200	31.550	53
Paris, Liselle	Chlt2	8.575	7.125	7.300	8.075	31.074	54
Walker, Vicky	Chlt2	8.437	7.750	6.900	7.925	31.012	55
Cork, Trudi	Chlt1	8.525	7.575	6.962	7.725	30.787	56
Munro, Christine	StHls	7.850	7.200	7.800	7.775	30.625	57
Gooch, Rachael	Chlt2	8.025	6.800	7.800	7.925	30.550	58
Pascoe, Tammy	FHill	8.575	0.000	8.000	8.300	24.875	59
Fretz, Lorraine	Kenw1	0.000	8.325	7.075	0.000	15.400	60



### WAG B Optionals Teams Results

Team	Total	Place
B.P.1	103.5110	1
Bull1	102.8000	2
Chand	101.8250	3
Koor1	101.4240	4
Bunn1	101.4230	5
Geel1	99.7370	6
CCit1	99.5000	7
MLC1	99.2240	8
Grip1	99.2120	9
MLC2	98.7000	10
Koor2	98.0490	11
Koor3	97.9610	12
Grip2	97.6490	13
Chlt1	97.6480	14
Bunn2	96.7120	15
Chlt2	92.6370	16
Syd1	67.0620	17
RHill	65.5870	18

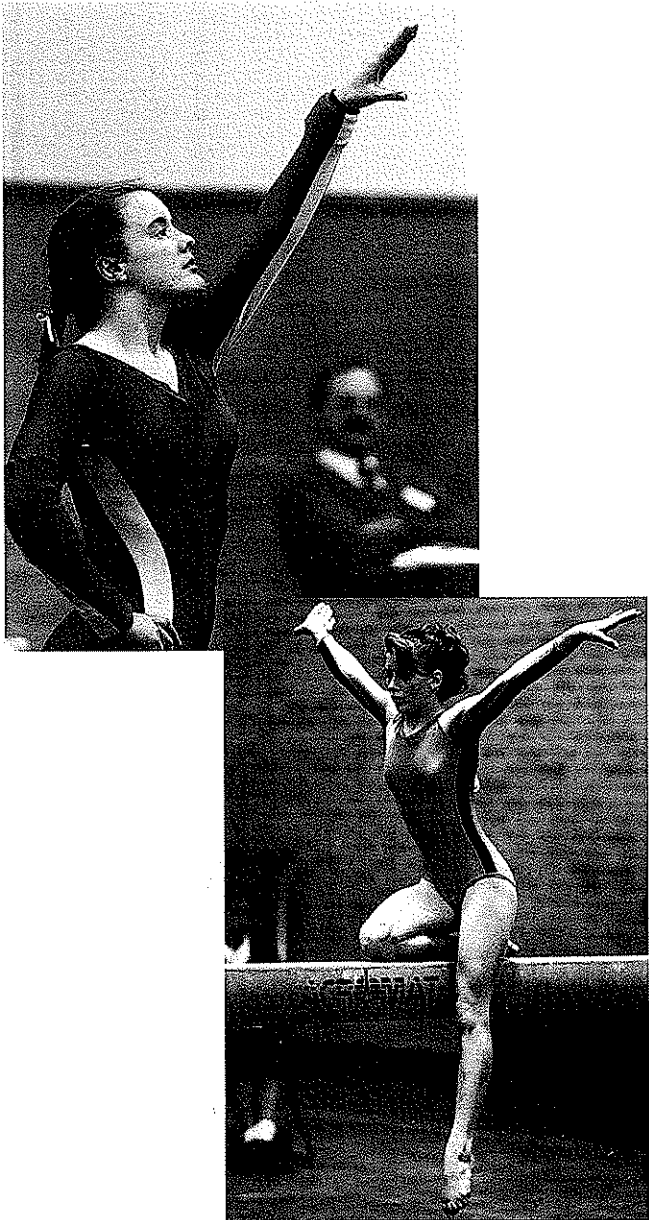
B.P.	Bill Parsons
Bull	Bulleen
Chand	Chandler
Koor	Koorana
Bunn	Bunnerong
Geel	Geelong
CCit	Canberra City
MLC	MLC
Grip	Grips
Syd	Sydney YMCA
RHill	Red Hill

RESULTS ....

WAG Individual All-Around Division C

Name	Cty	Vault	U.Bars	Beam	Floor	Total	Place
Landrigan, Fiona	Frnk1	8.700	8.750	9.175	8.700	35.325	1
Yuen, Kim	B.P.1	8.700	8.775	8.400	8.400	34.275	2
Gorham, Melissa	Chit1	8.700	9.000	7.925	8.612	34.237	3
McKay, Meg	MLC1	8.675	8.250	8.712	8.550	34.187	4
Stephenson, Carly	Gunn	8.975	8.450	8.100	8.625	34.150	5
Dresser, Kate	CUld	8.650	8.725	8.162	8.525	34.062	=6
Polkinghorne, Kathe	Geel1	8.550	8.275	8.662	8.575	34.062	=6
Whitty, Michelle	BVal	8.800	8.700	8.075	8.450	34.025	8
Bynon, Shay	Bull1	8.825	8.550	8.050	8.525	33.950	9
Sterzi, Melissa	Koor1	8.675	8.425	8.175	8.625	33.900	10
May, Kylie	Chit1	8.475	8.800	8.187	8.425	33.887	11
Whitty, Kristine	BVal	8.575	8.500	8.175	8.500	33.750	12
Bartolo, Brenda	MLC1	8.025	8.550	8.562	8.600	33.737	13
Black, Katie	Crom1	9.025	8.200	8.075	8.425	33.725	14
Tourna, Sharon	Syd1	8.650	8.175	8.300	8.550	33.675	15
Renes, Emily	Grip1	8.675	8.175	8.075	8.650	33.575	16
Smyth, Jenny	Syd1	8.500	8.175	8.425	8.425	33.525	17
Nicholson, Kerrin	Lawn1	8.700	7.950	8.337	8.525	33.512	18
Richards, Lianne	Frnk1	7.900	8.600	8.762	8.212	33.474	19
Jackson, Vanessa	CCit1	8.550	8.200	8.100	8.600	33.450	20
Stone, Marisa	Geel1	8.725	7.975	8.137	8.550	33.387	21
Wolloghan, Bianca	NSW-C1	8.500	8.000	8.450	8.425	33.375	22
Filipovski, Diane	Koor1	8.475	7.850	8.387	8.625	33.337	23
Hui, Melinda	Chand	8.675	8.025	7.975	8.650	33.325	24
Fitzgerald, Talitha	BVal	8.450	8.100	8.450	8.300	33.300	25
Whittaker, Lauren	MLC1	8.600	7.775	8.100	8.800	33.275	26
Smith, Claire	Crom1	8.150	8.250	8.287	8.575	33.262	27
Cairns, Melissa	Feel2	8.500	7.950	8.700	8.100	33.250	28
Alford, Korina	Geel1	8.600	8.400	7.537	8.575	33.112	29
Byrne, Anna	Chit1	8.600	8.475	7.650	8.375	33.100	30
Landrigan, Robyn	Frnk1	8.025	8.425	8.062	8.575	33.087	31
Glasson, Penny	Chand	8.475	7.900	8.362	8.325	33.062	32
Halliday, Melanie	Geel2	8.025	8.000	8.462	8.525	33.012	33
Parsons, Suzy	Koor3	8.725	7.900	7.850	8.525	33.000	34
Anstey, Rachel	TTG1	8.200	8.025	8.250	8.512	32.987	35
Rogers, Natalie	Syd1	8.725	7.925	7.625	8.662	32.937	36
Statham, Rebecca	Delta	8.450	8.375	7.725	8.375	32.925	37
Spedding, Claire	Chit2	8.600	8.250	7.837	8.225	32.912	38
Taylor, Mary	CUld	8.325	8.450	7.800	8.275	32.850	=39
Solly, Erin	Koor3	8.400	7.850	7.950	8.650	32.850	=39
Padfield, Tracey	Grip1	8.600	7.575	8.087	8.550	32.812	41
Vine, Belinda	Bunn2	8.375	8.300	7.912	8.150	32.737	42
Laudato, Loretta	Foot1	8.675	8.350	7.175	8.525	32.725	43
Wylie, Kerry	Grip1	8.500	8.250	7.837	8.125	32.712	=44
Brailley, Karin	Lawn2	8.475	8.025	7.937	8.275	32.712	=44
Lawrence, Bree	CPk1	8.125	8.450	7.562	8.550	32.687	46
Norman, Sarah	Bull2	8.075	8.225	8.050	8.300	32.650	47
Breasley, Lisa	Bull2	8.425	8.200	7.750	8.200	32.575	=48
Harford, Jacinta	Chit2	8.675	8.075	7.800	8.025	32.575	=48
Bray, Teneale	CUld	7.825	8.550	8.037	8.125	32.537	50
Pumphrey, Susanna	Crom1	8.700	7.387	8.100	8.337	32.524	51
Power, Jodie	Chand	8.075	8.300	8.150	7.900	32.425	=52
Michelin, Nicole	Bunn2	8.550	8.025	7.725	8.125	32.425	=52
Grace, Jodie	NSW-C1	8.550	8.200	7.762	7.875	32.387	54
Strickland, Carly	Rainb	8.525	7.350	7.875	8.600	32.350	55
Mabic, Kristina	Foot1	8.475	7.550	7.913	8.375	32.313	56
Midson, Sandra	Hbri	8.650	7.100	8.025	8.500	32.275	57
Smith, Alexia	Bull1	8.500	7.900	7.662	8.175	32.237	58
Patterson, Rachel	Bunn1	7.975	7.325	8.400	8.350	32.050	59
Bennett, Kacey	Bull2	8.575	7.775	7.400	8.275	32.025	60
Millington, Bronwyn	Syd2	8.350	7.700	7.637	8.312	31.999	61
Sword, Emma	Bull1	8.475	7.825	7.312	8.375	31.987	62
Tedman, Samantha	Lawn1	8.600	7.625	7.650	8.100	31.975	63
Hughes, Meredith	Bunn1	8.200	7.675	8.025	8.025	31.925	=64
Nyland, Leah	Koor1	8.325	7.850	7.675	8.075	31.925	=64
Hurley, Josephine	B.P.1	7.950	8.050	7.575	8.300	31.875	66
Levette, Gabriella	NSA-C1	8.450	7.425	7.987	7.975	31.837	67
Johnson, Frances	B.P.1	7.875	7.800	8.125	8.000	31.800	68
Luckins, Skye	Chit2	8.400	7.987	8.675	8.500	31.762	69
Dare, Merrilyn	CCit2	8.550	7.775	7.700	7.725	31.750	70
Bryett, Heidi	Lawn2	8.075	7.775	7.787	8.050	31.687	71
Cole, Kellie	Lawn1	8.400	7.800	7.375	8.050	31.625	72
Dosser, Angela	Foot2	7.850	8.075	7.450	8.225	31.600	73
Curnow, Kylie	Foot2	7.975	7.625	7.763	8.225	31.588	74
Paulsen, Nicole	Frnk2	7.800	8.000	7.562	8.225	31.587	75
Gough, Catherine	CCit2	8.425	7.812	6.950	8.325	31.512	76
Strazdins, Ebony	Grip2	8.425	7.775	7.237	8.050	31.487	77
McLean, Victoria	Crom2	8.200	7.725	7.525	7.925	31.375	78
Byrne, Amy	Chit2	8.550	7.775	7.637	7.400	31.362	79
Foster, Brooke	Syd2	8.175	7.600	7.325	8.225	31.325	80
Williams, Petta	Syd2	7.875	7.675	7.775	7.975	31.300	81
Kypreos, Fotini	Bunn3	8.175	7.375	7.675	8.050	31.275	82
Duff, Lauren	Bunn1	7.975	7.400	7.587	8.250	31.212	=83
Johnston, Angela	TTG2	7.900	8.125	7.137	8.050	31.212	=83
Rogers, Janelle	Grip2	8.025	7.775	7.112	8.250	31.162	85
Scholten, Danielle	Kenw1	8.325	6.975	7.450	8.387	31.137	86
Amemiya, Masako	Koor2	7.900	7.575	7.350	8.300	31.125	87
Savio, Tracey	Grip2	8.525	7.575	7.075	7.800	30.975	88
Keane, Patricia	Koor3	7.925	7.900	6.912	8.237	30.974	89
Lay, Alice	Koor2	8.275	6.525	7.675	8.475	30.950	90
Corrigan, Joanne	Kenw1	8.300	7.350	6.725	8.550	30.925	=91
Macale, Sarah	CPk1	7.875	7.400	7.400	8.250	30.925	=91
Anderson, Kristy	Geel2	7.875	7.875	7.200	7.875	30.825	93

Leach, Prue	CCit1	7.925	8.075	7.250	7.450	30.700	=94
Riddle, Nicole	TTG1	8.325	7.775	6.850	7.750	30.700	=94
Parsons, Jenny	Koor2	7.750	7.500	7.125	8.250	30.625	96
Schonfeldt, Rebecca	TTG2	8.025	7.700	7.175	7.700	30.600	97
Smith, Kellie	NSW-C2	7.675	7.750	7.150	8.012	30.587	98
Richards, Donna	TRI	8.075	7.300	7.175	8.025	30.575	99
Burrell, Deanne	TRI	7.725	7.325	7.500	8.000	30.550	100
Bruiland, Ramona	HUB	8.225	7.800	6.925	7.550	30.500	101
Kinloch, Kirsty	CCit2	8.075	7.700	6.575	8.050	30.400	102
Stevens, Emma	Crom2	8.175	6.800	7.625	7.775	30.375	103
Furno, Lisa	TTG1	7.725	7.925	6.950	7.750	30.350	104
Lloyd, Alison	NSW-C2	7.975	7.675	7.012	7.675	30.337	105
Baggio, Sar	Bunn3	7.750	7.300	7.675	7.550	30.275	106
Bannerman, Karen	Bunn2	7.550	7.750	6.687	8.150	30.137	107
Blackmore, Amber	Foot2	8.075	7.687	6.288	8.050	30.100	108
Clark, Haley	Foot3	7.850	7.450	6.662	8.050	30.012	109
Wileman, Simone	D'win	7.600	7.675	7.337	7.275	29.887	=110
Gidman, Carlie	Kenw1	8.225	6.575	7.112	7.975	29.887	=110
Saunders, Lianne	Frnk2	7.900	7.450	7.200	7.325	29.875	112
Anagnostis, Maria	CCit1	7.800	7.825	7.287	6.950	29.862	113
Vanzanden, Kim	Frnk2	8.475	7.287	6.837	7.250	29.849	114
Short, Tara	Grip1	7.950	7.300	7.275	7.250	29.775	115
Topping, Jane	Hbri	7.862	7.575	7.537	6.800	29.774	116
Capponi, Yasmine	Foot2	8.025	6.675	7.588	7.450	29.738	117
Battams, Kate	TTG2	7.625	6.925	7.487	7.675	29.712	118
Scott, Vivienne	Sthls	7.800	7.475	6.687	7.725	29.687	119
Plaisted, Heidi	CPk2	7.425	7.062	6.650	7.850	29.587	120
Hill, Camilla	Sthls	7.650	7.725	6.025	8.175	29.575	121
Howe, Kym	Kenw	8.100	6.550	6.800	8.100	29.550	122
Waddington, Jade	Crom2	8.100	6.225	7.350	7.850	29.525	123
Alleaume, Kathleen	RHill	8.175	6.850	6.850	7.550	29.425	124
Donnellan, Natalie	CPk1	7.700	6.950	6.675	8.000	29.325	125
Faehse, Kim	D'win	7.400	7.350	7.512	6.900	29.162	126
Eddington, Nicky	CPk2	7.850	7.525	6.387	7.325	29.087	127
Hirsch, Ursula	Bunn3	7.900	7.300	5.962	7.725	28.887	128
Watson, Michelle	Sthls	7.450	7.525	6.500	7.050	28.525	129
Cassell, Julia	Foot3	7.950	7.350	6.512	6.700	28.512	130
Folohaula, Lynda	TRI	7.950	6.250	7.375	6.850	28.425	131
Etherington, Amanda	Kenw2	7.775	6.800	5.962	7.762	28.299	132
Thompson, Vicki	D'win	7.725	7.125	5.737	7.675	28.262	133
Gilders, Kate	Kenw2	8.125	6.350	5.550	7.987	28.012	134
Jupp, Bianca	Kenw2	8.475	6.050	5.950	7.200	27.675	135
Muir, Kerri	Sthls	7.750	0.000	6.775	8.075	22.600	136



RESULTS ....

WAG Division C Team Results

Team	Total	Place
Frnk1	101.8860	1
Chit1	101.2240	2
MLC1	101.1990	3
BVal	101.0750	4
Geel1	100.5610	5
Syd1	100.1370	6
Crom1	99.5110	7
CUld	99.4490	8
Koor1	99.1620	9
Grip1	99.0990	10
Chand	98.8120	11
Bull1	98.1740	12
B.P.1	97.9500	13
NSW-C1	97.5990	14
Bull2	97.2500	15
Lawn1	97.1120	16
Geel2	97.0870	17
Koor3	96.8240	18
Foot1	96.6380	19
Chit2	95.6990	20
Bunn2	95.2990	21
Bunn1	95.1870	22
Syd2	94.6240	23
TTG1	94.0370	24
CCit1	94.0120	25
CCit2	93.6620	26
Grip2	93.6240	27
CPk1	92.9370	28
Koor2	92.7000	29
Kenw1	91.9490	30
TTG2	91.5240	31
Foot2	91.4260	32
Frnk2	91.3110	33
Crom2	91.2750	34
Bunn3	90.4370	35
TRI	89.5500	36
Sthls	87.7870	37
D'win	87.3110	38
Kenw2	85.2370	39

WAG D Team Results



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Every gymnast looks outside themselves for support and courage to do their best, to believe in themselves they need to trust in their equipment, their team and coach.

We play our part, by developing and providing equipment they can trust. That plays a vital part in giving the confidence and courage to be as good a gymnast as they want to be.

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