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GYMNAST

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the *australian* GYMNAST

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Front Cover: NSW SSC Rhythmic
squad proudly wears the Sydney 2000
material as they assist the Olympic bid
with displays.

EXECUTIVE DIRECTOR'S REPORT



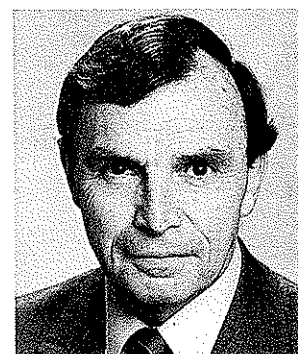
The inaugural Levels Championships as a combined event has been a resounding success and brought back many memories for the competitors of old. Prior to the commitment to the elite plan and embarking on the responsibility of undertaking an elite programme, the national Championships

were the pinnacle for many gymnasts. They proved to be an opportunity to incorporate the social aspects of competition and the events after the competition.

The Victorian Gymnastic Association bravely took on the largest National Levels Championships as the Technical Committees had increased the number of levels involved and in some cases lowered the qualifying score. It was indeed gratifying to see the enthusiasm of the Organising Committee in making the event work, the supporters who enjoyed their role as spectators and the competitors who showed good work to their potential.

Particularly pleasing was the opportunity to have the whole family together. That might be mitigated by the Section Managers after the late night after the event, but from all accounts the event is one which will grow in its place as a very important event in the Australian Gymnastic calendar.

PRESIDENT'S REPORT



The momentous decision by the International Olympic Committee on the morning of the 24th September that Sydney be the host city for the Olympic Games at the end of the 20th Century, will reverberate throughout the world. In my opinion, by the narrowest of margins, it

has saved the credibility of the IOC, upheld the principles of Olympism and returned the Games to the athlete! The decision will also provide the impetus to get Australia started again, both in confidence and with the subsequent economic boost the Games will provide.

What does it mean for Australian Gymnastics?

Our current Development Plan's Elite section, now needs to be reviewed in terms of time lines to allow the Federation to prosper from the financial injection that will come as we prepare our National teams for Sydney 2000.

In the 1956 Melbourne Olympic Games Australia finished third behind the USSR and the USA with, still, our greatest haul of Olympic gold.

The importance of the event was also highlighted by the sponsorship of DairyLite, a major sponsor of the 1994 World Championships. The Levels system has long claimed, quite rightfully, of the financial and personnel support they provide for the Gymnastic Federation. It is therefore pleasing to see a sponsor recognise the value of the event.

In gymnastics we all have a role and these roles make up the Federation. The National Levels Championships which allows competition at the National level based on the optional component of the Olympic requirements provides an ideal vehicle for those to participate who love the sport but are restricted elite participation by desire, body type, educational priorities, lack of facilities, access to coaches or time. The Levels system provides the majority of the support network for the sport of gymnastics and should be acknowledged with pride for the part it plays in the development of the sport.

The original concern that the elite would completely overshadow and be the total focus of the Federation must now be put to rest. More people will participate in competition to the level of their ability because they are attracted by the elite, and their profile, and the elite will continue to improve because of the support from the levels. Each are important, one cannot survive without the other; however, there will not be an equal balance of time and resources.

Recent history has demonstrated how the host country has prospered when they have the plan to achieve success, viz Seoul, Korea in 1988 and the spectacular success of Spain at the 1992 Barcelona Olympic Games. Spain achieved more medals in that one Games, than in the whole of their Olympic history!

The Australian Olympic Committee, even before the 2000 decision, directed Olympic sports to prepare a "Sydney 2000 Medal Plan" and organised a two day Conference on 21st/22nd October 1993 to consider it, along with the other summer sports. The first outcome for all summer Olympic sports is that, subject to qualification, there will be full team representation at Atlanta, as part of that preparation.

The strategic plan for gymnastics calls for three different solutions for its three competitive disciplines.

The 2000 Plan submitted to the AOC was developed by the Technical Directors and Artistic National Coaches and responded to shorter time lines than envisaged in our Elite Development Plan if we are to achieve medal success by the year 2000.

The Men's Elite Plan, because of the time it takes to develop gymnastic talent, is already locked in for the 1995 World Championships to qualify for the 1996 Atlanta Olympic Games. Our objective is to have team

representation in Atlanta, which will require a Top 12 finish in Sabae, Japan. It is therefore essential that we have all possible contenders for the seven man team in the National Training Centre as soon as possible.

For the November 1994 Dortmund Team Championships, our Australian Men are the first reserve team, so hopefully they can participate and blood some of our up and coming gymnasts. The other team events in 1994 are only for four man teams, but will provide necessary competitive experience. They are the Commonwealth Games in Victoria B.C., Canada in August and the Pacific Alliance in Auckland, New Zealand in December.

Dependant on the progress of our talented youngsters this Olympiad, we will form a National Squad for Sydney 2000 running appropriate clinics etc and providing them with international competitive experience. Following Atlanta a programme will be mapped out for the National Team/Squad to ensure we attain our potential. That goal must be a Top 12 finish to allow the better gymnasts to make All-Around and Apparatus Finals. This will also mean a concentration of those contenders at the National Training Centre.

For those who fear a vacuum at our State Sports Institutes/Academies (SSI/A's) they will have their work cut out in preparing 2004 and 2008 gymnasts. The National Plan will provide financial incentives to assist those contributing Centres.

The Women's Elite Plan will be similar to the Men's, but will have many more contending gymnasts. It takes less time to produce a good international womens gymnast, but they have a much younger profile, which can create problems with a central training programme. The National Training Centre has new sufficient experience in its residential programme to cope with these challenges. The sheer size of the National Squad may allow for one or two other Centres to partake in the programme, however the National Team/Squad must have a lengthy centralised final preparation before any major competition.

This dilemma of SSI/A's and the NTC is not just confined to gymnastics, it is a dilemma for most sports in a country of our size. However, with logical analysis, especially of cost benefits and quality control, the outcomes are self evident. The challenge for sports and SSI/A's is how to maintain a viable network that feeds in and develops gifted athletes and at some time allowing the SSI/A's to have their own stars, which in turn provides their credibility or *raison d'être*. Financial support for contributing Centres and a network of National Coaches and support staff is essential.

Gymnastics at this level is team oriented and it is essential to have a centralised finishing programme or preparation for these major events. The timing of and length of preparation needs to be thought through and is dependent on the age, location etc of each gymnast.

For Artistic Gymnastic teams there are two or even four major stages toward 2000. The Team World Championships in 1994 in Dortmund, when compulsory exercises will have to demonstrated for the first time and 1998. The other two events are the critical Olympic Games qualifying World Championships in 1995 in Sabae and 1999.

The Women's team objectives are to remain in the Top 6 for Atlanta and be in medal contention for Sydney. These objectives will be considered in detail and developed to ensure our success in 2000.

The Rhythmic Sportive Gymnastics discipline is different from the Artistic and has not enjoyed their competitive success. Nevertheless they too can succeed.

It is important to understand that there is no RSG team event at the Olympic Games, though it has now been introduced at the World Championships, and only two individuals per Federation, with a maximum of 40 can participate. So it's a tough field.

However the "group" (six gymnasts) has been introduced into the Atlanta programme and surprisingly the host nation can be one of the eight groups, subject to a qualifying standard being met. Group has had no international competitive priority in our thinking, so a new strategy will have to be developed.

Suddenly the junior group event in the RSG Four Continents Championships takes on a new meaning. We now need to consider the appointment of a National Coach and concentrate our senior gymnasts. The group squad needs to be talent identified and developed over the next 6 years. This will require cohesive thought from the RSG community as groups are very costly enterprises.

The AOC Conference will establish the principles and direction for our Federation and the other summer sports. The attainment of medals by 2000 is a distinct possibility, but it will be an expensive exercise and we as a Federation will have to be single minded in our purpose to obtain the best results. At the same time we must not overlook the future beyond 2000. So centralised development of teams for 1996 and 2000 are one thing and our network of SSI/A's for 2004 and beyond, is another essential strategy.

The real spin off for gymnastics is the heightened credibility for our sport and all our programmes will benefit. We thought the World Championships would create a major surge in participation, but now it will open the door to a flood of interest and participation. We now need to respond to this fantastic opportunity to develop all facets of gymnastics.

James E Barry



DAIRYLITE®



1994 WORLD GYMNASTIC CHAMPIONSHIPS REPORT

19TH - 24TH APRIL, 1994

The Sydney 2000 decision has just proven how important it was for Australia to be chosen to host the third Individual World Championships in the new format of this Olympiad. The International Olympic Committee decision will also heighten international interest in our Australian Grand Prix event. Our decision to make it an annual occurrence from 1995 is also self fulfilling.

Another exciting decision, this time from the FIG member Federations, was to add Competition II, the All-Around for Men and Women to our competition programme. This takes the programme from five to six days and ensures that we declare All-Around Champions in every year of the Olympiad.

The programme will still be different from Birmingham because of the differing number of entrants ie. 3 men and 3 women for Birmingham compared to 6 and 4 for Brisbane.

The final competition details will be worked out at the FIG Executive Meeting in Alicante, Spain during the RSG World Championships from the 4th to 7th November 1993.

The FIG has now sent out the entry forms thereby confirming our proposed dates as follows:-

Provisional Entries	19th November 1993
Definitive Entries	18th February 1994
Nominative Entries	18th March 1994

The visit to Brisbane of the FIG Technical Committee Presidents and Drawing of starting lots, the Draw, is planned for the weekend 4th to 6th March 1994. Whilst the first briefing of all our volunteers will be on the weekend 19th to 20th February 1994.

We mailed our third international information Bulletin to all the FIG member Federations on 8th October, 1993 along with the media accreditation forms.

A detailed work plan will be issued to the FIG Federations after the Draw is completed.

Our detailed planning is nearly completed with the draft of our operation manual and rehearsals will commence with our key personnel during the Nikon International from the 17th to 20th November and diet Coke Duos on the 25th November this year.

Again our gymnastic community must respond to these two events to ensure their success. The promotion, on television in particular, is excellent but we need to have full houses to maximise the benefits for our sport.

The Board of the 1994 Company at its last meeting, 6th October 1993, completed its review of the budget for the event and reviewed in detail all hardware and personnel aspects of the Championships. The Organising Committee is now anxious to commence the fine tuning of our planning process and to consider the provisional entries in November.

One aspect that deserves further mention is that of sponsorship. The response has been terrific and with DairyLite in Brisbane their TV advertisements incorporating gymnastics - most exciting. Our community appreciates Australian Government support through the Australian Sports Commission, however they may not quite appreciate their partners in the Queensland Government, through the Queensland Events Corporation and the Brisbane City Council. Their contribution along with all the other supporting sponsors as I say, has been terrific.

We are now concentrating on the Marketing and further promotion of the World Championships. We have reviewed our merchandise and looked to possible new product and goodwill items for our international visitors. Promotion posters have just been released and we have used our now familiar logo on all the product to be mailed in our Technical Membership package.

We are indeed in exciting times and the pace, if possible, is quickening. We must continue to use this opportunity to promote gymnastics in Australia as hard as we can go.

Jim Barry
Chief Executive

Australian Sports Commission

CONGRATULATIONS SYDNEY

Friday, 24 September, 1993

Sydney is to host the Year 2000 Olympic Games. President of the International Olympic Committee, President Juan Antonio Samaranch this morning (EST) announced that Sydney beat Beijing, Manchester, Istanbul and Berlin for this much coveted prize.

Speaking from Monte Carlo where the announcement was made at the 101st Session of the IOC, Australian Olympic Committee President, John Coates, said "We are absolutely delighted with the result".

"This is a tremendous boost for the Olympic Movement in Australia. We are recognised around the world as a sports loving nation so it is only fitting that Australia stage the greatest sporting event: the Olympic Games. Australians believe in the great principles of the Olympic Movement, and we want to share that spirit with the rest of the world."

Australia has a strong Olympic tradition, having competed at each of the modern Olympic Games since 1896, one of only two countries to do so.

Decided by 88 of the members of the International Olympic Committee, Sydney reached 45 votes and therefore an absolute majority. The voting followed 40 minute presentations by each of the Bidding cities to the assembled committee and the presentation of the report by the IOC Commission of Enquiry on the technical quality on each of the Bids.

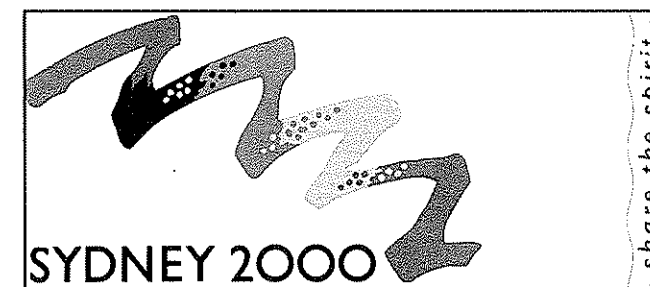
Mr Coates was high in his praise for Australia's previous bids.

"We would never have done it without the support from the earlier bids in Brisbane and Melbourne. As Australia's third city we relied heavily on previous experience and the expertise of those involved," he said.

"My congratulations go to the members of the Sydney 2000 Bid Committee, their staff, their corporate supporters, members of the Australian Olympic Committee, the National Sporting Federations, the volunteers, members of the community and particularly to the school children of New South Wales. The role of schools in the Sydney 2000 programme has been vital to its success and we are very appreciative of the efforts of students, staff and parents."

As the IOC has endorsed, Sydney has the plan, the people, the place and the tradition to stage a magnificent Olympics in 2000.

"We are pleased that not only will we be able to



stage a great sporting event that can be enjoyed by Australian economy, our improved transport infrastructure, the provision of new world class sporting facilities and the unity that will arise from a country with a common goal: to stage a magnificent Olympic Games in the Year 2000," Mr Coates said.

He went on to say that the Olympic Games in Sydney will be organised with a focus on the athletes and the sports. "Our Games will have an emphasis on the encouragement of fair competitiveness and rapport among the athletes. We want to share with the international community the ideals and spirit of the Olympic Movement," he said.

And to make sure that Australia has the maximum representation at the Year 2000 Games and with the best chance of winning as many medals as possible, the Australian Olympic Committee is working with the National Federations on the 2000 Gold Medal Plan. With the focus on preparation of athletes the plan involves programmes in international competition, coaching, daily training environment, sports science and assistance with programme management and where relevant, equipment purchase.

"In view of the substantial increases in funding and the need for more intensive programmes so as to emulate the success of South Korea in 1988 and Spain in 1992, we see this as a priority in the lead up to 2000", Mr Coates said.

Having won the right to host the Games, Sydney will shortly form the Sydney Organising Committee of the Olympic Games in consultation with the Australian Olympic Committee and the New South Wales Government. In the interim, an Office of Olympic Management has been formed to handle the transition from the Bid company to the SOCOG.

The first of the new facilities to be built will get underway in mid-1995 and this will be the Equestrian Centre at Eastern Creek, in Sydney's west. Construction of all the facilities will come under the supervision of the soon to be formed Olympic Construction Authority.

While preparations continue for the Year 2000 Games, the AOC's immediate activities centre around the final preparation for the Australian Olympic Team which will compete in the Winter Games in Lillehammer in Norway in February next year, as well as the 1996 Centenary Games in Atlanta.

Australian Juniors Compete in 1995 World Championship City

Two young women attended the All Japan Junior Competition; they were Nicole Kantek and Rebecca Stoyel. These gymnasts competed very creditably in the international forum finishing 5th and 6th overall.

It is important to ensure that we continued to achieve good results in Japan as the 1995 World Championships/Olympic Selection Trials will be held in that country.

Both of these junior gymnasts competed in the 1995 competition city of Sabae. The results were:-

Yokohama Competition II:-

Rebecca Stoyel	36.712	5th/17
Nicole Kantek	36.700	6th/17

Yokohama Competition III:-

Rebecca Stoyel	Bars	9.225	6th
	Beam	8.750	7th
	Floor	8.850	7th
Nicole Kantek	Beam	9.425	4th
	Floor	9.350	2nd
(Silver medal)			

Sabae Apparatus Finals:-

Rebecca Stoyel	Vault	8.650	13th
	Bars	9.425	4th
	Beam	9.275	9th
	Floor	9.150	10th
Nicole Kantek	Vault	8.800	12th
	Bars	8.525	13th
	Beam	9.475	4th
	Floor	9.125	11th



Rebecca Stoyel



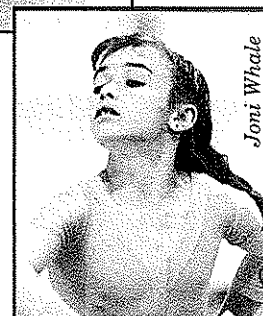
Nicole Kantek



Lisa Archer



Josie Dean



Joni Whale

CHINESE JUNIOR NATIONAL CHAMPIONSHIPS

Australia was privileged to compete at the Chinese Junior National Championships and sent a group of five junior women for experience. All acquitted themselves extremely well and the results were as follows:-

Women

Competition 1A and 1B 333.30 5th

Team:-

Lisa Archer	72.025
Salli Wills	71.700
Josie Dean	71.425
Joni Whale	69.100
Melissa Dawe	49.050

All-Around:-

Salli Wills	36.537	1st	(Gold Medal)
Lisa Archer	35.825	3rd	(Bronze Medal)
Josie Dean	34.487	8th	

Finals:-

Salli Wills	Vault	1st	(Gold Medal)
	Beam	6th	
	Floor	1st	(Gold Medal)
Lisa Archer	Vault	2nd	(Silver Medal)
	Bars	2nd	(Silver Medal)
Josie Dean	Beam	2nd	(Silver Medal)
	Bars	4th	
Joni Whale	Floor	2nd	(Silver Medal)

QANTAS AUSTRALIAN

around the states

GYMNASTICS MAKES THE GRADE IN SCHOOLS

One of Healthway's very first sponsorship commitments was to the WA Gymnastic Association's Gymnastics in Schools Program.

The Association received support of \$150,000 over two years to implement the program at primary school level.

The program included teacher in-services, child activity days, promotional days, promoting links between schools and local gym clubs, gymfests and training programmes for field officers on a statewide basis.



The Association estimates that the program has reached 8,000 to 10,000 primary school children since it began in June 1991.

Added to that, it was highly successful in promoting the Health Department of WA's "2 Fruit'n'5 Veg Every Day" message to both the children and their parents.

The success of the program has enabled it to remain among Healthway's firsts - the WAGA has just received funding to continue the program over the next two years.

Healthway's Sports Program Manager, Graham Brimage, said while Healthway could not guarantee projects would be supported again after the initial sponsorship finished, programs that have been very successful in terms of both health promotion and sports development would be looked at favourably.

"Our sports sponsorship guidelines state that proposals will be highly regarded if they demonstrate the potential to become ongoing viable

programs and not reliant on continued Healthway sponsor support," said Mr Brimage.

"Recent additions to the guidelines allow for certain criteria to be considered when sport and recreation organisations request sponsorship renewals or extensions."

Mr Brimage said the criteria included:

the extent to which the original program goals have been met during the previous sponsorship period;

the ongoing potential for health promotion within the sport;

the ability for the applicant to show that progress had been made towards developing alternative funding sources.

"I'm pleased to say that a number of sports organisations have been able to successfully meet those criteria and Healthway has provided sponsorship for a renewed period," said Mr Brimage.

"The Gymnastics in Schools program has been highly successful and remains an ideal vehicle for health promotion to children and their parents."

"The application for the new sponsorship contained some new ideas that will build on the success of the initial sponsorship."

The program is being coordinated by the WA Gymnastics Association's Lisa Tucker, who explained that the sponsorship renewal would allow for expansion of gymfun and kindergym programs into the pre-primary school environment.

The program would also increase its presence in secondary schools by building on the primary school program base.



"In the first 18 months, the program reached 1,000 teachers, 900 sportsfun leaders and created 13 Gymnastics in Schools Clubs as well as involving eight to ten thousand children," Ms Tucker said.

"One of the greatest successes has been the establishment of links between local gymnastic clubs and schools in their area."

"This has encouraged many children into gymnastics and enhanced the schools' physical education program."

Ms Tucker said the gymfests have been particularly successful with hundreds of students from different schools taking part.

The gymfests involved children new to gymnastics taking part in activities at 10 different stations catering for the 10 basic gymnastic skills such as balance, locomotion, hoop and ball.

"They spent five minutes at each station and received a certificate to show that they had completed the gymfest program."

"They were also provided with information about the importance of fruit and vegetables in their diet and given some fruit and fruit drinks," Ms Tucker said.

"They really enjoyed that part - it was like getting a show bag at the Royal Show."

The special "*Jane's Tropical Smoothie*", named after WA's Jane Warrilow, 1992 National Champion, who competed at the Barcelona Games, proved very popular.

The WA Gymnastics Association expects the success of the program has contributed to increases in registration expected to be 9,000 in 1993.



In May this year our club held an Invitational Competition. We have compiled this report in a hope that you may be able to publish it in your monthly bulletin.

On the 26th May, 1993 at the Katanning Town Hall our club held an Invitation Competition. The emphasis for the day was on having a "GO" and meeting "FELLOW GYMNASTS". A total of 83 competitors from Beverly, Narrogin, Wagin, Mount Barker, Gnowangerup, Collie and Katanning attended and competed in teams of 4-6 (top 4 scores were to count) at levels 1-3 and in an open section

for gymnast above level 3. The competition catered for both W.A.G. and M.A.G. with routines being optional but skill had to be relevant to the level.

With the kind support of Katanning Retravision we were able to award medallions to each member of the top scoring team and also ribbons to the top 3 highest scoring individuals at each level.

In the Women's level one, Mt. Barker were declared winners with a total score of 136.6 followed by Lake Grace with 131.2. Individual ribbons were awarded to Kristie Scott from Mt. Barker, Gemma Potter from Lacke Grace and Michelle McLean also from Mt. Barker.

Lake Grace won level two M.A.G. with 175.2 and Katanning came second with 167.2. Kevin O'Neill and Marcus O'Neill both were awarded the highest individual scores in level two, and Katanning competitors Andrew Lamont and Damien Hibbert came second and third respectively.

Katanning competitors took off level two W.A.G. with a score of 128.9 while Wagin were runners up with 126.9. Bree Tion of Katanning and Erin O'Neil of Collie tied for first place in the division and Korinne Tilbee from Narrogin and Claire Broun from Beverly came second and third.

In level three W.A.G. the Katanning team once again took the honour with a score of 141.55 with Lake Grace in second place with a score of 134.25. Charmaine Cacciola was awarded the highest individual score, Tara Jefferies from Wagin was second and Narrogin's Elli Mutton was third.

Due to the low numbers of competitors in the Open section, it was decided to run both W.A.G. and M.A.G. together so as not to disappoint any of the gymnasts. This did not cause any routines to alter as each group got to participate on their correct apparatus. We, however, had to adjust the scoring so as not to disadvantage W.A.G. members who only competed on 4 apparatus to the M.A.G. members who were competing on 5 apparatus. We do realise that this was unusual, but felt it was the only way to give every gymnast at that level a go.

Lake Grace won the open section for W.A.G. and M.A.G. with a score of 142.25 with Gnowangerup runners up with a score of 141.75. Graham Hibbert from Katanning achieved the highest individual score in this division, Gnowangerups Sara Pither was second and Elizabeth Edwards of Lake Grace was third.

As this day was declared a great success not only for gymnasts at all levels but for our club, we will be holding this event annually and look forward to seeing all the clubs back next year.

S. HIBBERT
Secretary

Katanning Gymnastic Club

around the states

QGAI CLUB OF THE YEAR Warwick Gymnastics Club Inc.

The Warwick Gymnastics Club Inc. is located on one acre of land in Easey Street in the Rosenthal Shire at Warwick, a town of 10,000 people 2 1/2 hours west of Brisbane. The club boasts a fully owned and permanently set up gymnastics centre on its own land, which includes a gravelled car park and sufficient space for significant extensions to the present facility in the future. Currently, the club undertakes both men's and women's competitive gymnastics programmes, as well as recreational gym groups and extra classes for special education children. There are approximately 50 registered M.A.G. Gymnasts and 60 W.A.G. participants, plus a further 20 recreational children and 20 special needs students which is approximately a 10% increase on the number of registered gymnasts last year from a very limited potential pool. All are under the capable guidance of two Level 2 head coaches, one for M.A.G. and one for W.A.G. gymnasts. These head coaches are supported by a further 9 coaches, one of whom is a Level 2 Coach and assistants, who help with the task of running up to 25 gym classes seven days a week in the hall. At the club, our registered judge helps out not only at our competitions but also at other regional events.

On a regional basis, personnel from the Warwick Gymnastics Club are very actively involved in various events. Men's head coach, Chris Riggs has recently been selected from 290 nominees as one of the 3 finalists for the Queensland Young Achiever's Awards for regional development in his chosen field of gymnastics. He has also entered boys from his club in the M.A.G. Darling Downs Level 1 - 4 Championships, which were conducted at the Warwick Gymnastics Club, liaising with the Darling Downs Committee. In levels 1, 2 and 3, gymnasts from the Warwick Gymnastics Club came in the first, second and third places overall while the Warwick level 4 gymnasts took out first and third overall at this competition. Boys from the club have also entered in a Level 1 competition at another Darling Downs venue and a young Level 1 child came third overall. Overnight gymnastics clinics for the gymnasts are also conducted three times a year at the club and are often opened up to other clubs in the region. Chris Riggs is also the Darling Downs Men's Technical Advisor, as well as Level 3/4 and Levels 5-7 Coach.

Women's Head Coach, Debbie Smith, only joined the Warwick Gymnastics Club in mid-1991 and this year alone has had four Level 3 girls selected for the Darling Downs Team as well as two Level 4 girls. Debbie was also the co-ordinator for these

Level 3/4 Regional Selection Trials. She has taken the Warwick girls to various invitational competitions this year including the Condamine Cup and Wandoan Invitational Competition which was five hours drive away for the Warwick gymnasts. Girls received places in all levels in this competition. Debbie is currently the regional treasurer and the Darling Downs Level 3/4 Minors Coach. She travels up to two hours monthly to attend these regional committee meetings. Both head coaches conduct their own Bi-Annual Club Championships, with awards for these being presented at an Annual Social Presentation Night open to interested parties that is held at the Town Hall late each year.

Within the local community the Warwick Gymnastics Club keeps up a high profile with regular reports being included in the local newspaper, The Daily News. These articles range from photos for publicity for gymnastics to special reports of the notable achievements of selected children. Radio 4WK has also hosted personnel discussing the club and its programmes. The WIN Television Station based in Toowoomba has also included segments on gymnasts' achievements from the Warwick Club. Further the Toowoomba Chronicle published articles about such achievements.

Both the girls' and boys' sections conduct regular displays at church and school fetes as well as often including a promotional entry in the Warwick Rodeo Festival Street Parade. The Club is hoping to hold an Oldies competition open to the public later this year and has become popular for conduction pyramid and comedy gymnastics displays around the town. Also club personnel are well known within the Warwick area and often interested parents, friends and gymnasts are seen supporting the club by helping with fundraising activities in the main street. Many Warwick business houses also support club gymnasts through involvement in a talent squad subsidy programme. The five Warwick schools are approached at the start of every year and flyers are distributed announcing the sign-on day for the new year. Promotional visits and displays in schools and in individual classrooms by club personnel have helped to make gymnastics a high profile sport in Warwick.

On a state level, Warwick Gymnastics Club has become well recognised this year with the boy's programme being included as a Queensland High Performance Satellite Squad and the girls' programme being recognised as a State Squad Support Club. Further, two Warwick gymnasts are in the Queensland M.A.G. Part-Time State Squad and attend 12 trainings at Chandler each year.

This has been an important way in which the coaches have been able to expand coaching knowledge. These High Performance Coaches, John Curtin and Xiong have also come to Warwick this year and conducted a special weekend clinic. Debbie Smith, the girls' Head coach was the Darling Downs Team Coach for the Queensland Minor Inter-Regional Championships for both Level 3 and 4 while Chris Riggs, Head Boys' Coach was the Regional Coach at the Queensland Minor Inter-Regional Championships for Levels 3 and 4, as well as being the Darling Downs Coach for Level 5 at the Queensland State Championships. The Downs' Level 5 Team, comprising of three Warwick Club gymnasts came first overall in the team event at this competition. A Warwick boy came first in the 5B division whilst another Warwick club gymnast came first overall in the Level 5A division. This eight year old Warwick boy was selected in the Queensland U12 Team to compete at the Australian Titles. Chris nominated for various positions at this event and was chosen as Level 5 Teach coach at the Nationals. This team came third overall at the Townsville event.

Presently the Warwick Gymnastics Club is looking to the future in concentrating on the development of accredited judges and coaches. At the Level 1 Coaches Course being conducted at Chandler on October 31/November 1, the Warwick Club will be sending five nominees who have previously been inserviced by head coaches. Chris Riggs will be conducting the majority of sessions on the second day of this course to enable him to be fully qualified as a course conductor and thus able to run courses in the Darling Downs Region. Chris is also hoping to be a candidate for the inaugural level 3 M.A.G. coaches course to be conducted in Canberra next May.

The club is presently revising programmes in line with the new levels system to be soon released. These up-dated, improved programmes are available for perusal by hopeful new coaches and for present coaches alike. Each term the boys' and girls' sections publish their own quality publications of newsletter relevant to their sections. These newsletters contain advertising from Warwick businesses in return for talent squad subsidy involvement and thus, are sent out regularly to local businesses. The club has acquired much new equipment this year including matting and wall bars. It is hoped that a buckhorse will be able to be purchased when funds are next available to assist with the programme at the club. In future the Warwick Gymnastics Club is aiming to extend its present building to include pits facilitating elite programmes. The club is also hoping to further improve the external features of the Warwick Gymnasium, such as landscaping and the parents' carpark. Future gymnastics programmes are aimed at including an improved quality of elite M.A.G. and W.A.G. gymnasts and thus club planning is focussing on developing facilities that will provide

every opportunity for children to develop to their potential.

NB: Chris Riggs was named as the Men's Coach of the Year - 1992 in the AGF Awards presentations.

SPECIAL OLYMPICS VICTORIA SPRING HIGHLIGHTS 1993 "GYMFEST"

SUNDAY 27TH JUNE, 1993

Special Olympians from Inner Eastern, Outer Eastern and Southern Regions were among the 800 general gymnasts from throughout the State who attended Victoria's 2nd "Gymfest".

"Gymfest" is a fun participation event beginning with sight unseen activities, whereby gymnasts make their way around 10 stations performing various activities at each station. Not only did our Special Olympians (many of whom have a physical disability as well as an intellectual disability) face the challenge of understanding and performing "on the spot", but coaches had to ensure each gymnast participated at each station within the given time limit. We made it on our gymnastic ability, just as all the other participants did. In the afternoons display event, Outer Eastern gymnasts performed group ribbon and hoop routines as well as a combined routine.

Congratulations to all gymnasts and the VGA for a wonderful day's gymnastics.

VISIT BY NADIA COMANECI AND BART CONNOR

Two Special Olympians, Kathryn Firmedge and Graham McBride renewed friendships made at the 1991 International Special Olympic Games in Minneapolis when they met Nadia and Bart on their recent rip to Victoria. Bart informed our gymnasts that he is on the International Committee preparing for the next International Games to be held in Connecticut in 1995, and that he was "looking forward to meeting us again at home in America".

OUTER EASTERN REGION INVITATIONAL OPTIONAL COMPETITION SUNDAY 8TH AUGUST, 1993

This Invitational Optional Competition provided competition for all ability levels in all three disciplines: MAG, WAG & RSG in a choice of three events. The day's success was made possible with sponsorship from "Thermalair" air conditioning and heating, and the support of management and staff at Mountain Districts Gym. A wonderful competitive spirit prevailed with athletes and coaches alike supporting their rivals. Friendships

around the states

were renewed during the lunchtime BBQ, which added to the day's feeling of comradeship.

Julie O'Connell
Director Gymnastics
Special Olympics Victoria



Outer Eastern Gymnast Kathryn Furmedge and Nadia Comaneci.

OUTER EASTERN INVITATION OPTIONAL COMPETITION RESULTS

HOOP BALL RIBBON

RSG - DEVELOPMENTAL SENIOR

Denise Jones	7.90	=2	7.50	2	7.60
Julene Glassborow	8.20	1	7.70	1	7.80 1
Dawn McNeal	7.70		7.40	3	7.70 =2
Monica Brownbill	7.90	=2			7.70 =2

RSG - DEVELOPMENTAL JUNIOR

Amanda Page	7.00	1			7.20 1
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RSG - LEVEL 1

Anne Miller			7.50	3	
DebraBroughton	8.20	1	8.00	1	7.90 2
Prue Burgess	8.00	2	7.70	2	8.30 1

RSG - LEVEL 2

Gaye Darby	7.80	1			
Kerri Campbell	7.40	2	7.60	1	7.60 1

RSG - LEVEL 3

Janice Swaney					8.30 2
Marissa Turner	8.10	1	8.00	1	8.50 1

BEAM BARS FLOOR

WAG - LEVEL 1

Kathy Forscutt	8.10	3	7.55	1	8.70 1
Natalie Foxall	8.40	2	7.50	=2	8.10
Heather White	8.70	1	7.50	=2	8.55 2
Julie Robbie			7.10		8.40 3

WAG - LEVEL 2

Kathy Corcoran			8.00	3	8.45 2
Teresa Salvatore			8.10	2	7.50 3
Bernadette Vermeer	8.50	1	8.25	1	8.60 1

WAG - LEVEL 3

Kathryn Furmedge	9.10	1	9.00	1	8.80 1
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RINGS P. BARS FLOOR

MAG - DEVELOPMENTAL SENIOR

Adrian Joyce	7.60	1	8.20	1	7.80 1
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MAG - LEVEL 1

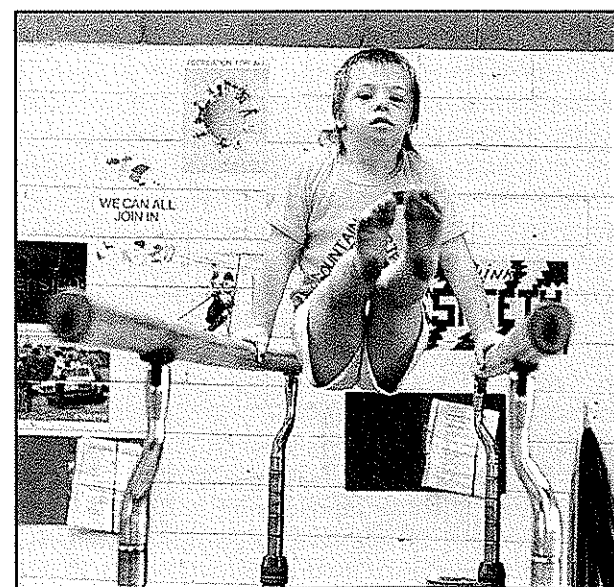
Nicholas Mellies	8.40	1	7.80	2	7.70 1
Bradley McCullum	7.00	2	8.10	1	7.65 2

MAG - LEVEL 2

Andrew Pearce	8.20	2	7.70	2	8.00 1
Richard Malter	8.80	1	8.50	1	7.75 2

MAG - LEVEL 3

Graham McBride	9.30	1	8.70	1	8.65 1
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Nicholas Mellies 2nd Place P. Bars Mag - L1, Outer Eastern Invitational Optional Competition.

EATING DISORDERS

Just thinking about sitting down and writing this article made me feel tense and anxious. I even contemplated binging before starting to relax myself. But somehow since I am on my way out of bulimia such a regression would have been a disappointment to myself. Also writing this puts me in a position where I feel responsible to set a positive and encouraging example.

In the last ten years or so, anorexia nervosa and its sister eating disorder, bulimia nervosa, have been sensationalised and glamorised by the media; with film, TV, music personalities and Princesses coming out of the closet in plagues. Nonetheless, the majority of us are still ignorant as to what eating disorders mean to their sufferers.

For a start, there is nothing remotely glamorous about either sets of behaviour. They are both self-destructive and immiserating. Secondly the majority of people with eating disorders are average, everyday people. You have probably walked past them in the street or they may even be your best friend, sister or daughter.

Anorexia and bulimia are predominantly female disorders. Bulimia nervosa (binging/purging behaviour) affects 5-6% of the teenage population. Nine out of ten bulimics are female. Seven percent of all teenagers develop anorexia nervosa (self-induced starvation that can result in death). Likewise, nine out of ten of those affected are female. Anorexia nervosa typically afflicts girls from the onset of puberty and on into their late teens. By contrast, bulimia usually develops from the late teens and onwards into the early twenties. Nonetheless, these age categories are by no means absolute.

So what is the relevance of all this to gymnastics? Well, one obvious fact is that girls and young women within the vulnerable age groups are concentrated in gymnastics clubs across the country. Adolescence and young adulthood can be a vulnerable, confusing and painful time, particularly for those with low self-confidence. It is a time when people are forging their sense of identity, a time of uncontrollable physical changes, new stresses and a coming to terms with one's sexuality. Anorexia nervosa and bulimia are ways of coping with these changes and the accompanying pain, stress and confusion.

The emphasis our society and its media place on women to be beautiful and thin hardly needs articulation. It stares at us from every magazine stand and every TV advertisement. The physical

form is like a sculptor's clay. It is a vehicle for self-expression. Gymnastics is a sport in which the body is also the instrument of self-expression. Girls often become extremely self-conscious of their physiques at adolescence and compare their "fatness" to that of their peers. Standing around the gym with one's body exposed in a body-hugging leotard is enough to make anyone feel self-conscious at one stage or another. However, we all recognise that wearing a leotard without the accompanying baggy t-shirt is vital for safety and for the observation and correction of technique. The point I want to make is that the gym is one place among others where girls may become sensitive to their body weight and may after judging themselves "too fat" embark on a self-styled weight reduction programme.

People who develop eating disorders typically feel bad about themselves. In other words they suffer from low-esteem. They may feel fat and ugly and want to lose weight as a way of feeling good about themselves or as a way of making themselves happy. Before I go on to describe the two eating disorders I must stress that anorexia nervosa and bulimia have little to do with food. They are both primarily about **control**.

Anorexia Nervosa

is the most serious of the two disorders because of its potential threat to life. The anorexic or self-starver diets to the extreme. Anorexics typically lose 25% of body weight and cease menstruation if they have already begun. Anorexics derive a sense of achievement from their weight loss. One of the reasons for their fierce resistance to attempts at weight gain is that putting on weight deprives them of their sense of achievement and control. Anorexics live in perpetual fear of losing control of their rigid eating pattern. Eating for the anorexic often becomes a highly ritualistic and protracted affair.

With weight loss anorexics become preoccupied with food and my fantasize endlessly about eating. Like the starving Somalians and refugees in the Balkans the anorexic is **hungry**. They frequently watch other people eating, and cook and prepare food for others. Anorexics may also become obsessive exercisers. Even in bed they may swing their leg or arm or flex their toes in order to burn up calories.

Anorexics typically develop a distorted body-image. While to others the anorexic appears severely underweight, the anorexic perceives herself as "fat". Personality change also often accompanies weight loss. The girl may become withdrawn and solitary. She may spend a lot of time alone in her room and lose her spark and enthusiasm for life. Anorexics may also become domineering, demanding and can appear irrational and temperamental. These changes are partly the result of starvation. Weakness occurs with weight

loss, as does sensitivity to light, noise and cold. Insomnia and the growth of fine, downy body and facial hair may also become evident.

Having anorexia nervosa is like living in a beam of light encased in darkness. In the beginning when you are standing at the source of light it is at its thickest and the surrounding darkness is minimal. But as you progress with your weight loss so you progress forward with the beam of light and as you go forward the beam becomes narrower and narrower so that in the end your whole of life's focus is on food and losing weight. The darkness is at its maximum. By this stage you become overwhelmingly self-centred and are hardly aware of the existence of life outside of food and weight loss.

Anorexia is most obviously detectable by weight loss. The girl may appear to be eating normal sized meals but may only be pretending to eat, eg. by swishing cereal and milk around in her breakfast bowl, by throwing out her lunch, feigning sickness or claiming to have eaten previously at a friend's place or in town in order to avoid eating.

It is difficult to get an anorexic to eat against her will. Anorexics frequently deny their weight loss or even that they are on a diet. For successful long-term recovery the anorexic must co-operate in her weight gain. If weight gain is forced on her (which means submitting to someone else's control) she will only conspire to lose it again as soon as she is free to. Furthermore, weight gain is no indication of true recovery. While weight gain may only take 6 months or so (or even less), mental and emotional recovery may take up to 3 or 4 years. It is vital that the ex-anorexic is given emotional support and that her eating behaviour is monitored for a long time after initial weight gain, as up to 50% of anorexics go on to develop bulimia nervosa.

If you suspect that one of your gymnasts is anorexic it is probably best to bring it to the attention of the girl's parents. Parents are often the last to realise the severity of their daughter's weight loss because human perceptions make comparisons rather than absolute levels of measurement. Week to week weight loss is less evident than the weight loss seen in before and after shots. It may then be an idea to encourage the parent/s to consult their GP for referral to a psychologist or psychiatrist. Eating disorders are like icebergs. The disorder itself is only one tenth of the problem. Underlying psychological problems are typically responsible.

Anorexia nervosa has been afflicting women since medieval times. However, the motives behind self-starvation have changed with the times. Anorexia, like hunger-striking, is also thought to be a form of protest. An emaciated figure in a society of abundance is unignorable. It says "Look at me". The anorexic is also often referred to as an over-conformist. She seeks approval. But in our society

emaciation offends our values of health and well-being. Consequently the anorexics extreme weight loss is met with disapproval and horror. The anorexic feels bad for the disapproval that her state elicits. Like all of us, people with eating disorders just want to be accepted.

Bulimia and Bulimia Nervosa

Bulimia nervosa was first identified in 1979. Unlike the anorexic, the bulimic is usually at the normal body weight or above. However, her weight may fluctuate frequently. Bulimia nervosa refers to binge-eating and is almost always accompanied by purging. Like the anorexic, the bulimic is fearful of getting fat. The bulimic starts out on the diet, but unlike the anorexic, her resolve weakens and the diet is broken by an eating binge.

Bulimia is a Greek word meaning "greed", "animal hunger" or "appetite of an ox" depending on its interpretation. A binge refers to the consumption of a large amount of food over a short period of time. It is like a between-meals snack taken to the extreme. Binge-eating is like having a hit. The rapid consumption of food gives the person a rush. It is temporary escape. The effect is an immense feeling of relief and release. In the course of a binge a person may consume, for example, 500 mls of icecream, 3 king-sized Mars bars, a family-sized block of chocolate and 3 bowls of breakfast cereal. Binges may be larger or smaller but typically occur in private. The real problem is how out of control the individual feels about the quantity she or he has eaten.

After a binge the person usually feels guilt, self-hatred and self-disgust. She or he panics over the number of calories consumed. To rectify this loss of control the bulimic typically gets rid of the food by self-induced vomiting, the taking of emetics, laxatives or diuretics, or by excessive exercise. Purging also adds to the sense of relief. However, bingeing may occur without proceeding to purging. Depression frequently follows a binge-purge episode.

The individual ends up caught in a vicious circle of diet, binge, guilt and self-hatred, purge, diet, and so on it goes. Binge-purge behaviour may occur as infrequently as once a week or fortnight or as frequently as 2-3 or more times a day. Bulimia is an extremely distressing and debilitating problem at its worst. At its least it is simply annoying. Binge-purge behaviour and the chaotic eating pattern that often accompanies it are physically and mentally tiring.

Binge-purge behaviour can have physical side effects. Loss or irregularity of periods may occur. Self-induced vomiting may cause the knuckles to become calloused or red raw from repulsive vomiting. The pressure from vomiting brings fluid to the face so that the salivary glands may become swollen and the small red capillaries around the

eyes may burst. The acidic and partially digested food from vomiting dissolves tooth enamel and may cause gum problems.

Laxative use, erratic eating and vomiting upset the biochemical balance of the body, resulting in a depletion of the elements potassium, chloride and sodium. These elements are electrolytes and their depletion can cause muscular weakness, constipation, tingly sensations in the hands and feet, depression, heart irregularities and even sudden death. Attempts to rectify potassium loss by use of potassium tablets can be dangerous as excess consumption can result in death. It is preferable to eat potassium rich foods such as tomatoes and oranges as a natural supplement.

The bulimic may experience stomach soreness and discomfort after bingeing. Sometimes a bulge in the upper abdomen is visible. While purging relieves guilt it is rather ineffective. Vomiting only gets "...rid of 30% of consumed calories... because food is absorbed quickly in the digestive tract" (Pierre Beaumont, Professor of Psychiatry at Sydney University). Laxatives are ineffective and dangerous. They act low in the bowel where almost all of the calories have already been absorbed. Chronic use of laxatives can result in continuing bowel problems. In the event of frequent weight fluctuations, the body will begin to breakdown protein and muscle tissue and replace it with fat. The result is flabbiness.

As with anorexia, bulimia is merely the symptom of an underlying problem or problems. Bulimic behaviour is an attempt at self-help or self-cure. Only it is an ineffective and self-destructive way of coping.

Unlike the anorexic, who is in control of her eating, the bulimic feels out of control. She is aware that her eating pattern is abnormal and fears she or he is unable to stop eating voluntarily. Hence the bulimic often seeks help in order to regain control. However, the bulimic also feels ashamed and disgusted by his or her behaviour. They may also feel safe in their binge-purge behaviours and may be reluctant to change despite the distress.

These days the majority of GP's are sympathetic to bulimia and can refer you to a psychologist or psychiatrist. Self-help and support groups are also available in all capital cities. Self-help groups can end your isolation and provide acceptance, support and advice, as well as friendship. Help can also usually be obtained from the psychology departments of most universities. High schools, matric colleges, universities and other tertiary institutions also usually have student counsellors that can assist. You may feel ashamed, disgusted and and/or scared to seek help, but counsellors and psychologists are often surprisingly sympathetic and helpful. If you don't hit it off with the first person you see you can always switch to another counsellor.

If you still feel hesitant about the idea of seeking professional help, there are numerous self help books around written specifically for people with eating disorders. Below is a sample:

When Eating is Everything by Ball, Butow and Place, Doubleday, Auckland, 1991, approx. \$18 - is a good place to start.

The Deadly Diet: Recovering from Anorexia and Bulimia by Terence J Sandbeck, New Harbinger Publications Inc, Oakland, 1986, approx \$24 - takes a cognitive-behaviour modification approach and sets out exercises for you to complete at the end of each chapter.

Other general self-help books that are useful include:

Feeling Good: The New Mood Therapy by David D Burns, The Book Printer, Maryborough, approx \$15 - thought modification for depression.

You'll See It When You Believe It by Dr Wayne Dyer, Bookman Press, Melbourne, 1989, approx \$15.

Feel the Fear and Do It Anyway by Susan Jeffers, Arrow Books Ltd, London, 1987, approx \$12.

For parents: *A Parents Guide To Anorexia and Bulimia - Understanding and Helping Self-Starvers and Binge/Purgers* by Katherine Byrne, Schocken Books, New York, 1987 - is an excellent book.

Susie Orbach's work is also meant to be useful in putting eating disorders into context.

The film "The Famine Within" is also quite insightful, but offers no practical advice.

All of the above books are merely suggestions and may be inappropriate to you. They are merely those that have been beneficial to myself and others. You should be able to purchase most of these books from good bookstores. If they are not on the shelves they can easily be ordered. Books on eating disorders are also available at your local library or by inter-library loan.

You may feel apprehensive about buying a book that has, say - *When Eating is Everything* written all over it. But the discomfort and embarrassment only last 60 seconds or so. Furthermore, the sales person is probably taking no notice. They are probably day-dreaming about their latest love or what to give the cat for dinner. It is worth enduring that brief discomfort for the relief you will feel afterwards and for the help inside.

In the meantime here are few suggestions that have worked for me:

1. Make bingeing **your choice**. Before you binge say to yourself - "This is my choice. I can choose to binge and that is o.k., but it is **my choice**."

2. Delay your binge. If it is 10.05am when you feel like bingeing put your binge off until 10.15am or so. You will often find that by that time the feeling has passed or you may have decided to sit the binge-feeling out. You may also choose to binge after your delay time, ie at 10.15am as in the case of the above example. That is o.k. as well.

3. Set a time limit for your binge. If you usually spend 1 hour bingeing, limit it to 30 minutes. If you normally devote 35 mins to your binge limit it to say 15 or 20 minutes.

4. Try **not** vomiting, taking laxatives or exercising madly after a binge. You **won't** put on 10 kgs overnight and having all that food in your stomach means that you are less likely to binge again 2 hours later.

5. Although you may feel as if your whole day is ruined because you have binged, it doesn't have to be. Rather than lying under your doona feeling miserable for the rest of the day go out shopping, to the movies, to your friends place, for a walk, keep working or whatever. That way your binge is less likely to lead to a second, third etc. binge.

6. **Eat slowly** (yes, slowly). Savour every mouthful. This takes quite a bit of self-restraint but is a remarkably effective way to stop a binge.

7. Also **sit down** when eating, rather than walking around town or standing at the fridge or cupboard.

8. Keep a food diary. In it write the time of your meals and binges, what you ate, where you were and what you were feeling before you binged and how you felt afterwards. That way you may be able to identify what triggers your binge-eating.

9. Keep a diary of your feelings. It is a non-destructive way to vent your emotions.

10. You cannot expect to eradicate a behaviour unless you have an alternative to replace it with. Next time you feel like bingeing go shopping instead, buy a magazine and read it, have a bath, go to the movies, phone a friend, paint (even if the result only looks worthy of a kindergarten display board) etc.

11. Eat regularly. Eat three meals a day and include a mid-morning and afternoon snack. This makes resisting binges easier.

12. Plan your day the night before. Exclude binges.

13. Next time you binge imagine that people are watching you. This is extremely effective if you are willing (and remember) to do it.

14. If you binge at certain times eg. after school, after gym training, after dinner, plan an alternative activity ahead of time.

15. Be kind to yourself. Say it is o.k. to binge rather than bombard yourself with a litany of self-

deprecating thoughts. One of my friends says to herself "It's o.k. I'm only looking after myself."

16. Learn to accept a healthy and normal body weight for your age and height. Each morning under the shower say to yourself "My body is beautiful the way it is".

17. Also, don't punish yourself if you forget or choose not to employ any of the above tactics. It is o.k. It is scary and strange to employ these tactics at first and you may feel resistant to doing so because it is much easier and safer to stick to your old behaviour. No one is perfect. There are still plenty of times when I binge despite my knowledge of all of the above. That is o.k.

I could go on and on with my list of advice if I had the space. But it is sufficient for you to realise that you do have the power to take charge of your eating whether it be to put on weight or to stop bingeing and/or purging.

The above tactics make you responsible for your eating behaviour. They give you control if you are willing to take responsibility. No one can take away your eating disorder for you. Others can suffer support and care but ultimately its resolution is up to you. It is a difficult and slow process. Unbearably so at times. Getting over an eating disorder is like taking two steps forward and one step backwards. But recovery is possible and the journey is worth it. I have faith in you. You can do it.

This article has been written by a former gymnast in an effort to help coaches and gymnasts to deal with this very serious problem.

In a letter accompanying the article she described the problems she suffered as a gymnast. The letter said, in part,

"I hope that if you are too scared to seek help that they will be able to get some relief by taking up the suggestions offered, and that they will feel less alone knowing that other people share their problem and that there is a way out."

Although the article is lengthy, it deals very sensitively and positively with a problem endured by too many young females today.

Travelodge
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The National Clubs were hosted in Geelong for the second time in the history of the Women's National Clubs and this time saw the largest number of participants with 320 gymnasts competing from 44 different Clubs.

The programme was also extended to include a 5th level of competition so that we saw two divisions in the Elite Stream and three divisions in the Levels Stream. It is indeed pleasing to see club representation in both Streams.

The club is the backbone of the structure for the sport of gymnastics and to be able to represent ones club is an honour.

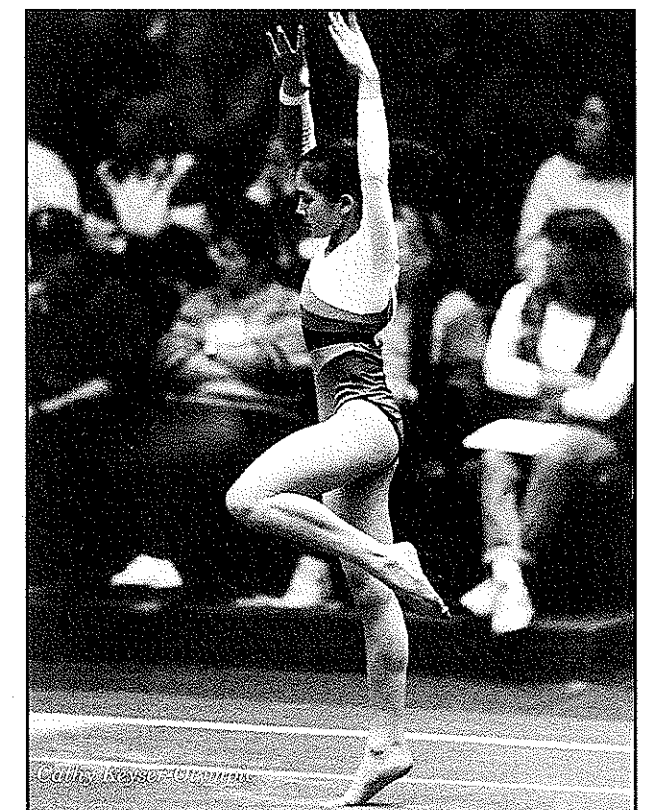
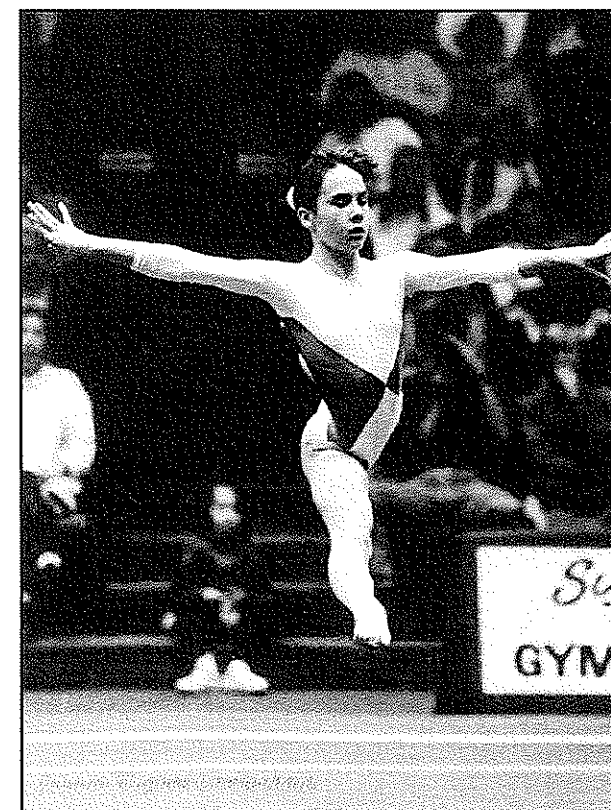


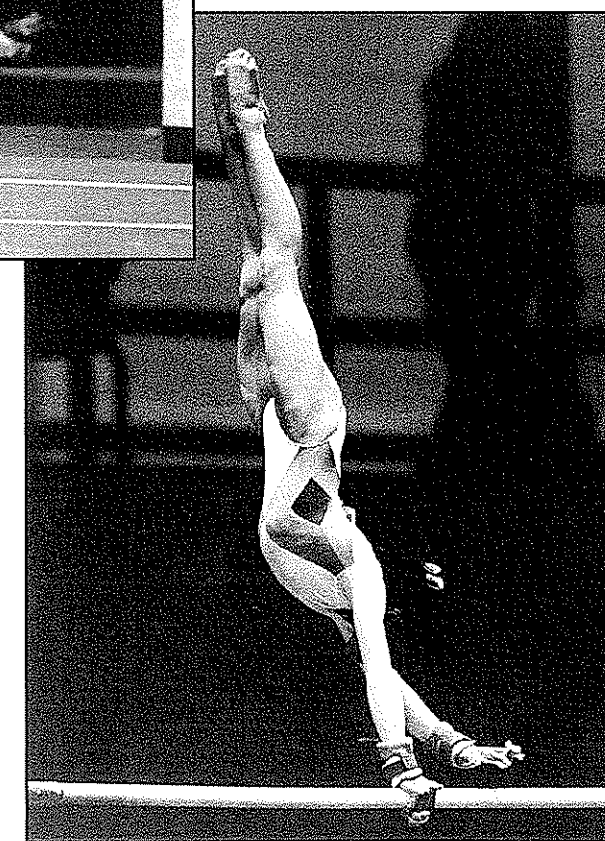
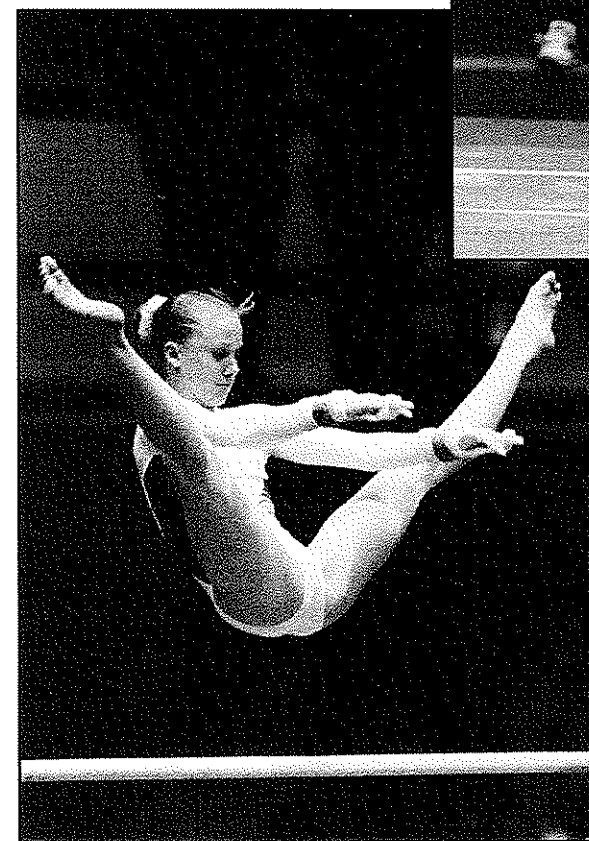
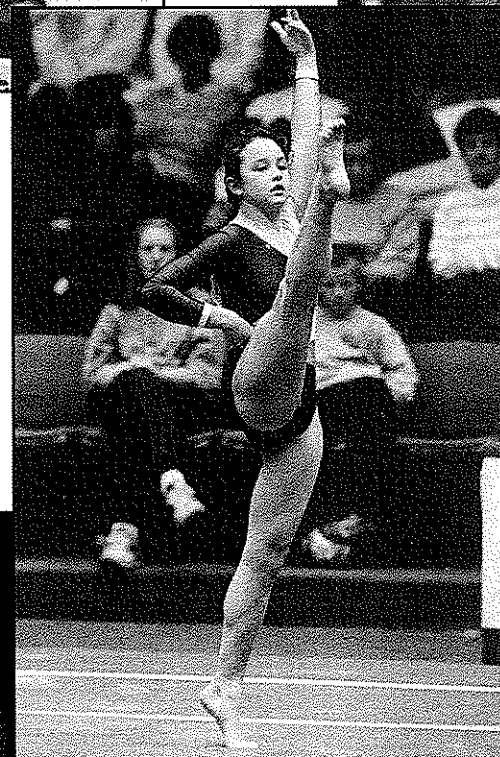
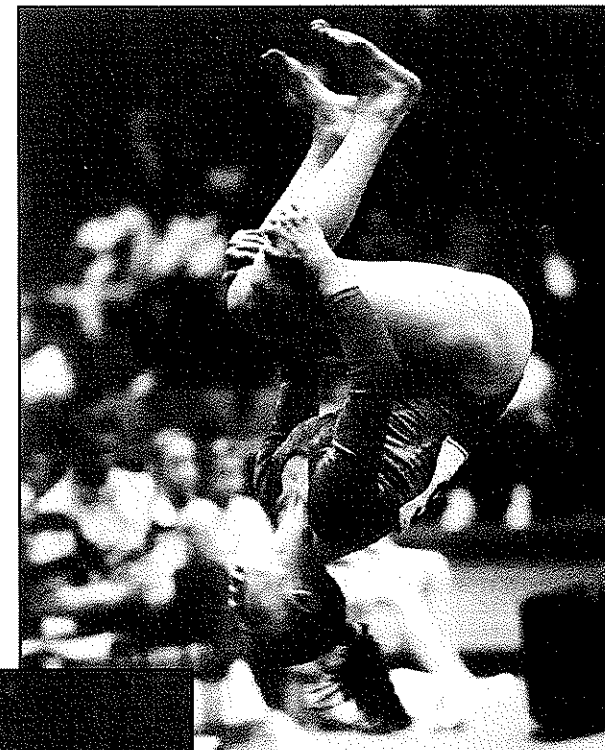
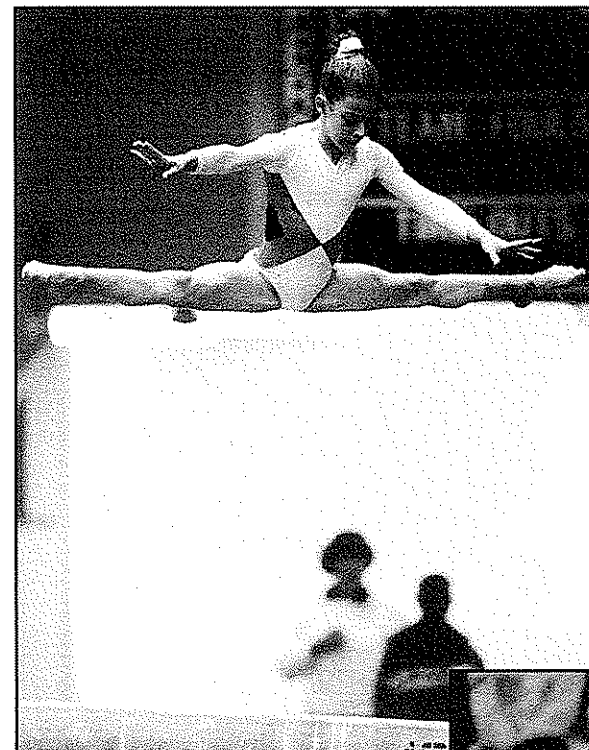
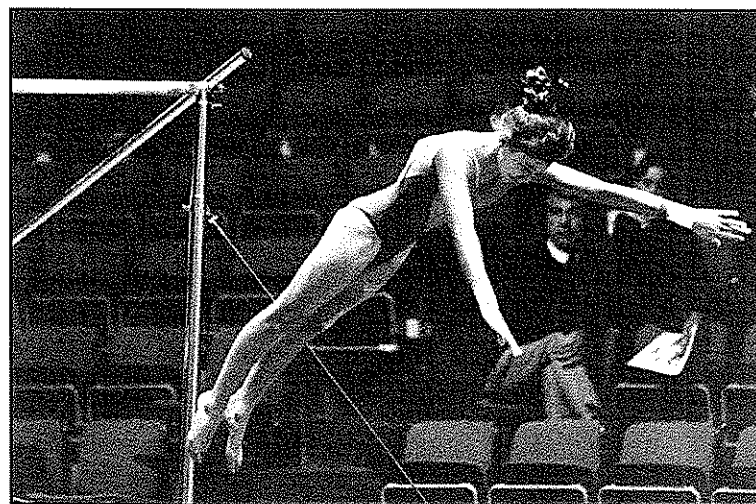
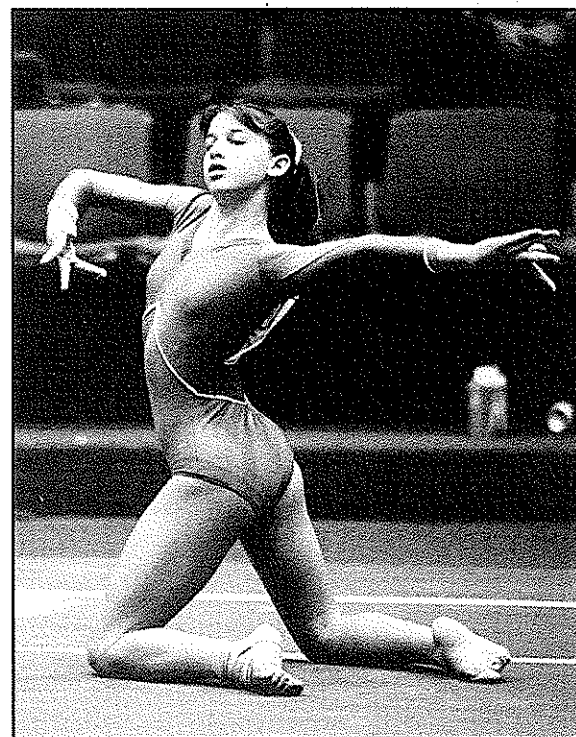
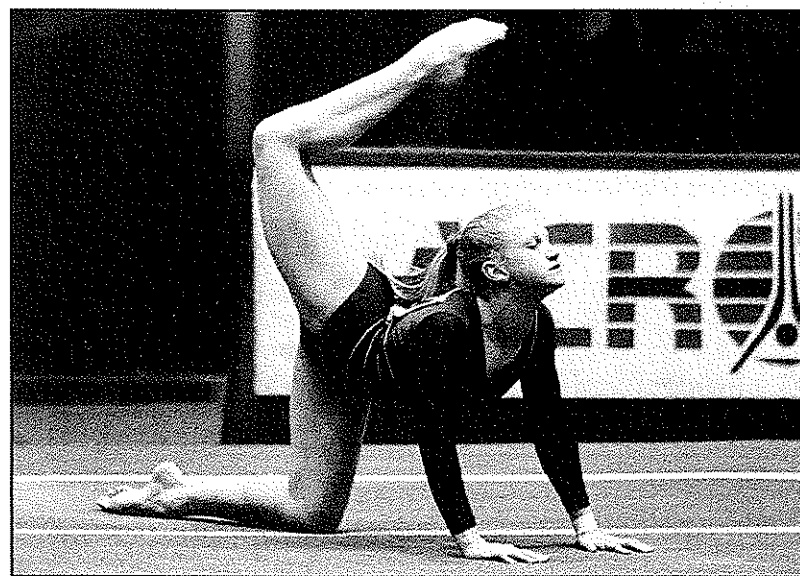
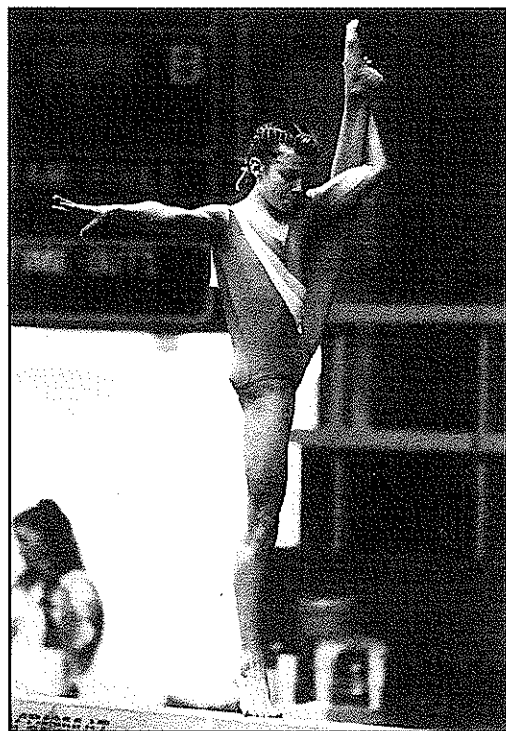
National Clubs

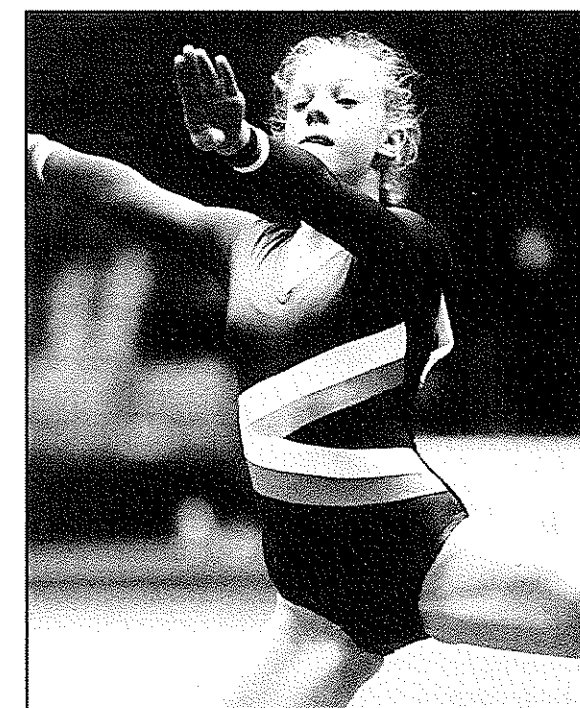
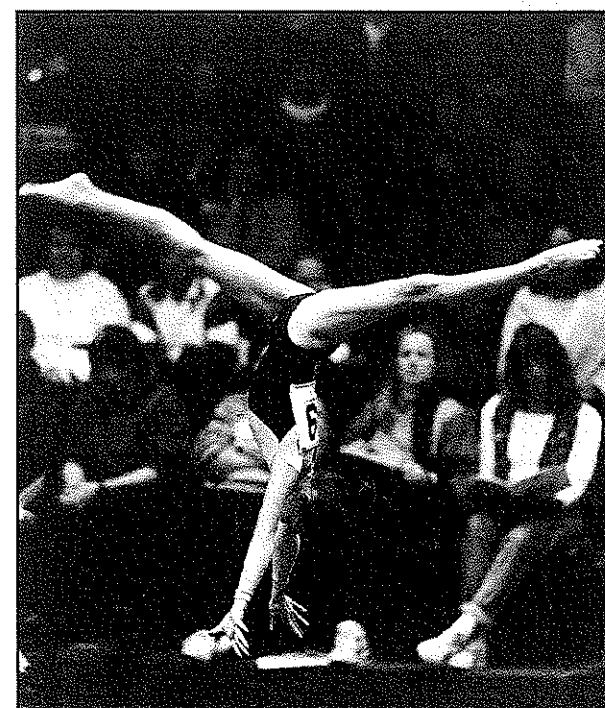
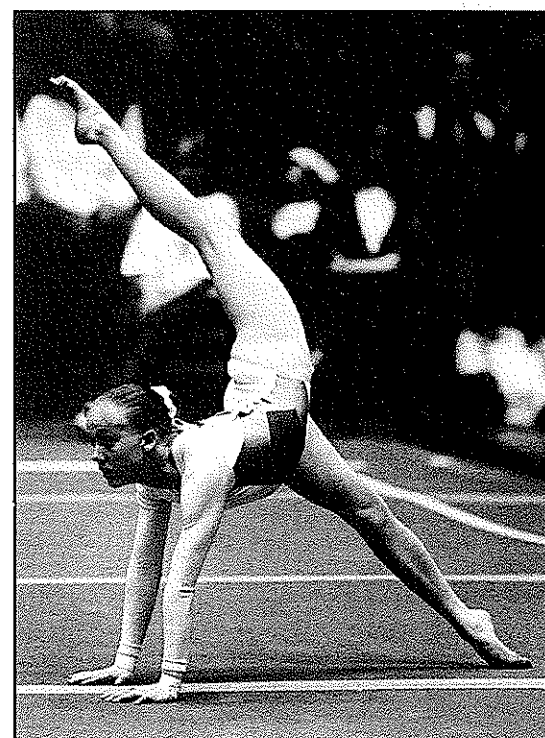
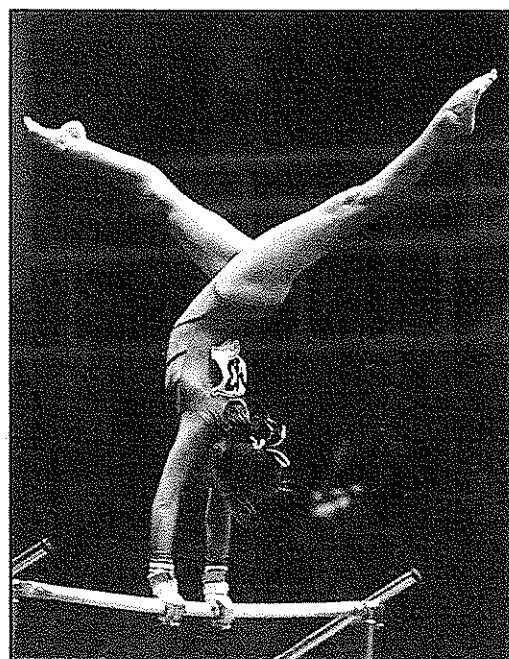
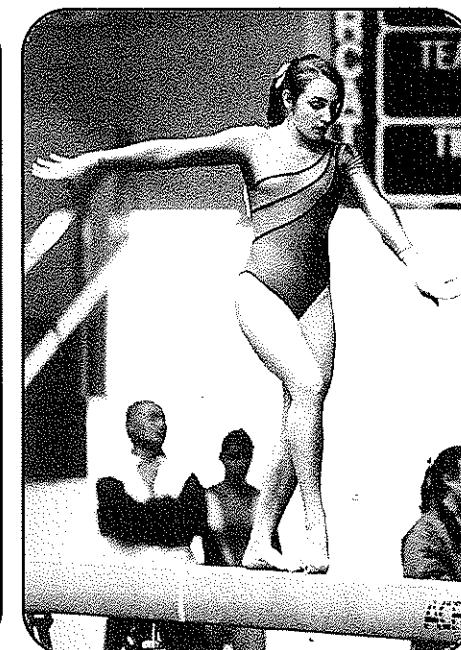
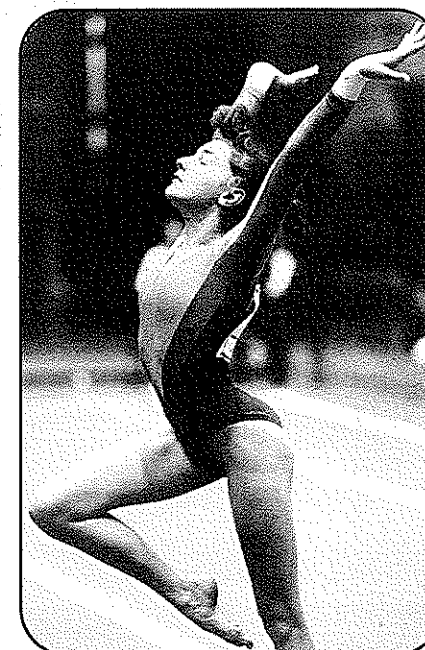
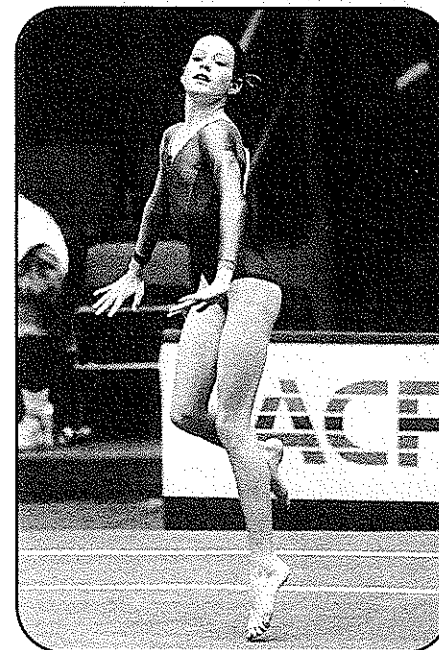
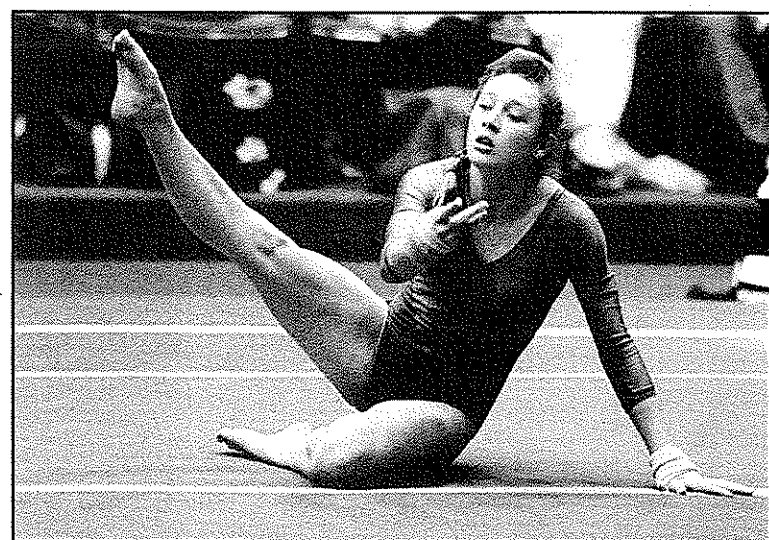
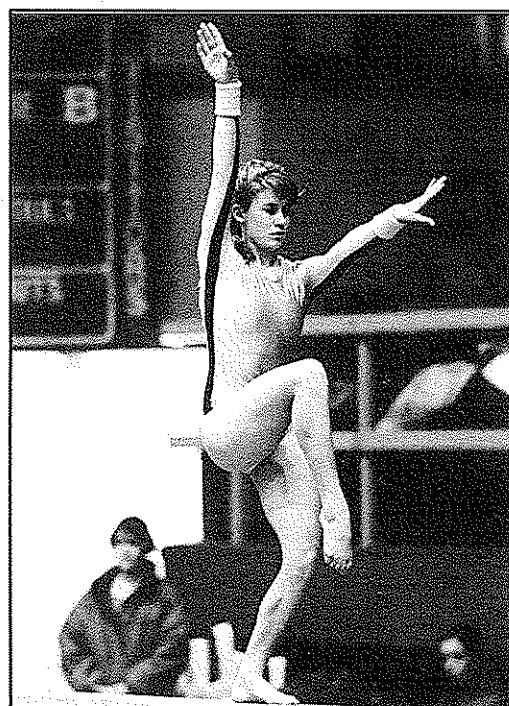
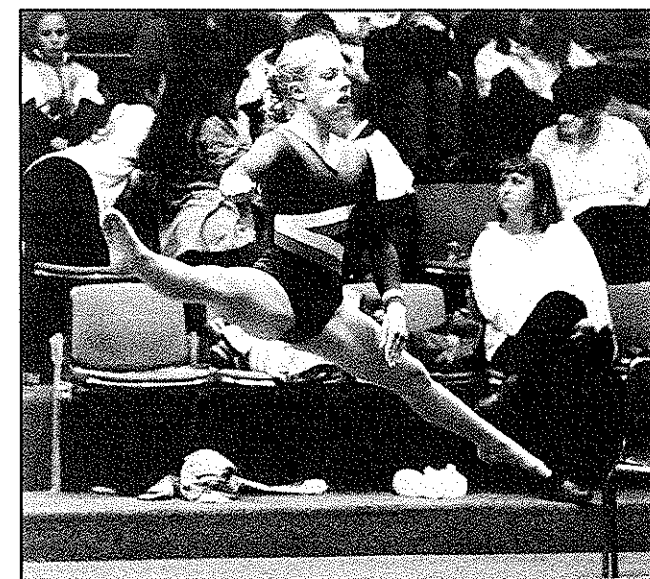
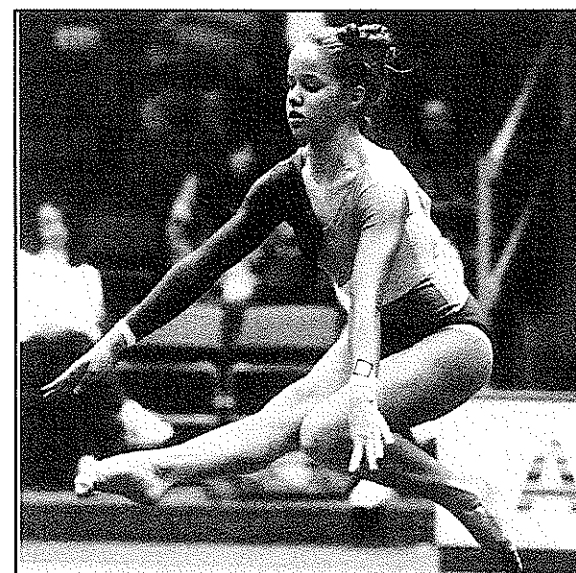
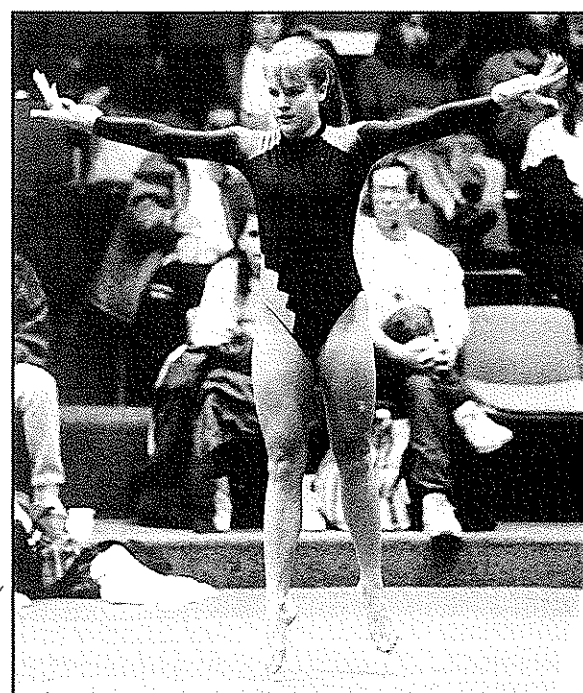
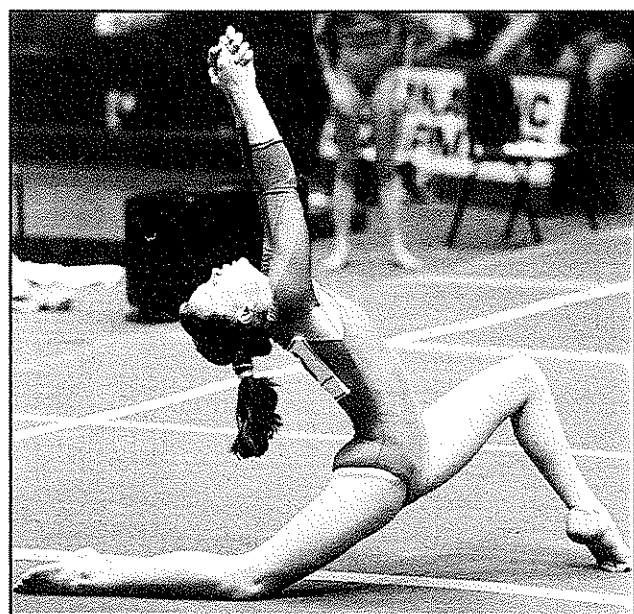
Photos courtesy Ross Gould

Highlights of the competition included:-

- * The quality of the performance of the Gold Coast Gymnastic Club, Division E, particularly as they competed in the first round in a very chilly venue.
- * The hospitality, warmth and organisation of the Geelong Gymnastics Club.
- * The strong performance by Joanna Hughes, Cheltenham, in the 'A' Division to win the gold medal.
- * The strength of the Cheltenham programme to win Overall Club in Division 'A' and 'B'.
- * The exciting close contest in Division 'C' between Chandler Comets, Frankston and Koorana I.
- * The participation by Clubs from USA and New Zealand.

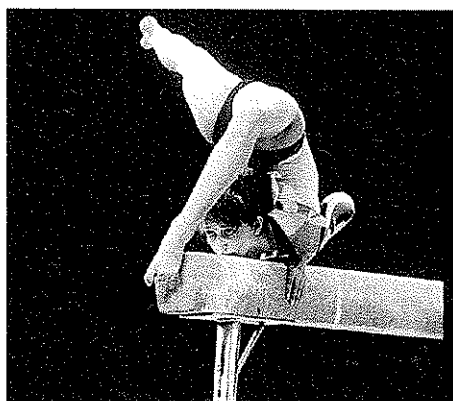






Gymnastic Tidbits

GYMNASTICS BULGARIAN STAR WALKS AGAIN AFTER OPERATION



Bulgarian gymnastics star *Sylvia Mitova*, who broke her neck in a training accident after the Barcelona Olympics, is able to walk again after a South African neuro-surgeon fused her damaged vertebrae together.

But surgeon Johan Wasserman said on Tuesday he doubted Mitova, who broke her neck after falling from a trampoline, would be able to compete again at international level.

He said the operation to fuse together two vertebrae in the 16-year-old's spinal column was made more difficult because of an old fracture.

"There was a lot of pressure on the spinal cord. This was caused because the discs were sticking out," said Wasserman. "She can lead a normal life but I doubt she will be able to compete internationally again".

A hospital spokeswoman said on Tuesday that Mitova was able to walk a few paces at a time but it would take her about two years to recover totally.

Mitova, who has been unable to move since the accident, came to South Africa after doctors in Bulgaria said they could do nothing for her.

South African gymnast Heidi-Marie Oosthuizen, who met her before the Barcelona Olympics, heard of Mitova's plight and arranged for her visit. South African gymnasts raised funds and doctors gave their services free, as did the Johannesburg hospital where she is being treated.



Marjorie Nelson selected as Manager of the 1994 Commonwealth Games Team.

WOMEN'S 'TOWARDS 2000' GYMNASTICS CLINIC

Date: December 8 – 21 December 1993
 Venue: Australian Institute of Sport
 Cost: \$60 (gymnasts only)
 Eligibility: Only gymnasts who were born between January 1 1981 (12 years) and December 31 1985 (8 years)

Coaches must attend with gymnasts

Travel and accommodation are the responsibility of the individual

Coaches and gymnasts should meet in the AIS Gymnastics Hall at 2.0 pm in Saturday December 18, 1993 for a brief meeting. Training timetables will be provided at this meeting. The clinic will finish about 3.00 pm Wednesday December 21, 1993.

'TOWARDS 2000' ENTRY FORM

Name of Club: _____

Address: _____ Phone: _____

Coaches: _____

Gymnasts: _____ Date of Birth _____

Please enclose entry fee (\$60 per gymnast) payable to the Australian Institute of Sport and forward to Jenni Bryan by **Friday November 26 1993**. Enquiries (06) 252 1280.
 Australian Institute of Sport (Gymnastics)
 PO Box 176
 Belconnen ACT 2616



Gymnastic Tidbits

RSG Commonwealth Test Event - Victoria Canada - Pacific Coast International

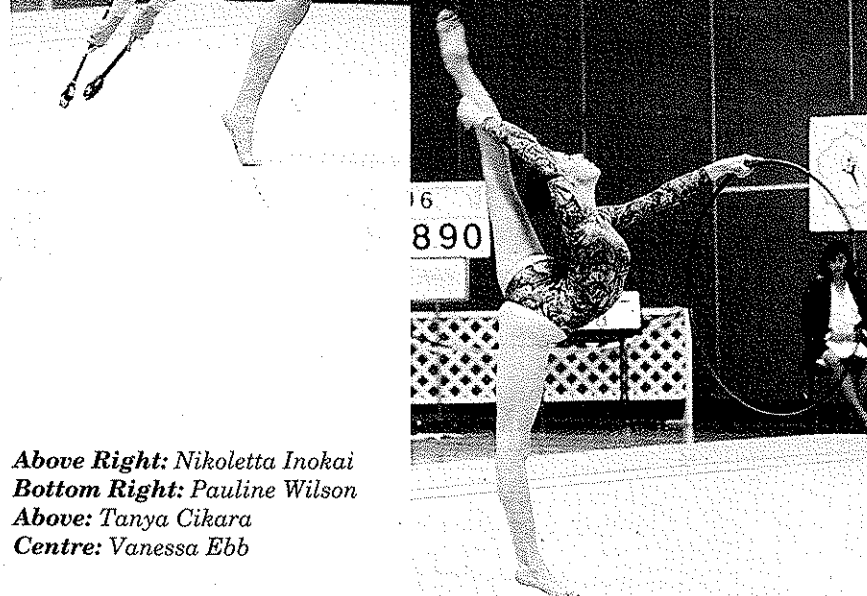
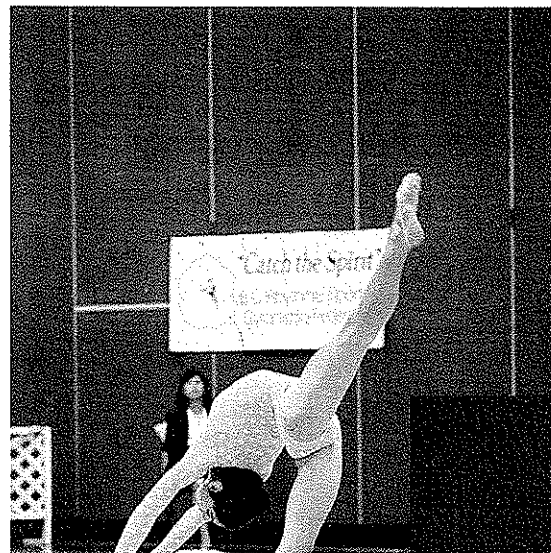
Nikoletta Inokai led the Commonwealth at the end of the Test event conducted in Victoria in September.

With her teammates, Vanessa Ebb, Pauline Wilson and Tanya Cikara she demonstrated to the other Commonwealth nations that Australia was making a strong showing in their preparation for 1994.

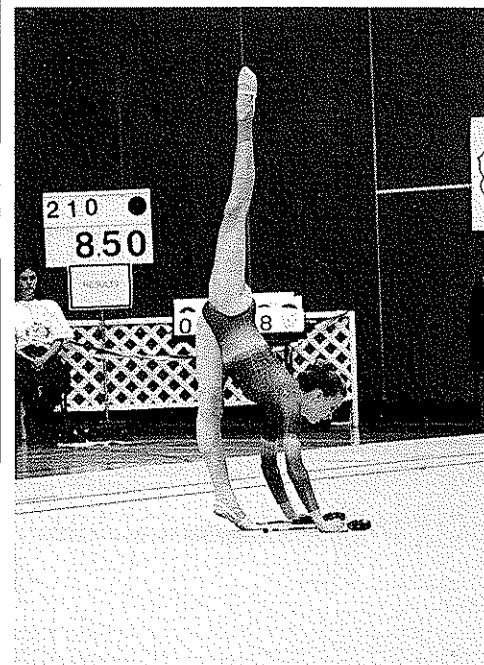
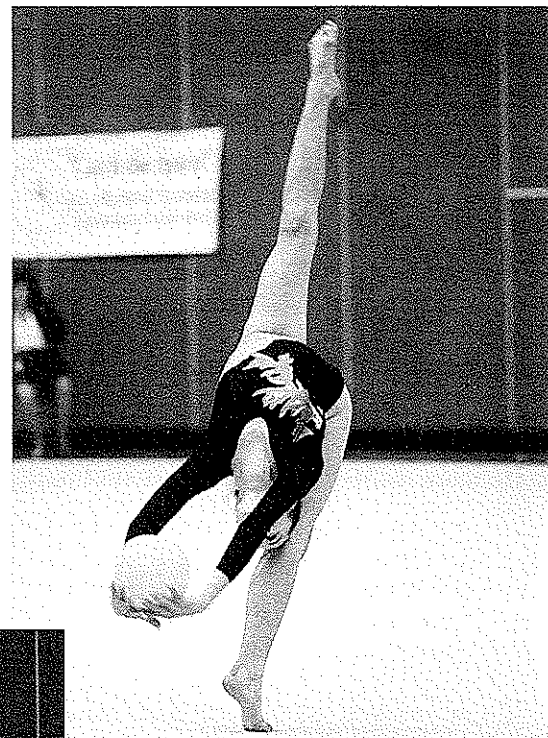
Only the invited Japanese gymnasts proved too strong for the young Australians. Other Commonwealth nations competing included: Canada, New Zealand, Wales, Scotland. When England performs in 1994 it will be interesting to see their gymnasts against Australia. Juniors also competed representing Canada, United States and Scotland.

The competitors had a taste of major event excitement as they competed on the rhythmic carpet that was used in Barcelona for the 1992 Olympic Games.

Miho Yamada	JPN	36.300	1
Mutsuo Tahara	JPN	36.100	2
Tomomi Ookuba	JPN	35.600	3
Nikoletta Inokai	AUS	33.600	4
Gretchen McLennan	CAN	33.300	=5
Melanie Aitken	NZ	33.300	=5
Belinda Moore	NZ	32.700	7
Megan Arnold	CAN	32.400	8
Vanessa Ebb	AUS	32.200	9
Tanya Cikara	AUS	32.100	10
Mireille Rosner	CAN	31.400	=11
Pauline Wilson	AUS	31.400	=11
Joanne Coombs	WALES	27.900	=13
Sarah Hughes	WALES	27.900	=13
Vicky Clarke	WALES	27.500	15
Mary Winning	SCO	26.700	16
Linsey Johnston	SCO	26.100	17
Lynwen Bassett	WALES	24.500	18



Above Right: Nikoletta Inokai
Bottom Right: Pauline Wilson
Above: Tanya Cikara
Centre: Vanessa Ebb



Results ...

NATIONAL CLUBS 1993

WAG Division A Overall Team Results

Cheltenham 1	106.582
Cheltenham 2	102.324
CanberraCity	99.890
NorthHarbour	99.241
Glenelg	35.908
Olympic	35.433
Liverpool	34.816
Sydney Y1	34.337
Chatkovich	34.025
The Hub	32.508
Canberra U1	8.350

Apparatus Results - Vault

Cheltenham 1	27.100
NorthHarbour	26.475
CanberraCity	25.750
Cheltenham 2	25.525
Glenelg	9.175
Sydney Y1	8.950
Olympic	8.850
The Hub	8.800
Liverpool	8.700
Chatkovich	8.525
Canberra U1	0.000

Bars

Cheltenham 1	26.800
Cheltenham 2	25.725
NorthHarbour	25.275
CanberraCity	25.250
Glenelg	9.325
Liverpool	8.900
Olympic	8.800
Canberra U1	8.350
Chatkovich	8.100
Sydney Y1	8.000
The Hub	7.500

Beam

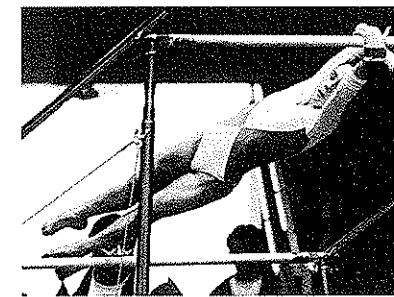
Cheltenham 1	26.032
Cheltenham 2	25.849
CanberraCity	24.665
NorthHarbour	24.166
Olympic	9.133
Sydney Y1	8.700
Chatkovich	8.650
Glenelg	8.533
Liverpool	8.366
The Hub	8.133
Canberra U1	0.000

All-Around

NAME	TEAM	NO.	VAULT	BAR	BEAM	FLOOR	TOTAL
Joanna Hughes	Cheltenham 1	72	9.400	9.000	9.466	9.150	37.016
Rebecca Stoyel	Glenelg	126	9.175	9.325	8.533	8.875	35.908
Cathy Keyser	Olympic	179	8.850	8.800	9.133	8.650	35.433
Bree Munro	Cheltenham 1	77	9.000	9.150	8.600	8.600	35.350
Nicole Kantek	Liverpool	184	8.700	8.900	8.366	8.850	34.816
Zeena McLaughlan	Cheltenham 2	74	8.875	8.550	8.966	8.175	34.566
Karinda Whitwell	Sydney Y1	183	8.950	8.000	8.700	8.687	34.337
Deborah van Ginkel	Cheltenham 1	76	8.700	8.650	7.966	8.900	34.216
Lisa Moro	Cheltenham 2	75	8.300	8.600	8.483	8.650	34.033
Sarah Prosser	Chatkovich	319	8.525	8.100	8.650	8.750	34.025
Genevieve Preston	CanberraCity	289	8.650	8.900	8.466	7.950	33.966
Susana Le	Cheltenham 2	73	8.350	8.575	8.400	8.400	33.725
Sarah Joy	NorthHarbour	303	9.100	8.475	8.266	7.675	33.516
Melissa Laws	CanberraCity	290	8.500	8.350	7.966	8.275	33.091
Kassandra Jones	CanberraCity	291	8.600	8.000	8.233	8.100	32.933
Hayley Edgell	NorthHarbour	304	8.700	8.400	7.900	7.825	32.825
Rachel Vickery	NorthHarbour	301	8.675	8.400	8.000	7.450	32.525
Bonnie Hollis	The Hub	127	8.800	7.500	8.133	8.075	32.508
Meredith Donnelly	NorthHarbour	302	8.550	7.800	7.666	7.825	31.841
Nadine Scott	NewZealand 2	307	8.500	8.250	7.000	7.550	31.300
Melissa Dawe	Canberra U1	138	0.000	0.350	0.000	0.000	0.350

WAG Division B Overall Team Results

Cheltenham 1	107.898
The Centre	105.974
Cheltenham 2	105.674
Bunnerong	91.847
Kanahooka	36.587
Glebe	35.981
LawntonAcad2	35.662
ChandlerCom1	34.925
Sydney Y1	34.574
ChandlerCom2	34.311
Seven Hills	34.274
Koorana	34.250
Rooty Hills	33.887
Darwin 1	33.637
LawntonAcad1	32.075
Darwin 2	18.925



Apparatus Results - Vault

Cheltenham 2	27.937
Cheltenham 1	27.836
The Centre	27.100
Bunnerong	26.374
ChandlerCom2	9.356
Seven Hills	9.312
Kanahooka	9.250
LawntonAcad2	9.237
ChandlerCom1	9.212
Rooty Hills	9.112
Koorana	9.100
Sydney Y1	9.075
ChandlerCom1	9.062
Sydney Y1	8.962
Darwin 1	8.625
LawntonAcad1	8.375
Darwin 2	0.000

Beam

The Centre	27.287
Cheltenham 1	26.987
Cheltenham 2	26.037
Bunnerong	24.374
Kanahooka	9.400
Glebe	9.175
LawntonAcad2	9.100
Seven Hills	8.962
ChandlerCom2	8.762
Koorana	8.675
Sydney Y1	8.625
Darwin 1	8.425
ChandlerCom1	8.275
Rooty Hills	7.725
LawntonAcad1	7.600
Darwin 2	5.100

Bars

Cheltenham 1	25.750
Cheltenham 2	25.550
The Centre	24.625
Bunnerong	15.400
Kanahooka	9.000
Glebe	8.875
ChandlerCom1	8.800
LawntonAcad2	8.550
Rooty Hills	8.450
Darwin 1	8.325
Sydney Y1	8.125
Koorana	8.050
LawntonAcad1	7.300
ChandlerCom2	7.200
Seven Hills	7.150
Darwin 2	0.000

Floor

Cheltenham 1	27.325
The Centre	26.962
Cheltenham 2	26.150
Bunnerong	25.699
ChandlerCom2	9.037
Kanahooka	8.950
Seven Hills	8.912
LawntonAcad2	8.800
ChandlerCom1	8.775
Sydney Y1	8.762
Rooty Hills	8.600
Glebe	8.575
LawntonAcad1	8.550
Koorana	8.425
Darwin 1	7.925
Darwin 2	5.450

All-Around

NAME	TEAM	NO.	VAULT	BAR	BEAM	FLOOR	TOTAL
Julia Gilligan	Cheltenham 1	78	9.462	9.250	9.050	9.525	37.287
Alyssa Harvey	Kanahooka	187	9.237	9.000	9.400	9.100	36.737
Brooke Walker	Cheltenham 1	80	9.362	8.800	9.137	9.200	36.499
Sari Redzeposki	Glebe	189	9.356	8.875	9.175	8.575	35.961
Lauren Gillett	Cheltenham 2	79	9.400	9.150	8.725	8.600	35.875
Larissa Wayne	The Centre	255	9.025	8.575	9.100	9.150	35.850
Kimberley Dalton	Cheltenham 2	82	9.275	8.500	8.887	9.000	35.662
Lisa Skinner	LawntonAcad2	199	9.212	8.550	9.100	8.800	35.662
Ahu Senol	The Centre	254	9.100	8.400	8.987	8.812	35.299
Rebecca Wilson	ChandlerCom1	196	9.075	8.800	8.275	8.775	34.925
Anna McIlwaine	The Centre	256	8.975	7.650	9.200	9.000	34.825
Naomi Seary	Sydney Y1	236	9.062	8.125	8.625	8.762	34.574
Jade Davidson	ChandlerCom2	197	9.312	7.200	8.762	9.037	34.311
Rebecca Dezus	Seven Hills	258	9.250	7.150	8.962	8.912	34.274
Kylie Halliday	Koorana	125	9.100	8.050	8.675	8.425	34.250
Shani Earl	Cheltenham 2	81	9.262	7.900	8.425	8.550	34.137
Katarina Frketic	Rooty Hills	257	9.112	8.450	7.725	8.600	33.887
Caroline Wright	Grove	320	8.800	8.425	8.475	8.025	33.725
Katrina Lam	Darwin 1	188	8.962	8.325	8.425	7.925	33.637
Jessica Wilson	Cheltenham 1	87	8.750	7.700	8.800	7.925	33.175
Candice Tyrrii	LawntonAcad1	198	8.625	7.300	7.600	8.550	32.075
Nikki Nannitsos	Bunnerong	241	8.762	5.450	8.462	8.712	31.386
Karinya Turnbull	Cheltenham 2	242	9.012	4.700	8.275	8.625	30.612
Sarah Hardgrove	Bunnerong	240	8.600	5.250	7.637	8.362	29.849
Trudi McIntosh	Cheltenham 1	85	9.012	0.000	7.712	8.600	25.324
Catherine Laird	Cheltenham 2	86	8.800	0.000	7.687	8.675	25.162
Leticia Lam	Darwin 2	222	8.375	0.000	5.100	5.450	18.925

Results ...

WAG DIVISION C

All Around

NAME	TEAM	NO.	VAULT	BEAM	FLOOR	TOTAL
Nicole O'Brien	Frankston	268	8.800	8.600	8.725	35.075
Julie-Anne Keane	Koorana 1	159	9.100	8.800	8.125	35.075 *
Paula Harvey	Bulleen 1	11	8.850	8.650	8.600	34.862 *
Leanne Williams	Kenwick 1	43	8.950	7.800	8.650	34.425 *
Mardi Watson	ChandlerComl	194	8.650	8.600	8.250	34.337 *
Louise Cashmere	CanberraCity	292	8.700	8.100	8.900	34.312 *
Jasmine Tualla	GRIPS	148	8.600	8.450	8.575	34.300 *
Shay Bynon	Bulleen 2	15	8.800	8.000	8.275	34.125 *
Joanne Butler	ChandlerComl	193	8.600	8.350	8.400	34.050 *
Anya Lam	Cromer	55	9.200	8.450	7.850	34.000 *
Megan Tillett	Koorana 1	160	9.150	8.200	8.125	34.000 *
Mali Morris	Bunnerong	243	8.450	8.100	8.575	34.000 *
Suzi Davis	EGA	322	9.100	8.000	8.700	33.950 *
Emma Anthony	Frankston	269	8.550	7.800	8.850	33.750 *
Amanda Stoodley	LawntonAcad1	200	8.550	8.500	7.862	33.500 *
Penny Glasson	ChandlerComl	195	8.500	8.150	8.200	33.287 *
Dawn Kesselburgh	PrairieUSA 1	311	9.000	7.900	7.650	33.275 *
Sharon Buchannan	Waverley 1	107	8.350	8.050	8.150	33.025 *
Victoria Klaus	Waverley 1	108	8.600	7.850	8.050	32.975 *
Patricia Kirkham	Cromer	56	8.350	8.600	7.300	32.937 *
Lisa White	Waverley 1	110	8.500	7.800	8.062	32.899 *
Celeste Marsh	MLC 1	120	8.550	8.000	7.725	32.875 *
Trudi Cork	Frankston	271	8.650	7.550	8.612	32.875 *
Collette Hardcastle	Bulleen 1	12	8.700	8.200	7.450	32.862 *
Kristina Kypreos	Bunnerong	244	8.450	8.350	7.250	32.787 *
Trudi Jensen	MLC 1	121	8.250	8.150	8.000	32.725 *
Chandra Hamilton	CanberraCity	293	8.400	8.200	8.000	32.700 *
Laura Royce	Geelong	209	8.650	7.900	7.150	32.562 *
Meg McKay	MLC 1	122	8.600	7.750	7.775	32.550 *
Kerrin Jackson	LawntonAcad2	201	8.150	7.800	7.875	32.525 *
Kate Dresser	Canberra U1	156	8.700	7.950	7.600	32.500 *
Susan Allatt	MLC 1	119	8.500	7.950	7.525	32.500 *
Kelly Waye	Koorana 1	162	9.000	7.950	7.475	32.400 *
Bianca Wollaghan	Cromer	57	9.000	8.850	8.625	32.300 *
Anna Byrne	Cheltenham 1	90	8.600	7.800	7.400	32.275 *
Felicity O'Brien	Bulleen 1	13	7.900	8.200	7.625	32.262 *
Alexia Smith	Bulleen 2	16	8.250	7.850	8.187	32.262 *
Kim Anderson	Glebe 1	130	8.650	7.700	7.500	32.125 *
Samantha Thorpe	Waverley 1	111	8.650	7.100	7.925	32.050 *
Melissa Gorham	Cheltenham 1	88	8.150	7.950	8.000	32.000 *
Emma Sword	Bulleen 2	14	8.600	7.000	8.250	31.850 *
Kirsten Cole	Bulleen 2	118	8.650	7.100	7.700	31.787 *
Rosa Riano	Glebe 1	128	8.850	7.800	7.275	31.787 *
Celeste Alway	Cheltenham 1	91	8.050	7.550	7.175	31.700 *
Kylie May	Cheltenham 1	92	8.500	7.750	7.250	31.625 *
Shelley Cole	Bunnerong	245	8.100	7.500	7.225	31.387 *
Rebecca Stratham	Delta	286	8.600	6.850	7.125	31.075 *
Jenni Whitfield	Glebe 1	131	8.700	7.400	7.375	30.825 *
Laura Baggio	Bunnerong	246	8.100	6.450	7.375	30.825 *
Korina Alford	Geelong	211	8.350	0.000	8.375	30.600 *
Sally Firkin	Glebe 1	129	7.150	0.000	6.650	29.712 *
Rachel Ainstey	T.Tree Gully	321	0.000	5.700	0.000	29.712 *
Alycia Hopper	Cheltenham 2	89	0.000	0.000	0.000	21.825 *
Fiona Landrigan	Frankston	270	0.000	0.000	0.000	5.700 *
Belinda Barnes	Koorana 1	161	0.000	0.000	0.000	0.000 *

Overall Team Results

ChandlerComl	101.587
Frankston	101.437
Koorana 1	101.162
Bulleen 1	99.337
Cromer	99.212
Waverley 1	99.124
Bulleen 2	98.874
MLC 1	98.675
Bunnerong	97.900
Cheltenham 1	96.224
Glebe 1	95.175

Apparatus Results - Vault

Koorana 1	27.250
Cromer	26.550
Glebe 1	26.200
Bulleen 2	26.050
Frankston	26.000
ChandlerComl	25.750
Waverley 1	25.750
MLC 1	25.650
Bulleen 1	25.450
Cheltenham 1	25.250
Bunnerong	25.000

Bars

ChandlerComl	25.100
Bulleen 1	25.050
Koorana 1	24.950
MLC 1	24.100
Bunnerong	23.950
Waverley 1	23.700
Cheltenham 1	23.500
Frankston	23.450
Bulleen 2	22.950
Glebe 1	22.900
Cromer	22.900

Beam

Frankston	26.187
ChandlerComl	24.850
Bulleen 2	24.712
Waverley 1	24.262
Cromer	23.775
Koorana 1	23.725
Bulleen 1	23.675
MLC 1	23.500
Bunnerong	23.500
Cheltenham 1	22.650
Glebe 1	22.150

Floor

Cromer	25.987
ChandlerComl	25.887
Bunnerong	25.750
MLC 1	25.425
Waverley 1	25.412
Frankston	25.300
Koorana 1	25.237
Bulleen 2	25.162
Bulleen 1	25.162
Cheltenham 1	24.824
Glebe 1	23.925

WAG Division D Overall Team Totals

Koorana 1	102.337
PrairieUSA 2	102.112
Bulleen 1	101.311
Kenwick 1	100.737
BarronValley	99.537
Frankston	99.125
GRIPS	99.012
Cheltenham 1	98.512
CoffsHarbour	98.425
Cromer	98.162
Glebe 1	96.675
ChandlerComl	95.762
PrairieUSA 1	95.687
Waverley 1	95.300
Sydney Y1	94.400
Cheltenham 2	94.275
Koorana 2	93.650
Bulleen 2	93.387
CanberraCity	92.275
Bunnerong	62.250

Apparatus Results - Vault

Koorana 1	25.762
BarronValley	25.487
GRIPS	24.987
Bulleen 1	24.949
CoffsHarbour	24.850
ChandlerComl	24.762
Kenwick 1	24.712
Cheltenham 1	24.687
PrairieUSA 2	24.587
Frankston	24.575
Cheltenham 2	24.525
Cromer	24.200
Waverley 1	24.100
BarronValley	24.050
Sydney Y1	24.000
Glebe 1	24.000
PrairieUSA 1	24.000
Bulleen 2	23.975
CanberraCity	23.925
Koorana 2	23.825
Bunnerong	22.525
Bulleen 1	16.475

Bars

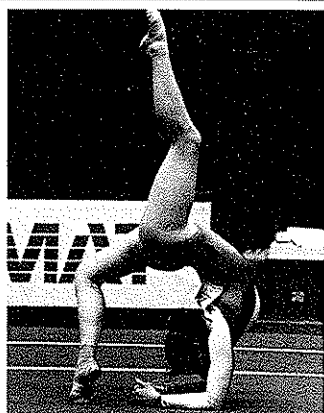
PrairieUSA 2	25.775
Kenwick 1	25.275
Koorana 1	25.275
Frankston	25.075
Cheltenham 1	24.550
BarronValley	24.525
Bulleen 1	24.437
Waverley 1	24.350
CoffsHarbour	23.950
GRIPS	23.600
Glebe 1	23.550
CanberraCity	23.500
Koorana 2	23.425
Sydney Y1	23.350
PrairieUSA 1	23.200
Cromer	23.025
Cheltenham 2	22.950
Bulleen 2	22.262
ChandlerComl	21.900
Bunnerong	14.075

Beam

PrairieUSA 2	25.875
Bulleen 1	25.550
Koorana 1	25.425
Kenwick 1	25.250
Cheltenham 1	25.150
GRIPS	25.125
Glebe 1	24.875
Cromer	24.550
PrairieUSA 1	24.525
CoffsHarbour	24.525
Frankston	24.200
Waverley 1	24.100
BarronValley	24.050
ChandlerComl	23.975
Sydney Y1	23.900
Cheltenham 2	23.500
Bulleen 2	23.125
CanberraCity	22.475
Bunnerong	15.700

Floor

Bulleen 1	26.375
Cromer	26.050
Koorana 1	25.875
PrairieUSA 2	25.875
Kenwick 1	25.875
BarronValley	25.475
GRIPS	25.300
Frankston	25.275
ChandlerComl	25.125
CoffsHarbour	25.100
Bulleen 2	24.600
Koorana 2	24.575
Glebe 1	24.150
Cheltenham 1	24.125
PrairieUSA 1	23.875
Cheltenham 2	23.250
CanberraCity	23.200
Sydney Y1	22.775
Waverley 1	22.475
Bunnerong	16.000



Results ...

WAG Division D All-Around

NAME	TEAM	NO.	VAULT	BEAM	FLOOR	TOTAL
Stephanie Andrews	PrairieUSA 2	310	8.225	8.675	9.200	34.825
Michelle Whitty	BarronValley	221	8.512	9.025	8.300	34.825 *
Rebecca Lee	Bulleen 1	4	8.387	8.737	8.325	34.437 *
Alice Lay	Koorana 1	166	8.525	8.700	8.350	34.399 *
Kacey Bennett	Bulleen 1	5	8.312	8.300	8.875	34.350 *
Peta Toner	Koorana 1	165	8.762	8.350	8.575	34.337 *
Nicole Paulson	Frankston	275	8.075	8.225	9.025	34.337 *
May Wong	Bulleen 2	6	8.450	8.337	8.450	34.150 *
Regan Molyneux	GRIPS	151	8.300	8.225	8.825	33.862 *
Emily Renes	GRIPS	149	8.337	8.775	7.875	33.775 *
Amy Wilbers	CoffsHarbour	65	8.325	8.175	8.475	33.712 *
Shana Staples	PrairieUSA 1	312	8.437	8.300	8.650	33.712 *
Cece Mortenson	PrairieUSA 2	316	8.187	8.800	8.225	33.687 *
Vicki Walker	Cheltenham 1	93	8.062	8.675	8.250	33.612 *
Leah Henville	Kenwick 1	36	8.325	7.950	8.725	33.587 *
Marisa Stone	Geelong	214	8.387	8.525	7.950	33.587 *
Amy Pomatti	Kenwick 1	38	7.700	8.575	8.750	33.512 *
Carly Strickland	ChandlerComl	190	8.600	7.600	9.000	33.425 *
Meagan Timney	Glebe 1	132	8.050	8.175	8.625	33.425 *
Kristine Whitty	BarronValley	219	8.575	8.250	7.950	33.325 *
Missina Thom	Cromer	60	7.887	8.375	8.525	33.300 *
Susi Pumphrey	Cromer	59	8.450	8.250	7.850	33.262 *
Heather Warner	PrairieUSA 2	318	8.100	7.875	8.425	33.225 *
Kelcie Ganzer	LawntonAcad1	203	8.350	8.075	8.375	33.150 *
Jennifer Toulouse	PrairieUSA 2	317	8.175	8.300	8.250	33.100 *
Jacinta Harford	Cheltenham 1	95	8.225	8.075	8.475	33.100 *
Liselle Paris	Frankston	274	8.050	8.475	7.700	32.975 *
Emily Walsh	CoffsHarbour	66	8.250	8.100	8.150	32.925 *
Rachel Hill	Waverley 1	113	8.150	8.350	8.275	32.775 *
Carlie Gidman	Kenwick 1	37	8.162	8.250	7.750	32.725 *
Karin Brailey	LawntonAcad2	202	8.187	8.300	8.300	32.662 *
Rachel Patterson	Bunnerong	248	8.325	8.100	8.225	32.662 *
Kym Howe	Kenwick 1	39	8.225	8.450	7.775	32.625 *
Sarah Norman	Bulleen 1	9	8.200	7.400	8.350	32.550 *
Melissa Sterzl	Koorana 1	164	8.475	7.775	7.650	32.525 *
Tenealle Dray	Canberra U1	157	8.275	8.075	8.575	32.450 *
Bianca Ilacqua	Glebe 1	134	8.150	6.900	8.825	32.225 *
Leah Nylund	Koorana 1	163	7.400	8.225	8.500	32.175 *
Prudence Leach	CanberraCity	295	7.650	8.500	7.950	32.100 *
Mary Taylor	Canberra U2	158	8.125	8.125	7.900	32.050 *
Skye Luckins	Cheltenham 1	96	8.400	7.800	8.425	32.000 *
Julie McDonald	CoffsHarbour	64	8.275	7.675	7.900	31.950 *
Amy Byrne	Cheltenham 2	97	8.125	7.700	8.125	31.900 *
Angela Johnston	T.Tree Gully	68	8.000	8.350	7.225	31.900 *
Belinda Schonfeldt	Henley	1	7.925	8.100	7.800	31.875 *
Rebecca Schonfeldt	Henley	2	7.150	8.425	8.000	31.875 *
Brooke Diamond	BarronValley	218	8.400	7.250	7.800	31.875 *
Jodie Power	ChandlerComl	191	7.925	8.200	7.200	31.800 *
Tammy Green	Waverley 1	263	8.225	8.075	8.050	31.775 *
Massako Amemiya	Koorana 2	175	7.525	7.775	7.925	31.750 *
Simone Kennedy	Sydney Y1	231	7.725	8.200	8.100	31.675 *
Brooke Foster	Sydney Y1	232	7.950	8.400	8.050	31.675 *

NAME	TEAM	NO.	VAULT	BARS	BEAM	FLOOR	TOTAL
Rebecca Matthews	PrairieUSA	1 315	8.075	7.875	7.925	7.800	31.675 *
Clair Smith	Cromer	58	8.200	6.400	8.175	8.900	31.675 *
Eliana Brienl	Delta	287	7.950	7.875	7.875	7.750	31.650
Tammy Wallwork	Kenwick	2 41	8.000	7.975	7.750	7.850	31.575 *
Kerryyn Wylie	GRIPS	150	8.350	6.600	8.425	8.150	31.525 *
Angela Dosser	Geelong	212	7.725	7.400	7.750	8.487	31.362 *
Joanne Bourke	Cheltenham	2 94	8.075	7.800	8.250	7.225	31.350
Lauren Whittaker	MLC 1	124	8.150	7.300	7.525	8.350	31.325 *
Marni Hassan	Koorana	2 168	7.575	7.875	7.600	8.250	31.300 *
Lisa Beasley	Bulleen	1 7	8.250	6.550	8.125	8.325	31.250 *
Maria Anagnostis	CanberraCity	296	8.325	7.400	7.475	8.000	31.200 *
Katie Pellarini	Glebe	1 133	7.900	8.475	7.425	7.375	31.175 *
Belinda Sullivan	Cheltenham	2 98	8.375	7.450	7.125	8.075	31.025 *
Kim Van Zanden	Frankston	272	8.150	7.500	7.475	7.750	30.875 *
Louise Gundry	Waverley	1 112	8.000	7.925	7.775	7.100	30.800 *
Belinda Carroll	ChandlerComl	192	8.237	6.100	7.775	8.450	30.562 *
Patricia Keane	Koorana	2 173	7.312	7.775	7.600	7.875	30.552 *
Thu Phan	Bulleen	2 8	7.800	7.225	7.350	8.075	30.450 *
Alex McDonald	Glebe	2 136	7.975	7.250	7.625	7.500	30.350 *
Jessica Hoffman	PrairieUSA	1 314	7.575	7.025	7.950	7.775	30.325 *
Bromwyn Millington	Sydney Vi	234	8.100	6.750	7.750	7.700	30.300 *
Talitha Fitzgerald	BarronValley	220	8.250	6.600	7.750	7.950	30.250 *
Alice Nicholson	Burnerong	247	8.150	5.975	7.475	8.025	29.625 *
Nina Hassan	Koorana	2 167	7.425	7.150	7.125	7.600	29.300 *
Ann-Marie Roda	Bulleen	2 10	7.800	6.700	6.675	7.900	29.075 *
Kirsty Kinlock	CanberraCity	297	7.850	7.600	6.325	7.250	29.025 *

Results ...

WAG Division E - Beam

Gold Coast 1	25.175	Koorana 1	26.525
ChandlerComl	24.700	Bunmerong	25.699
Cromer	24.650	Gold Coast 1	25.650
Koorana 1	24.550	Geelong	25.600
LawntonAcad1	24.550	Koorana 2	25.250
JETS	24.500	ChandlerComl	25.150
T.Tree Gully	24.325	LawntonAcad1	25.125
Niddrie	24.300	JETS	25.025
Frankston	24.250	Gold Coast 2	25.025
Geelong	24.175	T.Tree Gully	24.875
CanberraCity	24.000	Sydney Y1	24.850
Cheltenham 1	23.650	Cromer	24.812
Gold Coast 2	23.650	Olympic	24.787
Bulleen 1	23.650	Niddrie	24.712
Sydney Y1	23.600	Waverley 1	24.675
Waverley 1	23.550	Kenwick 1	24.650
Koorana 2	23.500	Bulleen 2	24.425
Bulleen 2	23.400	Frankston	24.162
N.Beaches 1	23.050	All Girls 1	23.550
Bunmerong	23.025	N.Beaches 1	23.537
Olympic	22.475	GRIPS 1	23.300
GRIPS 1	22.375	CanberraCity	23.250
All Girls 1	22.075	Bulleen 3	23.100
Kenwick 1	21.350	Cheltenham 1	22.987
Warrington	20.300	Kenwick 2	22.825
Bulleen 3	20.125	Warrington	22.275
Kenwick 2	19.650		21.650

All-Around

NAME	TEAM	NO.	VAULT	BARS	BEAM	FLOOR	TOTAL
Rebecca Binnie	Gold Coast 1	48	8.225	8.775	8.675	8.575	34.250
Adele Muir	Bulleen 1	17	8.300	8.662	8.500	8.200	33.662
Lainie Cole	Niddrie	146	8.225	9.000	8.250	8.100	33.620
Kerith Millar	JETS	45	8.400	8.475	8.300	8.175	33.575
Lilian Keung	Niddrie	145	8.300	8.550	8.350	8.025	33.225
Suzy Parsons	Koorana 1	172	8.725	6.975	8.400	9.000	33.100
Shae Chester	Gold Coast 1	49	7.750	8.350	8.450	8.525	33.075
Zoe Roy	JETS	44	8.125	8.300	8.200	8.425	33.050
Lacie Charles	Lawnton Acad	207	8.150	8.450	7.850	8.475	32.925
Melissa Cairns	Geelong	215	7.950	8.275	8.150	8.475	32.850
Lizzy Gardiner	JETS	46	8.025	8.537	8.000	8.250	32.812
Teresa Anderson	Geelong	217	7.900	8.500	7.950	8.450	32.800
Kristal Driscoll	Gold Coast 1	50	8.125	8.075	8.050	8.550	32.800
Erin Solly	Koorana 1	171	8.175	7.750	8.050	8.700	32.675
Debbie Hundt	Gold Coast 1	54	7.975	8.900	7.625	8.125	32.625
Kelly Meade	Bulleen 1	19	8.175	8.300	7.550	8.450	32.475
Dionne Williams	Lawnton Acad	206	8.150	7.475	8.500	8.350	32.475
Kate Watt	Koorana 2	176	7.650	8.375	7.750	8.675	32.450
Allana Green	Waverley 1	264	8.125	8.000	8.000	8.275	32.400
Aimee Albiez	Delta	288	7.575	7.650	8.800	8.225	32.250
Emma Stevens	Cromer	63	7.800	7.525	8.450	8.462	32.237
Faye Donaldson	Gold Coast 2	51	7.650	7.950	8.100	8.400	32.100
Nicole D'aft	Cromer	61	7.500	7.975	8.450	8.150	32.075
Tracey Henderson	Niddrie	144	7.675	8.150	7.700	8.550	32.075
Laura Yates	T.Tree Gully	70	7.225	8.350	7.950	8.475	32.000
Jenny Strickland	ChandlerComl	266	7.900	7.550	8.000	8.500	31.950
Alexia Murphy	ChandlerComl	267	8.100	6.775	8.550	8.500	31.925
Melanie Halliday	Geelong	216	7.600	7.550	8.075	8.675	31.900
Donna Brailley	Lawnton Acad	208	7.450	8.200	7.850	8.387	31.887
Kylie Ganzer	LawntonAcad1	205	7.600	8.200	7.775	8.300	31.875
Kate Quigley	Waverley 1	115	8.025	7.825	7.750	8.275	31.875
Kate Griffith	CanberraCity	299	7.475	8.250	8.050	8.075	31.850
Wendy Gilliver	Gold Coast 2	52	7.325	7.475	8.500	8.475	31.775
Erica Bruun	Koorana 2	178	7.450	8.000	8.050	8.275	31.775
Bianca Jupp	Kenwick 1	32	8.125	8.075	7.100	8.425	31.725
Cassie Barr	Waverley 1	114	7.575	8.400	7.725	8.025	31.725
Kate Battams	T.Tree Gully	69	7.300	8.125	8.100	8.175	31.700
Olivia Ineson	Cromer	62	7.875	7.900	7.750	8.175	31.700
Natalie Grieg	Sydney Y1	228	7.625	7.925	7.600	8.525	31.675
Nicole Michelin	Bunmerong	250	8.225	7.500	7.225	8.687	31.637
Kate Davis	Cheltenham 1	99	7.200	8.625	7.775	8.025	31.625
Lara Law	Olympic	260	7.475	8.300	7.575	8.237	31.587
Shannon Butt	Sydney Y1	227	8.075	7.150	7.950	8.412	31.587

Amber Wrightson	Koorana 2	169	7.500	8.025	7.700	8.300	31.525
Celeste Calvert	Bulleen 2	21	7.350	7.775	8.150	8.250	31.525
Kate Burnham	Bunmerong	252	7.575	7.725	7.850	8.250	31.400
Michelle Scholes	Frankston	277	7.375	7.700	8.200	8.125	31.400
Tara Short	Frankston	276	8.075	7.975	7.600	7.750	31.400
Emma Filby	ChandlerComl	265	7.350	7.700	8.150	8.150	31.350
Rebecca Mountford	N.Beaches 1	280	7.625	8.025	7.800	7.900	31.350
Liesel Garrett	Koorana 1	170	7.200	7.350	8.100	8.650	31.300
Lisa Oldenhof	Olympic	261	7.950	7.625	7.700	8.025	31.300
Jennifer McBeath	Koorana 1	174	7.400	7.350	7.700	8.825	31.275
Michelle Crawford	Bulleen 2	22	7.250	8.075	7.900	7.975	31.200
Fiona Dick	Bulleen 1	20	7.625	7.625	7.600	8.350	31.200
Alison O'Neill	CanberraCity	298	7.550	8.100	7.950	7.500	31.100
Kieran Thorpe	JETS	47	7.500	7.475	7.750	8.350	31.075
Amy Simpson	GRIPS 1	153	7.500	8.100	7.100	8.350	31.050
Laura Thoms	Cheltenham 1	100	7.950	7.525	8.350	7.200	31.025
Natalie Heath	Waverley 1	117	7.950	7.175	7.800	8.100	31.025
Toni Carello	Bulleen 1	18	7.350	7.950	7.450	8.225	30.975
Kim McInnes	All Girls 1	142	7.650	7.625	7.500	8.200	30.975
Tracey Kendall	LawntonAcad1	204	8.000	6.475	8.200	8.275	30.950
Sarah Swannell	Olympic	262	7.650	7.750	7.200	8.350	30.950
Carmen Hayward	T.Tree Gully	71	7.700	6.425	8.275	8.200	30.600
Sally Boal	GRIPS 1	152	7.175	8.125	7.700	7.450	30.450
Natalie Harris	The Centre	253	7.675	7.450	7.100	8.150	30.375
Carolyn Basaiah	Sydney Y1	229	7.450	7.400	8.050	7.350	30.250
Alana Owens	GRIPS 1	285	7.500	7.550	7.575	7.450	30.075
Lianne Sanders	Frankston	278	7.225	7.275	7.900	7.675	30.075
Katherine Howell	Cheltenham 1	101	7.550	7.375	7.525	7.600	30.050
Julie Fraser	Bulleen 2	23	7.300	7.275	7.350	7.937	29.862
Aimee Wallace	CanberraCity	300	6.900	7.425	8.000	7.525	29.850
Kylie Hackett	Gold Coast 2	53	7.400	7.375	7.050	8.000	29.825
Sarah Ryan	Glebe 1	137	7.075	7.600	7.400	7.725	29.800
Brooke Summerfield	Kenwick 1	29	7.300	7.575	7.050	7.850	29.775
Kate Gilders	Kenwick 1	31	7.600	7.100	7.200	7.825	29.725
Kristina Vine	Bunmerong	251	7.225	5.775	7.950	8.762	29.712
Rachel Sinclair	Frankston	279	7.300	7.400	8.150	6.825	29.675
Samantha Rennie	Darwin 2	225	6.950	7.250	7.250	8.050	29.500
Tammy Dalley	Olympic	259	7.375	6.775	7.050	8.125	29.325
Lesley Thurston	Sydney Y1	226	7.625	6.750	7.000	7.875	29.250
Rebecca Hovsam	Bulleen 3	25	7.550	7.450	6.500	8.2	29.250
Lee Hinkley	Kenwick 1	34	7.350	6.950	6.600	8.150	29.050
Elvira Alszege	GRIPS 1	154	7.900	7.750	6.750	6.575	28.975
Kellie Wilson	All Girls 1	140	7.625	7.000	6.800	7.525	28.950
Kim Taylor	N.Beaches 1	281	7.325	6.350	7.600	7.600	28.875
Lynda Mossop	All Girls 1	141	6.825	6.600	7.775	7.662	28.862
Jayne Irvine	Kenwick 2	35	7.475	6.375	6.900	8.000	28.750
Alison Goyen	Sydney Y2	230	7.600	7.200	6.600	7.162	28.562
Melissa O'Brien	Bulleen 2	24	7.525	6.550	6.750	7.725	28.550
Julie Kanja	GRIPS 2	323	7.475	7.350	5.700	8.025	28.550
Kirsten Bennett	N.Beaches 1	284	6.825	7.000	7.650	6.900	28.375
Kerri Schwidder	All Girls 1	139	7.025	6.675	6.725	7.675	28.100
Kristy Brown	Bulleen 3	27	7.050	6.575	6.500	7.975	28.100
Rosanna Ditton	Warrington	103	8.050	6.350	6.650	7.025	28.075
Fara Patience	N.Beaches 1	282	7.225	6.725	6.250	7.800	28.000
Michelle Connelly	Kenwick 2	30	7.225	6.675	6.600	7.475	27.975
Amy Lee	Bulleen 3	28	6.925	6.675	6.775	7.412	27.787
Julia Bower	Warrington	106	7.475	6.225	6.500	7.275	27.475
Shelley Gardiner	Warrington	104	7.475	6.775	6.100	6.850	27.200
Nicole Vukic	N.Beaches 1	283	6.800	5.425	7.450	7.300	27.175
Shaisha Summerfield	Kenwick 2	33	7.300	6.825	6.150	6.800	27.075
Virginia Sidgreaves	Warrington	105	7.100	5.450	7.150	7.350	27.050
Ruth Barson	Bulleen 3	26	6.200	6.300	6.850	7.300	26.650
Belinda Cowling	Waverley 1	116	0.000	7.300	7.600	6.650	21.550
Kirsty Price	Koorana 2	177	0.000	7.425	6.500	0.000	13.925
Kristy Anderson	Geelong	309	0.000	8.100	0.000	0.000	8.100
Lisa Hansen	All Girls 2	143	0.000	0.000	6.800	0.000	6.800
Simone Wileman	Darwin 1	224	0.000	0.000	0.000	0.000	0.000



AUSTRALIAN GYMNASTIC FEDERATION INC.

National GymFest



DATES: 1st - 4th September 1994

VENUE: Taree - New South Wales

COST: \$25.00 / participant

REQUIREMENTS:

- Display Teams of 10 or more participants
- Display - Maximum 15 minutes duration
- Display area - matted floor 12m x 12m

ENTRIES CLOSE: July 1st, 1994

Come and join the fun at Australia's first National GymFest

PLEASE NOTE: Teams wishing to participate in the 1995 World Gymnaestrada must perform at the National GymFest

For further information contact the Australian Gymnastic Federation Inc.

If You Have The Commitment, We Have The Equipment.

You know Acromat best as Australia's leading outfitter of gymnasiums and stadiums, from kindergartens to the Commonwealth Games.

We have given our young Australian gymnasts the best equipment in the world for over 30 years. Everything from retractable seating to safety mats, trampolines to vaulting and pommel equipment.

We treat every new challenge with the same commitment given by our young gymnasts.

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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