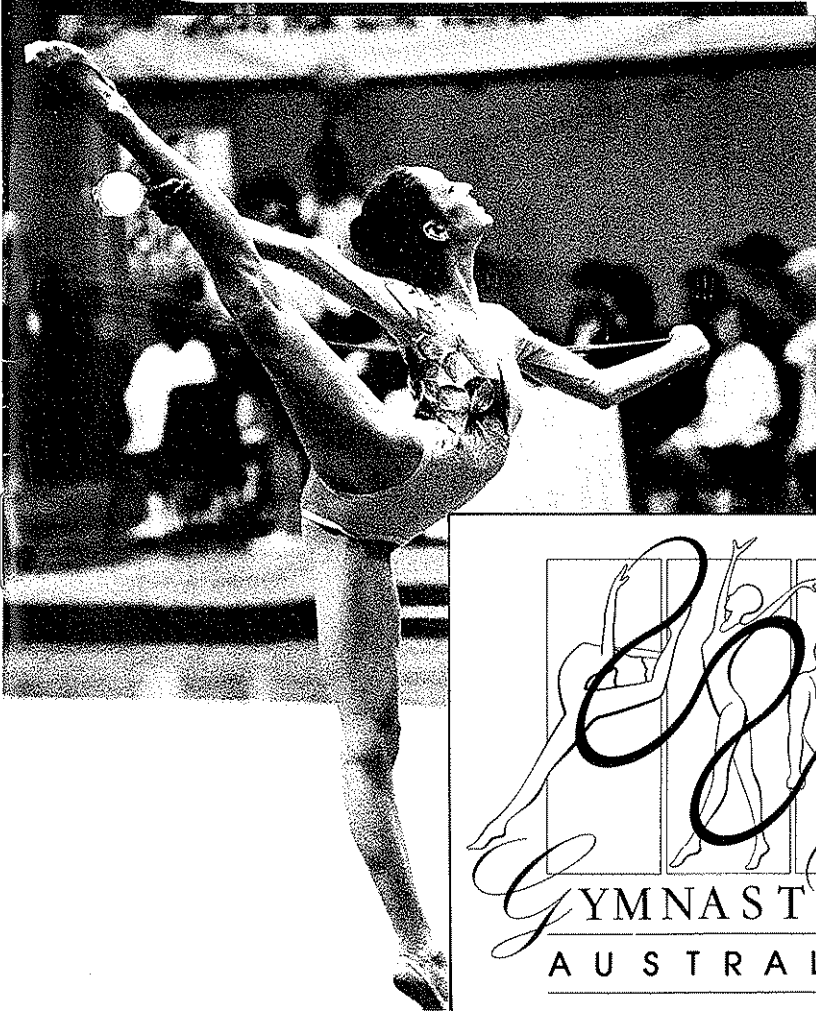
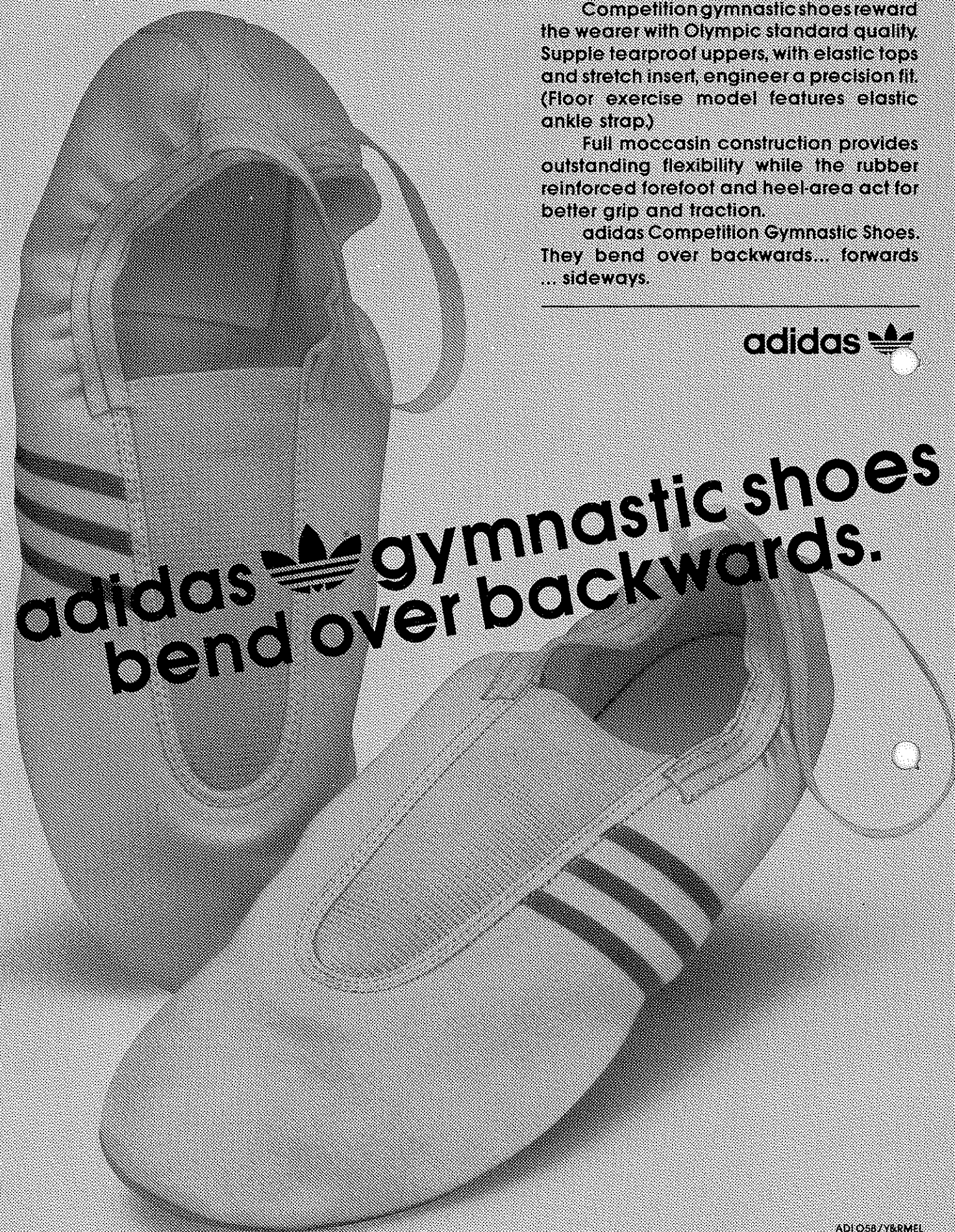


1989
NATIONAL
CHAMPIONS

the Australian
GYMNAST





Competition gymnastic shoes reward the wearer with Olympic standard quality. Supple tearproof uppers, with elastic tops and stretch insert, engineer a precision fit. (Floor exercise model features elastic ankle strap.)

Full moccasin construction provides outstanding flexibility while the rubber reinforced forefoot and heel-area act for better grip and traction.

adidas Competition Gymnastic Shoes. They bend over backwards... forwards ... sideways.

adidas 

adidas  gymnastic shoes bend over backwards.

ADI 058/Y&RMEL

the *australian* GYMNAST

The official magazine of the Australian Gymnastic Federation

WINTER 1989
VOLUME No. 14
ISSUE No. 2

Annual Subscription: \$16 per year
Individual Copy: \$6
Overseas: \$21

CONTENTS

Executive Director's Report	4
President's Report	4
Nat. Co-educational Youth Gymnastics Program ...	5
1989 Senior National Championships	6
9th World Gymnastrada	9
Coaching at Karolyi's	11
A.G.F. Awards	13
Gymnastics set to take off in Oceania.....	14
Interview: Charles Lake	16
1989 McDonald's American Cup	18
Results	19
British RSG Championships	22

HAVE YOU CHANGED YOUR ADDRESS????

Please notify us by writing to:

THE AUSTRALIAN GYMNAST
2-6 Redwood Drive, Dingley, Vic. 3172

Limited back issues of The Australian Gymnast are still available. Write to A.G.F. Office—2-6 Redwood Drive, Dingley, Vic. 3172.

Viewpoints and opinions expressed in articles appearing in The Australian Gymnast are those of the authors. The Publishers accept no responsibility for the information supplied or the changes subsequent to the date of publication.

The Australian Gymnast is published quarterly in Melbourne and printed by:

ENNIS & JARRETT PTY. LTD.
35 Advantage Road, Highett, 3190.

SUBSCRIPTION FEES FOR 1989

Annual Subscription:	\$16 per year
Individual Copy:	\$6
Overseas:	\$21
NOTE: Overseas subscribers please forward payment in Australian Dollars	

ACKNOWLEDGEMENTS and CREDITS

- President
* Jim Barry
- Executive Director/Publisher
* Peggy Browne
- Editor
* Peter Murden
- AGF Board Elected Delegates
* Dolores Martin
* Bob Wherrett
* Steve Chetkovich
- M.A.G. Technical Director
* Ken Williamson
- W.A.G. Technical Director
* Kym Dowdell
- R.S.G. Technical Director
* Margaret Lanz
- Development Director
* Peter Murden
- Overseas Contributor
* Mandi Shields
* Robert Kensit
- Photographers
* Warwick Forbes
* Ross Gould
* Peter Meyers
- Acknowledgements
* Acromat
* adidas
* Australian Institute of Sport
* Ansett
* ANZ National Training Squad Programme
* Australian Sports Commission
* Australian Olympic Federation
* Ennis & Jarrett Pty Ltd
* Qantas
* Rothmans Foundation-National Sports Division
* Southern Pacific Hotel Corporation
* Ennis & Jarrett Pty Ltd
- Front Cover:** 1989 National Champions
Top: Mark Mommsen—ACT/AIS
Below L: Amanda Douglas—NSW
Below R: Monique Allen—NSW/AIS
Photographs courtesy Ross Gould.

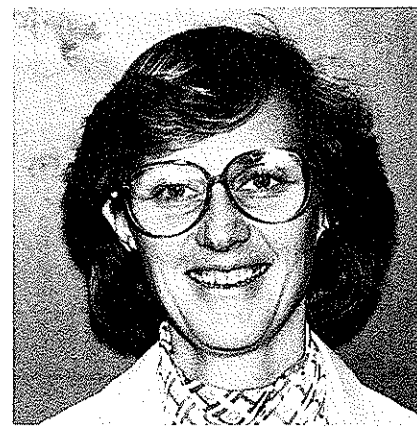
EXECUTIVE DIRECTOR'S REPORT

Peggy Browne

In a year where the Federation will direct some of its energy into the promotion and publicity of our sport, we have made an excellent start with the National Championships in Melbourne. To see the crowd of 4,000 who turned up to watch the finals on the Sunday afternoon was exhilarating, particularly when one reflects on the fact there was no International drawcard.

Assisting in the promotion of the event were Robin Allen and the Victorian Gymnastic Association through Anne Marie Harrison and her group who worked so hard on selling tickets.

The promotion and publicity will continue for the next 8 months with the ABC televising



the Konica Grand Prix from Brisbane for the four nights of the competition; Network 10 televising the World Championships from Stuttgart with 5 nights of television; and, Channel 9 televising the Commonwealth Games in January 1990.

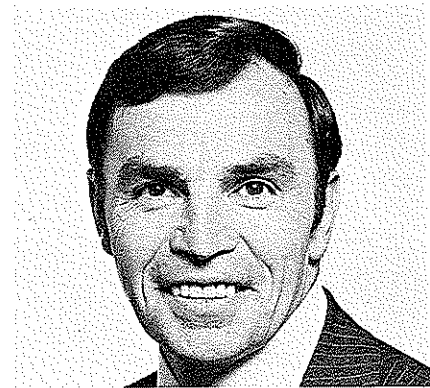
The interest in the sport of gymnastics and the opportunity for our Federation to collectively ensure that we take advantage of this promotion is a challenge before us. Membership of the Federation may occur in all areas; including gymnasts, coaches, judges, and interested corporate membership. We have a wonderful opportunity to capitalise on our membership through the publicity which will be created by the special events and television.

Challenges before us are to prove we have the wherewithall to not only attract the members but also to ensure that we keep them as friends of gymnastics for many years to come.

Peggy Browne

PRESIDENT'S REPORT

James E. Barry



Often I reflect on what I call "thresholds" in sports development. Our latest threshold, in my view, is the new format of our Senior National Championships.

For the first time in forty years we have broken the rotation basis of holding our Senior Championships. The 1988 Annual General Meeting supported the proposal to trial the Championships on the basis of contin-

uity to foster the promotion of the event. The decision was that we would host the Senior National Championships in Melbourne at the same time each year for three years. The rationale was based on media, television and sponsorship requests for continuity to allow us to develop a prestigious event. I believe that our gymnastic community did not fully understand what the Federation was attempting to do and subconsciously expected to come to the traditional event hosted by the Victorian Gymnastic Association. In discussing the event with many people there is now the awareness of this significant change.

The Federation entered into a three year agreement with Olympic Park Management for them to underwrite and promote the event in the Melbourne Sports and Entertainment Centre with the intention to attract tele-

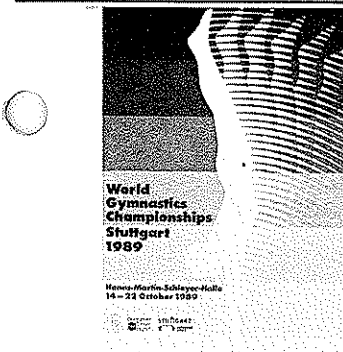
vision, appropriate media coverage and sponsorship. The Federation worked with the VGA to provide all the support staff and it is fair to say that all the primary objectives were achieved. Over the last decade there have only been two previous occasions where the Federation has not lost money on this event. The underwriting by Olympic Park was in fact not necessary, because of the great support we received including the sponsor 'Diet Coke' and the spectator support which reflected on the VGA's promotion of the event to our city.

Our intention however, is to assist all key personnel with travel to the event as well as official Association delegates. This will mitigate the financial burden on the one hand and enhance the promotion of the event and gymnastics exposure from which we can all benefit.

There is however the perceived price that Associations will not develop the expertise to conduct this level of event. This need not be so, because it is important that State Associations develop an annual event that can feed off the National Championships and incorporate National and International gymnasts as an "open" element of the State and Territory Championship. The best example of this is the recent fourth annual Westfield Spectacular in Sydney. Apart from providing a high profile event it also attracts Australia's best gymnasts particularly if a staggered circuit becomes firmly established on our competition calendar.

Returning to the National Championships and my subjective evaluation, it was the overwhelming professionalism of the event, of all the key personnel and support staff. Our challenge will be to make sure that that professionalism and enthusiasm is carried forward to future National Championships. The opportunity is there for us to build on this Championship and to capitalise on the popularity of gymnastics.

James E. Barry

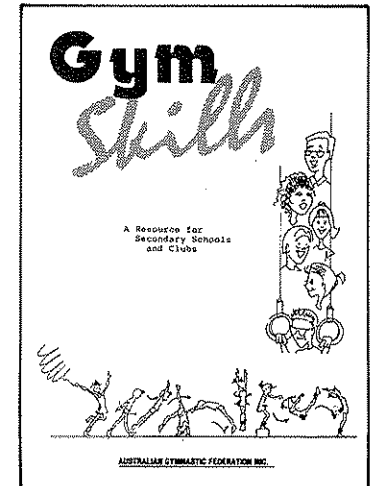


The 25th FIG Artistic World Championships will take place in Stuttgart, Federal Republic of Germany from the 14th-22nd October, 1989.

Australia will be amongst the 48 nations taking part. This year Iran, Thailand and Nigeria will be competing for the first time.

Channel 10 will be televising 5 nights of competition so check your local T.V. guide for viewing times.

AUSTRALIAN GYMNASTIC FEDERATION LAUNCHES NATIONAL CO-EDUCATIONAL YOUTH GYMNASTICS PROGRAM



June 1989 marked the release of the Australian Gymnastic Federation's (AGF) new national program—*Gym Skills*.

- * *Gym Skills* is an all inclusive resource designed for implementation in senior primary and junior secondary schools, recreational clubs and community based programs
- * *Gene Schembri*, the Federation's National Coaching Director and principal author of the program said "*Gym Skills* is aimed at a target group where good teaching resources are needed. It is a resource for teachers and coaches with a limited background in gymnastics and for students who have done little or no gymnastics before".
- * *Gym Skills* is based on the assumption that a school's youth gymnastics or recreational program needs to be very different from a competitive sports program.
- * Features of *Gym Skills* include co-educational skills that ensure safe teaching; inclusion of many partner, group and display activities; choice of activities that are potentially physically demanding from a range of gymnastics forms; artistic, rhythmic, rec-

reational, educational and a special feature—acrobatic gymnastics; and includes copyright free materials and Award Scheme for classroom use. "Emphasis is on developing skills and abilities that are of a *survival* nature and promote long term health value" said Mr. Schembri.

* AGF Executive Director *Peggy Browne*, said, "*Gym Skills* is a national initiative that will be implemented in conjunction with the Gymnastics Associations and Education Departments in each State. *Gym Skills* encompasses the principles of the Australian Sports Commission's (ASC) *Youth Sports Program* and we gratefully acknowledge their support in the development of the program".

For more information please contact the National *Gym Skills Hotline* on (03) 551 3883 or:

Development Director
Australian Gymnastic Federation
2-6 Redwood Drive
DINGLEY VIC 3172

Or the Gymnastic Association in your State.

Note: Gene Schembri is also the author of the highly successful publications: *Gym Fun* and *Introductory Gymnastics*.

Norbert Bueche

Norbert Bueche, the new Secretary General/Executive Director of the FIG, took over from Max Bangerter, whose righthand man he had been since 1982. Born on 30th October 1934 in Switzerland, his enthusiasm for sporting activities caused him to take up not only gymnastics, but also athletics, wrestling and tennis.

Source: 'For The Record'

Karolyi a U.S. Citizen

Gymnastics coach *Bela Karolyi*—who defected from Rumania eight years ago and guided Mary Lou Retton to stardom—was sworn in recently as a US citizen.

Karolyi and his wife defected to the US in 1981 when they were touring with his Rumanian gymnastics team.

Source: 'The Western Australian'



1989 Senior National Championships



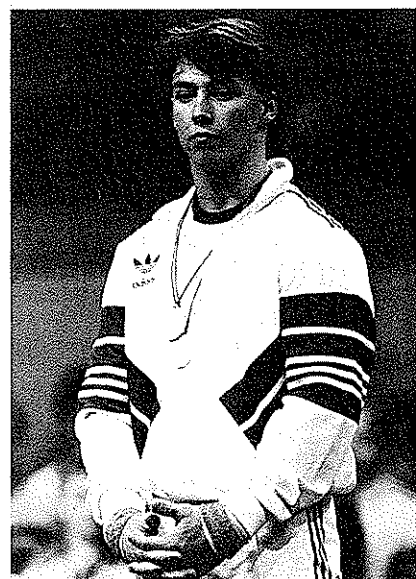
The 1989 National Gymnastic Championships heralded a new era in the history of Australian gymnastics, with the Australian Gymnastic Federation taking the initiative of holding these Championships in Melbourne for the next three years at the Melbourne Sports and Entertainment Centre. The objective—to consolidate the profile of the Championships in the eyes of the sponsors, the media, and the public at large, and in so doing promote our sport more effectively.

This year's National Championships, organised by the Australian Gymnastic Federation in conjunction with the Victorian Gymnastic Association, was sponsored for the first time by Diet Coke.

Men's Competition

The men's competition program featured three divisions, men's senior, under 18 years and open men.

Damian Smith (AIS/ACT) led a small field of three competitors in the Under 18 years competition, with an all-around total of 48.95, and a top score of 9.5 on high bar after the first round, significantly ahead of Peter Hill (QLD) and Julian Fritz (WA). Solid compulsories enabled Damian to maintain his lead through the optional round, where the competition evened out between the three boys. Event finals saw Peter Hill win the gold on floor, rings and vault, while Damian Smith won the remaining three—pommels, parallel bars and high bar.

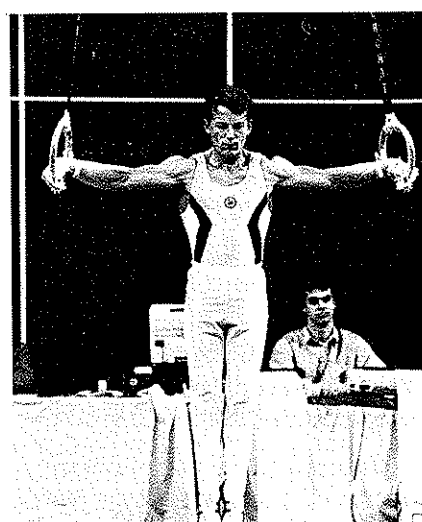


Mark Mommsen—AIS/ACT

The Open Men's optional competition had attracted a large field of seventeen competitors from four Australian States and New Zealand. Veteran John Dorrington (VIC) was the competition leader after the first round narrowly ahead of Brett Lewis (NT) and Scott Unwin (VIC). Brett however was able to improve on his first round score in the second competition to overtake John, who also was able to improve on the first competition, but could not cope with the charge of the young Darwin gymnast.

The Senior Men's competition this year was weakened somewhat by a number of gymnasts not competing full rounds, due to their returning to competition following injury, notably our Seoul Olympian Ken Meredith (AIS/QLD) and 1987 World Championship team member, Tim Lees (AIS/VIC).

Mark Mommsen (AIS/ACT) held onto his lead throughout the competition, ahead of Los Angeles Olympian Werner Birnbaum (WAIS) and 1987 World Championship team member Grant Carlyon (WAIS), both have made a welcome return training and competition after a brief break. Peter Hogan (AIS/NSW) also showed that he will make a mark for himself in the near future with his bronze medal in the overall competition. The apparatus medals could not have been spread any wider with Peter Hogan winning the floor, Tim Lees doing his usual great job to win pommels with a 9.70, Werner starred with his great strength moves on the rings to win with a 9.65, Mark Lister (NZ) the vault, Ken Meredith—parallel bars (jump to planche mount, double flyaway dismount) with 9.5 and finally Grant Carlyon—high bar with 9.35. Never in recent memory have apparatus medals been so shared around.

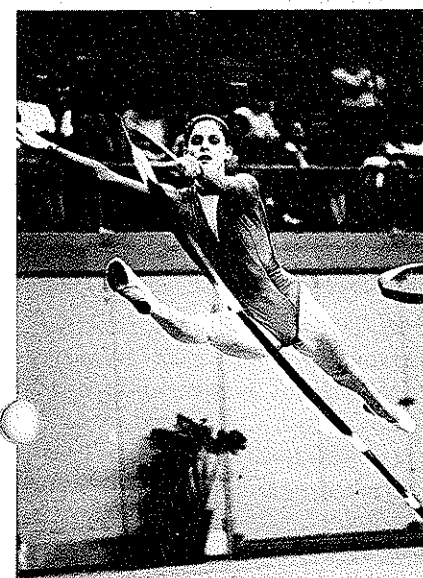


Werner Birnbaum—WA

Rhythmic Sportive Gymnastics

The rhythmic competition was divided into two divisions, Junior and Senior. Both divisions competed hoop and rope on the first evening of competition. From this early stage Joanne Mansfield (SSC/NSW) (who had flown to Melbourne directly from a fortnights training in Nanjing—China) and the very experienced and prepared international competitor from New Zealand, Angela Walker, were leaders in the Junior and Senior competitions respectively.

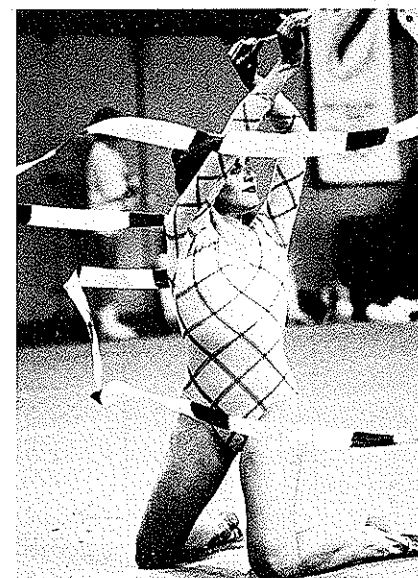
At this stage, due to travel hitches, two of our leading competitors Amanda Douglas (SSC/NSW) and Heather Obmski (WAIS) were enroute, returning to Australia from competitions in Europe. Stacy Wilde (SSC/NSW) was representing Australia in Tokyo at the prestigious Brother Cup.



Heather Obmski—WA

Joanne continued on her winning way with ball and ribbon to take the gold in the Junior Australian Championship, winning the championship ahead of her rival, Rebecca Taylor (VIC) by 1.40. The return of our overseas travellers, who competed four apparatus on the same day, saw a very consistent Amanda move into the third spot behind Angela Walker and Kathryn Hughes (NZ) to become the Australian residential champion.

Joanne's consistency and expressiveness enabled her to win all four apparatus in the Junior competition, while Angela Walker won rope, hoop and ball, with fellow team member Kathryn Hughes winning the ribbon in the Senior competition.

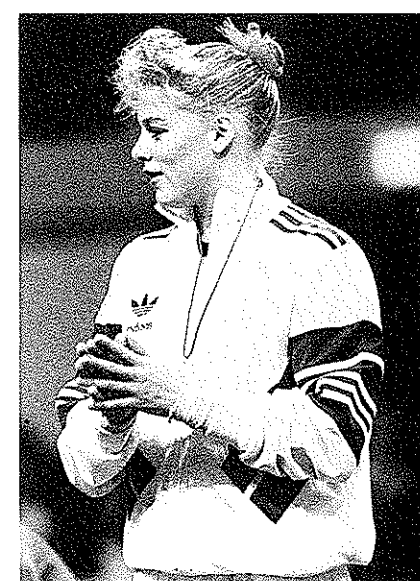


Gina Peluso—NSW

Women's Competition

A new division has been added to the usual competition of Junior and Senior competitors, Sub-junior Stage 5.

This competition for gymnasts under 13 years, was of a very high standard. The gymnasts performed optional exercises which must contain specific profile skills or combinations. Jodie Huppertz (SA) showed her superiority in the first round (36.075), improving in the second (36.562) to win the overall Championship. Jodie's skill level is very high, with her showing flic flac series to layout step out on beam, with giant full pirouette on bars, tkachev, dismounting with double tuck salto. But Jodie was actually eclipsed in the final round (for that round only) by Kelly Stevenson—36.675 (VIC) who was also excellent, as was Tracey Gibbs—36.325 (WAIS). The standard of this competition was extremely high as the results testify. Joanna Hughes (VIC), while not figuring in the all-around medals certainly came to the fore on the apparatus to win vault and floor, with Tracey

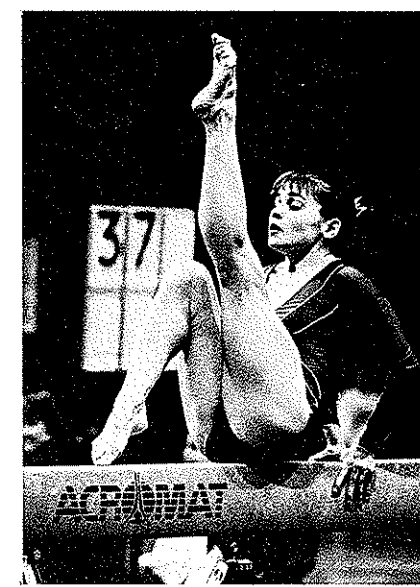


Monique Allen—NSW/AIS

Gibbs winning bars, and Kelly Stevenson winning the beam.

Julie-Anne Monico (ACT), the sole junior competitor, did a good job over the three rounds of competition, to gradually improve her all-around score, to achieve 36.225 in the finals, and of course to take all the apparatus medals. Her very clean and well prepared exercises should serve as a good basis for development in the future.

The Senior Women's all-around competition was dominated once again by our Seoul Olympian Monique Allen (AIS/NSW). Monique's good technique gives her a consistency which is the envy of all her competitors. On the apparatus however, other



Kylie Shadbolt—QLS/AIS



Kylie Shadbolt—QLD/AIS



Peter Hogan—NSW/AIS

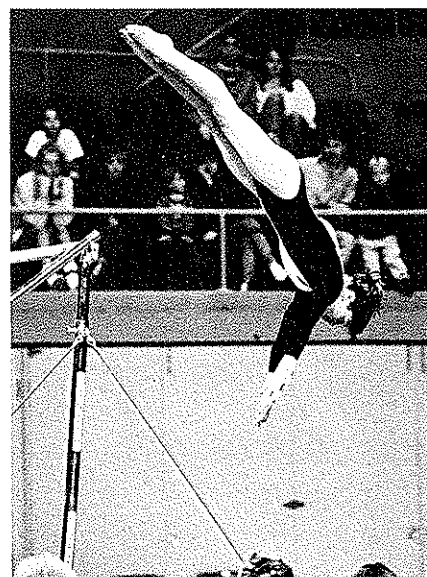


Martin Wade—ACT



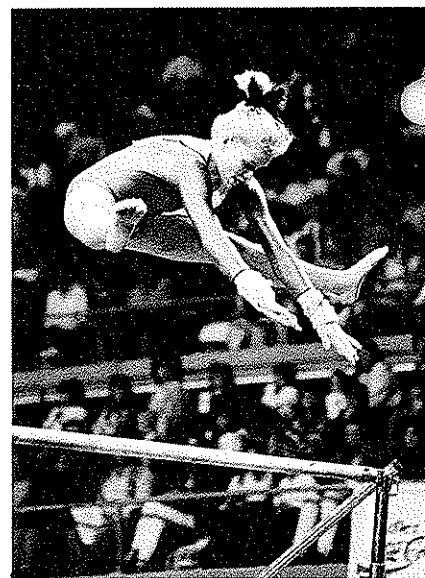
gymnasts were to make strong showings. Trudi Nurse won the vault, scoring 9.662. Monique's bars were also solid, including this year, a giant full pirouette to tkachev, and giant full pirouette to double tuck flyaway dismount. Trudi's bars were also impressive with a sky high tkachev, dismounting with a giant half turn to handstand, underswing front salto dismount with half turn. Monique also won beam with a new combination of handspring forward to immediate flic flac layout step out salto. The floor was won by Kylie Shadbolt (AIS/QLD) with a superb double layout/pike in the first row, whip back to double tuck in the decond, dismounting with a double tuck for a final score of 9.70.

The finals session of this year's National Championships boasted one of the best ever crowds to attend a National Championship. The interest that the National Championships will create in Melbourne over the next three years can only add to the marvellous interest in our sport.

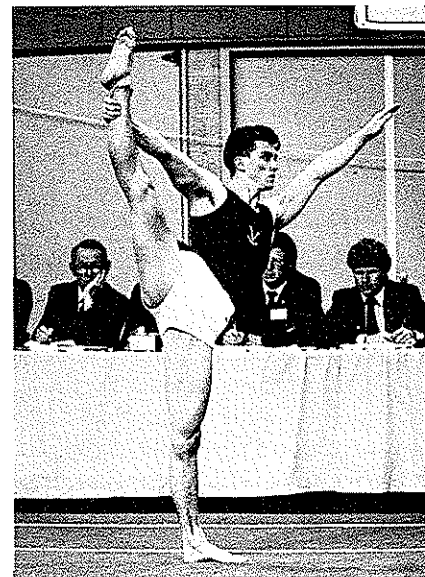


Michelle Telfer—WA

Peter Hassan



Trudi Nurse—WA



Tim Lees—VIC/AIS

Photographs courtesy Ross Gould



9th World Gymnaestrada
amsterdam 1991

From sceptical smile to world success:

World Gymnaestrada in 1991 back in Holland

Almost 36 years ago the very first World Gymnaestrada was held in Rotterdam, the port of Holland. It was a meeting of gymnasts of all ages from all corners of Europe. More than 5,000 gymnasts took part in this first Gymnaestrada which was an idea of the Dutchman J.H.F. Sommer. In just over two years time, from 15 to 20 July 1991, Jo Sommer's brain child will be back in Holland when the 9th World Gymnaestrada will be held in Amsterdam. In the meantime, so many national events were held and named Gymnaestrada that the International Gymnastics Federation (FIG), accepted a modification of the name for the international event.

Jo Sommer, member of the board of the then Netherlands Gymnastics Federation (NGV) and the FIG, evolved his idea, which he initially called 'Demonstrations from the FIG', in 1949. Although he was a respectable 64 years old, his ideas were sparkingly young and progressive. Sommer was looking for a counterpart for the competitive biased Olympic Games and World Championships.

A big international gymnastic demonstration, without the competition element, where there are no prizes attached, just a meeting of as many federations as possible from all over the world. This was how Sommer had written his ideas down when he unfolded his plans at the congress of the FIG in Basel in 1950.

Sommer christened his brain child, which was unanimously received at the FIG congress, **Gymnaestrada**. It is a profound combination of words which explain precisely Sommers intention: the study and experience of gymnastics ('gymna') brought to a higher level ('estrada') along

a specific route ('strada'). His aims and directions were clear, it had to be a public congress that would appeal to everybody, including outsiders to the sport. A place where people could meet and acquaint themselves with the ideas, conceptions and methods that are used to study physical education in other countries.

Sommer's idea was met everywhere with a wide response. Four years after Rotterdam there was a second Gymnaestrada. Brazil was the first non-European country to take part in Zagreb. This was the first step towards world wide participation.

In the meantime 44 countries from all five continents have, at sometime or another, taken part in a Gymnaestrada. Since the Gymnaestrada in Rotterdam in 1953 the number of participants has quadrupled.

Sommer was present at all the Gymnaestradas and after the one in 1982 in Zurich, when he was 97 years old, he once again wrote down his ideals and goals. He then described his Gymnaestrada, in short "From Sceptical Smile To World Success".

Zurich was the last Gymnaestrada for Jo Sommer. On 6th February 1986, just a little more than a year before the 8th Gymnaestrada in Herning, Denmark, the 101 years old father of the Gymnaestrada passed away.



9th World Gymnaestrada
amsterdam 1991

World Gymnaestrada in Amsterdam

The extent of the previous Gymnaestrada is one of the reasons why the Dutch or-

ganisers have chosen Amsterdam as the place for the 9th World Gymnaestrada. It will be held in the congress and exhibition complex, the RAI, and the Olympic Stadium. From Monday 15 July until Saturday 20 July 1991, gymnasts of all ages and from all over the world will be meeting here.

According to the new regulations from the FIG there have to be a few changes to the programme. The outdoor demonstrations will now be concentrated on one day, instead of being spread over a few days. They will now be held on Friday 19 July in the Olympic Stadium. The newly introduced FIG gala will also be held on the same day.

Amsterdam, internationally orientated

Amsterdam is not only the capital city of Holland, but also the largest. It has 700,000 inhabitants. Internationally speaking this is a small city, but the number of inhabitants covers only the inner city. If the outer part of the city were to be included the total number of inhabitants would rise to over one million. Tens of thousands of commuters travel every day into Amsterdam to work. There are 55,000 students, i.e. 8% of the population, studying at the two universities of Amsterdam and various other colleges of higher education.

Twenty per cent of the population of Amsterdam is foreign. There are 131 different nationalities living in Amsterdam.

Amsterdam is renowned for its melting pot of nationalities. No other city in the world is so cosmopolitan. Dutch people have learned over the years that very few people speak their language. Their education system has gradually been adapted and most Dutch people now speak at least one other language.

Clubs interested in attending the 9th World Gymnaestrada should contact their State Gymnastic Association.

THE MOST EFFECTIVE HEAT THERAPY NOW COMES IN EMPTY TUBES



Don't mess with tubes of cream. Use **THERMOSKIN* Physiological Heat Retainers**. They're the simplest, most effective form of prolonged heat therapy for injured muscles, tendons and ligaments.

THERMOSKIN Heat Retainers capture and retain natural body heat, increasing temperature in affected areas. Blood flow increases. Recovery at the injury sites is enhanced. Tendons become flexible. Return to regular activity is quick.

Only **THERMOSKIN Heat Retainers** use **TRIOXON***. This material absorbs perspiration and allows the skin to ventilate. **THERMOSKIN Heat Retainers** can there-

fore be worn comfortably for longer. Anywhere. Any time.

THERMOSKIN Heat Retainers come in a wide range of anatomically shaped body parts,

each in five sizes, and are selected for use by the Australian Institute of Sport.

THERMOSKIN Heat Retainers, the most effective way of preventing, treating and rehabilitating injuries. For more information see your chemist, sports store or write to: Johnson & Johnson, c/-

Customer Service Department, 154 Pacific Hwy, St Leonards, NSW 2065.



THERMOSKIN
PHYSIOLOGICAL HEAT RETAINERS

*Trademark © Johnson & Johnson Aust. Pty Ltd 1989

Johnson & Johnson

COACHING AT KAROLYI'S

by Kelly Alliger



Kelly was a competitive gymnast for 10 years. Once graduating from University she has been employed as a Pre-School director and team coach in a private gym school. In her free time she likes to attend meets, take photos and coach for Karolyi in the summer.

Coaching summer camp for Bela Karolyi was an experience I will never forget! What made it even more exciting was the fact that the 1988 Championships of the USA (a qualifier for Seoul) were held at The Summit my very first weekend in Houston, Texas. I could not think of a better way to begin my month long visit.

Coaches and campers alike were housed in a nearby Quality Inn and bussed to and from the twice daily workouts at Karolyi's, one between 9 and 12; the next between 3 and 6 pm.

My first visit to the gym was filled with anticipation. I was looking forward to improving my spotting and learning new techniques; I knew then an intense environment like Karolyi's was the answer.

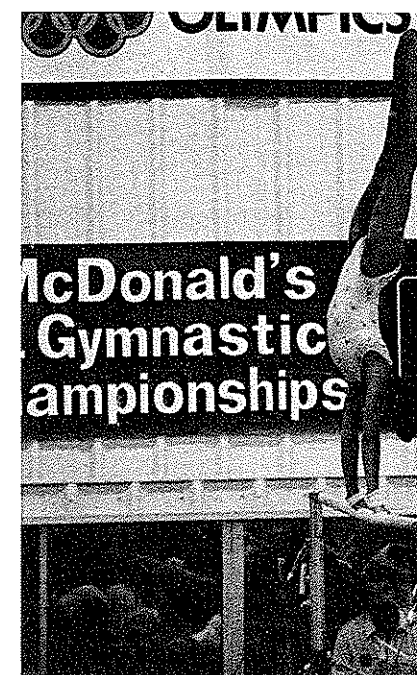
From my very first day of camp I realised what makes Bela Karolyi and his gymnasts so successful. Anyone who begrudges the Karolyi's for their success and accomplishment may need to think again.

While Bela may be extremely demanding of both his gymnasts and his employees, he is equally demanding of himself. Will success come any other way? Bela is the first person in the gym in the morning and the last person to leave in the evening. His days sometimes run from before 7 am until after 10 pm, not including twice weekly coaches meetings at the hotel. Sometimes I wonder when he finds time to sleep!

The entire Karolyi system is based on being "super organised," "super prepared," and highly motivated. Probably the most important thing I learned as a coach is that **you cannot expect your gymnasts to be motivated and retain a high energy level without show-**

ing your own motivation and excitement. There are many knowledgeable coaches around the world, while only a few of these coaches may have the ability to convey that knowledge to their gymnasts.

The need for motivation could be seen every week with each new group of campers. On Mondays, campers would come in very excited, even a little nervous. They would attack each task with an abundance of



Phoebe working her comp. bars routine under the watchful eyes of Marta and Bela.

energy. By Tuesday the energy was still there but on Wednesday they were really beginning to drag. By Thursday, they came into the gym practically sleepwalking (along with the coaches).

While Bela may be extremely demanding of both his gymnasts and his employees, he is equally demanding of himself.

This was when Bela's motivating style is really needed. Each morning during our daily meetings (before warmups), Bela

would try and wake us up and motivate us by pointing out jobs well done. Believe me, a compliment from Bela goes a long way! We, in turn, were expected to motivate the campers. I can honestly say that even though the campers and coaches were getting more exhausted as the week wore on, just about every camper went home with a new skill.

Not only was Bela there for us, but he was also there to motivate the campers. After each rotation, campers would march in uniformed lines (super organised) to the floor mat where those who completed new or unusual skills would be recognised and cheered on by Bela and the rest of the coaches. It did not matter whether the skill was a first-time cartwheel or a first-time double back, each new skill was given the same amount of recognition. Birthdays were also recognised each day. Anything would be done to make the campers feel special. By the end of the week, each camper was recognised and given a ribbon for new skills and a certificate (signed by Bela) for completing the camp.

The busy schedule for both campers and coaches not only consists of workouts but also night activities such as dance and beauty contests, handstand and side aerial competitions and, finally, skit night. For coaches, work did not stop on Fridays. We were also responsible for camper supervision on the weekends, which included making sure the campers were entertained and fed. Bus trips were planned to The Galleria, a shopping mall that is so big it has an ice skating rink in the middle. We were there for six hours and I will still have to wait until next summer to visit the parts we missed.

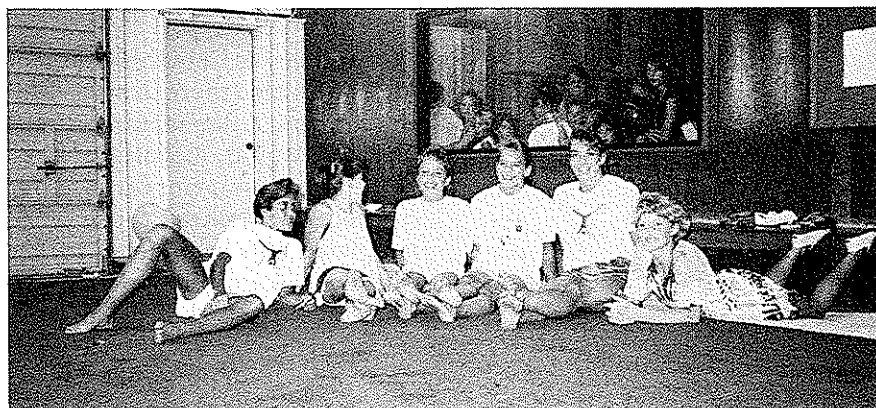
The small amount of free time we had when we were at the gym was used to observe the Elites training for Seoul. Bela and Marta worked with a select group of six: Phoebe Mills, Brandy Johnson, Chelle Stack, Rhonda Faehn, Kristie Phillips and Tina Snowden, all members of the 1988 Senior National Team. Only one word can describe these workouts: **Focussed**. From the minute they began to stretch until the minute they left, the air was so thick with concentration that you *wouldn't* be able to cut it with a knife. They didn't even talk to each other. There could have been an earth-

quake and nobody would have noticed.

We would arrive at the gym by 8.30 for breakfast and they would just be finishing their morning workout. During lunch, they would be taking private lessons with a dance teacher. Their day was far from over during our dinner time, when they began their evening workout. With such busy schedules, we asked the girls what they do when they are not in the gym. Their reply: Go home and rest for the next workout. Talk about dedication!

Now there is proof that such hard work pays off, for fourth best in the team competition (even third!) and Phoebe's bronze medal on balance beam is, indeed, an accomplishment.

For a gymnast wanting a high-powered camp to learn the greatest amount of new skills in a week, Karolyi's is the answer. For a coach looking forward to spotting and teaching a wide range of skills, Karolyi's is the camp for you. Most importantly, this camp is for anybody ready to have a good time!



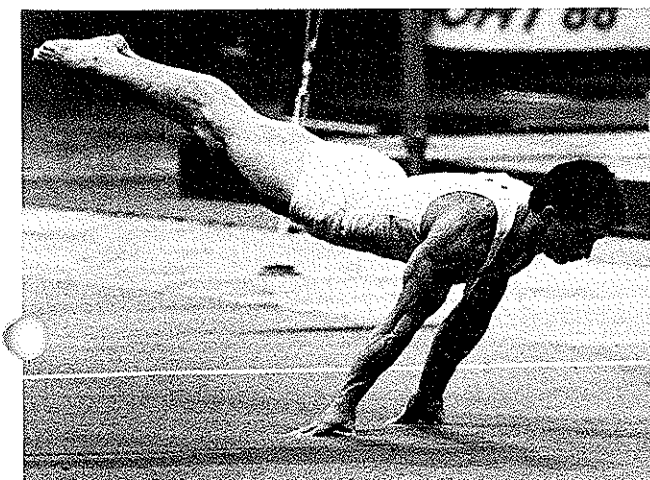
P. Mills, C. Stack, T. Snowden, B. Johnson, R. Faehn, K. Phillips relax between workouts



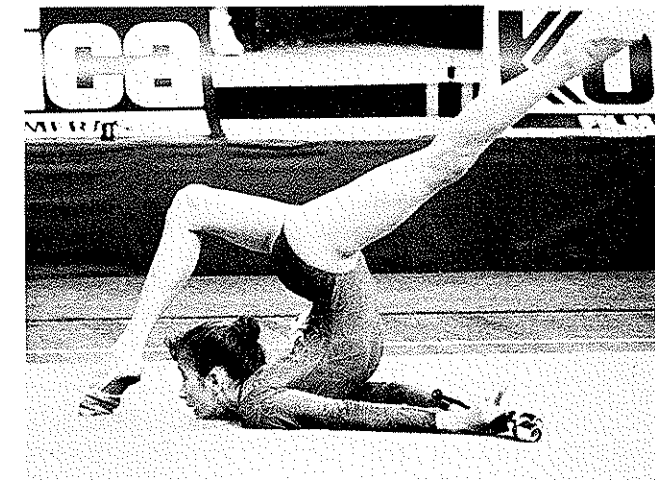
Kristie, Brandy, Rhonda, Tina, Phoebe and Chelle (head turned)

A.G.F. AWARDS

Senior Gymnast of the Year		Junior Gymnast of the Year		Coach of the Year	
Men		Men		Men	
Ken Meredith	QLD/AIS	Corey Johnson	WA	Lindsay Nylund	
Women		Women		Women	
Monique Allen	NSW/AIS	Michelle Telfer	WA	Ju Ping Tian	
		Rhythmic		Rhythmic	
		Stacey Wild	NSW	Suzanne Ralph	



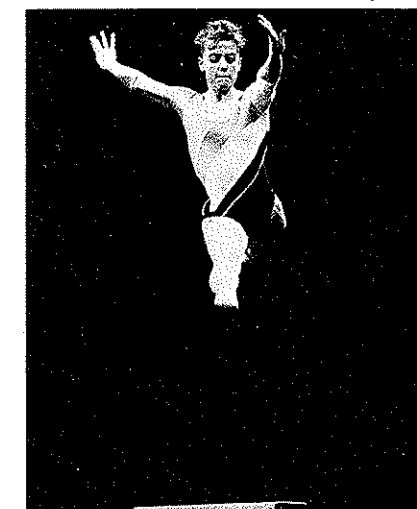
MAG Gymnast of the Year—Ken Meredith



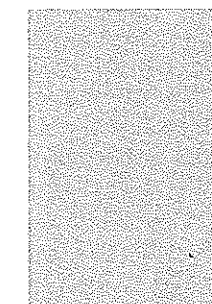
RSG Junior Gymnast of the Year—Stacey Wild



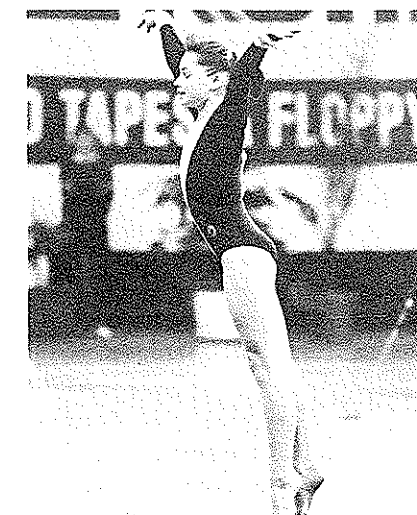
MAG Coach of the Year—Lindsay Nylund



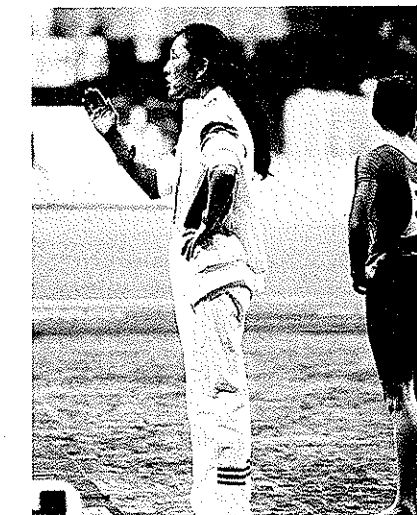
WAG Gymnast of the Year—Monique Allen



MAG Junior Gymnast of the Year—Corey Johnson (photo not available)



WAG Junior Gymnast of the Year—Michelle Telfer



WAG Coach of the Year—Ju Ping Tian

Photographs courtesy Ross Gould



QANTAS
THE SPIRIT OF AUSTRALIA

“Official Airline”



QANTAS
THE SPIRIT OF AUSTRALIA

GYMNASTICS SET TO TAKE OFF IN OCEANIA



Peter Murden
Seminar Co-ordinator

Geoff Henke, Jim Barry and Tony Murdock examine a copy of the new Gym Skills Program.

Gymnastics in Australia, New Zealand and throughout the rest of Oceania is a developing sport. Even though Australia in particular is starting to achieve international recognition, gymnastics is not a high profile and highly developed sport. With the exception of Australia and New Zealand, there is very little if any gymnastics being conducted in any of the other Oceania nations.

In 1987 with funding from the IOC Solidarity the AGF embarked on a program of introducing gymnastics to Oceania. In May 1987, in Melbourne the Federation conducted a successful "Children in Gymnastics" Seminar. The aim of the Seminar was to introduce representatives from the Oceania region to programs the Federation operates under its fourth discipline General Gymnastics.

The Australian Gymnastic Federation again under the auspices of IOC Solidarity conducted an Oceania IOC Solidarity "Gymnastics in Schools" Seminar in Melbourne from May 25-28, 1989.

Why Gymnastics in Schools?

The "school system" is the ideal vehicle for the development of a gymnastics program in any country. Many young children in Europe from a very early age, already experience gymnastics activity in its many forms as part of the school physical education curriculum. Sadly this is not the case for many children throughout Oceania.

The "Gymnastics in Schools" Seminar brought representatives from Oceania nations, Malaysia and all Australian States to show how in a practical way, gymnastics can be introduced into schools irrespective of the type and amount of equipment available; whether teachers have any prior gymnastics of P.E. knowledge and whether children had done any gymnastics before. The AGF's Gymfun and Gym Skills were used as model programs.

There were 30 participants attending the Seminar from nine nations. Participating nations included Australia, New Zealand, Fiji, Solomon Islands, Papua New Guinea, Guam, Northern Marianas, Tonga and Malaysia.

Mr Gene Schembri, National Coaching Director for the AGF, conducted the practical aspects of the Seminar. Mr Tony Murdock, Marketing and Public Relations Director of the British Amateur Gymnastics Association lectured on the marketing and promotion of gymnastics in schools. Mr Geoff Henke, Vice President of the Australian Olympic Federation officially opened the Seminar.

The Program

The Seminar, held at the Footscray Institute of Technology, was conducted over 3 1/2 days, alternating between a lecture theatre and gymnastics hall. About 80% of the Seminar was practical in nature and a prerequisite to attend was a preparedness to "participate".

The Seminar prepared future "Workshop Presenters" with the background information and presentation skills to introduce teachers/leaders to gymnastics programs that can be taught in schools and to impart the skills to the teachers/leaders who will actually be teaching the programs in the school setting.

The program consisted of: an orientation and "ice breaker" workshop; introduction of Gymfun and Gym Skills; marketing of programs and award schemes with Tony Murdock; practical sessions on "spotting", partner and group work; display work; aerobics—gymnastics style; rhythmic activities and gymnastics for fitness.

Conclusion

General Gymnastics by its very nature breaks down many of the barriers facing the development of many sports/physical activities in Oceania. Irrespective of how well developed gymnastics is in different countries, there is always the need for "grass roots" based educational and recreational gymnastics activities.

The AGF through its Gymfun and Gym Skills programs has provided the means by which all Oceania countries can develop "grass roots" participation in gymnastics at a rate and in way appropriate to their own cultural, demographic and economic needs.

The natural outcomes of gymnastics participation provide the basis for sound all round physical and skill development which can contribute to the overall physical well being of the community, help further develop all aspects of sport and physical endeavour and provide the basis for the development of gymnastics as a sport—all this from low cost programs which require little or no equipment, can be performed indoors or out and require little teacher/coach education to implement.

GYMNASTICS IN SCHOOLS SEMINAR



The AGF sincerely thank the following for their special contribution to the Seminar:

International Olympic Commission Solidarity.
Ansett International.

Footscray Institute of Technology.
Clunies Ross Conference Centre.
Budget.
City Gardens Apartments.
Lecturers, participants and AGF Office Staff.

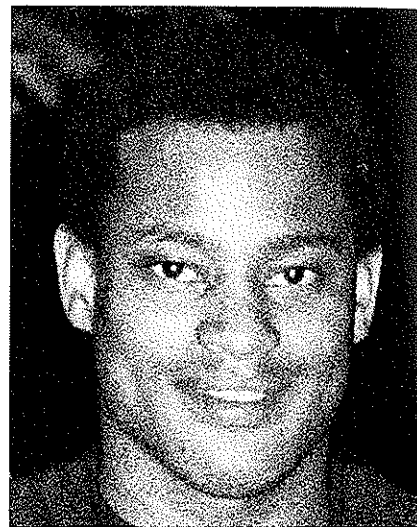
INTERVIEW

AGF National Coaching Director, Gene Schembri, recently caught up with top American gymnast, Charles Lake. Lake was America's first black gymnast to represent the country at an Olympic Games. He was the number one USA qualifier and finished in 19th place overall.

Lake was born in St Louis, Missouri in 1964, resides in California and trains at the California

Suns Gymnastics Club under coach Dan Connelly.

Apart from gymnastics, Lake's interests include writing non-fiction, science fiction, horror and fantasy, screen plays; is a published cartoonist and an amateur recording artist. Part 1 of an edited version of the interview is printed below. Part 2 will appear in the following edition.



A.G. So, Charles, why are you in Australia?

C.L. Well, several reasons I guess. The main reason of course was the release and the launch of my book at the Hilton in Sydney last night and I am here in Canberra being hosted by the Australian Gymnastic Federation, I guess, am I?

A.G. Well we are keen to make contact with you and let Australia see one of America's top male gymnasts.

C.L. Good then that's why I am here. I am here to check you guys out and see how you are doing.

A.G. Well what do you think so far. You have seen the Australian Institute of Sport?

C.L. I am very impressed, you know I am very, very impressed. I have been watching these guys train especially on pommel horse and I am looking at some of the positions, that's much more important even than the tricks. All gymnastic moves come from excellent basics of course, and I see that their basics are fine. I notice that when they get going they are doing some very high level moves on every event. I saw some triple backs on high bar, some nice delchevs and geingers some other new moves, they seem to be certainly training at world class level here.

A.G. I understand you have a very interesting approach to competition and that for you it's almost like a game. You enjoy competition, you're not phased by it. How do you approach a competition?

C.L. Sure, you know despite the fact that people try to make gymnastics competition into a well, a competition. They have done that by scoring you and by having judges there. Well that doesn't change the basic nature of gymnastics, it really does fall much more into the area of performing art. When you look at it as a performance you realise a lot more, you actually get your attention off the things they shouldn't be on and onto the things they should be on, and you can just have a real good time.

Like I was saying to this guy in the sports psychology they try to tell us that it's normal to be nervous and these things are just natural and I don't believe it. The pressure is not coming from the equipment or the crowd, it is coming from the individual. I'm there just to show some guys some gymnastics and that is what I do. I'm not really interested in doing anything else. I've trained physically as well as I possibly could and so there is no reason to be nervous about that. I am performing not just for the judges, but for the audience. I am always trying to elicit some sort of response. You know I am not just out there doing a series of moves, we are not mechanical technical machines out there. Like the Soviets, I am very appreciative of their technical expertise but they tend to leave you cold a lot of the time. I like to put a little more energy into the sport and into my performance and leave people with something.

A.G. You put emphasis on the mental side of training and because you do that, I guess you are able to work a training programme that is not like everybody else. There is a rumour that you are not the hardest training guy in the gym. Is it that your mental approach to gymnastics enables you to not have to train as long as the other guys and in the same consistent pattern as they do? Is that a fair comment?

C.L. That is more or less correct except for perhaps the last comment. I will clarify that a little bit. Towards the last two weeks before competition all I am looking at is handling any sort of mental or emotional insecurities I might have, whether that be in relation to a move or anything else. I know that if I am feeling fine mentally, I know that if I am capable of hitting 12 quality routines, I don't have to do 12-20 routines like a lot of other guys. I think that is a symptom of insecurity on their part. You know, it's like right before the meet and they are doing 5-6 routines on each event, I mean that is silly to me. I figure they are not going to get any better that close to the meet. I think, by not training so hard I haven't pounded my body. I don't have to tape my body after 12 years of the sport. I don't have to ice, I never ice any part of my body. I sustained injuries but you know I don't have to deal with a lot of these things that a lot of these gymnasts have to. My work is more efficient let me say that. I get in do the job and I leave. I don't spend a lot of time

warming up. I don't spend a lot of time on anything, as long as it takes to actually get on the event and do the routine and get off to the next event and get through the workout.

A.G. Can I turn to the Seoul Olympics. Did you achieve what you wanted to achieve as you look back on that?

C.L. No!!! A reporter asked me what my ideal would be for the Olympic Games and this was it: It would be that I would go in and make top 10 in the All-round, win a medal on high bar another medal on floor and none of that happened, I couldn't believe it, it was very interesting.

A.G. You must have been very disappointed because I believe you had some very good scores. In competition 2, I think, you had a 9.95 on horizontal bar, and I guess in competition 1 you didn't have quite enough to take you through to the finals.

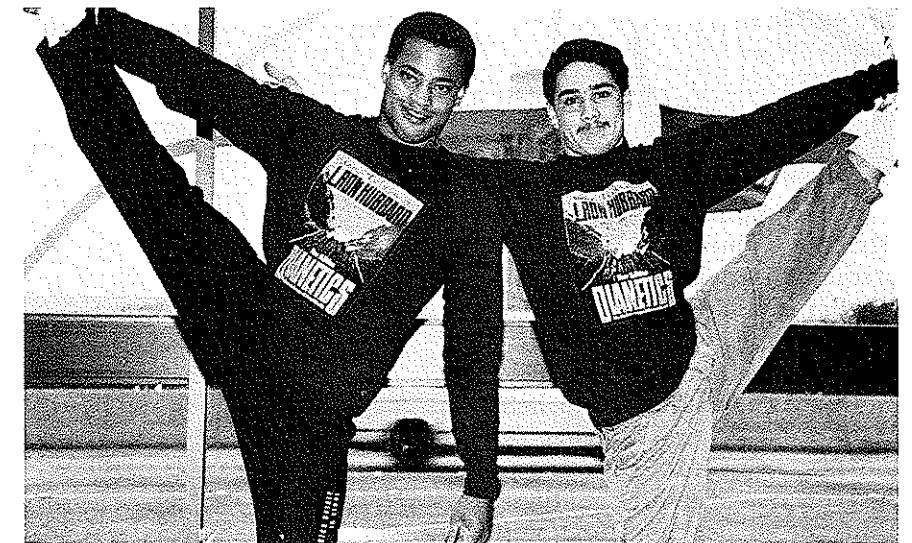
C.L. The only real mistake I made was on high bar and that was unfortunately the mistake to make. I scored 9.95 on parallel bars in prelim's there, that was very, very exciting. 9.90's on floor consistently on both days, I had a good meet, I mean I certainly wasn't upset, I was the top American. I finished 19th and like I said, this wasn't my year anyway. It would have

Trudi takes a silver at Golden Sands

Australian gymnast Trudi Nurse performed well to take a silver medal in the Vault final of the recent Golden Sands Competition.

Trudi, Sallyanne Hargrave and Jenny Clack all from the WA Institute of Sport made up the team which competed in the competition and took place from May 26-28 in Varna, Bulgaria.

The team, accompanied by Assistant WAIS coach Liz Chetkovich departed straight from the Senior Nationals and landed in Bulgaria after an exhausting 44 hour flight.

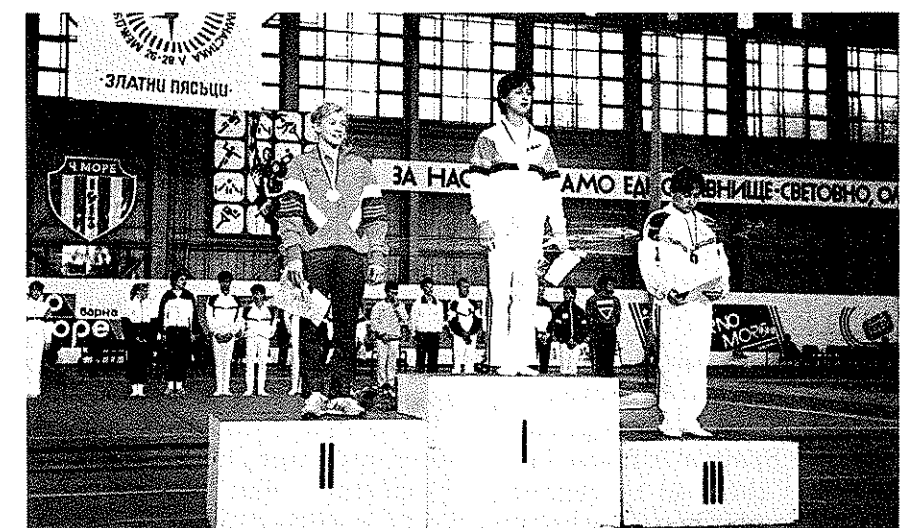


been great to win the medal or win a medal depending, but they were really just necessary stepping stones to '92.

A.G. I asked you about Seoul and your individual performance. Did you expect, or did the American team expect to achieve better and were they disappointed with 11th place, with countries like France, China and Italy ahead of you?

C.L. I would have to say the reason we didn't do better was because the team didn't expect to do any better. Yeah, they got very, very down and depressed about the idea that we were going to compete in the morning. And this was very, very interesting to me because we knew

about this, about a month or so before the Olympic Games. When we did end up 11th and we did get the low scores, everyone acted like it was such a shock and such a slap in the face. They all got very down and depressed about going into the next competition. It was quite unfortunate because I had to make a decision at that point and that was to say, well hey guys, you can do what ever you want but I am going to try and make some sort of success happen out of this thing you know, and so I didn't think the team was really going to do anything after that point with that sort of attitude. I thought that perhaps I could salvage something for the American team.



Bulgaria May 1989. 1st Liliana Stantchu—Rom, 2nd Trudi Nurse—AUS, 3rd Milena Lozanova—BUL.

The highlight of the trip was Nurse's silver on Vault. She also performed well on Bars, finishing 6th in the final.

Results:

T. Nurse	71.49	(13th/24)
J. Clack	68.65	(17th/24)
S.A. Hargrave	68.50	(Reserve)

1989 McDONALD'S AMERICAN CUP

Fairfax, Virginia U.S.A.

March 4-5 1989

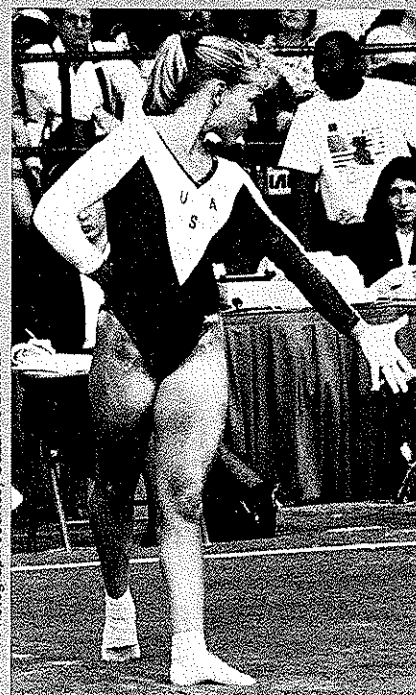
by Mandi Shields

In the months following an Olympic Games it is difficult to predict what will happen in the smaller of the worlds important international gymnastics events. So was the case at the 1989 McDonald's American Cup, held now for the fourth year in Fairfax, Virginia. Boasting a field this year of eighteen nations, many of the nations had sent Olympic Team Members, but this was more often the case in the mens competition than in the womens, where five of the girls were Junior National Champions.

The first day of competition for the girls (certainly few of them can be called women) was a battle to the end between the top three American girls to see which two would advance to the finals, and in the end it was Brandy Johnson .150 ahead of Seoul bronze medalist Phoebe Mills. Chelle Stack and Juliet Bangerter had to be content with watching finals from the sidelines. Brandy was on top on bars and floor and Phoebe won vault. On beam the winner was Oleysa Dudnik, USSR Junior Champion, and someone we are sure to see more of in the future—perhaps Stuttgart?

Of those who failed to qualify for the Finals was the twelve year old Junior Champion from Romania, Isabella Lacatus, who seemed weak and lacking experience in her first international competition—but she is only twelve!

The men's competition was an exciting one as it looked as though a new country might win the Cup. Spain's Alfonso Rodriguez, in the lead throughout the day, saw his hopes dashed as he fell off high bar in a piked reversed hecht, injuring his shoulder in the process. He did however tie for first place with the Soviet Union's Vitali Marinich on rings and parallel bars.



Photograph courtesy Suzanne Shields

Brandy Johnson—USA

Marinich also captured high bar (with China's Li Jing) and pommel horse. The floor exercise went to Japan's Aihara and vault to Jing.

The Finals this year saw many surprises. In the men's competition Rodriguez could not continue the competition as a result of his high bar disaster the day before, opening the way for the two Americans Lance Ringnald and Patrick Kirksey. From the beginning it seemed as though it would be Marinich who would come up the winner, and indeed this was the case. While none of the scoring for the men was high, he was at least consistent, and showed that with a little more polish this eighteen year old collector of rare pets and animals, can possibly repeat his All-Around silver medal at the 1988 Junior European Championships at the Senior Level.

Lance Ringnald did well to come second to the Soviet and shows that he too is someone to watch in the future. Following him in third place was Kirksey, but perhaps the most surprising finish of the day went to the Bulgarian Taskov who was only .05 out of third place despite the fact he didn't know he was to compete until he arrived at the arena thinking he was to *watch* the competition!

The women's competition saw some fantastic gymnastics in the finals, particularly from Brandy Johnson as her lower score was 9.90 on bars. She proved that she can still be a winner without living thousands of miles away from home to train with Bela Karolyi, whose gym she left after Seoul when she returned home to former coaches Kevin and Rita Brown.

Oleysa Dudnik performed beautifully throughout the day to come second and seemed happy with her result although admitted she could have done better. When asked what she thought of Brandy she answered that she was "very good". Marinich added that if she hadn't been good "she would not have won!". Behind Dudnik was the Hungarian Herrietta Onodi, who had made her American debut at the 1987 American Cup when she was only 4 feet tall, now having grown an unbelievable nine inches! Her gymnastics have matured so much in only those two years that one can only guess how far she will progress in the next few years.

Indeed, the 1989 American Cup saw probably many of the sport's future stars, for with nearly half the competitors as juniors, there can be much improvement in their routines, and even many of the senior athletes are still quite young. We will still see many of these youngsters in Spain in 1992.

RESULTS

AUSTRALIAN NATIONAL CHAMPIONSHIPS 1989

SENIOR MEN'S ALL ROUND

Name	Floor	Horse	Rings	Vault	P.Bar	H.Bar	Total	Total	Place
Mark Mommsen	A/ACT	9.200	8.100	8.700	9.350	8.800	53.65	108.0500	1
Werner Birnbaum	WA	8.550	7.800	9.150	8.900	9.000	52.75	106.9000	2
Peter Hogan	A/NSW	8.900	8.500	8.700	8.550	8.300	51.75	104.5500	3
Grant Carlyon	WA	8.250	6.850	8.700	9.500	8.850	51.45	104.1500	4
David Lutterman	NZ	7.300	7.750	8.700	8.250	8.750	49.45	101.6000	5
Tim Lees	A/VIC	8.350	7.000	8.750	8.100	9.000	52.15	82.1000	6
Ken Meredith	A/QLD	7.800	9.450	6.850	8.700	8.300	50.40	70.3000	7
Martin Wade	ACT	0.000	8.200	9.150	0.000	7.650	32.55	51.1500	8
Craig Bruce	NZ	0.000	9.400	9.550	0.000	9.500	37.75	49.5500	9
Mark Lister	NZ	0.000	0.000	0.000	0.000	0.000	0.00	48.7500	10
Brian Wade	ACT	0.000	0.000	0.000	0.000	0.000	0.00	48.6000	11
Shane Lyons	NZ	0.000	0.000	0.000	0.000	0.000	0.00	45.5500	12
Brett Mills	NZ	0.000	0.000	0.000	0.000	0.000	0.00	45.5000	13
Laslo Montanyi	A/NSW	7.750	6.500	7.400	8.150	7.900	45.50	43.3000	14

U/18 OPTIONALS

Name	Team	Floor	Horse	Rings	Vault	P.Bar	H.Bar	Total	Total	Place
Damian Smith	A/ACT	7.500	7.200	7.400	8.500	8.850	9.500	48.95	95.8000	1
Julian Fritz	WA	8.450	7.100	7.350	7.650	7.500	8.800	46.85	93.4000	2
Peter Hill	QLD	8.300	7.450	5.900	8.600	7.700	8.700	46.85	91.6500	3

U/18 FINALS

Name	Total	Place
FLOOR		
Peter Hill	QLD 8.9000	1
Damian Smith	A/ACT 8.5000	2
Julian Fritz	WA 8.0000	3
HORSE		
Damian Smith	A/ACT 7.5000	1
Julian Fritz	WA 6.9500	2
Peter Hill	QLD 0.0000	3
RINGS		
Peter Hill	QLD 7.7500	1
Damian Smith	A/ACT 6.7500	2
Julian Fritz	WA 0.0000	3
VAULT		
Peter Hill	QLD 8.4500	1
Julian Fritz	WA 8.1000	2
Damian Smith	A/ACT 7.9250	3
P.BAR		
Damian Smith	A/ACT 8.3000	1
Julian Fritz	WA 7.5000	2
Peter Hill	QLD 7.1500	3
H.BAR		
Damian Smith	A/ACT 8.9000	1
Peter Hill	QLD 8.1500	2
Julian Fritz	WA 7.9500	3

MAG OPEN FINALS

Name	Team	Floor	Horse	Rings	Vault	P.Bar	H.Bar	Total	Total	Place
Brett Lewis	NT	9.100	6.500	8.800	8.050	9.100	9.300	50.85	103.5000	1
John Dorrington	VIC	9.150	7.500	8.750	8.350	9.400	9.500	52.65	103.3000	2
Scott Unwin	VIC	8.200	8.100	8.000	8.250	9.250	8.250	51.05	100.4000	3
Rodney Marsh	NZ	8.850	8.350	8.400	8.450	9.550	8.650	52.25	96.8000	4
Damian Michael	VIC	8.500	9.100	7.950	8.500	8.400	7.850	50.30	96.0500	5
Todd Meachen	NZ	8.650	9.150	8.000	8.500	8.700	7.100	50.10	96.0000	6
Jaison McIntyre	VIC	8.700	6.550	8.400	8.300	8.950	8.350	49.25	95.5500	7
Andrew Gurr	NZ	8.500	6.450	7.050	8.250	9.150	7.400	46.80	95.2000	8
Rhys Hill	NZ	8.350	7.900	7.550	8.300	8.300	8.850	49.25	94.3000	9
Lindsay Cork	VIC	9.200	6.150	7.450	8.000	7.350	8.500	46.65	93.5500	10
Martin Taylor	NZ	8.650	6.400	8.450	8.800	8.350	8.700	49.35	92.2500	11
Stephen Kendall	NZ	7.900	7.650	7.000	8.300	8.350	8.800	48.00	92.2500	12
Jason Horgan	NZ	7.450	7.700	7.150	8.050	8.650	8.550	47.55	89.7000	13
Leon Semmens	WA	8.900	8.400	7.000	7.700	7.750	6.000	45.75	89.3500	14
Craig Burke	NZ	8.800	7.750	8.250	7.900	8.600	8.150	49.45	87.0000	15
Tim Prior	ACT	8.600	7.500	7.550	8.450	8.000	7.850	47.95	85.5000	16
Bryson Herbert	VIC	8.350	5.800	8.250	7.950	8.800	7.200	46.35	37.7500	17

MEN'S APPARATUS FINALS

Name	Total	Place
FLOOR		
Peter Hogan	A/NSW 9.00	1
Mark Mommsen	A/ACT 8.90	2
David Lutterman	NZ 8.90	3
Carig Bruce	NZ 8.85	4
Mark Lister	NZ 8.55	5
Grant Carlyon	WA 8.40	6
HORSE		
Tim Lees	A/VIC 9.70	1
Mark Mommsen	A/ACT 9.50	2
Werner Birnbaum	WA 9.40	3
Laslo Montanyi	A/NSW 8.45	4
Ken Meredith	A/QLD 8.00	5
Martin Wade	ACT 6.75	6
RINGS		
Werner Birnbaum	WA 9.65	1
Ken Meredith	A/QLD 9.60	2
Laslo Montanyi	A/NSW 9.10	3
David Lutterman	NZ 8.70	4
Mark Mommsen	A/ACT 8.65	5
Peter Hogan	A/NSW 8.00	6

Name	Total	Place
VAULT		
Mark Lister	NZ 9.125	1
Tim Lees	A/VIC 9.075	2
Grant Carlyon	WA 9.00	3
Craig Bruce	NZ 8.925	4
Peter Hogan	A/NSW 8.55	5
Martin Wade	ACT 8.40	6
PARALLEL BARS		
Ken Meredith	A/QLD 9.50	1
Mark Mommsen	A/ACT 9.10	2
Peter Hogan	A/NSW 8.65	3
Werner Birnbaum	WA 8.45	4
David Lutterman	NZ 8.45	5
Mark Lister	NZ 8.40	6
HIGH BAR		
Grant Carlyon	WA 9.35	1
Peter Hogan	A/NSW 9.00	2
David Lutterman	NZ 8.80	3
Tim Lees	A/VIC 8.70	4
Ken Meredith	A/QLD 8.05	5
Mark Mommsen	A/ACT 7.40	6

OPEN OPTIONALS—TEAM RESULTS

VIC	243.600	1
NZ	239.050	2

A — AUSTRALIAN INSTITUTE OF SPORT
 ACT — AUSTRALIAN CAPITAL TERRITORY
 NSW — NEW SOUTH WALES
 VIC — VICTORIA
 QLD — QUEENSLAND
 WA — WESTERN AUSTRALIA
 NZ — NEW ZEALAND

RESULTS

AUSTRALIAN NATIONAL GYMNASTIC CHAMPIONSHIPS

WAG — ALL ROUND

Name	Team	Vault	Bars	Beam	Floor	Total	Place
Monique Allen	A/NSW	9.400	7.975	9.395	9.450	36.150	
		9.575	9.650	9.695	9.425	38.275	
		9.600	9.600	9.550	9.400	38.150	75.3625
Trudi Nurse	WA	9.550	9.125	8.350	8.850	35.875	
		9.725	9.100	9.250	9.050	37.125	
		9.750	9.575	9.100	9.250	37.675	74.1750
Kylie Shadbolt	A/QLD	9.225	7.750	8.950	9.275	35.200	
		9.350	8.650	9.450	9.600	37.050	
		9.425	9.275	9.225	9.700	37.625	73.7500
Jenny Clack	WA	9.450	8.975	8.500	8.950	35.875	
		9.600	8.575	8.950	9.150	36.275	
		9.100	9.550	8.250	9.325	36.225	72.3000
Sally-Anne Hargreave	WA	9.350	8.350	8.925	9.250	35.875	
		9.325	9.100	7.975	9.300	35.700	
		9.450	9.150	8.050	9.475	36.125	71.9125
Clare Scotney	A/QLD	9.000	9.075	8.600	8.100	34.775	
		8.750	9.450	8.875	8.950	36.025	
		8.850	9.375	8.850	8.875	35.950	71.3500
Michelle Telfer	WA	9.250	8.900	8.200	8.550	34.900	
		9.300	8.600	8.400	8.850	35.150	
		8.900	8.550	8.700	8.950	35.100	70.1250

WAG JUNIOR FINALS

Name	Team	Total	Place
VAULT			
Julie-Anne Monico	ACT	17.9750	1
BEAMS			
Julie-Anne Monico	ACT	17.9000	1
BEAM			
Julie-Anne Monico	ACT	17.7000	1
FLOOR			
Julie-Anne Monico	ACT	18.3625	1

WAG JUNIOR ALL ROUND FINALS

Name	Team	Vault	Bars	Beam	Floor	Total	Place
Julie-Anne Monico	ACT	9.050	9.150	8.350	9.000	35.550	
		9.100	8.500	9.050	9.225	35.875	
		8.900	9.075	9.000	9.250	36.225	71.9375

SUB JUNIOR ALL ROUND

Name	Team	Vault	Bars	Beam	Floor	Total	Place
Jodie Huppertz	SA	8.850	9.025	9.050	9.150	36.075	
		8.612	9.400	9.250	9.300	36.562	72.6370
Kelly Stevenson	VIC	8.525	8.975	8.325	9.399	35.125	
		8.600	9.400	9.400	9.275	36.675	71.8000
Tracey Gibbs	WA	8.575	9.225	8.800	8.800	35.400	
		8.625	9.550	9.050	9.100	36.325	71.7250
Joanna Hughes	VIC	8.575	8.600	8.350	8.900	34.425	
		8.787	8.150	9.200	9.375	35.512	69.9370
Dyani Springbett	NSW	8.475	7.850	8.250	8.700	33.275	
		8.475	8.350	8.700	8.800	34.325	67.6000
Jodi Heath	NSW	8.837	8.925	7.550	8.050	32.912	
		8.450	8.350	8.425	8.350	33.575	66.4870
Zana Pavlekovic	SA	8.250	7.950	7.600	8.650	32.450	
		8.462	8.200	7.350	9.000	33.012	65.4620

RSG SENIOR ALL ROUND

Name	Team	Rope	Hoop	Ball	Ribbon	Total	Place
Angela Walker	NZ	8.800	8.850	8.750	8.450	34.8500	1
Kathryn Hughes	NZ	8.400	8.600	8.500	8.400	33.9000	=2
Amanda Douglas	NSW	8.400	8.550	8.550	8.400	33.9000	=2
Kylie Baker	SA	8.050	8.100	8.250	8.350	32.7500	4
Heather Obremski	WA	8.300	7.500	8.200	8.400	32.4000	=5
Shareen Ireland	QLD	8.200	8.250	8.150	7.800	32.4000	=5
Treena Blythe	NZ	7.950	8.150	8.200	8.100	32.4000	=5
Gina Peluso	NSW	8.150	8.300	7.850	8.050	32.3500	8
Simone Awty	VIC	8.150	7.800	8.150	8.100	32.2000	9
Tiffany Jamieson	VIC	8.000	8.050	7.700	7.700	31.4500	10
Sheryl Morrow	VIC	8.100	7.700	7.850	7.750	31.4000	11
Libby Boak	NZ	7.900	8.100	7.300	8.050	31.3500	12
Nicole Schoutrop	QLD	7.850	7.700	7.600	7.500	30.6500	13

WAG SENIOR FINALS

Name	Team	Total	Place
VAULT			
Trudi Nurse	WA	9.6620	1
Monique Allen	A/NSW	9.5750	2
Kylie Shadbolt	A/QLD	9.3370	3
Sally-Anne Hargreave	WA	9.0750	=4
Jenny Clack	WA	9.0750	=4
Fiona Hart	VIC	9.0000	6
Clare Scotney	A/QLD	8.8000	7
Michelle Telfer	WA	8.7750	8
BARS			
Monique Allen	A/NSW	9.6000	1
Trudi Nurse	WA	9.5750	2
Jenny Clack	WA	9.5500	3
Clare Scotney	A/QLD	9.3750	4
Sally-Anne Hargreave	WA	9.1500	5
Jodie Rogers	A/NSW	9.0500	6
BEAM			
Monique Allen	A/NSW	9.5500	1
Kylie Shadbolt	A/QLD	9.2250	2
Trudi Nurse	WA	9.1000	3
Clare Scotney	A/QLD	8.8500	4
Kate Torrens	VIC	8.2500	5
Sally-Anne Hargreave	WA	8.0500	6
FLOOR			
Kylie Shadbolt	A/QLD	9.7000	1
Sally-Anne Hargreave	WA	9.4750	2
Monique Allen	A/NSW	9.4000	3
Jenny Clack	WA	9.3250	4
Trudi Nurse	WA	9.2500	5
Michelle Telfer	WA	8.9500	6

SENIOR OPTIONALS TEAM RESULTS

WA 217.425 1

WAG SUB JUNIOR FINALS

Name	Team	Total	Place
VAULT			
Joanna Hughes	VIC	8.7870	1
Tracey Gibbs	WA	8.6250	2
Jodie Huppertz	SA	8.6250	3
Kelly Stevenson	VIC	8.6000	4
Dyani Springbett	NSW	8.4750	5
Zana Pavlekovic	SA	8.4620	6
Jodie Heath	NSW	8.4500	7
BARS			
Tracey Gibbs	WA	9.5500	1
Jodie Huppertz	SA	9.4000	=2
Kelly Stevenson	VIC	9.4000	=2
Jodi Heath	NSW	8.3500	4
Joanna Hughes	VIC	8.1500	5
BEAM			
Kelly Stevenson	VIC	9.4000	1
Jodie Huppertz	SA	9.2500	2
Joanna Hughes	VIC	9.2000	3
Tracey Gibbs	WA	9.0500	4
Dyani Springbett	NSW	8.7000	5
FLOOR			
Joanna Hughes	VIC	9.3750	1
Jodie Huppertz	SA	9.3000	2
Kelly Stevenson	VIC	9.2750	3
Tracey Gibbs	WA	9.1000	4
Zana Pavlekovic	SA	9.0000	5
Dyani Springbett	NSW	8.8000	6
Jodi Heath	NSW	8.3500	7

RSG SENIOR FINALS

Name	Team	Total	Place
ROPE			
Angela Walker	NZ	8.9500	1
Amanda Douglas	NSW	8.5500	2
Kathryn Hughes	NZ	8.5000	3
Shareen Ireland	QLD	8.2500	4
Gina Peluso	NSW	8.2000	5
Heather Obremski	WA	8.1500	6
HOOP			
Angela Walker	NZ	8.9500	1
Kathryn Hughes	NZ	8.7000	2
Amanda Douglas	NSW	8.6000	3
Kylie Baker	SA	8.3500	4
Gina Peluso	NSW	8.3000	5
Shareen Ireland	QLD	8.1000	6
BALL			
Angela Walker	NZ	8.8500	1
Kathryn Hughes	NZ	8.6000	2
Amanda Douglas	NSW	8.5000	3
Heather Obremski	WA	8.4000	4
Shareen Ireland	QLD	8.1500	5
Kylie Baker	SA	8.0500	6
RIBBON			
Kathryn Hughes	NZ	8.5500	1
Kylie Baker	SA	8.4000	2
Amanda Douglas	NSW	8.3000	3
Angela Walker	NZ	8.1000	4
Simone Awty	VIC	8.0500	5
Heather Obremski	WA	7.8000	6

RESULTS

NATIONAL CHAMPIONSHIPS

RSG JUNIOR ALL ROUND

Name	Team	Rope	Hoop	Ball	Ribbon	Total	Place
Joanne Mansfield	NSW	8.250	8.300	8.550	8.300	33.4000	1
Rebecca Taylor	VIC	7.850	8.050	8.050	8.050	32.0000	2
Jan Gallagher	NZ	7.900	8.000	7.750	8.050	31.7000	3
Rachel Iraia	NZ	7.700	7.950	7.500	8.050	31.2000	4
Penelope Eyre	VIC	7.750	7.500	7.650	7.600	30.5000	5
Karen Wadsworth	SA	7.200	7.450	7.500	7.550	29.7000	6
Kate Torrens	VIC	7.400	7.250	7.300	7.100	29.0500	7
Katrina Daish	NZ	6.850	6.750	6.750	7.100	27.4500	8
Nicole Button	VIC	6.550	6.850	6.900	6.650	26.9500	9

RSG JUNIOR FINALS

Name	Team	Total	Place
ROPE			
Joanne Mansfield	NSW	8.4500	1
Rebecca Taylor	VIC	8.1000	2
Rachel Iraia	NZ	8.0500	3
Penelope Eyre	VIC	7.9000	4
Jan Gallagher	NZ	7.8500	5
Kate Torrens	VIC	7.5500	6
HOOP			
Joanne Mansfield	NSW	8.3000	1
Rachel Iraia	NZ	8.2500	2
Rebecca Taylor	VIC	7.8000	=3
Penelope Eyre	VIC	7.8000	=3
Jan Gallagher	NZ	7.6500	5
Karen Wadsworth	SA	7.4500	6
BALL			
Joanne Mansfield	NSW	8.4500	1
Rebecca Taylor	VIC	8.2000	2
Rachel Iraia	NZ	8.0500	3
Jan Gallagher	NZ	7.9500	4
Penelope Eyre	VIC	7.8500	5
Karen Wadsworth	SA	7.5000	6
RIBBON			
Joanne Mansfield	NSW	8.3000	1
Rebecca Taylor	VIC	8.1500	2
Rachel Iraia	NZ	8.0000	=3
Jan Gallagher	NZ	8.0000	=3
Penelope Eyre	VIC	7.8000	5
Karen Wadsworth	SA	7.6000	6

Monique reaches all four finals at China Cup
Another first for Australia

The 1989 China Cup held from April 28-30 in Beijing marked another milestone in International Competition.

The consistent Monique Allen performed extremely well to finish 4th behind China and Hungary in the All-Round Competition. Allen also made all four finals—a first for an Australian at an International Competition. She also finished ahead of both Russian competitors.

Other team members to compete for Australia were Kylie

Shadbolt who finished a creditable 13th overall, Clare Scotney and Jodie Rogers who both competed as reserves.

Results:

M. Allen 38.05 (4th/20)
K. Shadbolt 36.875 (13th/20)

Finals:

M. Allen Vault 4th
Bars 8th
Beam 5th
Floor 4th
K. Shadbolt Vault 8th
Floor 4th

Travelodge
SOUTHERN PACIFIC HOTEL CORPORATION

**OUR OFFICIAL
HOTEL**



**RHYTHMIC GYMNASTICS
BRITISH CHAMPIONSHIPS
JANUARY 14, 1989
BLETCHLEY LEISURE
CENTRE MILTON KEYNES,
ENGLAND**

by Robert Kensit

Junior Championships

The day's event was an excellent competition, proving that standards in British R.S.G. are rising all the time. There was little to choose between the standard of the juniors and the seniors—even though the junior and senior champion's scores were 3.10 apart!

Northampton's (formerly Leasowes) Michelle Smith won with a total of 33.95. Michelle, like most of the gymnasts competing, showed not only sound technical ability but expressiveness as well. She started with hoop, which unfortunately rolled off the floor at one point. Her highest mark of the day was for ribbon, for which Michelle made good use of a piece of guitar music. Second was Debbie Southwick from Merseyside R.G.S., only 0.10 behind Michelle, with Esther Fentiman (Cranford R.G.C.) third. Esther's hoop routine was well choreographed and expressive, but she suffered a small drop with the ball.

Senior Competition

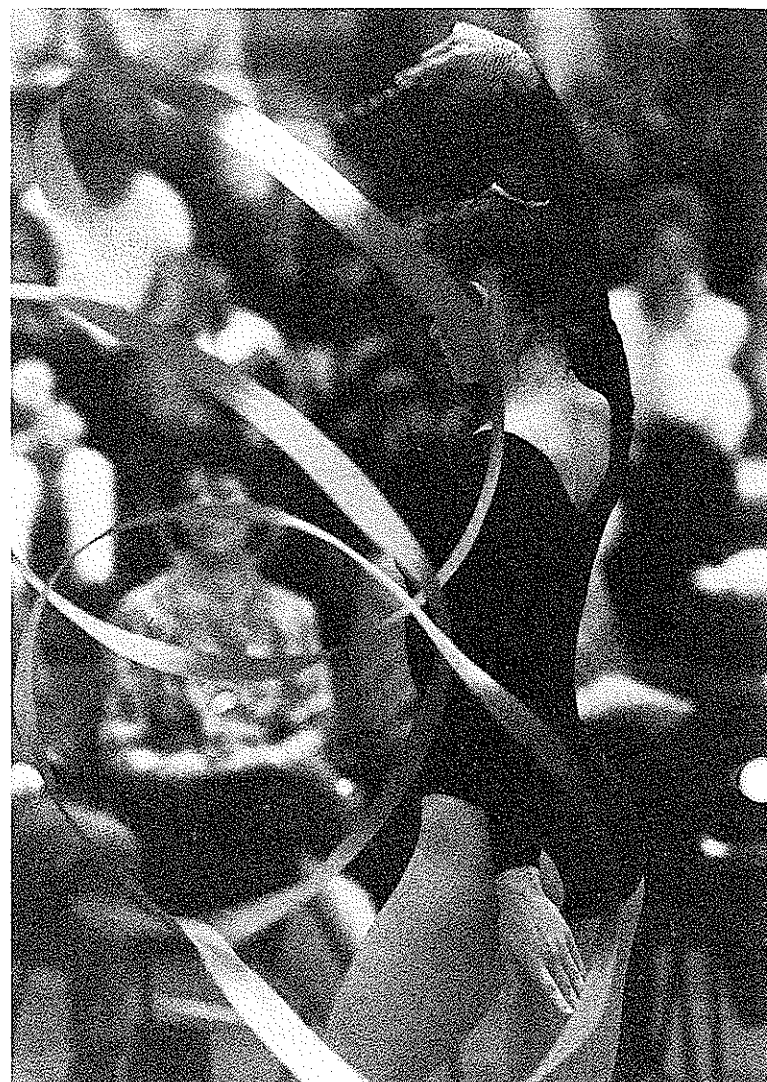
The new British Champion is Alitia Sands of Coventry R.G.C. As is often the case, she won through consistency throughout the event, all of her routines being of high quality, with the last event, ribbon, leaving the audience breathless. There was a gap of 1.2 between Alitia and the runner-up, Gabrielle Yorath (Leeds), who was followed by Joanne Bisley, also of Coventry.

**RESULTS
Junior**

Name	Hoop	Ball	Ribbon	Reps	Total	Place
Michelle Smith	8.40	8.55	8.60	8.44	33.95	1
Debbie Southwick	8.35	8.60	8.55	8.35	33.85	2
Esther Fentiman	8.50	8.35	8.50	8.40	33.75	3

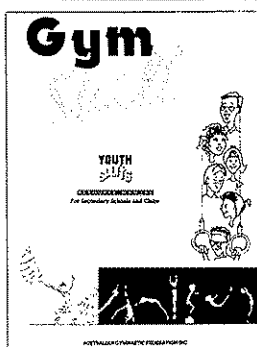
Senior

Alitia Sands	9.25	9.35	9.30	9.15	37.05	1
Gabrielle Yorath	8.95	9.00	9.00	8.90	35.85	2
Joanne Bisley	8.70	8.70	8.60	8.80	34.80	3



Alitia Sands—British Senior Champion 1989

Photograph courtesy Robert Kensit



Introducing Gym Skills

A Comprehensive Youth Sports Resource for Schools and Clubs

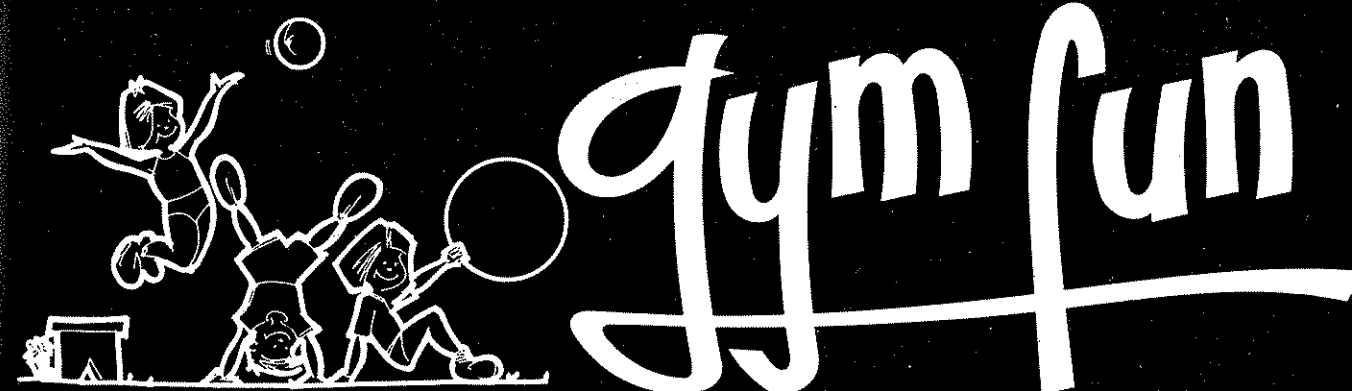
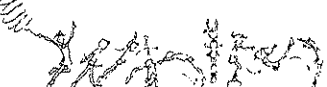
- * Designed for teachers with limited background in gymnastics and young teenage boys and girls who have done little or no gymnastics before
- * Includes four levels of graded "safe" skills, sequences, aerobics, partner, group and display activities
- * Brilliantly illustrated
- * Includes Copyright Free Materials

Enquiries:

Australian Gymnastic Federation Inc.
2-6 Redwood Drive, Dingley, Vic. 3172
Ph: (03) 551 3833

\$24.95

plus \$3.00 p&p



WHAT IS GYMFUN?

Gymfun is an activity program aimed at introducing children to gymnastics in an enjoyable and safe way. Both for boys and girls, it is non-competitive and allows for individual progress.

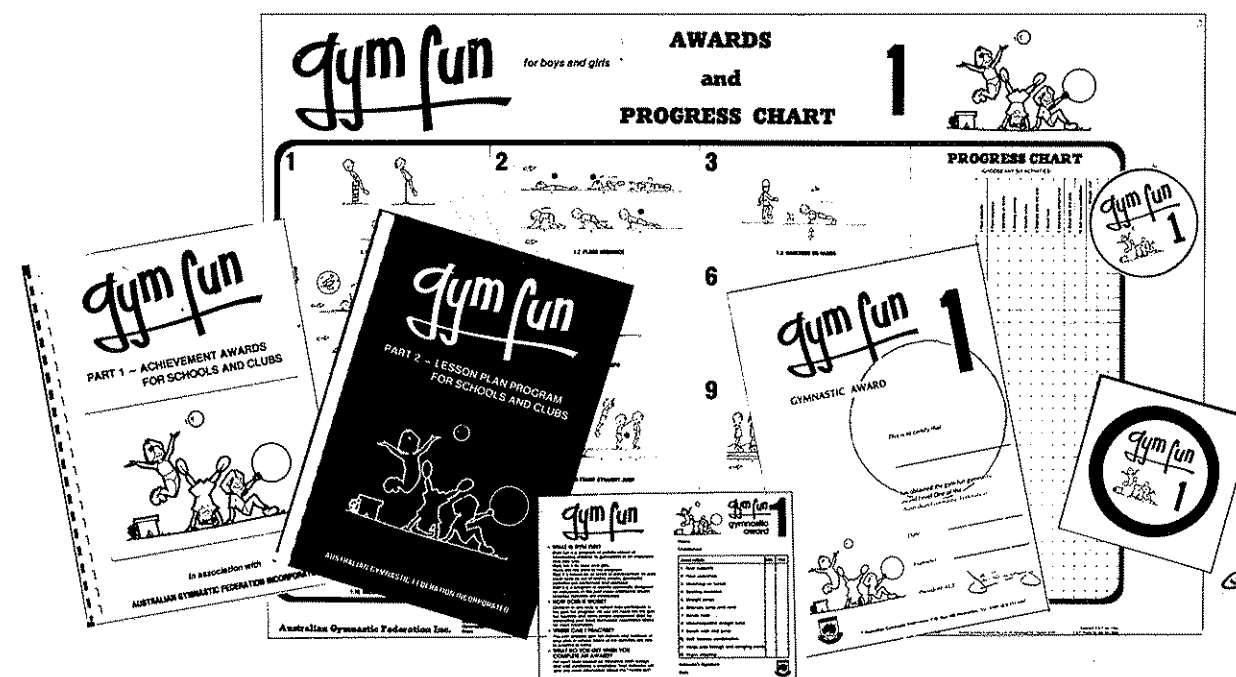
HOW DOES IT WORK?

Any Club, school or organisation can participate in the program. Only minimal equipment is required, and activities may be done both indoors and outdoors.

GYMFUN HAS....

A comprehensive range of resources including:

- Book 1—"Achievement Award Program"—6 levels
- Book 2—"Lesson Plan Program"
- Participation Cards—6 levels
- Wall Charts—6 levels
- Award Sets—levels 1—6



PLEASE CONTACT..

ACTGA Inc.
NSWGA Inc.
QGA Inc.
WAGA Inc.
TAGA Inc.
VGA Inc.
SAGA Inc.
NTGA Inc.

PO Box 1579, Canberra City, ACT. 2601. Ph: (062) 48 0613
PO Box 190, North Strathfield, NSW. 2137. Ph: (02) 763 0177
PO Box 182, South Brisbane, QLD. 4001. Ph: (07) 844 1182
PO Box 65, North Perth, WA. 6006. Ph: (09) 328 1408
PO Box 218, Kingsmeadows, TAS. 7249. Ph: (003) 443 620
PO Box 313, Bulleen, VIC. 3105. Ph: (03) 850 9855
PO Box 183, Park Holme, SA. 5043. Ph: (08) 294 8025
PO Box 39240, Winnellie, NT. 5789. Ph: (H) (089) 816 965. (B) (089) 271 637

© 1985 Australian Gymnastic Federation Inc.

ACROMAT

Proud Sponsors of the A.I.S. Gymnastics Programme

Australian Institute of Sport



"The Australian Institute of Sport Gymnastics Programme is striving to produce top level international gymnasts. To be the best takes a lot of hard work, dedication and acceptance of nothing short of excellence. The A.I.S. enjoys the association with Acromat as we need to rely on the superior quality and performance of their equipment. I am confident that Acromat's policy of continual improvement and up-to-date designs will ensure that our gymnasts are training on the best equipment available in Australia".

Warwick Forbes

**Head Coach
AIS Gymnastics**



NOW AVAILABLE

Air-Board—New Guided Travel System

The Acromat Air-board, now with Torsion Stabilizers ensures you of consistent flight characteristics with every approach. The stabilizing mechanism, an exclusive ACROMAT feature prevents sagging of the board to one side from off centre takeoffs; perfect for round off vaults (Yurchenko vaults).

Features:

- Torsion Stabilizers
- Non-slip, foam padded and carpeted take off surface.

Sprung Vaulting Horse

(soon to be a requirement for International Competition)

An innovative development in vaulting. The ACROMAT Sprung Horse was developed to reduce the amount of joint pressure experienced by gymnasts whilst vaulting. Added benefits of this improvement are greater lift and longer air time for the gymnasts.

Features:

- Reduces impact forces by up to 50%
- Shock absorption characteristics are fully adjustable to suit
- Moisture absorbent—non slip vault covering
- Quick and simple height adjustment
- Non slip, non marking feet

FOR ALL YOUR EQUIPMENT SUPPLIES

*We stock a complete range of spare parts.
All our products are guaranteed for 12 months.*

ACROMAT PTY. LTD.

25 MANCHESTER ST., MILE END SOUTH, SOUTH AUSTRALIA 5031

TELEPHONE: (08) 352 2288

VICTORIAN BRANCH OFFICE: (03) 544 4711

AGENCIES: NSW (02) 661 1672. QLD (07) 351 4532. ACT (062) 51 3414. TAS (003) 31 7863. WA (09) 328 1204