



Sport Aerobics Technical Bulletin – Volume 1 2002

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The Sport Aerobics competition season is under way at a state, national and international level. The State Associations have held a number of events leading up to their state championships providing excellent competition experience for all athletes. The National Championships will be the major focus for the majority of athletes this year. For selected members of the 2002 National Squad the next two months will be spent preparing for the FIG World Championships in Lithuania.

Gymnastics Australia is hosting the National Championships to be held at the Melbourne Sports and Aquatic Centre on the 31st August and the 1st September 2002. Included in this Technical Bulletin, as an attachment, is the first National Championships Bulletin published for State Associations, coaches and athletes.

Internationally, Australian athletes have competed at the IAF 2002 Suzuki World Cup in Tokyo in April. All members of the Australian Team qualified for the final round of competition with the West Australian Trio (Leah Henville, Melissa Read and Melissa Davies) winning the Bronze medal in their first international event and South Australian, Sandi Carmichael, winning the Bronze in the Varsity Female Division. Final results are included in this Bulletin.

The AEROSkools Program was officially launched on the 15th February in Melbourne. It is a new and exciting Sport Aerobics Participation Program, conducted in schools, that aims to provide a grass roots entry for school students and teachers wishing to get involved in Sport Aerobics. There are over 140 schools and gymnastics clubs registered in the program across Australia. Full details can be found within this Bulletin.

Please ensure that the information contained within this Bulletin is distributed within your state. The Sport Aerobics Management Committee welcomes your

suggestions for improvements. Please contact Matt Connell at the AGF on (03) 9830 4588.

Karon Williams
Technical Director

The Gymnastics Australia Website can be found at:
www.gymnastics.org.au

2002 Sport Aerobics Australian Championships

The 2002 Australian Championships will be held in Melbourne on the 31st August and the 1st of September 2002 at the Melbourne Sports and Aquatic Centre.

Attached to this Technical Bulletin is the first Information Bulletin on the 2002 Sport Aerobics Championships. The Bulletin contains important information covering the following areas:

- Entry process
- Entry form
- AGF National Entry Policy
- Competition program
- General Information
- Travel and Accommodation

Special notice is given to highlight the entry process. Entries for the Championships will follow the National Event Entry Policy.

- All entries must be submitted to Gymnastics Australia accompanied by the appropriate fees.
- The State Associations must submit all entries only.
- Note: Entries cannot be submitted directly by any athlete, school or club.
- In 2002 all Definitive Entries will be entered via the IMIS database. The event entry system will be closed off on Wednesday 31st July 2002. Manual entries will not be accepted.

Suzuki World Cup 2002 13th Annual International Aerobic Championship

The Suzuki World Cup was held on the 13th-14th April 2002 and hosted by the International Aerobic Federation (IAF), under the supervision of the Japan Aerobic Federation (JAF), supported by the Ministry of Education, Science, Sports and Culture; the Japan Amateur Sports Association and the Suzuki Motor Corporation. The event was held at the Tokyo Gymnasium in Sandagaya, Tokyo. Over 5,000 spectators attended the 2-day event.

Seventeen countries were represented at this year's Suzuki World Cup. They included Argentina, Australia, Brazil, Bulgaria, Canada, Chile, Hungary, Indonesia, Italy, Japan, Korea, the Netherlands, New Zealand Philippines, South Africa, Switzerland and the USA. A total of 116 athletes competed in 4 categories of competition – Individual Male, Individual Female, Mixed Pair and Trio. In addition there were two new youth categories, Varsity for athletes between the ages of 14 and 17 and Junior Varsity for those between 11 and 13.

The Champion in the Individual Female division was Ms Marcela Lopez of Brazil. Marcela's effortless performance was the envy of all female athletes. Her confidence and ability set the standard for the competition.

In the Individual Male division the gold medallist was Mr Kwang-Soo Park from Korea. The degree of difficulty of the routine and the high artistic content set the challenge for last year's champion Mr Diego Deville Y Lozano from Brazil who placed a close second in the Final.

The Mixed Pair division was dominated by Brazil. Defending champions Olga Cardosa and Roberson Magalhies were the clear winners over Rieko Mogi and Yuusuke Hiromi from Japan.

The Trio division saw the Argentineans, Diego Deville Y Lozano, Luciano Janctus and Fernando Rolla, win by narrowest of margins from the all female Japanese Trio, Keiko Mukouyama, Motomi Matsuzawa and Kiyomi Yoshiyama. This division was very popular with the Japanese audience and all trios were warmly welcomed as they entered the stage area.

The Australian Trio from WA improved on their 4th placing after the Preliminary Round to win the bronze medal. It was their first international competition and their achievement was an excellent reward for their determination and effort.

Kieran Gorman, also from WA, competed in the Varsity division of competition where males and females battled it out against each other. The standard of competition was extremely high and Kieran stamped his mark as an up and coming athlete of the future. Sandi Carmichael (SA) continued to impress at an international level by winning by the Bronze medal.

Karon Williams represented Australia on the judging panel as an Artistic Judge. Kerryn Cormick (VIC) travelled with the team in the role as coach/administrator and provided valuable support for all athletes. Karon attended the IAF World Congress held on the 15th April. The Congress provides the opportunity for member countries to discuss the development of Sport Aerobics within their country as well as at an international level. Karon Williams is also a member of the IAF Executive Board and attended a number of Board meetings while in Japan.

A copy of the Finals results is included in this Bulletin as an attachment.

Suzuki World Cup 2003 Special Notice

The IAF headquarters has announced the following Youth athlete categories will be included in the 2003 Suzuki World Cup. They are as follows:
Categories

- Junior Varsity (age 11-13 as of December 31 2001). Singles, males and females in the one division and Trio
- Varsity (age 14-17 as of December 31 2001). Singles, males and females in the one division and Trio.

Number of Youth Entries Per Country

A maximum of 2 athletes per category (Maximum 10 athletes per country). The second athlete and trio from each country must compete in the Open Seed round of competition. The top three athletes and trios will proceed to the Semi-Final round of competition.

Number of Participants in the Youth Finals

Maximum 2 per country
Single categories – top 8 athletes
Trio categories – top 8 trios

The defending champion will be seeded to the semi-final. If there is a defending champion, that country can send 3 athletes per category. However, the second athlete will have to compete in the Open Seed round of competition.

Athletes that are selected onto the 2003 National Squad will be considered by the Selection Committee to compete at the 2003 Suzuki World Cup.

FIG World Sport Aerobics Championships

The 7th FIG World Championships will be held in Klaipeda, Lithuania from the 29th to 31st July 2002.

Thirty seven countries will be represented at the event. A total of 44 men will compete in the Individual Male division, 50 women in the Individual Female division, 34 Mixed Pair, 33 Trios and 19 Groups.

Australia will be represented by Stuart Fisher in the Individual Male division and Leah Henville in the Individual Female division. Both athletes are coached by Trudi Nurse and are based in WA.

Karon Williams will be representing Australia on the Judging Panel and Trudi Nurse will be the Australian Coach.

Full event details can be obtained by visiting the FIG website.
www.fig-gymnastics.com

The FIG/ANAC Issue

On the 23rd April 2002 all National Squad athletes were informed by letter of an international issue that could possibly affect Gymnastics Australia entering athletes in to the 2002 ANAC World Championships. This situation is not unique to Australia as it affects 19 other countries from around the world. Lengthy discussions have been held between Gymnastics Australia, the FIG, IAF and the ANAC to try and resolve the situation.

Background Information:

- In July 2000 the FIG advised member federations that the cooperative agreement between the FIG and the ANAC had been terminated due to the ANAC declining to recognise the FIG as holding exclusive rights to organise a World Championship event.
- The FIG requested member federations to abstain from participating the ANAC and all other international bodies with the exception of the IAF (Suzuki World Cup).
- In March 2002 Gymnastics Australia received notification that ANAC had continued to organise a World Championship event which violates the FIG Statutes and the nationality rules of the Olympic Charter.
- The FIG informed members that should any athletes participate in ANAC events they will no longer be allowed to participate in FIG events. The member federation could also be sanctioned.
- The issue was discussed at the IAF World Congress in Japan in April to assess how the FIG decision has affected the sport in each country.
- The FIG will be holding a Round Table Discussion at the FIG World Championships in Lithuania that will allow countries to voice their concerns and present their case to the FIG committee.
- On the 14th May Gymnastics Australia wrote to ANAC requesting ANAC respect Australia's decision not to compete at the 2002 ANAC World Championships, in order to provide Australia with additional time to put its full case to the FIG.
- On the 16th May Gymnastics Australia wrote to all National Squad athletes informing them that Australia will not be sending a team to the 2002 ANAC World Championships.
- Gymnastics Australia will continue to make every effort to develop Sport Aerobics in Australia and to provide the opportunity for Australia's top Sport Aerobics athletes to represent their country at international events in 2002 and beyond.

The AEROSkools Program

The AEROSkools Program is a new and exciting Sport Aerobics Program, conducted in schools and gymnastics clubs, that aims to introduce basic Sport Aerobics movement patterns within a fun and challenging program,

culminating in the development of a Sport Aerobics routine which can be entered into a state or national competition. AEROSkools therefore consists of both a participation program and a supporting events structure. The Program is An Active Australia Initiative funded by the Australian Sports Commission and administered by Gymnastics Australia.

The Program is aimed at school age children and youths aged from 10 – 18 years of age (Year 4 – 12) with both sexes actively encouraged to participate.

Gymnastics Australia will roll out the Program in three phases over a three year period. In 2002 schools in WA, SA, VIC and Tas were mailed the Program information. The response from schools has been overwhelming indicating the need for a Sport Aerobics program within the education system.

There has been positive interest from gymnastics clubs across Australia. The program is ideal to teach in a club as the AEROSkools Resource Kit provides all the information and instruction to teach a Sport Aerobics routine.

To register your interests in the program please contact the following AEROSkools staff:

National Co-ordinator: Karon Williams (08) 9245 6777 or 041 313 7660
k.william@gymnastics.org.au

WA State Co-ordinator: Alida Scott
0403 449 404
ascott@aeroskools.com.au

SA State Co-ordinator: Kay Semple 0409 677 405
ksemple@aeroskools.com.au

VIC and TAS State Co-ordinator: Kerryn Cormick 0412 007 014
kcormick@aeroskools.com.au

AEROSkools State Championships

WA
Friday 5th July
Winthrop Baptist College

SA
Sunday 28th July
Walford Theatre
Helen Reid Hall

VIC
Friday 9th August
Loreto Mandeville Hall

AEROSkools National Championships

Friday 30th August 2002

Melbourne Sports and Aquatic Centre, Albert Park, Victoria

For further event information please contact the AEROSkools State Co-ordinator or National Co-ordinator (details above).

FIG Element Pool Update

In February 2002 the following elements were evaluated by the FIG Sport Aerobics Commission Technical Committee and awarded a difficulty value:

½ turn Cossack jump ½ turn – value: 0.6 (one or two feet take off is considered as a variation of the same element)

Scissors leap ¾ turn to straddle ½ turn (or split ½ turn) - value: 0.7

1/1 turn split leap to split – value: 0.6

2/1 turn or more – value: 0.4

1/1 turn Cossack jump ½ turn to split – value: 0.8

1/1 turn Cossack jump ½ turn – value: 0.8

Free support illusion to vertical split – value: 0.7

Lifted wenson hinge pushup (or double hinge PU) – value: 0.6

Switch split leap, frontal split leap ½ turn to frontal split – value: 0.7

Straddle planche to lifted wenson push up back to straddle planche – value: 0.8

Straddle support 2/1 turn (or more) – value: 0.6

Scissors kick to vertical split – value: 0.3

Double illusion – value 0.5

Free support double illusion – value: 0.7

Free support illusion to split (or prone split) – value: 0.6

1 ½ turn Cossack jump – value: 0.8

½ turn pike jump ½ turn to split – value 0.5

½ turn split jump ½ turn – value: 0.5

1/1 turn split jump – value: 0.6

1/1 turn pike jump ½ twist to PU – value: 0.8

Lifted wenson lateral hinge PU – value: 0.7

1 arm 1 ½ turn straddle support – value: 0.8

2002 Sport Aerobics Awards

In conjunction with the 2002 Sport Aerobics Championships, the Sport Aerobics Management Committee will announce the following National Sport Aerobics awards:

- Senior Athlete
- Junior Athlete
- Coach of the Year
- Official of the Year

Each State Association and the Sport Aerobics Management Committee is entitled to nominate one person for each of the above-mentioned awards. A brief summary addressing the following Selection Criteria should accompany the nomination.

Selection Criteria

Athlete:

- Results of competition performances throughout the year
- National Championships
- International competitions
- History of achievement over a number of years

Coach:

- Active involvement in State/National coaching activities
- Involvement in coaching state teams
- Athlete performance at competitions
- Team performance at competitions

Official

- Be an accredited state and/or national Sport Aerobics judge and have contributed towards judges' education.
- Be involved with the preparation of State or National team members.

Please complete the Nomination form on Page 10 and return it to Gymnastics Australia by Friday 9th August 2002.

Attachments

- 2002 National Championships Bulletin No. 1
- Suzuki World Cup 2002 Finals Result
- 2002 Sport Aerobics Awards Nomination Form



Gymnastics Australia
Sport Aerobics

2002 SPORT AEROBICS AWARDS NOMINATION FORM

State Association/SMC: _____

Senior Athlete Nominated: _____

Junior Athlete Nominated: _____

Coach Nominated: _____

Official Nominated: _____

Nominee Name: _____

Signature: _____ Date: _____

Post to:

Matt Connell
Gymnastics Australia
391 Canterbury Road
Surrey Hills VIC 3127

Nominations Close: Friday,
9th August 2002