

National SMC Update



Gymnastics Australia
Women's Artistic Gymnastics

March 2007

Keeping States Up-To-Date with the Latest National SMC Decisions

• State Communication

Reminder to State SMC's that should they have any items they want raised at National SMC meetings to make contact with the National SMC member who has been allocated to your State for direct communication.

WA & TAS – Jill Wright

jwright@gymnastics.org.au

VIC & QLD – Michelle DeHighden

dehighmd@mlc.vic.edu.au

ACT & NT – Sue Synnot

ssynnot@gymnastics.org.au

NSW – Helen Colagiuri

hcolagiuri@gymnastics.org.au

SA – Karen Myers

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• National Levels Training Hours

Concern has been expressed over the number of hours some National Levels athletes are training and the quantity of training verses the quality of training. The National SMC recommend the following training hours be used as a guide for National Levels gymnasts.

National Level 4 – 6	Approx. 8 – 16 hrs/wk
National Level 7 – 10	Approx. 14 – 20hrs/wk

Clubs are entitled to set their own training hours, however please encourage your coaches to use their time wisely as it is about the quality of the training they are providing to their athletes not the quantity.

• 2007 Australian Championships

Meetings to take place at the 2007 Australian Championships:

Orientation Meeting – Wednesday 23 May 11.00am – 12.00noon. To be attended by the Team Manager and or Head Coach.

Judges Briefing – Wednesday 23 May 12.00noon – 2.30pm. Compulsory for all judges. Briefing will include Code Updates, Skill analysis presentations by Peggy Liddick and Practice judging.

Int'l Levels Coach/Judge Forum – Saturday 26 May 1.00pm – 2.30pm. Any coach involved in coaching the International levels is invited to attend. The forum will include skill analysis presentations by Peggy Liddick and Head Judge reports.

Medical Forum – Wednesday 23 May 8.00pm – 9.00pm. Any interested coaches or medical staff are invited to

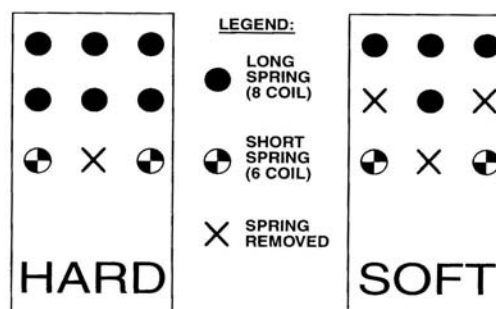
attend. The forum will provide an overview of the activities of the Sport Science Sport Medicine Committee and also we are hoping to have a guest presenter. Further information will be advised once confirmed.

• Spring Boards

At the 2007 Australian Championships only Acromat supplied boards will be available with either a hard or soft spring configuration.

Acromat boards to be supplied include the International 8 spring (Product number A3-45) and the AAI Stratum (product number A3-40).

The spring configuration will be clearly identified on the boards (as shown below) and will not be allowed to be changed, this will be monitor by the head judge on vault.



• Minimum Age for Judges and Coaches Courses

Reminder for all clubs that the minimum age for technical membership is turning 16 year of age in the year of registration. Coaching Course and Judges Course candidates can attend a course at 15 years of age, however cannot become accredited until the following year. This is the recommended age by the ASC in line with the competency guidelines for accreditations.

• Judges Course Updates

The Level 1 and 3 Judges Courses have been updated and will be distributed in hard copy to all states. This information is also available of the Education Intranet for State Education Officers.

The level 2 course is underway.

National Judges Courses to be held at the 2007 National Championships in July in Brisbane:-

- Int'l Level 6 & 8 Course – Sun 1 July 8.30am – 6.00pm
- National Judges Course – Sat 30 June & Sun 1 July 8.30 – 5.00pm (both days)

Further information and application forms for these courses will be distributed in due course.