



Gymnastics Australia
Women's Artistic Gymnastics

Technical Bulletin

August 2007

TO:

- WAG SMC Members
- WAG Levels Committee
- State Technical Directors
- GA Board Members
- FIG WTC Member
- State Associations
- HP Programs
- Clubs

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- 2008 Australian Championship Dates
- 2006 Annual Awards
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- B. National Levels Coaches judges Forum Notes (Brisbane)
- C. SPTA Meeting Notes (Brisbane)

FROM THE TECHNICAL DIRECTOR:

National Championships in Brisbane saw the best of our National Levels gymnasts as well as the International Levels 6 and 8 girls. All of the gymnasts, coaches and judges did a great job throughout the week. This event also gives us the opportunity to meet as a community and Coaches/Judges Forums, SPTA, National Levels Committee and EMC all met during the week. I would like to thank all of the people involved in these meetings for making themselves available to help with the development of our sport. The week in Brisbane started with our Australian girls competing against Japan – a fantastic opportunity for everyone to see both the Australian and Japanese girls before they compete at World Championships.

The final selection of our World Championships Team will take place on 11-12 August. Once selected the girls will remain at the AIS for 2 weeks before their departure for Stuttgart.

Helen Colagiuri

WAG National Technical Director

1. International Events

Shanghai World Cup – 27/28 July 2007

Australia was represented by Olivia Vivian (WAIS) at the 2007 Shanghai World Cup, accompanied to the event by Vladimir Joura as coach.

Results:

Uneven Bars – 5th (Qual. 4th)
Beam – 6th (Qual. 8th)

2. 2007 National Championships

The WAG/MAG National Championships were held in Brisbane from 29 June – 7 July 2007. This event included International Level 6 & 8, National Level 7, 8, 9 & 10 as well as AUS v JPN Team and individual event.

An International Levels Coaches/Judges Forum, National Levels Coaches Judges Forum and the WAG SPTA were all held during the event – notes from these forums/meetings are attached.
Attachment A – Int'l Forum
Attachment B – NL Forum
Attachment C – SPTA

Congratulations to all athletes, coaches, judges, officials and State Associations on their performances during the Championships.

3. 2008 MAG/WAG Australian Championships and National Championship Dates

20 – 25 May 2008, Melbourne
5 – 13 July 2008, Brisbane

4. 2006 Annual Awards

The remaining 2006 Women's Artistic Annual awards were presented at the 2007 National Championships on Saturday 7 July 2007. Gymnastics

Australia congratulates all 2006 Award recipients:-

National Levels of the Year – Heather Rath NSW

National Levels Coach of the Year – Jim Rickert QLD

Carole Sussman Award – National Levels Floor Artistry – Kristy Bishop QLD

5. International Levels amendments (effective immediately)

Vault Rules:

International Level 8 – 2 vaults to be performed

- (i) 2 Salto vaults, can be the same - averaged
- (ii) 2 Different Salto Vaults, from different vault groups (not group 1) – averaged plus 1.00pt bonus to final score

NB: Handspring Vault performed at International Level 8 will receive zero score

International Level 10 – 2 vaults to be performed

- (i) 2 Salto vaults, can be the same - averaged (not group 1)
- (ii) 2 Different Directional Salto Vaults, may or may not be from different vault groups (not group one) – averaged plus 1.00pt bonus to final score

Junior and Senior International Vault rules:

- (i) 1 vault to be performed for Team and All Around
- (ii) To qualify for Vault finals – must perform 2 different directional salto vaults (no group 1)

National Championship Qualification Scores:

International 6 to remain the same as 2007 – 'A' Score Min. 18.00pts 'B' Score Min. 28pts
International 8 to change to – 'A' Score Min 18.80pts 'B' Score 28pts (must have salto vault)

International 10 & Junior international to be finalized following National Club Championships

Senior International to remain the same as 2007 – 48.00points

Team Sizes:

Senior, Junior & Int'l Level 10 (separate team events) – 6 with 3 to count (12 routines to be performed to be counted as a team). Combined International Team event to no longer exist. Only one team per State eligible for team awards.

Int'l Level 6 & 8 – 6 with 4 to count (16 routines to be performed to be counted as a team).

Age Groups:

International Level 6 – Max. turning 12 in year of competition. Recommended age is turning 11 in year of competition

International Level 8 – Max. turning 13 in year of competition. Recommended age is turning 12 in year of competition

International Level 10 – Max. turning 14 in year of competition. Recommended age is turning 13 in year of competition

Junior International - Max. turning 15 in year of competition. Recommended age is turning 14 in year of competition

Senior International – Min. turning 16 in year of competition

General Int'l Level 6 & 8:

- Order of skills done on beam for International Level 6 & 8 must be as per text
- Straddle tap allowed on bars as long as legs are straight
- Submission of Int'l Level 8 routines 8 weeks prior to National Championships/National Club Championships for consideration to the National Technical Director.
- Int'l Level 6 Floor – first tumbling line to be amended to r/off flip LO, straight jump rebound to land

6. 2007 National Club Championships (1 – 9 December 2007)

Draft program can be located on the GA website -

www.gym.gymnastics.org.au/07magwagclubs.htm

For further information regarding the event contact Gymnastics ACT -

admin@actga.net



Gymnastics Australia
Women's Artistic Gymnastics

WOMEN'S ARTISTIC GYMNASTICS

INTERNATIONAL LEVELS COACHES/JUDGES FORUM

Venue: Chandler Sport Centre, Brisbane – Meeting Room
Date: Wednesday 4 July 2007
Time: 11.30am – 1.30pm

Present:

Wendy Rochstein	VIC	Danica Mladenovic	SA
Barbara Watts	VIC	Sandra Lavender	NSW
Judith Gillen	VIC	Zhenya Welyczko	QLD
Belinda Wall	QLD	Liz Chetkovich	WA
Xiaoqing Li	NSW	Desiree Jones	WA
Carmel Blades	NSW	Debbs van Hagen	WA
Nicolay Gordeev	QLD	Michelle Yardley	SA
Elena Gordeeva	QLD	Tracy Holmes	WA
Gui Ping Wang	NSW	Kelly Williams	WA
Ma Jun	NSW	Alex MacKellar	NSW
Sue Morton	ACT	Peggy Liddick	GA - NC
Jean Lang	NSW	Helen Colagiuri	GA - TD
Helen Chamberlain	VIC	Jill Wright	GA - JC
Mardi Watson	QLD	Karen Myers	GA - NPM
Carol Weiss	VIC		

1. Welcome

All attendees were welcomed and thanked for their attendance.

The format of the forum was advised:

- Judges feedback from the A panels on each apparatus and the opportunity for coaches to ask any questions
- SSSM presentation by Keren Faulkner
- Skill analysis presentation by Peggy Liddick
- Discussion on items raised from the floor not previously discussed in Melbourne to be taken to the Elite Management Committee

3. Judge Feedback – Apparatus Reviews

The Head Judges on each of the apparatus were asked to provide a short overview on points that they feel will assist the coaches in the future.

Vault – Mardi Watson (Int'l Level 6)

- 2 or 3 exception handsprings, the rest being average
- Lacking height
- Lacking dynamics
- Too much emphasis is being placed on stuck landings and not on length and dynamics which is leading to many deductions

This point prompted discussion on the future development of new routines with the emphasis of vault being on height and dynamics and taking away or limiting landing deductions.

Uneven Bars – Jean Lang (Int'l 6)

- Bent legs in tap swings even when a low bar is not present
- Body shapes were good
- 2 athletes missed clear hip and 3 had extra giants
- 12 of 27 didn't make the handstand after the long kip

Uneven Bars – Desiree Jones (Int'l 8)

- Double flyaway most popular bonus skill
- 2 gymnasts performed giant 1/1
- Lots of late turns
- Overall not dynamic, not 'popping' in to handstand
- Amplitude lacking in dismounts
- Many bent arms in kip cast to handstand – up to 0.50 in deductions

Beam – Danica Mladenovic & Carol Weiss (Int'l 6)

- Press Handstand mount well performed, however only 11 stooped through, majority gained 0.3 or 0.5 deduction
- Jump, back handspring series lacked amplitude and 4 athletes didn't connect
- Hop lacked amplitude
- Split jumps were good
- 12 falls total
- 'A' Score range 3.5 – 5.0
- Overall better standard than last year

Beam – Mardi Watson (Int'l 8)

- 'A' Score range 4.1 – 6.6
- 'B' Score range 5.05 – 9.0
- Only 6 athletes stayed on in total – large number of falls
- Optional skills not consistent and some lacking quality
- Chasse, arch jump series poorly performed – many athletes losing 0.3 on both skills

Floor – Barbara Watts (Int'l 6)

- Final Score range 9.95 – 13.85
- All except 2 received deductions for artistry
- Lack of dynamics in most tumbling
- Many athletes receiving 0.30 deduction on both turning leaps.
- End pose not being held
- Problem raised with an athlete that reversed her tumbling lines, judging panel took omission. This was then discussed by the National Coach and Jury with the outcome being a composition deduction off the final score of 0.50 (medium fault).

Floor – Helen Chamberlain (Int'l 8)

- 5 gymnasts had 4.00 in execution out of 21 athletes
- Most 'A' Scores were at least 5.00 – a number of gymnasts had bonus paid
- Better to look for bonus in tumbling as is clearer to pay than in dance elements
- 1 1/2 pivots were good
- Not many gymnasts finished in controlled handstand from backward roll to handstand to pivot
- Hops not being performed very well

Comment was raised with confusion in the bonus table with different interpretations. Suggestion that routines are submitted 8 weeks prior to the National Technical Director for sign off to ensure interpretations are correct and any upgrades can be distributed to all programs prior to the event. To be raised at the EMC.

Peggy then addressed the group with some general comments:

- Int'l 8 did a really good job of accepting the vault change and a number of Int'l 8 athlete did not qualify because of vault, however the more dynamic vaults were great to see.
- In the bonus skill grid some areas need to have and/or so more than one replacement skill can be performed from that group

Further questions raised:

Is a straddle tap allowed? - to be discussed by the EMC

Injuries are occurring on Layout, star jump – Is it possible to do layout rebound straight jump?

4. SSSM Presentation by Keren Faulkner

Keren Faulkner was then introduced to the group. Keren is the Women's National team Physiotherapist and also the GA consultant on the SSSMC.

Keren presented to the group a presentation on Core Stability and the program that was being introduced by the GA SSSMC. All attendees were given a copy of the Core Stability Program.

Keren advised the group that the next step is to now develop exercise resources for coaches to use for the weaknesses highlighted by the testing program.

Any coaches interest in accessing or have any questions about this program should contact Keren Faulkner - kerenandsean@bigpond.com

5. Skill Analysis – Peggy Liddick

Unfortunately due to Technical problems this session was unable to be completed.

6. Discussion Items raised from the floor

No further discussion items were raised.



WOMEN'S ARTISTIC GYMNASTICS

NATIONAL LEVELS COACHES/JUDGES FORUM

Venue: Chandler Sport Centre, Brisbane – Meeting Room
Date: Friday 6 July 2007
Time: 8.30 – 10.30am

Present:

Wendy Rochstein	VIC	Danielle Berry	TAS
Barbara Watts	VIC	Lorraine Heeps	VIC
Judith Gillen	VIC	Natalie Roberts	VIC
Gail Godenzi	WA	Simone Greig	VIC
Debbs van Hagen	WA	Jackie Caldwell	VIC
Kelly Williams	WA	Jean Lang	NSW
Tracey Holmes	WA	Aaron Bloomfield	NSW
Desiree Jones	WA	Bill Parsons	NSW
Helen Chamberlain	VIC	Tony Benson	NSW
Carol Weiss	VIC	Susan Morton	ACT
Elizabeth Milkins	VIC	Lesley Dickens	ACT
Darren Webster	VIC	Mary Hewett	ACT
Regan Molyneaux	VIC	Brian Hewett	ACT
Stacey Weston	VIC	John Mitchell	QLD
Sue Cowdell	VIC	Debbie Smith	QLD
Cherie Johnstone	VIC	Peter Dowdell	QLD
Rebecca Northeast	TAS	Kylie Shadbolt	WA

National SMC Members: Helen Colagiuri (NTD), Jill Wright (NJC) and Karen Myers (NPM)

1. Welcome

All attendees were welcomed and thanked for their attendance.

The format of the forum was advised:

- Judges feedback from the A panels on each apparatus and the opportunity for coaches to ask any questions
- Skill analysis presentation by Peggy Liddick
- Discussion on items raised from the floor to be taken to the National Levels Committee

2. Judges Feedback

Judges from the panels were asked to give general feedback on the performances over the sessions:

Vault – Desiree Jones (L8)

- Not as many outstanding vaults as there has been in the past, however no poor vaults
- Pike Tsuk being the most popular vault
- Many landing deductions, in particular with chest down
- Most vaults were receiving deductions for lack of dynamics

Vault – Helen Chamberlain (L7)

- Many Tsuks
- 'B' Score deduction range 0.9 – 2.95
- 3 gymnasts received double deduction on landing
- Major deductions in height, opening and dynamics
- Vaults performed fairly safely, however a large number landing close to the horse
- A couple of outstanding handspring front vaults

Query raised from coaches - the judging on the handspring 1/1's seemed a bit harsh

Bars – Jean Lang (Jury)

- Clean bar routines and gymnasts are making an effort to reach handstands, those reaching handstand were rewarded
- Cast to handstand with one leg at 45 degrees and one leg in vertical are not being paid as handstands
- Impressed with clear hip circle to handstand – very dynamic
- Enormous range of skills in Level 10 which is good to see
- Some routines are being structured better than others
- Good safe dismounts were being performed

Beam – Desiree Jones (L7)

- Couple of skills not paid – many split jumps borderline
- Change leg leap was performed reasonably well – couple who didn't reach 45 degrees in first split
- Many full turns not being completed
- Turning jumps are being performed better than in the past
- Large landing faults in dismounts
- Only 2 gymnasts not taken artistry – attention needs to be paid to rhythm, tempo and presentation skills.

Floor – Carol Weiss (L7)

- 'A' Score range 3.2 – 5.4
- Only 3 falls
- 1 out of floor
- 5 athletes missing LA or BA
- Elements devalued – Change leg to ring (no head release, back leg not at shoulder height), Change leg (first split not 45 degrees), Change leg ½ (not complete), Change leg to side), double pivots (incomplete), poppa and split 1/1, wolf 1/1 and turning with leg at horizontal.

Jude Gillen (L8)

- Overall tumbling needed to be more dynamic
- Reasonable range in execution

- Lack of artistry
- Quite a bit of music choices that didn't suit the gymnast
- 3 really good artistic routines
-

Jean Lang (L9)

- More emphasis needs to be placed on artistry, 2 really outstanding routines
- Concern over the placement of dance elements in routines
- Make sure elements in EGR's are going to get the value
- Landing on saltos needs attention

Barbara Watts (L10)

- Nice to see so many Level 10's competing
- 'A' Score range 5.0 – 8.20
- Artistry deductions on all routines with the exception of 2
- 5 routines with double saltos – large deductions on double fronts
- Many front twisting elements not being completed and therefore not counted

3. Skill Analysis Presentation by Peggy Liddick (Women's National Coach)

Peggy presented a number of skills pointing out critical aspects of skills that coaches need to concentrate on to have skills paid.

4. Discussion Items raised from the floor

(a) National Levels International Challenge

What is the possibility of having this event every year?

Karen explained to the meeting that it was a decision made by the National Levels Committee to make the National Levels International Challenge a bi-annual event with a level 10 tour held every 4 years, to try and ensure the event was successful.

Past countries have been advised that the event will take place again in 2008, however no dates have yet been set, as an event needs to be identified by a State to hold the event in conjunction with. Discussions will also take place with New Zealand as to the possibility of them hosting the event.

The 2008 event will be discussed at the National Levels Committee Meeting.

(b) Training Camp opportunity for National Levels Athletes

VIC coaches raised the idea of providing a training camp opportunity for the top ranked athletes at National Championships each year. The forum was reminded that this type of clinic/camp can be set however there needs to be a clear structure in place, an understanding that it will be a user pays and somebody needs to establish the structure and guidelines. National Levels Committee to discuss further.

(c) Team Awards at National Events

NSW coaches put forward the idea of having apparatus team awards as well as individual awards, to support the athletes who have made the National Championships. Although well supported by all forum attendees the forum was advised that Women's Artistic is only one discipline among 8 with Gymnastics

Australia and when making decision for one sport, considerations need to be given to other sports.

(d) Introduction of Level 7 junior division at the National Championships

This was discussed and although this might be a popular idea again this affects the overall running of an event and many other areas affected by this need to be considered. National Levels Committee to discuss further.

(e) Timing of National Clubs

It was raised that the timing of National Clubs was not good for clubs with so many things taking place at a club level in the December period. It was agreed by the forum that September holidays was the best timing for this event to take place. The group was reminded that there are only 2 groups of school holidays where National Championships and National Club events needs to take place for all 8 gymsports. National Championships are given priority and then National Club events need to be placed in the calendar at a time when venues are available, equipment is available (WAG National Clubs (double apparatus event) etc. This feedback will taken back to the GA Events Committee. The event will remain as schedule for this year.



WOMEN'S ARTISTIC GYMNASTICS

SPORT PROGRAM TECHNICAL ASSEMBLY (SPTA)

Venue: Chandler Sport Centre, Brisbane – Meeting Room
Date: Tuesday 3 July
Time: 7.00pm

Present:	Gordon Draper	VIC	SMC Chair
	Carol Weiss	VIC	Judging Co-ordinator
	Sue Morton	ACT	Technical Director
	Mary Hewett	ACT	Acting Judging Co-ordinator
	Rebecca Northeast	TAS	Judging Co-ordinator
	Debbie Smith	QLD	Technical Director
	Belinda Wall	QLD	Representing JC
	Shirley Read	NSW	SMC Chair
	Jean Lang	NSW	Representing JC
	Michelle Yardley	SA	Representing TD
	Belinda White	SA	Judging Co-ordinator
	Julie Biltoft	WA	SMC Chair
	Desiree Jones	WA	Judging Co-ordinator
	Helen Colagiuri	GA	Technical Director
	Jill Wright	GA	Judging Co-ordinator
	Karen Myers	GA	Program Manager
Observers:	Aaron Bloomfield	NSW	
	Natalie Johnston	NSW	

1. Welcome

Karen welcomed and thanked everybody for their attendance. The meeting was advised who was in the room and their role in their State, as listed above.

The meeting was briefed on the agenda of the assembly:

- (a) Presentation by Karen Norden (GA Operations Manager) regarding the GA Strategic Planning process for 2009 – 2012.
- (b) Plan for the review of National Program and planning for next cycle.
- (c) State Reports and any items to be raised from these reports.

2. Strategic Planning

Karen Norden (GA Operations Manager) addressed the meeting outlining the process by which Gymnastics Australia intends to do their planning process for 2009 – 2012 and the role of the State SMC's in this process.

State SMC's will be provided with a CD to present to their State SMC to assist them with understanding what is required.

Information to be sent to State SMC in August 2007 with completed planning documents due back to GA by mid November 2007.

3. Plan for review of National Program and planning for next cycle

The meeting was advised that there is no intention for any changes to be made to the National Levels Program in 2008.

Along with the SMC planning exercise, States will also be requested to review the current NL program and put forward feedback to improve the program considering not only the requirements at each level, but also the competition structure and athlete reward gained through the program.

WAG is now in strong competition with "easier" gym sports and serious consideration needs to be given to how our sport, especially in the National Levels area, is planned in the next cycle.

The States were asked to think not only about what is happening in their own States but also Nationally with discussions also taking place on the State System which has been introduced in VIC, NSW, WA and just recently SA based on the core skills of the National program.

Some feedback has already been sent in to the National SMC with different thoughts some being:

- Compulsory routines only at Level 4 & 5 (Core Skills only)
- Limit the max. bonus that can be achieved (bonus seems to be directing coaches to increased hours of training to be competitive)
- Review the step from Level 3B to Level 4

Each State TD and JC was sent some statistical information on the numbers in your State as registered and recorded in the Gymnastics Australia Database to assist with discussion on where the numbers have been increasing and decreasing over the past 3 years.

Email will be sent to State calling for feedback in August, with your States ideas on the future direction of the WAG National Levels Program by mid November.

The planning process to take place in 2008, will be that all feedback will be distributed to all States for comment and then a workshop will be organized for a program to be put together in a similar fashion to other workshops with States having representation.

3. State Reports

Assembly attendees were asked if they wished to raise any particular items from their reports sent to either Helen or Jill.

WA: Raised the issue of the State charging judges to have updating entered in to IMIS which is causing a major problem in the community. Each updating session attended is being charged per judge per IMIS entry.

Karen explained that this is not a National directive and would raise the issue at a Joint Tech Level in GA

Also WA would like to request a State Int 6/8 judges course to assist with the number of judges able to judge at this level in the State – *this is to be looked at by the National SMC.*

QLD: Biggest issue is the numbers of athletes being lost at the higher levels – *to be addressed in feedback put forward for the 2009 – 2012 cycle.*

TAS: Level 2 judges course exam is difficult with A Scores being done on routines from past program – *National SMC to look at the Level 2 course*

VIC: Copy of report was distributed to all who attended.

SA: Now have a full SMC and is running well. Having problems with the number of judges available for events, judges going through courses however are unavailable to judge - Proxy fee is going to be introduced.

Multi-discipline athletes – events clashing WAG & TRP National Championships
When will the next National Presenters Course be – *to be followed up with Linda Pettit*

NSW: Judges assembly paying for updating to be placed in IMIS, same situation as in WA

Aaron Bloomfield (NSW ED) addressed the meeting to explain why this is the situation in NSW, being that the State budget is down to the line and additional work comes at a cost to have the staff to complete it. This is an interim step until the process is completely online.

ACT: Lack of judges course this year due to lack of numbers, setting up Level 0 course to be qualified to judge Level 1 – 3 C table of faults only. Level 1 Coaches Course was run, no level 2 course held in the State.\

GA: Issue with the numbers of judges being entered to attend National Championships, then rosters being done with large numbers of judges with drawing from panels. Jill may follow up with State Judging Co-ordinators once entries have been received on judge availability.

4. General Business

(a) Timing of National Championships – not in all State School holidays. Karen explained to the meeting that there is not a common week for all States and it imperative that the State in which the event is being held is in school holidays to assist with the volunteer base required to host the event.

(b) Copy of State Reports

Request was made for a copy of the submitted State reports to be distributed – these will be distributed to State TD's and JC's.

(c) Gordon Draper and Julie Bilstoft

Helen Colagiuri advised the meeting that both Gordon and Julie were stepping down from their roles and were thanked for their time and commitment to the sport.