



Gymnastics Australia  
Women's Artistic Gymnastics

# Technical Bulletin

## June 2008

### TO:

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

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### **FROM THE TECHNICAL DIRECTOR:**

Our gymnasts and their coaches are now well into their Olympic preparation. The standard of the gymnastics presented at the Australian Championships was excellent in all divisions – congratulations to all the gymnasts and coaches. The nine Olympic Squad members are now preparing for the final trial in Canberra at the end of June.

Our National levels gymnasts are in their final preparation stages for their National Championships in Brisbane at the start of July. These girls are working towards selection for the International Levels Challenge to be held in Perth in September.

Coaches and judges are now looking at the new Code of Points – the changes are certainly no where near as large as they were at the start of this cycle.

As always it is a busy time for everyone in our sport – gymnastics does not allow us too much “down time”!!!

Helen Colagiuri

**WAG National Technical Director**

## 1. International Events

### Friendship Cup – Pottsville, USA

15-16 March 2008

Gymnasts:

Dasha Joura (WAIS)

Lauren Mitchell (WAIS)

Coach:

Martine George

Judge:

Heidi Rose

Results:

Dasha:

1<sup>st</sup> A/A: 1<sup>st</sup> Vault; 1<sup>st</sup> Bars; 2<sup>nd</sup> Beam; 2<sup>nd</sup> Floor

Lauren:

2<sup>nd</sup> A/A: 3<sup>rd</sup> Vault; 3<sup>rd</sup> Bars; 1<sup>st</sup> Beam; 1<sup>st</sup> Floor

### Golden State Classic, Sacramento, USA

15-16 March 2008

Gymnasts:

Shona Morgan (VIS/WGC)

Georgia Bonora (VIS/WGC)

Tain Molendijk (WAIS)

Emily Little (WAIS)

Britt Greeley (VIS)

Ashleigh Brennan (VIS)

### Moscow World Stars

Moscow, Russia

29-30 May 2008

Gymnasts:

Dasha Joura (WAIS)

Lauren Mitchell (WAIS)

Coach:

Martine George

Judge:

Heidi Rose

Results:

Dasha:

3<sup>rd</sup> Floor, Vault finalist

Lauren: Bars and Beam Finalist

Coaches:

Peggy Liddick

Nikolai Lapchine

Mischa Barabach

Results:

Junior All Around:

1<sup>st</sup> Emily Little

2<sup>nd</sup> Britt Greeley

Senior All Around:

1<sup>st</sup> Shona Morgan

2<sup>nd</sup> Ashleigh Brennan

### Pacific Rim Championships, San Jose, USA

25-30 March 2008

Gymnasts:

Junior:

Britt Greeley (VIS)

Emily Little (WAIS)

Tain Molendijk (WAIS)

Senior:

Dasha Joura (WAIS)

Lauren Mitchell (WAIS)

Ashleigh Brennan (WAIS)

Coaches:

Peggy Liddick

Martine George

Mischa Barabach

Judges:

Jill Wright

Desiree Jones

Trisha Hade

Results:

Team - 4th (combined Jnr/Snr)

Senior: Dasha 3<sup>rd</sup>; Ashleigh 4<sup>th</sup>

Junior: Britt 10<sup>th</sup>, Emily 11<sup>th</sup>

## 2. 2008 Australian Championships

The WAG/MAG Australian Championships were held in Melbourne from 21 – 25 May 2008. This event included Senior, Junior and International Level 10 as well as an Apparatus Challenge.

Senior National Champion: Dasha Joura (WA)

Junior National Champion: Emily Little (WA)

Int 10 National Champion: Natasha Joura (WA)

The International Levels Coaches/Judges Forum was held on Saturday 26 May – minutes of the forum are attached. *Attachment - A*

At this meeting Kym Dowdell gave a presentation on the new FIG Code of Points. [Click here](#) to download the draft copy of the new Code.

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

## 3. 2009 MAG/WAG Australian Championships Dates

19 – 24 May 2009, Melbourne

#### 4. 2008/2009 National Squads

The 2008/2009 National Squads were selected following the Australian Championships:

##### Senior National Squad

Georgia Bonora	VIC/VIS/WAGC
Ashleigh Brennan	VIC/VIS
Emma Dennis	VIC/VIS/WAGC
Amber Fulljames	QLD/QAS
Melanie Jones	VIC/AIS
Dasha Joura	WA/WAIS
Lauren Mitchell	WA/WAIS
Shona Morgan	VIC/WAGC
Olivia Vivian	WA/WAIS

##### Junior National Squad

Emily Little	WA/WAIS
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Congratulations to all the athletes and their coaches on their selections.

#### 5. 2007 Annual Awards

The 2007 Women's Artistic Annual awards were presented at the 2008 Australian Championships Award Dinner on Saturday 24th May. Gymnastics Australia congratulates all 2007 Award recipients:-

Junior Int. Gymnast of the Year – Emma Dennis  
VICTORIA

Senior Int. Gymnast of the Year – Dasha Joura  
WESTERN AUSTRALIA

Elite Coaching Team of the Year - WAIS

In addition to the Annual awards the following members of the Women's community were acknowledged:-

FIG World Championships Finalist – Lauren Mitchell – 5<sup>th</sup> place Beam 2007 World Championships

Three Senior National Team members who have recently retired were also recognised for their contribution to Australian Gymnastics:

Melody Hernandez	NSW
Monique Blount	ACT
Hollie Dykes	QLD

#### 6. 2008 National Championships -BNE

Bulletins for this event are available through your State Association Office.  
Final Competition Schedule – Attachment B

The following meetings will be held:

*Orientation Meeting* – Monday 7 July 11.00am – 12.00noon.

To be attended by the Team Manager and or Head Coach.

*SPTA* – Tuesday 8 July 8.00am – 10.00am

To be attended by State Technical Director and Judges Coordinator or their representatives.

*International Levels Judges Briefing* – Tuesday 8 July 10.30am – 12.30pm.

Compulsory for all International Levels judges.

*National Levels Judges Briefing* – Tuesday 8 July 3.00pm – 5.00pm.

Compulsory for all National Levels judges.

*National Levels Committee Meeting* – Tuesday 8 July 6.00pm – 8.00pm.

National Levels representative from each State (**1 per State**).

*New MAG/WAG Coaches & Judges Education Pathway and resources* – Wednesday 9 July 12.45pm – 1.45pm

Presented by Linda Pettit – Education Manager  
Gymnastics Australia

Open to all Coaches and Judges

*National Levels Coach/Judge Forum* – Friday 11 July 8.00am – 9.30pm. Any coach/judge involved in the National levels program is invited to attend. The forum will include Head Judge reports.

*Int'l Levels Coach/Judge Forum* – Friday 11 July 12.30pm – 2.00pm. Any coach/judge involved in the International levels program is invited to attend. The forum will include Head Judge reports.



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## WOMEN'S ARTISTIC GYMNASTICS

### INTERNATIONAL LEVELS COACHES/JUDGES FORUM

**Venue:** Vodafone Arena – Meeting Room 1  
**Date:** Sunday 25 May 2008  
**Time:** 9.00 – 11.00 am

Present:

Alex MacKellar	NSW	Allana Slater	WA
Rhonda Honda	NSW	Desiree Jones	WA
Peter Hassan	NSW	Jane Collins	WA
Jean Lang	NSW	Vladimir Joura	WA
Barbara Watts	VIC	Heidi Rose	WA
Wendy Rochstein	VIC	Carol Weiss	VIC
Helen Chamberlain	VIC	Michelle Yardley	SA
Jude Gillen	VIC	Anne Bigham	SA
Belinda Wall	QLD	Valeriy Kaladzinski	AIS
Peter Dowdell	QLD	Volka Yermakoia	AIS
Natalie Moore	QLD	Xiao Li Tang	AIS
Trisha Hade	QLD	Avril Enslow	NZL
Mikhail Barabach	VIC	Shirley Baker	NZL
Tracey Penaluna	VIC	Alexander Pozdniakov	NZL
Victor Lutayenko	VIC	Kym Dowdell	FIG
John Hart	VIC	Sue Synnot	VIC
Sue Morton	ACT	Peggy Liddick	GA - NC
Danica Mladenovic	ACT	Helen Colagiuri	GA - TD
Joy Koh	ACT	Jill Wright	GA - JC
Tae Tyrrel	ACT	Megan Currie	GA - PM
Nikolai Lapchine	WA		
Liz Chetkovich	WA		
Martine George	WA		

#### **1. Welcome**

Helen Colagiuri thanked the forum attendees for taking the time to attend and gave an outline of the forum structure. She also congratulated the coaches on the excellent preparation and presentation of the athletes at Australian Championships.

#### **2. National Junior Development Coordinator – Jo Richards**

Jo outlined her job description and what she has been doing since she commenced in the position. She presented statistics of the current numbers in WAG international programs throughout the country and related them to our current international standing.

#### **3. Program Feedback**

The forum was opened to discussion on issues or feedback to be tabled at the EMC meeting in July. International Levels 6 and 8 should be at this event. These girls need to see the full program of where they are aiming. National Championships would then have more ownership for levels

gymnasts. Vladimir Joura expressed the view that development program should not combine with this event. No other nation combines their development and International divisions. Better education process for sub junior judges as they could gain experience by filling assistant roles as well as seeing and understanding the full international program. Time commitment for judges is increased in home states by having to judge 2 lots of trials.

Autograph signing – fantastic promotion. Friday night was too late, especially for athletes who were drug tested (didn't get home until after midnight). Not ideal to have this in the middle of the event. Sunday afternoon is the better option.

Videos Judges would like more access to DVD's. Helen explained the process that occurs – copy of DVD sent to program and one FIG judges' representative in each State. Suggestion made to use U-tube and to GA webcast of this event. Email to be sent to all FIG judges when a DVD is sent out.

Assistants and video operators at this event have been difficult to source. Victorian judges assigned as assistants have had to video as States did not supply personnel to video. Videos are essential to judges as not many are accustomed to judging on podium. Suggestion was made that videoing be done from same level as judges' seating so judges could become used to judging competitions on podium. Request for a podium for Vault judges as they can not see top of Vaulting table or direction lines.

## **5. 2009 Code of Points**

Kym Dowdell presented a PPT on the new Code. PPT presentation to be emailed to all HPC's. Helen emphasized how fortunate we are to have Kym on the FIG WTC and are therefore able to access this information.

Everybody was thanked for their input into the forum.

Meeting closed at 11.00am



## 2008 NATIONAL CHAMPIONSHIPS – COMPETITION SCHEDULE



### ATTACHMENT B

SUNDAY 6 July	MONDAY 7 JULY	TUESDAY 8 JULY	WEDNESDAY 9 JULY	THURSDAY 10 JULY	FRIDAY 11 JULY	SATURDAY 12 JULY
Bump in	Training	Training	9.30 – 12.30 WAG INT L6 WAG INT L8 MAG L6 U12 Team	9.00 – 12.15 WAG Level 8 MAG L7 Open Team	9.30 – 12.30 WAG INT L6 WAG INT L8 MAG L6 U12 Finals	9.00 – 12.15 WAG Level 8 MAG L7 Open Finals
	Training	Training		1.45 – 4.45 WAG Level 9 MAG L8 Open Team	3.00 – 6.00 WAG Level 7 MAG L7 U13 MAG L8 U15 Finals	1.45 – 4.45 WAG Level 9 MAG L8 Open Finals
	Training	Training	5.00 – 8.00 WAG Level 7 MAG L7 U13 MAG L8 U15 Team	6.45 – 9.15 WAG Level 10 MAG L9 U/17 MAG L9 Open Team		6.45 – 9.30 WAG Level 10 MAG L9 U/17 MAG L9 Open Finals



## 2008 NATIONAL CHAMPIONSHIPS – MEETING SCHEDULE



SUNDAY 6 JULY	MONDAY 7 JULY	TUESDAY 8 JULY	WEDNESDAY 9 JULY	THURSDAY 10 JULY	FRIDAY 11 JULY	SATURDAY 12 JULY
9.00 – 5.00 WAG National Judges Course	11.00 – 12.00 Orientation Meeting	8.00 – 10.00 WAG SPTA  10.30 – 12.30 WAG International Judges Briefing			8.00 – 9.30 National Coaches/Judge s Forum	
	9.00 – 5.00 WAG National Judges Course  9.00 – 5.00 WAG National S-J Judges Course	3.00 – 5.00 WAG National Judges Briefing  3.00 – 5.00 MAG Judges Briefing	12.45 – 1.45 Presentation on New MAG/WAG C/J Education Pathway & Resources  2.00 – 4.00 MAG Coaches & Judges Conference		12.30 – 2.00 International Coaches/Judge s Forum	
		5.30 – 6.30 MAG SPTA Meeting  6.00 – 8.00 WAG National Levels Meeting			7.00 MAG/WAG Judges Dinner	