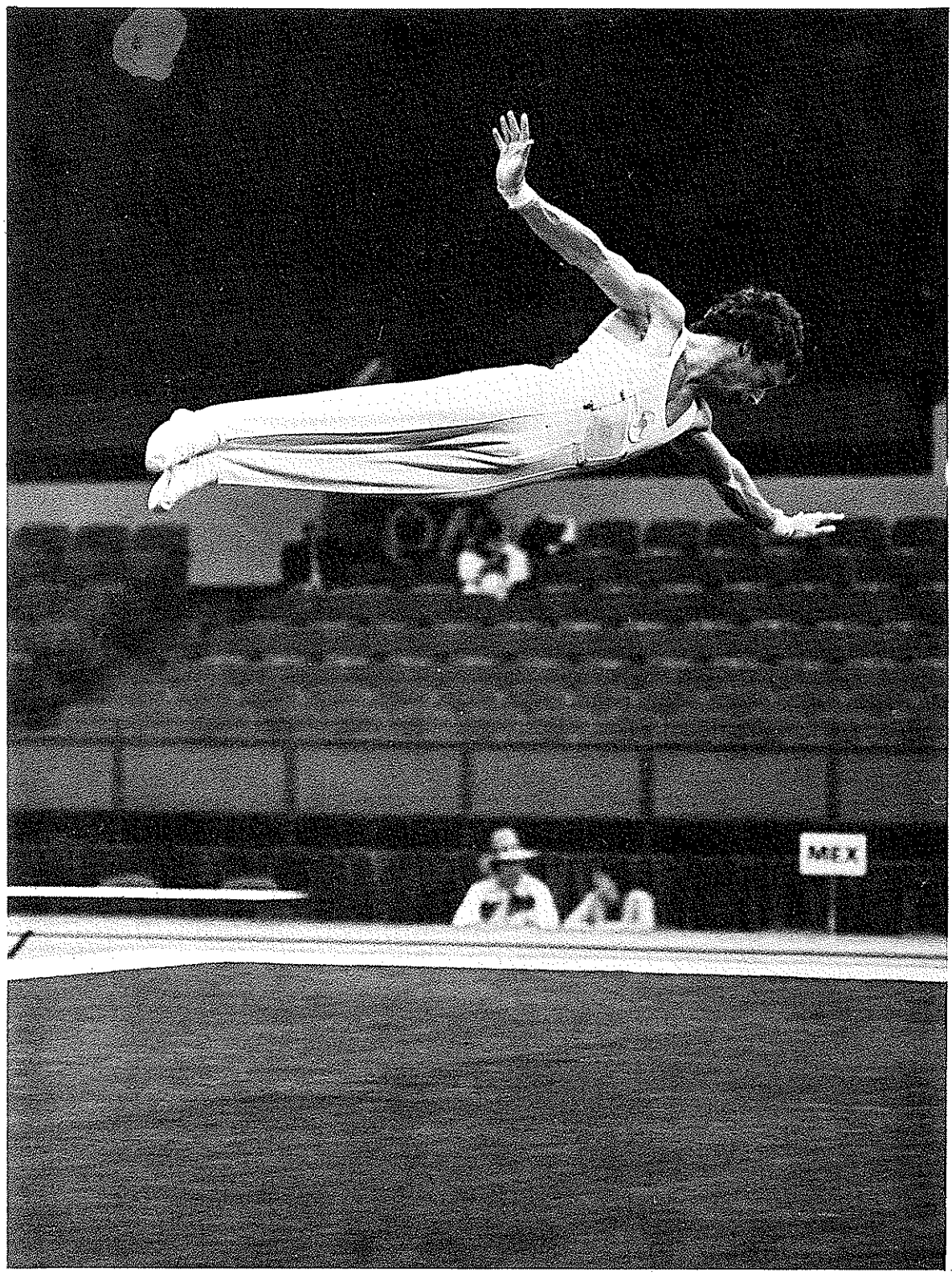
THE AUSTRALIAN GYMNAST

THE OFFICIAL MAGAZINE OF THE AUSTRALIAN GYMNASTIC FEDERATION



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CALENDAR FOR 1980

International Competition	Maple Leaf Invitational	Toronto	June 1980
	Olympic Games	Moscow	July 1980
	Four Continent Championships	Brasilia	November 1980
	North Shore Invitational	Vancouver	January 1981
	Pacific Gymnastic Championships		May 1981
	World Championships—RSG	Munich	October 1981
	World Championships—Artistic	Mexico City	
National Competition	WAG Olympic Trials	Melbourne	April 1980
	WAG Level 8—National Championships	Melbourne	May 1980
	RSG National Championships	Melbourne	May 1980
	WAG/MAG National Championships	Adelaide	September 1980
Projects/Tours/Clinics	New Zealand Girls Tour		January 1980
	MAG Intercontinental Judges Course	Moscow	January 1980
	WAG Intercontinental Judges Course	Moscow	February 1980
	RSG Intercontinental Judges Course	Switzerland	April 1980
	RSG Levels Workshop	Melbourne	April 1980
	New Zealand Boys Tour		May 1980
	WAG Bronze Clinic	Melbourne	May 1980
	MAG Clinic		May 1980
	WAG Continental Judges Course	Melbourne	April 1980
	MAG, RSG Continental Judges Course	Melbourne	May 1980
	FIG 58th Congress—Technical Assemblies	Moscow	July 1980
	MAG, WAG Coaches Congress	Adelaide	September 1980
	Japan—Junior Boys Tour		November 1980
	Australia Day Weekend	Canberra	January 1981
Confirmed State Titles	NSWAGA	Sydney	June 28,29 1980
	TAGA	Hobart	July 5/6 1980
	SAAGA	Adelaide	July 18,19,20 1980
	VAGA	Melbourne	July 26,27 1980
	QAGA	Brisbane	August 2,3 1980

CONTENTS

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DEADLINE DATES FOR ARTICLES 1980

July issue — June 13
October issue — September 19
December issue — November 14

EDITOR'S COMMENT

Peggy Browne

After much thought and discussion concerning the escalation of paper costs, it was decided to return to the one magazine format and include the supplement as a removable section of the magazine. We hope in the future to return to the separate supplement format. Increase in sales will facilitate this.

1980 is a year of many changes and new programmes. All three judging codes have been revised or in the case of W.A.G., completely re-written. National levels are in effect in all three disciplines which should greatly assist in development in club/state gymnastics, in the development of gymnastics in the Educational area and in the lateral movement/interstate competitions. It will be a busy year and a huge task to disseminate information and acquaint the gymnastic community with these changes and programmes.

Congratulations to our four gymnasts who received their F.I.G. Pin—Lindsay Nylund, Phil Cheetham, Kerry Bayliss and Marina Sulicich; and to the judges—Jeff Cheales, Peter Sharpe, Anne Bigham and Frances Thompson who passed the 5th Cycle Intercontinental Judges Course.

Our Federation, through the dedication and hard work of many individuals, has reached international maturity. The challenge of maintaining this standard is before us.

FRONT COVER: Phil Cheetham—World Championships, Fort Worth, Texas, 1979.

Limited back issues of The Australian Gymnast are still available. Write to A.G.F. Office.

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.

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A.G.F. OFFICIALS 1980

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RSG Technical Director	Mrs. Margarét Lanz
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WAG Judging Co-ordinator	Mrs. Anne Bigham
RSG Judging Co-ordinator	Mrs. Yvonne Bradley
MAG Coaching Co-ordinator	Mr. Barry Cheales
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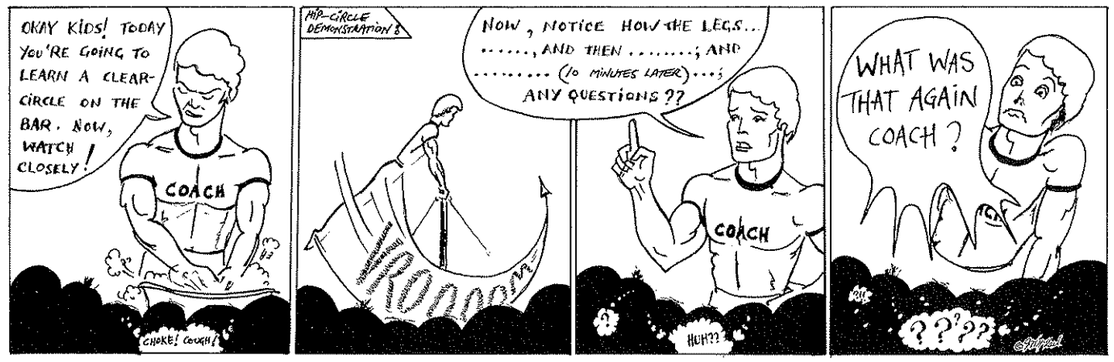
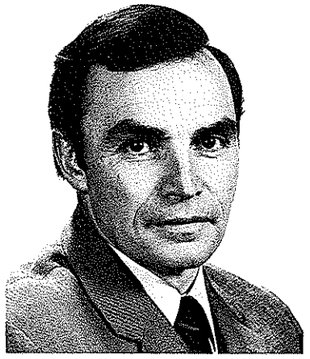


FROM THE A.G.F.



PRESIDENT'S REPORT

The proposed Olympic Games boycott of Moscow is probably the most significant problem to confront international sport for sometime and has created a dilemma for Australian sports people.

The seriousness of the Afghanistan situation cannot be understated! It is a real strategic issue. The Government is the right and proper body to guide Australian public opinion and they have been stating their case quite clearly. For sports people and the opposition, they see the lack of consistency in not imposing trade sanctions etc., as sacrificing sport, however, this must be related to the fact that a Games boycott would be the most effective measure for the Government to use.

The connotations of the word effective are interesting. An effective boycott by single nations could only be mounted by the U.S.S.R. itself, G.D.R., or the U.S.A. An effective impact on the people of the U.S.S.R. could not be achieved, because of the control exerted over all media. The U.S.S.R. propaganda system will turn any information to suit their own purposes and we of the western bloc have played into their hands by brazenly using sport as a political weapon.

The use of an unexpected boycott at the Opening Ceremony would however have an impact on the Soviet television viewers. How effective it would be is still questionable. In other words the writer is advocating that it is better to be in Moscow and to communicate our views, rather than have them distorted by the media system.

The incorrect decision, to hold the Olympic Games in Moscow, was made six years ago by the International Olympic Committee. As the U.S.S.R. is the first Communist country to host the Games, it was predictable that they would use the medium of the Games unashamedly for propaganda.

The option of an alternative Games is not acceptable on the following grounds:

Firstly the role of the International Federations and their relationship to the I.O.C. Any alternative Games would mean suspension of the participating nations.

Secondly, it is not the Olympic Games!— and therefore will not have the charisma of those Games.

Finally, consider the roles of the various organisations.

The Government must provide the lead and present the view of Australia in the International forum.

The Australian Olympic Federation's role is to prepare an Olympic Team to compete at the Olympics!

The A.G.F.'s role is two-fold:

- to provide for participation in our three sports' disciplines.
- to improve standards of performance at the elite level and provide international competition.

The price of western style democracy is high, particularly when you consider the current problem of our industrial disputation, but to this end both the roles of the A.O.F. and the Government can be compatible.

The writer believes that the Australian and U.S.A. Government's views are now well known to the politicians and diplomats of the U.S.S.R., there will be no significant impact on the people of the U.S.S.R. and on balance, Australia should compete at Moscow. It is now up to our Federation to decide.

On a happier note, the first Gymnastic World Championships to be held in the West, at Fort Worth, Texas, were a great success in themselves for Australia. These Championships are reported fully elsewhere in this issue. Congratulations to all involved.

Australians qualified for the second time at International Judges Courses. The writer and Frances Thompson had qualified in 1975 at Thonon Les Bains at the F.I.G. 4th Cycle Course. Now Jeff Cheales and Peter Sharpe have successfully completed the F.I.G. 5th Cycle Course in Moscow during January, whilst Anne Bigham, Peggy Browne and Frances Thompson successfully completed their course in February in Moscow. Congratulations are extended to these individuals, who have at great personal cost taken on this most important responsibility.

James E Barry

MEN'S TECHNICAL REPORT

Viewpoint by National Technical Director

Ken Williamson

Our gymnastic progress has indeed improved as demonstrated by the results from the 1979 World Championships. For the first time Australia had a full Men's Team compete at World Championships. Lindsay Nylund and Phil Cheetham were awarded F.I.G. Gold Pins for achieving at least a 90% average in compulsories and optionals at a major recognised International Competition.

Let us review some of the immediate improvements in gymnastics in priority order:

- Improved organisational and administrative structure.
- Increase in funding
- Increase in participation
- Increase in grading and international competition
- Implementation of National Coaching Accreditation
- The upgrading of our National Judges
- Increase in the number and quality of gymnastic publications
- Implementation of National Clinics for gymnasts and coaches.

All the above are very important for us in our progression and development, however we tend to aim most of our efforts towards elite gymnastics, we must not lose sight that mass participation and involvement insures quality performance.

One specific area which needs our attention is the education system; we should be co-ordinating and liaising with them to assist with the development of gymnastics through the incorporation of our National Levels System.

The national body should look to the feasibility of establishing a national gymnastic school program to keep pace with the rest of the world.

Ken Williamson

MAJOR EVENTS 1980

Continental Judges Course—22/27 May, Melbourne.
National Coaches Seminar—27 May, Melbourne.
National Coaching Clinic—1/16 June
Australian Championships—1—6 September, Adelaide.
National Gymnastic Clinic—7 September, Adelaide
Australian Boy's Tour of Japan—November/December

"AUSTRALIA DAY" WEEKEND
26/29 January 1980
CANBERRA. A.C.T.

A JOINT VENTURE—DEPARTMENT OF
HOME AFFAIRS AND THE A.O.F.

The Australian Gymnastic Federation was invited to present a series of six displays over the Australia Day Weekend.

The displays were given at the Australian Judo Championships at Marist Brothers College, at the cricket match between N.S.W. and England at Manuka Oval, at the soccer match at Bruce Stadium between Czechoslovakia and the Socceroos, and at the Australia Day celebrations at Regatta Point.

The displays were given excellent coverage by all sections of the media on a daily basis. The Gymnastics displays were an integral and important part of the weekends sporting activities. Other sports taking part—(apart from those previously mentioned) were archery, athletics, cycling, equestrian, fencing, the pentathlon, and pistol shooting.

The gymnasts involved in the displays were Mac Stirling, Mike Moore, John Maher and Jan Edelsten from Queensland, Kerry Bayliss from South Australia; Marina Sulicich from Broken Hill; Paula Withers from N.S.W; Margaret Franzen, Elana Sharpe and Stuart McCormack from A.C.T. Our two Rhythmic gymnasts from Victoria were Ruth Ibbottson and Fiona Wallace. Also taking part were elementary gymnasts showing basic tumbling skills, from various A.C.T. clubs.

The display format included basic tumbling, a ribbon and hoop routine, advanced tumbling, a synchronized compulsory floor exercise with Marina, Kerry, Paula and Jan, some more R.S.G. routines with Club and Ball, and ribbon and rope. The finale—a mini tramp display, the highlight of which was John Maher attempting to break an Australian record by somersaulting over eighteen gymnasts. Appreciative crowds at all venues clapped and cheered enthusiastically at the end of each routine. A shortened format was used during the half time break at the soccer.

Australian Gymnastic Federation personnel involved were Executive Director Peggy Browne and Display Co-ordinator Ken Williamson with Frances Thompson providing a lively commentary at all venues, introducing gymnasts, explaining the routines and our three disciplines. Our music co-ordinator was Katja Mihailovic, with Chris Timpson A.C.T. Executive Member coordinating the setting up and transport of equipment.

The weekend provided an excellent forum for the presentation of our various gymnastic disciplines to a broad spectrum of the sporting public. Audiences ranged from near capacity at the Marist Brothers College to the fifteen thousand plus at the Soccer match. (Approximately 22,000 people saw the gym display at the various venues).

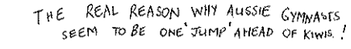
As a result of this weekend Australian gymnastics has been successfully presented to other National Olympic sporting organisations and to the public at large.

Peter Hassan
N.S.W.

Mac Stirling

Marina Sulicich

Kerry Bayliss



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GERMAN GYMNASTIC FEDERATION

Training Week In The Field Of Gymnastics For Children—November 1979

This program was designed for Youth Leaders in Clubs and Schools. Approximately 120 people registered which included representatives from Israel, Brazil, Norway, Sweden, Greece and Australia.

The general philosophy of the program which was basically P.E. orientated:

1) Avoid early specialization of children in sport.
2) Participation should be fun and not based on adult expectations.

The gymnastic day was taken by Klaus Herrmann, one of the State Coaches.

Part 1.

The children (9—11 years) were taken for a normal one hour lesson and the following principles were demonstrated:

- encourage self improvement and enjoyment
- help each other (co-operation, interaction)
- increase the frequency of practise by organising lessons.

The basics of the sport, support, jumping, rolling etc. were introduced as fun activities. Music was used to indicate when activities should take place (ie. when the music stops. . . . etc.) or to set a rhythm for the activity being introduced.

Participants in the clinic then learned various skills on the apparatus, examples:

Support and Swing activities—some interesting variations here, such as pushing several pairs of parallel bars together and moving across the bars in various ways developing support. Again, this is more creative work and requires a creative teacher and imaginative group.

Part 2

Back Flip (flic flac) developed through back bends over partner to sitting on box horse and bending back to place hands on the floor with spotters. The finished product is attempted from a box top with a soft mat beside it.

It was interesting to attend a Clinic which was devoted to the creative interpretation of movement.

Peter Lloyd
West Germany

World Championships Delegation: Fort Worth 1979.

The Team

Chef de Mission/Congress Delegate/ President: James Barry
Manager/Technical Delegate/Judge: Frances Thompson
Congress Delegate/Vice President: Lance Otto
RSG Technical Director: Margaret Lanz
RSG Technical Delegate/Minute Secretary: Lyn Otto
Physiotherapist: David Zuker
Photographer: Peter Meyers

Women's Team

Assist. Manager: Lynne Patten
Coach: Anne Bigham
Assist. Coaches: Keith Giddy, Julie Sinclair
Judges: Peggy Browne (also Executive Director)
Gymnasts: Karen Edelsten (Captain), Kerryn Bailey, Kerry Bayliss, Debbie Connell, Jan Edelsten, Leanne Stevens, Marina Sulicich

Men's Team

Assist. Manager: Ken Williamson (also Technical Delegate)
Coach: Rod Sinclair
Judges: Jeff Cheales, Peter Sharpe
Gymnasts: Phillip Cheetham (Captain), Lambert Ariens, Shaw Byng, Warwick Forbes, Lindsay Nylund, Mac Stirling

Pre—Event Training

At A.S.U., Tempe, Arizona. Accommodation was by billet, which proved to be most successful. When a billet was unable to provide transport, Rick Hall had been appointed transport officer, and with the use of one of the A.S.U. vans, came to the rescue.

The well equipped gymnasium was available to us at any time of the day or night for any duration.

The hospitality was excellent—particularly the Thanksgiving Dinner Day at Don and Audrey Robinson's home.

In general the whole situation—hospitality, consideration, facility, weather, transportation, sightseeing etc. was ideal. The team left as well prepared and ready as they could possibly be. All at no cost to the team whilst there. We are indeed grateful for the generosity and efforts of coach, Don Robinson and his "crew" for providing us with a good start.

World Championships/ Related Congresses/Training—Fort Worth

Transport

Was provided to and from the airport, and to and from hotel and training halls if required. Also daily bus tours of the city were available. Public transport to areas beyond the city was convenient and cheap.

Accommodation

Our hotel, one of the three exclusively for offical delegations—which solved many problems for delegations and hotel management—was directly across the road from the venue.

Other teams in our hotel were Canada, Hungary, France and Italy.

Hospitality

In each hotel, a hospitality room had been established, manned by volunteer staff from approximately 8.00am to midnight. Hot and cold drinks, fruit, flowers, cakes and biscuits were available, and game machines etc. were provided for entertainment. In general, the hospitality and friendliness extended by all the citizens of Fort Worth was very warm and sincere.

Venue

The venue was superb. All training and competitive facilities under one roof—including all ancillary necessities—medical, scoring, press and judging rooms, organizors, offices, accreditation areas etc. etc.—everything connected with the Championships under one roof. Everything was first class.

The well equipped gyms featured identical A.M.F. equipment to the competition arena and sameye mats—all of excellent standard.

Refreshments—ie. milk, soft drinks, coffee were available at all times.

Security

Was excellent. Only accreditted personnel could enter the training areas, and the friendly, but firm Police Officers ensured this safety. Security Men also policed the hotels, with 24 hour surveillance for the duration of our stay. Also the entire area circling the official hotels and venue was cordoned off for this important event.

Organisation

Was brilliant. Every possible detail had been anticipated and covered. This Championship was not only the biggest ever conducted, but certainly the best. One could write pages on the excellent management of the whole procedure. The U.S.G.F. and Fort Worth Organising Committee must be very pleased and proud of the most successful World Championship ever conducted. We were indeed privileged to be part of it.

Of interest is that the U.S.G.F. called for volunteers to assist with the conduct of the Championships, and were overwhelmed by the numbers. Hundreds came, at their own expense, to assist their Federation and Nation—no task considered too menial of it contributed to the success of the venture—a wonderful display of National pride and loyalty.

Championships

The excellent organisation already mentioned, provided the gymnasts with an ideal competitive setting. Adequate seating was available for non competing athletes etc. Results were quickly distributed, and the announcers were clear and concise in their comments.

The competitions were very interesting. The men's competition providing greatest excitement and interest. The women's competitions were certainly interesting, although marred by the appearance of some of the gymnasts—particularly the Rumanians, who were so thin, and under nourished looking. They were so unhealthy looking, that at times it was difficult to enjoy their work. The style they appear to be developing, of floppy, childish routines combined with their little skeletons is certainly not one to be emulated. There is no denying the skills they achieved and it left one wondering just where the power and strength came from in these little bodies.

By contrast there were some beautiful, curvaceous young women who delighted the audience with their presentation. The new World Champion—Nelli Kim is certainly a woman's champion to be emulated.

The admission of the Chinese gymnasts for the first time in many years provided some very interesting work—particularly on bars for both men and women.

The outstanding work and results of the U.S.A. Men's Team, in particular Kurt Thomas and Bart Connors was inspiring to all, especially to countries like us—of similar conditions.

The great success of our own teams, achieving the best results ever for Australia. Not only on the Competition floor—but elsewhere. Our team was highly commended for their competitive improvement, their general attitude, appearance—at all times, and enjoyment in what they were doing. Indeed, we even had comment from one team, that they wished they could return to the stage we were at, where we competed to our best ability on the day, and enjoyed every aspect of the Championships, without behaving foolishly—appreciative of all we received, a delight to be associated with.

Special thanks and appreciation to our sponsors, hosts and employers:

Goldwin Co., Ltd. of Japan—complete donation of tracksuits for everyone and competition gear for the men.
Acromat, South Australia—complete donation of leotards for girls and competitive gear for the men and gym shoes.
Michaelis Bayley Footwear (Homy-Peds)—complete donation of two pairs of Homy-Ped shoes for the girls.
General Physiotherapy Inc. St. Louis, Missouri, USA—complete donation of physiotherapy equipment for our team.
(Complete donation—includes transport, shipping, etc. of gear.)
Impression Sportswear, Melbourne—for reduction in the purchase of Le Coq Sportive Jogger suits and Nike shoes. The warm-up tracksuits—used for travel and training were most favourably commented on—and sought.
Simpson of Australia P/L—for reduction in the purchase of the competition tracksuits, which looked very smart on the floor.
Tumbl Togs of Brisbane, Ron and Margaret Cooper—for large reduction, and co-operation in design and urgent manufacture of the highly complimented girls uniform of skirt with matching bolero, plus two blouses of different colours.
Irene Whyte of Perth—for reduction on the females' jumpers.
Gloweave, Australia—for reduction on the mens' shirts.
Sheraton Hotels—for consideration and reduction in stopover hotels.
Pan Am Airlines—for reduction to the overall group.
Kodak Australia—for assistance with development of films.
To all employers and principals—who made it possible for members to travel.
To QAGA, NSWAGA, SAAGA—who gave financial assistance to their team members.
Department of Home Affairs and A.d A.O.F.—for financial assisance.

Thank you to the many people who sent telegrams and best wishes, it is always pleasing to receive such support—in particular a telegram from the Honourable R.J. Ellicott, Minister for Home Affairs. Best wishes came from South Australia, Victoria, New South Wales and Australian Capital Territory.

To Michael and Mary Peck—our host family, appointed by the Fort Worth Organising Committee.

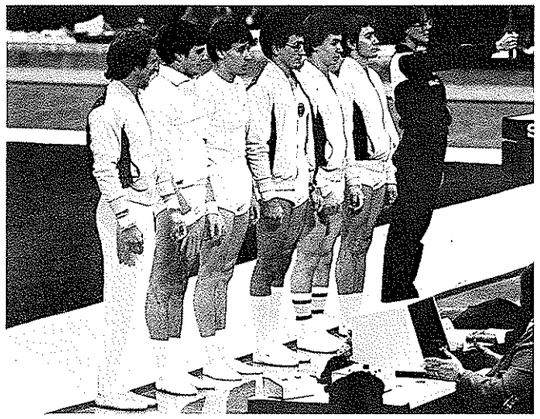
To Dave Nelson and Kim Stacey, our U.S.G.F. appointed Team Leaders.

To Don Robinson and the Arizona Sun Devils for support before and during the Championships.

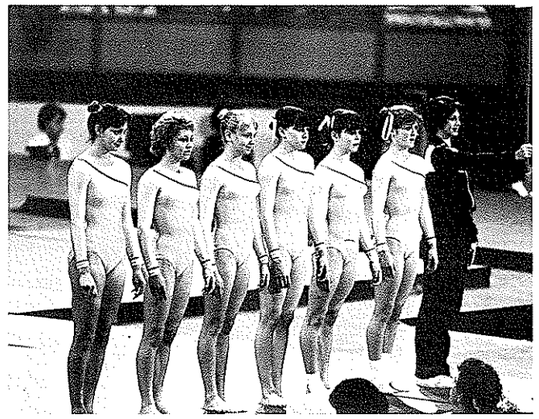
To Scott Crouse—particularly for hospitality after the Championships.

To the U.S.G.F. and all the wonderful American people we contacted.

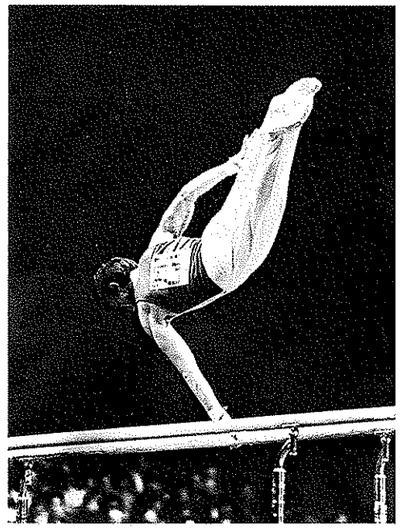
Frances Thompson
Manager—1979



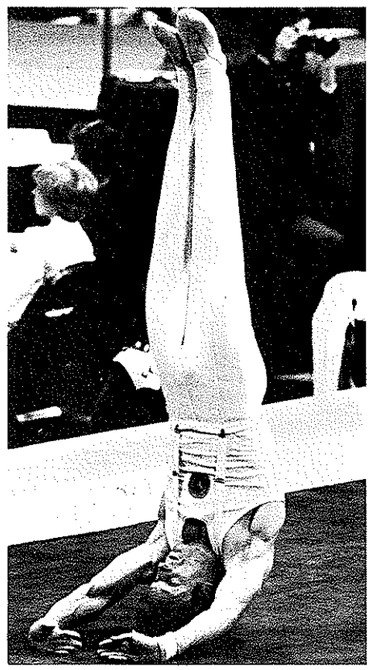
Australian Men's Team: L.to R. Phil Cheetham, Warwick Forbes, Lindsay Nylund, Mac Stirling, Shaw Byng, Lambert Ariens



Australian Women's Team: L.to R. Leanne Stevens, Karen Edelsten, Jan Edelsten, Kerryn Bailey, Marina Sulicich, Kerry Bayliss.



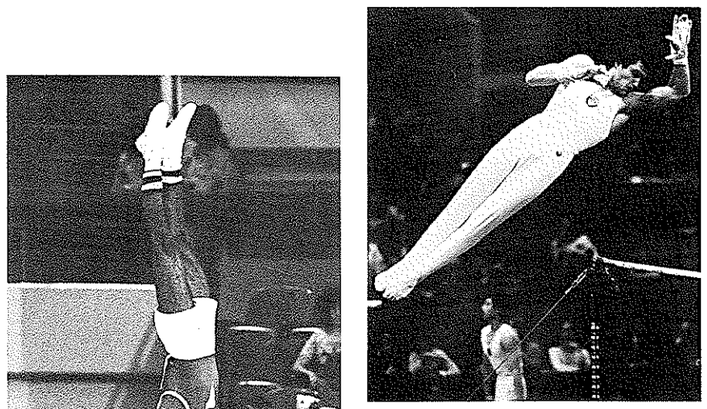
Andrzej Szajna (Poland)

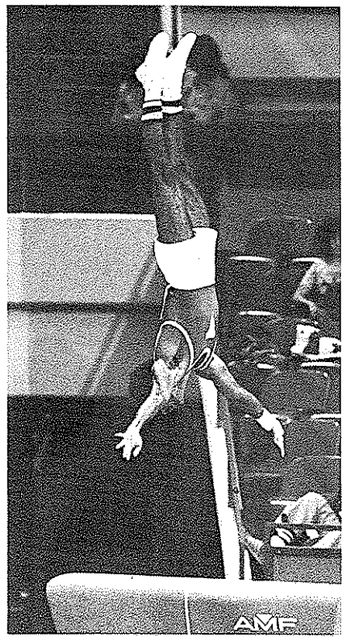


Phil Cheetham

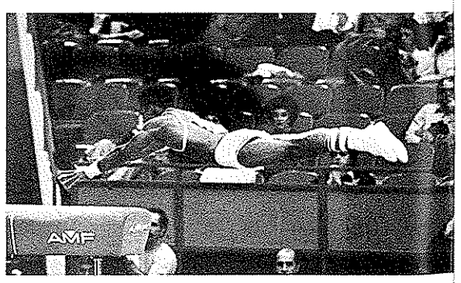
MEN'S RESULTS

		Name	Team	Comp.Ex.	Opt.Ex.	TOTAL
001	302	DITIATIN, Alexandre	URS	58.900	59.200	118.100
002	102	THOMAS, Kurt	USA	58.700	59.050	117.750
003	304	TKACHEV, Alexandra	URS	58.650	59.000	117.650
004	306	MARKELOV, Vladimir	URS	58.400	58.750	117.150
005	242	BRUCKNER, Roland	RDA	58.400	58.600	117.000
006	101	CONNER, Bart	USA	58.750	58.200	116.950
007	241	NIKOLAY, Michael	RDA	58.150	58.700	116.850
008	301	ANDRIANOV, Nikolai	URS	58.050	58.750	116.800
009	031	DELTCHEV, Stojan	BUL	58.150	58.600	116.750
010	183	KAJIYAMA, Hiroji	JPN	58.100	58.500	116.600
011	305	MAKUTS, Bosdan	URS	58.050	58.500	116.550
012	181	KENMOTSU, Eizo	JPN	57.900	58.500	116.400
	052	HUANG, Yubin	CHN	58.150	58.250	116.400
014	186	GUSHIKEN, Koji	JPN	57.700	58.650	116.350
015	104	HARTUNG, James	USA	58.150	58.050	116.200
016	308	AKAPIAN, Artour	URS	57.650	58.450	116.100
017	184	NISHIKII, Toshiomi	JPN	57.800	58.200	116.000
018	185	KAJITANI, Nobuyuki	JPN	57.550	58.350	115.900
019	182	KASAMATSU, Shiseru	JPN	57.300	58.450	115.750
020	152	DONATH, Ferenc	HUN	57.600	58.000	115.600
021	053	LI, Yeujiu	CHN	57.550	58.000	115.550
022	151	MAGYAR, Zoltan	HUN	57.250	58.150	115.400
	244	MACK, Lutz	RDA	57.750	57.650	115.400
024	051	CAI, Huanzons	CHN	57.750	57.600	115.350
025	041	DELESALLE, Philip	CAN	57.500	57.800	115.300
026	153	KOVACS, Peter	HUN	57.000	57.950	114.950
027	055	TONG, Fei	CHN	57.850	57.000	114.850
028	057	PENG, Yapins	CHN	57.250	57.550	114.800
029	245	BRONST, Andreas	RDA	56.950	57.800	114.750
030	243	HOFFMANN, Lutz	RDA	57.650	57.050	114.700
031	103	GERARD, Larry	USA	56.650	57.900	114.550
	262	SILIER, Kurt	ROM	57.100	57.450	114.550
	246	BARTHEL, Ralph	RDA	56.750	57.800	114.550
034	252	ROHRWICK, Volker	RFA	56.750	57.650	114.400
	261	GRECU, Danut	ROM	56.850	57.550	114.400
036	105	LAFLEUR, Tim	USA	56.700	57.600	114.300
063	**001**	**NYLUND, Lindsay**	**AUS**	**56.250**	**55.750**	**112.000**
087	**002**	**CHEETHAM, Phillip**	**AUS**	**55.700**	**54.600**	**110.300**
123	**003**	**ARIENS, Lambert**	**AUS**	**52.400**	**53.500**	**105.900**
125	**005**	**BYNG, Shaw**	**AUS**	**53.450**	**52.300**	**105.750**
131	**004**	**FORBES, Warwick**	**AUS**	**51.750**	**53.300**	**105.050**
140	**006**	**STIRLING, Mac**	**AUS**	**53.400**	**50.650**	**104.050**





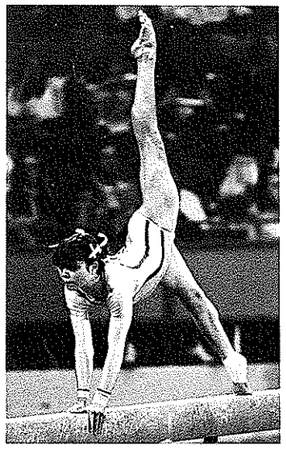
Vaulting sequence by a Cuban at Fort Worth



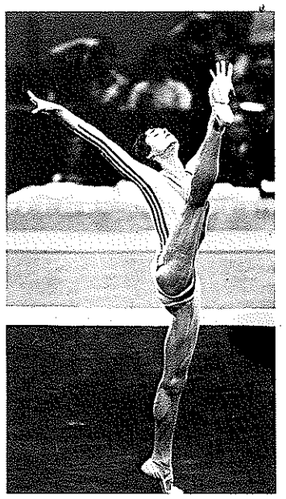
WOMEN'S RESULTS

NAME	Team	Comp.ex	Opt.ex.	TOTAL
001 634 KIM, Nelli	URS	39.300	39.200	78.500
002 571 GNAUCK, Maxi	RDA	39.100	39.250	78.350
003 635 FILATOVA, Maria	URS	39.000	39.300	78.300
004 594 RUHN, Melita	ROM	38.850	39.400	78.250
005 575 KRAKER, Steffi	RDA	38.750	38.950	77.700
006 572 GRABOLLE, Resina	RDA	38.700	38.750	77.450
007 633 SHAPOSNIKOVA, Natalia	URS	39.200	38.200	77.400
008 592 EBERLE, Emilia	ROM	38.950	38.400	77.350
595 DUNCA, Rodica	ROM	38.450	38.900	77.350
010 381 ZHU, Zhens	CHN	38.450	38.850	77.300
593 TURNER, Dumitrita	ROM	38.300	39.000	77.300
622 CERNA, Vera	TCH	39.050	38.250	77.300
013 632 ZAKHAROVA, Stella	URS	38.800	38.450	77.250
637 NAYMOUSHINA, Elena	URS	38.550	38.700	77.250
015 574 HINDORFF, Silvia	RDA	38.475	38.600	77.050
016 385 ZHENG, Sihua	CHN	38.300	38.750	77.050
017 621 MARECKOVA, Eva	TCH	38.850	38.150	77.000
018 425 JOHNSON, Kathy	USA	38.600	38.200	76.800
019 597 VLADARAU, Marilena	ROM	38.150	38.600	76.750
020 382 LIU, Yajun	CHN	37.900	38.700	76.600
021 577 SUBE, Karola	RDA	38.300	38.250	76.550
022 384 MA, Yanhons	CHN	37.900	38.550	76.450
427 KELLEMS, Suzy	USA	38.200	38.250	76.450
024 421 PYFER, Leslie	USA	38.750	37.600	76.350
461 OVARI, Eva	HUN	38.350	38.000	76.350
026 573 RENSCH, Katharina	RDA	38.550	37.650	76.200
027 639 TERESCHENKO, Natalia	URS	38.225	37.950	76.175
028 372 SCHELGEL, Elfi	CAN	37.700	38.450	76.150
383 HE, Xiumin	CHN	38.300	37.850	76.150
361 TOPALOVA, Silvia	BUL	38.050	38.100	76.150
031 624 ZEMANOVA, Radka	TCH	38.200	37.850	76.050
032 467 HANTI, Erzsebet	HUN	37.750	38.200	75.950
033 623 SARISSKA, Katka	TCH	38.200	37.700	75.900
034 464 FLANDER, Erika	HUN	37.450	38.400	75.850
035 386 LI, Cuilins	CHN	38.150	37.650	75.800
426 FREDERICK, Marcia	USA	38.600	37.200	75.800
095 333 BAYLISS, Kerry	**AUS**	**35.900**	**36.600**	**72.500**
099 331 SULICICH, Marina	**AUS**	**36.500**	**35.850**	**72.350**
108 334 EDELSTEN, Karen	**AUS**	**35.350**	**36.550**	**71.900**
126 332 EDELSTEN, Janice	**AUS**	**35.200**	**35.450**	**70.650**
140 337 STEVENS, Leeanne	**AUS**	**35.350**	**34.500**	**69.850**
151 336 BAILEY, Kerryn	**AUS**	**35.450**	**33.450**	**68.900**

TOTAL NUMBER OF COMPETITORS—171

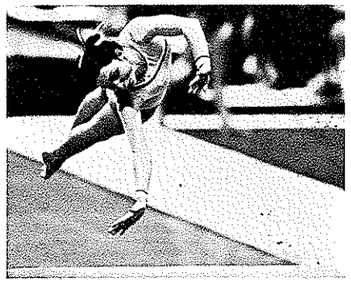


Marina Sulicich

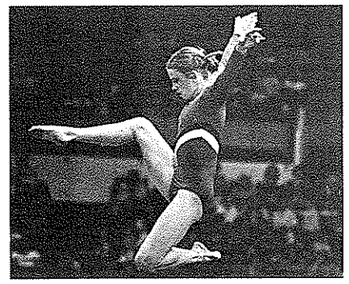


Nadia Comaneci

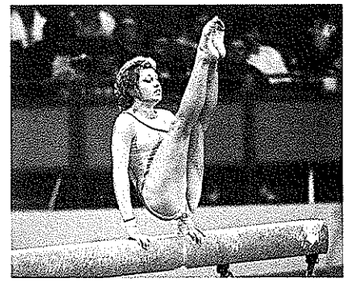
Hungary



Leeanne Stevens

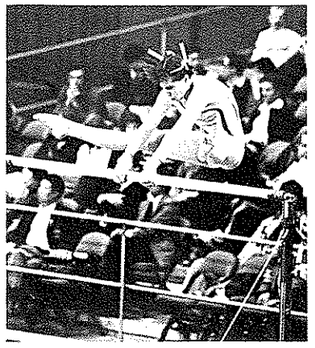


Kathy Johnson (USA)

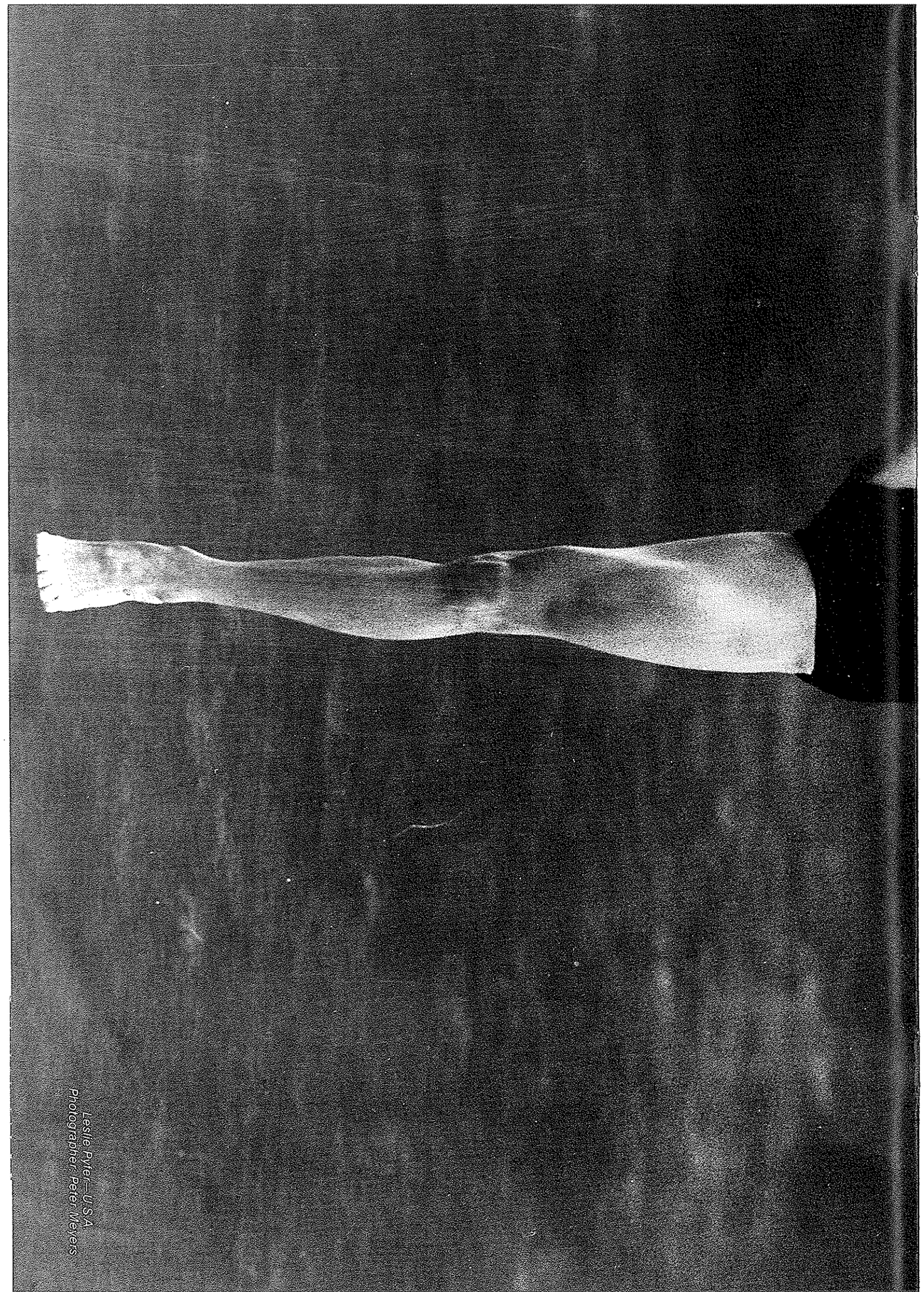


Karen Edelsten

World Championship Team with "Mash" actors at Twentieth Century Fox



Kerryn Bailey



AUSTRALIAN GYMNAST

THE OFFICIAL MAGAZINE OF THE AUSTRALIAN GYMNASTIC FEDERATION

COACHES SUPPLEMENT

EDITOR: Mrs. Val Beitzel

April 1980

EDITORIAL

Our third issue of the Coaches Supplement takes a new form. In order to trim production costs it has been necessary to include the supplement in the Australian Gymnast, as a central section which can be removed if you wish.

The three branches of the Australian Gymnastic Coaches Assembly are now using a common form for membership applications and a common fee table. The forms have been distributed to all State Bodies.

Progress has been achieved with A.G.C.A. National Coaching Accreditation Programs. The Men's Artistic Program has been submitted to the Australian Coaching Council for approval. The Women's Artistic Program has been designed and States may commence implementation of Levels 1 and 2 Courses from February, 1980. Submission to the Australian Coaching Council will occur during February.

Val Beitzel

CASCA CORNER

The A.G.F. Women's Technical Manual has been awarded the CASCA Seal of Approval. The Men's Coaching Theory Manual will be submitted as soon as possible.

The handbook of seminar reviews and consensus statements from the 1979 Sport-Australia Forum will shortly be delivered to forum attendees.

N.B. CASCA membership is now incorporated in your A.G.C.A. membership fee.

Val Beitzel

UNEVEN BARS COMPULSORY DISMOUNT

(Partial backward free hip circle to straddled hecht dismount:
Code, *dismounts 9.19 B-part)*

Gene Schembri, N.S.W. State Coaching Director.

Introduction

The 1981—84 women's uneven bars compulsory dismount is a particularly challenging skill for gymnast and coach alike. It is a revisit of the Munich (1972) mens horizontal bar compulsory dismount.

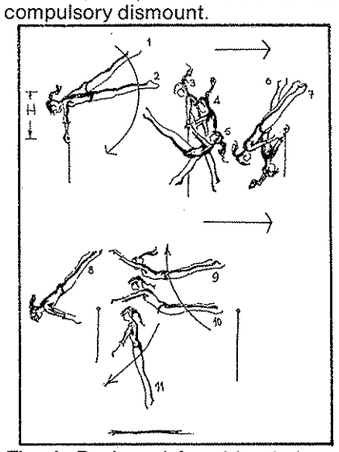


Fig. 1. Backward free hip circle to straddled hecht dismount.

Like the contemporary men's horizontal bar and women's uneven bar release and regrasp skills, the circle-hecht dismount is an "all or nothing skill" requiring total commitment.

The dismount is probably the most difficult women's dismount to date. Performed by the best gymnasts, it will be an exciting and elegant finale to the routine.

The following article is based on an elementary cinematographical analysis of Kato and Kasamatsu performing this dismount in Munich.

Backward Free Hip Circle To Handstand—A Review

A competent, repeatable circle to handstand is an essential prerequisite. This must be practised many times till mastered. Adequate physical preparation, as described below, is an essential prerequisite to any free hip circle variation. No amount of technical advice will substitute for inadequate physical preparation.

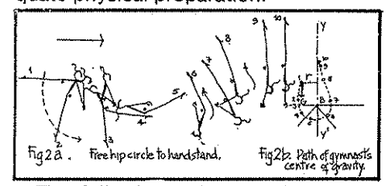
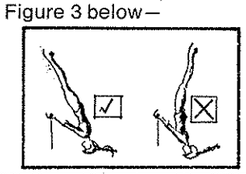


Fig 2a. Free hip circle to handstand. Fig 2b. Path of gymnast's centre of gravity.

The following points are important—

1. **Downward swing phase.** Fig. 2a (1—3)
   (a) Slight closure of the hip angle, body "rounded", chest concave, head neutral.
   (b) There is a decrement in the shoulder angle during positions 1—3. The final shoulder angle is relatively small.
   (c) Elbow joint is locked throughout.
   (d) After position 3 there is a brisk wrist change, transferring weight to the gymnast's fingers.
   (e) Positions 3—7 are critical with respect to the concave chest—slightly flexed hip position.
2. **Upward swing phase.**
   (a) There may be a tendency to arch the back at position 6. See Figure 3 below—



NOTE
This supplement can be removed for separate future reference.

CONTENTS

Fig. 3. Correct ( ) and incorrect (x) body shapes for the upward swing phase.
(b) An arched back here will severly militate against the gymnast achieving a handstand position. **Should this happen with the circle-hecht dismount during the thrust-flight phases of the dismount, the skill will be lost beyond recovery. This is a critical point in the teaching of this compulsory dismount.**

Mechanical Consideration Of The Circle-Hecht

1. **Optimal turning force** (torque)
The magnitude of the gymnast's turning force depends on the gymnast's weight (G) and the perpendicular distance (r) between the bar c.g. and the vertical line y—y' in Fig 2b. This quantity is called the moment of the gymnast's weight (Gxr).

   The distance 4 in Fig. 2b is a compromise distance, large enough to optimize the turning force but not so large as to open the shoulder angle so much that maintenance of this position on the upward swing is too difficult.

2. **Bar depression and recoil**
A large turning force generated on the downward swing will depress the bar. This depressed bar momentarily stores energy, somewhat like a drawn bow.

   The thrust from the bar should coincide with the recoil and release of this energy on the upward swing. See Fig. 1 (6—7).

   The tight body described above, and shown in Fig. 3 is again emphasized; as the action of hyperextending the back will dissipate internally some of the recoil energy transferred from apparatus to gymnast. This will reduce the efficiency of the energy transfer process during the thrust from the bar.

3. **Initial potential energy (P.E.)**
The larger the gymnast's c.g. above the bar after the completion of the kip, i.e. the larger H in Fig. 1, the larger will be the turning force and resultant bar depression. In mechanical terms the body's potential energy (PE=GXH) is converted into kinetic energy ($KE=\frac{1}{2}mv^2$). The skill requires the optimal potential conversion. The implications for the success of the dismount depending on a good preceding kip should be obvious.

Circle-Hecht Lead-Up Activities

1. Flight-phase orientation
(a) Use low rail of U-bars or single bar. Two spotters stand either side of gymnast—on box tops if necessary. See Fig. 4.

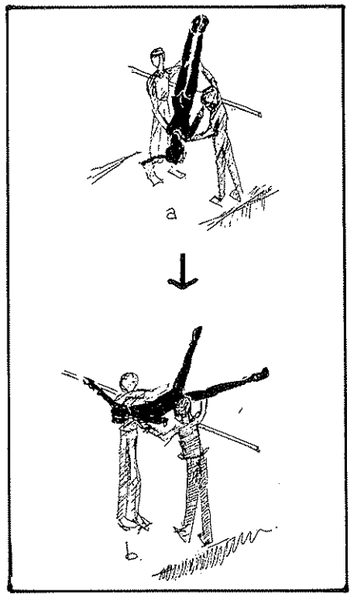


Fig. 4. Flight phase orientation activity with two spotters.
(b) Gymnast assumes the stationary position shown in Fig. 4a. This position should be identical with position 6 in Fig. 1. The two spotters carry the gymnast to her feet.
(c) Emphasize body position and 'body tension' requirements described above.

2. Skill practice with hand belt spotting.
The skill is performed with two spotters assisting the gymnast with a hand belt. See Fig. 5. below.

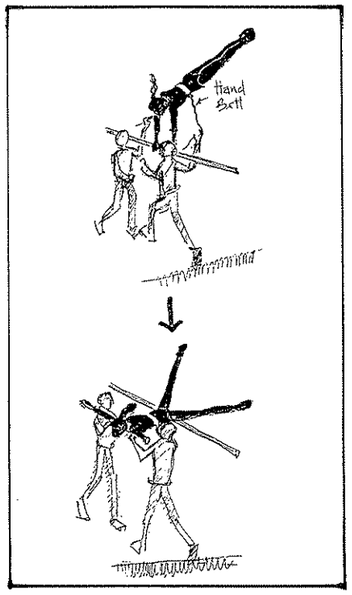


Fig. 5. Circle-hecht hand belt spotting.

3. Skill practice with hand spotting.
The spotting is similar to the method illustrated in Fig. 4b, with hand contact on the gymnast's arm and leg.

Physical Preparation Requirements And Activities

During positions 5—7 of Fig. 1 the prevailing actions are flexion at the shoulder joint (shoulder angle opens slightly), combined with a repulsion away from the bar. The muscles causing flexion at the shoulder joint are shown in Fig. 6.

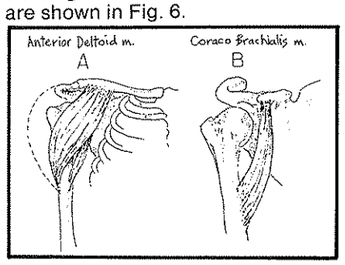


Fig. 6. Muscles causing flexion at the should joint (from Carrasco R, **Essai systematique d'enseignement de la gymnastique aux agres.** Vigot Editions Paris, 1976)

Related Physical Preparation Activities From Carrasco

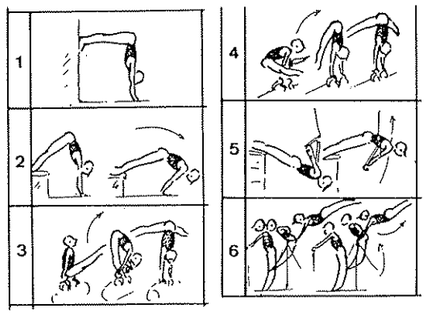


Fig. 7. Physical preparation activities related to shoulder joint flexion.

The skill also requires the maintenance of good body tension. See Fig. 1, positions 3—6. Suitable body tension—abdominal—lower back muscle exercises are reproduced from Carrasco's excellent book. See Fig. 8.

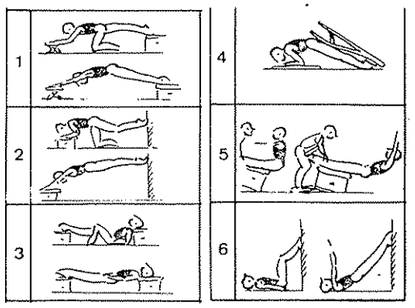


Fig. 8. Body tension exercises related to the free hip circle.

(Trevor Dowdell's recent study focused on primary school gymnastics and sports injuries to children. We have selected and condensed some material on the latter topic.— Ed.).

Introduction

There is little question that the benefits of physical activity, alone, warrant children participating in a sport program. As desirable outcomes for a children's sports program many teachers and coaches would cite development of motor skills, physical fitness, independence, and "most importantly, healthy strong identities" to assist realization of their potentialities. (Martens, 1978). For children, sports activity becomes an extension of their play activities. They are drawn towards participation through joy of movement and the 'fun' element of involvement.

High levels of competitive sport have gradually become the domain of younger and younger athletes, and participation in sport by pre-adolescent children is a recent, yet accepted phenomenon. Scientific progress has contributed to the change in thinking and many 'consider it necessary to begin teaching a sport to children at a much younger age than was previously thought possible". (Caldarone and Metteucci, 1978, P. 242-246).

While sports participation may be considered of great educational benefit to the child, the potential benefits of sports are not guaranteed by mere participation. In the hands of the unknowing adult, sports training can systematically strip a child of his enthusiasm for movement, possibly destroy his feelings of self worth, stifle effective skill learning and improvement, and may cause, in the extreme, physical damage due to the training scheme used. Therefore, "the case of children's involvement in the high levels of physical exertion required for competitive sports.... would seem to require justifications other than it may bring about temporary physiological adjustments which improve the chances of winning". (Schembri, H., 1978. P.28).

It is encumbent on research, physical educators (and sports coaches) to demonstrate the benefits and the effects of exercise on the growth of children, rather than just achieving physical changes that allow children to become 'winners'.

What are the documented anatomical effects of intense sports training on young children?

With a more enlightened approach to children's sports training we can make a special contribution by teaching children to appreciate their bodies and the wondrous things they can do.

Literature Review

Overall, researchers have not shown a great deal of interest in young age groups, perhaps because participation in high levels of competitive sport and the associated intensive training, by pre-adolescent children, is a fairly recent phenomenon. As there seems to be a lack of Australian research on pre-adolescent's participation in organised sports, it has been necessary to examine research evidence from overseas sources.

In addition to the basic growth process of the body that is influenced by exercise, the following benefits have been claimed (Bucher, 1968, Ch. 15 & 16):

—maintenance of desirable weight, thereby reducing the possibility of degenerative diseases and a shorter life span,
—improvement of the cardio-vascular system,
—preservation of the physical characteristics of youth and the accompanying psychological effects which exert a favourable influence on prolonging life.

It is possible that exercise habits and movement patterns built in the primary years may influence future life habits and in this way the effects of training children may be educative in the long term sense.

General Body Growth and Sport

The young possess strong drive for physical activity. Psychologists believe unrestricted muscular movement is one of life's great hungers. That human tissues and organs respond positively to healthy use and tend to atrophy with continued disuse, is recognised by physiologists. (Rarick, 1974, P. 305)

While this suggests the importance of exercise for 'normal' growth, the specific role which exercise plays in the growth phenomenon is not completely clear. Also there are questions as to whether the child's exercise needs can be largely met by his natural play instincts, or whether in this mechanised society a structured, guided approach to exercise is needed. Knowledge is needed concerning the effects of exercise on physical growth, not only as a guide for current practices but as a means of pointing the way for future sport involvement by young children.

"Growth implies change in both structures and function by means of which the organisms gradually attain the mature state". (Rarick, 1974, P.307).

Thus growth is a broadly conceived term, concerned with a variety of areas and how these change. I have concerned myself with reports on the effects of sports participation on children's growth characteristics.

I take the stand that in prepubescent years, male-female differences of physical performance capacities and effects of exercise on the same, are substantially insignificant. Benedetti and Galletti (1978, P.113) note an observed sex difference in acquiring skills, but state' "There is no reason to suppose the existence of significant differences of a neurophysiological or neuropsychological nature...." That pre-pubescent girls and boys are not very different from each other was stated by Hebbelinck and Day (1978. P.51), while Rarick, (1974) cites research showing some sex differences in muscle tissues and sub-cutaneous fat qualities, but provides no information on the functional aspects of this tissue difference. Rarick states that "Whether these differences may be attributed to differences in physiological function or to differences in exercise regimes of the sexes is not known. The latter would perhaps logically account for the difference because of the distinctive role assumed by each sex in our culture". (1974. P.310).

Both Rarick (1974, P.309) and Espencharde (1960, P.251) discuss evidence that inherent growth patterns and genetically attributed characteristics play a prominent role in establishing a morphological pattern of growth, and this is of individualistic nature. Thus the apparent effects of exercise on children may vary greatly due to personal characteristics. For example, early maturers would show greater gain in height and weight in spite of activity. Due to the nature of intrinsic growth factors, the effects of exercise become difficult to gauge with certainty,

An essential difference between children and adults should be noted. Bailey (1978, P.105) and Szmodis (1978, P.3) point to children's reduced lactacid anaerobic capacity in comparison with adults. This has significance in relation to intense exercise episodes in which primarily lactacid anaerobic metabolism is involved. This maturation difference should be noted by practitioners and applied by the limited use of intense, repetitive, muscular endurance type exercise, as the training value of such is low.

Apar and Olveczky (1972, P.213) investigated aspects of physiological development of 8 child swimmers who showed no pathological effects of a long term training program. Komadel et. al. (1972, P.213) examined the influence of 4 years of sport training on the physical development of 450 pupils, aged 11—15, and found that

the physical development of track and field athletes and swimmers was accelerated. However, boys and girls practising gymnastics displayed retarded development. The authors suggested that sport training contributed to continuous physical development.

Paruskova's (1973, P.109) study over a 5 year's period notes differences in height, weight and skinfold thickness between 10 girl gymnasts and 7 untrained girls. Both groups achieved the same mean height but the gymnasts had less subcutaneous fat.

Rarick (1973, P.373) reports extensive research by Astrand and others in 1963, in which longitudinal data on height and weight were obtained on 30 girl swimmers.

The swimmers' growth was normal, in fact somewhat accelerated, and 2 years after completion of the investigation, medical examinations revealed no harmful effects of the training regimen.

Few would question the positive effects of physical activity on the general growth of children, but the evidence regarding growth in height is rather inconclusive, and "There is no comparability in the various studies with respect to such variable as the intensity of the sports training, the frequency or the duration of the activity". (Schembri, 1976, P.23).

It is evident, although not completely valid, that sports participation, as a designed form of physical activity, supports and stimulates the growth of the human organism. Rarick (1973, P.372) warns of physical activity that is too strenuous and repetitive, and suggests hazards inherent in children's sport, which can be grouped in 3 categories:

"(1) The physical demands and psychological stresses of highly competitive athletes may be great enough to affect adversely growth and development.
(2) Repeated stress resulting from a particular movement peculiar to a sport may in some instances be sufficiently great to introduce trauma to a body part, thus impairing its normal growth; and
(3) A blow or forceful impact may be sufficiently great to be fatal or to do permanent damage to a growing structure".

I now examine the areas of bone growth and sports participation, the effects of sports participation on muscles, and injuries in children's sport. The discussion points to the hazards listed by Rarick and suggests a complete and thorough preparation of those responsible for children's development in a field which could essentially be extremely worthwhile in all aspects of a young person's growth.

Bone Growth and Sport Participation

The effects of physical activity on bone growth are difficult to assess. Compounding facts are that different exercise activities result in different responses specific to the exercise, and that there are individual differences in morphological responses to exercise.

Persons confined to bed, or who have a limb immobilized, suffer some type of atrophy. Rarick (1974, P.313) cites several researchers who state a loss of calcium and protein result from inactivity. Larson (1973, P.37) reports Ivanitsky's (1962) U.S.S.R. findings that long participation in sport effects a change in diameter of bones, in their internal structure, and to a lesser extent, their length.

Examples: (1) The femur of long time soccer players is frequently larger in diameter than that of non athletes.
(2) A study of athletes aged 11—13, over 3 years, revealed the radius of tennis players was larger than that of swimmers or gymnasts, and that enlargement was strongly asymmetrical.
(3) Enlargement of the marrow cavity of the tibia in runners active for more than 5 years.
(4) Among women of the same height, the external conjugata of the pelvis was smaller in those who started gymnastics before age 14, when there were still cartilages in the pelvis, than in those who started later in life.

Steinhaus' (1933, P.103—147) early review of research on the chronic effect of exercise found little agreement concerning the long term effect of exercise on long bone growth. He reported that a substantial body of the data supported the belief that pressure effects of exercise on epiphyses of bones had stimulating effect on growth up to optimal length, but excessive and prolonged pressure retarded growth.

These effects of physical activity (or inactivity) are, in essence, reflections of Wolff's law which states that internal conformation and external shape of bones undergoes a change so as to be best adapted mechanically to resist the stress placed on them.

An individual's chronological age may be behind or ahead of his biological age, which implies that overall growth rate varies between individuals as a result of genetics, sex, hormonal secretion and environment. This individual maturation rate is reflected in a person's bone growth, thus a variety of 'time-tables' for bone ossification occur. Acuff (1975, P.47) describes this process. "The diaphysis, or body of the bone, appears first in the developing fetus and is separated from the epiphyses (cartilaginous ends) by a flared position, the metaphysis. The epiphysis appearing early in the skeletal development, remains separate from the metaphysis by a narrow cartilaginous growth layer (epiphyseal line) for a pre-determined period of time until complete ossification of the bone at the end of the skeletal growth".

The epiphyseal lines are the sites of bone growth and are made up of growing cells needing nourishment. If the vascular supply is damaged or terminated, bone growth can be diminished or even terminated.

Sports Participation and the Effect on Muscle Growth

"Muscular strength increases throughout the growth period....It is, however, possible to accelerate growth of strength, at least over certain periods, by systematic training". (Assmussen, 1973, P.78.)

Physiologists have repeatedly verified that muscles increase in size as a result of regular periods of heavy physical exercise. The increased cross-sectional area of the muscle fibre allows the muscle to generate higher maximal forces. Furthermore, increased vascularization of muscle tissue usually accompanies muscle hypertrophy, especially when exercises of an endurance nature are performed. (Rarick, 1974, P.312; Strauss, 1979, P.47.)

Rarick then argues (P.318), "...the effects of exercise upon muscle tissue during the growing years cannot be interpreted solely in terms of changes in muscle girths for the increases in functional power surpass the increases in size". He suggests that with advancing age the child is perhaps able to call on more motor units simultaneously in all-out effort. Also of significance is the improvement in efficiency and economy of muscular movement which is a prominent effect of training.

Assmussen (1973, P.78) concludes that research may show that children are naturally adapted to a lower degree of strength utilization in daily life, and therefore it may be easier to effect a training result on them than adults. This may emphasize the importance of physical activity and systematic training in childhood and adolescence, as the susceptibility to the positive effects of exercise are very high.

While it has been generally established that children are quite highly 'trainable' for improvement of muscular strength and endurance, the coach must know the immature anaerobic capabilities of children's muscles when faced with intense, repetitive exercises. However, this section would not be complete without my statement of concern on exaggerated muscle hypertrophy of the young child-athlete.

Tim Slottow, a varsity gymnast, (U.S.A.) gives "2 major reasons why injury is provoked in the growing gymnast. The first is when the young gymnasts push past their physical capabilities putting too much pressure on the growth plates. The second is when growing gymnasts become too strong for their growing bones and thus easily fracture bone at the growth plate". (1978, P.33).

An emphasis on muscular strength may be responsible for an imbalance between muscle growth and associated skeletal tissue growth; and may bring about a pathological condition.

Sport and Injuries to Children

Perhaps the greatest hazard in competitive sports and their training regimens, particularly those involving body contact, is that of physical injury. Schembri (1976, P.29) describes the 6—15 age range as the most complicated and critical period of children's development and states that children "are also naturally very active and prone to bone epiphyseal injuries regardless of whether or not they participate in competitive sports".

However, overseas' observations have shown that there are certain frequently occurring conditions (eg. "little league elbow") which can be definitely identified with specific competitive sports programs. Unfortunately, in the adult-supervised world of children's sports, the consideration of associated injuries has limited significance in relation to skill development, game play or desire to win. This personally observed characteristic may reflect the dearth of local research into injuries in many children's physical activities and sports.

From the discussion earlier, it is realised that the metaphyseal junction is the weakest component in the child's joint anatomy. Larson (1971, P.1150) states that "....the fibrous capsule and ligaments around joints are 3 to 5 times stronger than the metaphyseal—epiphyseal junction". Realising this fact and that for many growing children sport and intensive physical activity take an abundance of their time, children are particularly susceptible to injuries of bones and at joints, especially of the epiphyses. Complete ossification of the long bones does not occur until adolescent and young adult years, and physical educators and coaches must consider the young child vulnerable to these injuries.

Groh (1972, P.262) studied sports injuries in the Federal Republic of Germany and gave percentual frequencies of injuries in various types of sports: Football 10.34%, Wrestling 6.40%, Handball 3.20%, Boxing 3.03%, Track and Field 1.33%, Skiing 0.96%, Gymnastics 0.68%, others 0.26%. Obviously contact sports have higher incidence of injuries than non-contact sports, and those involving great force production (eg. baseball pitching) have the possibility for greater joint damage than sports involving more static, controlled movements.

Groh (1972, P.266) mentions avulsion fractures (a muscle tendon pulls away the cartilage that forms the insertion site to the bone) as occurring exclusively in young people. Such injuries (prevalent in lower limbs and pelvis) can cause excruciating pain but usually heal completely without residual disability.

Table—showing typical avulsion fractures and types of sport (Groh, 1972)

Vertebral Column
Cervical and thoracic—long jump, shot put, javelin, hammer, gymnastics, wrestling, weight lifting, rowing, fencing.
Lumbar transverse processes, gymnastics, wrestling, weight lifting, fencing.

Arm
Greater tuberosity, throwing, gymnastics, heavy athletics.
Avulsion of olecranon, throwing, fencing, high diving.
Tendon rupture of finger extensors, handball, volleyball, basketball.

Pelvis
Iliac spine, sprinting, jumping, skiing, football.
Anterior inferior iliac spine, sprinting, jumping
Ischial tuberosity, running, jumping, weight lifting.

Leg
Greater trochanter, running, jumping.
Lesser trochanter, running, jumping, football.
Medial condyle of femur, skiing, tobagganing.
Tuberosity of tibia, running, jumping, football.
Strain fracture of posterior surface of calcaneum, sprinting, jumping.

"The foremost question under discussion nowadays is: will damage to the spine, especially in young people, inevitably be produced through modern high performance sport?" (Groh, 1972, P.272)

Reporting several researchers' collected data, the following results were noted regarding pathological findings in the vertebral columns of 36% of 500 athletes. Scheuermann's disease 28%: roughly equivalent to the average population. The 9 cases of spondylosisthesis was somewhat lower than in the average population. But if these findings are related to individual sports, a picture of sport specific injuries evolves. Groh summarizes this as "....rowing, gymnastics, high diving—the possibility of spinal damage in the sense of Scheuermann's disease, spondylosistheses and arthrosis of the vertebral joint could be judged a probality". (1972, P.277).

In conclusion to this issue of damage to the youthful spine Groh states "As yet we know of no facts which would prove that a healthy growing cartilage and growing bones would have less powers of resistance to mechanical stimuli than the mature tissues of adults. On the other hand, a greater endangering of the growth-impaired youthful spine may be taken as a certainty". The conditions mentioned above "and intervertebral disc damage are worsened by the additional stress imposed by sport, still more so by relapsing spinal traumas, and in individual cases are even produced thereby". (1972, P.277.)

A survey of exertion injuries of 147 Finnish athletes, aged 15 and younger, over a 3 year period (Orava and Puronen, 1978, P.4—9) showed similar exertion injuries in boys and girls, mostly localized in the ankle, foot and heel (43%), knee (31%) and the back and trunk (18%). Lesions at the insertions of tendons and muscle attachments were 47% of the injuries. Real exertion injuries covered more than half of all the injuries, while the rest were various growth disorders and orthopaedic problems seen in other children which displayed their first symptoms during athletic training. The authors felt that the prognosis of young athletes' exertion injuries is good and that their treatment in young athletes should start at their prevention.

The problems associated with baseball pitching and the clinically observed 'little league elbow' and 'little league shoulder' point to the traumatic changes than can occur due to repe-

titious strain brought by the whip-like throwing action. Schembri (1976, P.133) reports Adams' research (1968) showing changes in the throwing arm-accelerated growth with widening, demineralization, and apparent fragmentation of the humeral epiphyses—in direct proportion to the amount and type of throwing the boys engaged in. Also noted were similar epiphyseal changes in swimmers aged 6 to 17, which caused shoulder pain for 10% of them.

Injuries to young children from sports participation can be seen broadly as similar to injuries that occur to the same age groups who do not participate in sports. Yet the exertion brought about by sports activity may produce injuries of a traumatic or of a repetitive stress causing nature. The critical question must be put to all practitioners and their sport activity programs—Is care being taken to ensure that the young child is not subjected to undue stresses in their participatory role, that may endanger the maintenance of physical well being and growth due to physical activity?

Trevor Dowdell

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The Critical aspects of the KIP as related to Horizontal Bar and Uneven Parallel Bars.

Peter Dowdell

This discussion will only relate to the vital aspects of all kipping action i.e.—the period during which the legs are brought to the bar followed by the forceful hip extension to a hip support position.

I pre-suppose that the gymnast and coach realize the necessity for a relaxed swing (glide or long swing) prior to the hip flexion (refer diagram a). The relaxed swing has but one purpose, that is, to place the centre of gravity (C. of G.) at the furthest possible distance from the bar prior to the legs being lifted to the bar. This distance of hip from the bar (axis of rotation) must be maintained as the legs are lifted to the bar.

The sudden lifting of the legs to the bar has two resultants. (Refer diagram b).

1. The C. of G. will be thrown upward to the bar.
2. There is an increase in angular velocity.

This brings us to the first vital action (refer diagram c). From this deeply flexed position the hip joint is opened forcefully, with the legs moving upward in front of the bar. The hip extension must be completed quickly with straight legs (to maximize angular momentum) and must stop prior to completion of hip extension i.e.—before the thigh comes in alignment with the spine.

The angular momentum created by the forceful hip extension (axis of rotation—hip joints, lumbosacral joints) will be transferred efficiently to the upper body only if the following occurs:

1. hip extension carried out quickly and with straight legs.
2. the legs are stopped suddenly, so as no residual angular momentum remains.

If the preceding has occurred the C. of G. will be thrown up and around the bar suddenly, with the result that the gymnast will feel as if his/her hips are sitting under the bar. Secondly, the gymnast's legs will finish in front of the bar, in fact he/she will find that his/her legs are forced to finish in front of the bar. (Refer diagram d.)

From this position of hip support the gymnast is ideally situated to cast to handstand, which in fact is where all kips to Horizontal Bar/Uneven Bars should finish in preparation for the following movement, whether it be a giant swing or a back hip circle.

The second vital action occurs as the angular momentum of the hip extension is transferred to the upper body as the gymnast approaches hip support. The transfer of angular momentum to the upper body to facilitate good hip support cannot be achieved if the scapulae (shoulder blades) are not "fixed". This refers to the depression of the shoulder girdle and the abduction (outward movement) of the scapulae. If the fixation of the scapulae doesn't occur this will result in overly flexed arms and poor support at the completion of the kip.

THE KIP

a. C. of G. well forward of Bar

b. Shoulder open

c. Hip extension

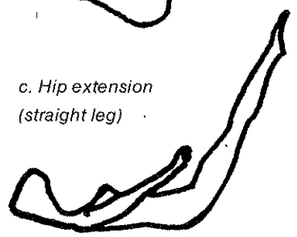
d. Shoulder girdle stabilized

e.

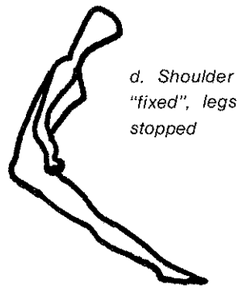
f. Extension to handstand

VITAL ASPECTS OF KIP

b.



c. Hip extension (straight leg)



d. Shoulder girdle "fixed", legs have stopped

I shall develop this topic through discussion of the following areas:

1. Analysis of the sport to determine the particular demands it places on the athlete.
2. Determine the energy sources required to perform the activity.
3. Determine the programme best suited to developing the required energy sources.
4. Present a statement of accepted principles of training used in the application of a fitness programme.

The sport of Artistic gymanstics requires sub-maximal to maximal muscle contractions for only a short duration. (Approximately 30 to 40 seconds, to a maximum of approximately 2 minutes.)

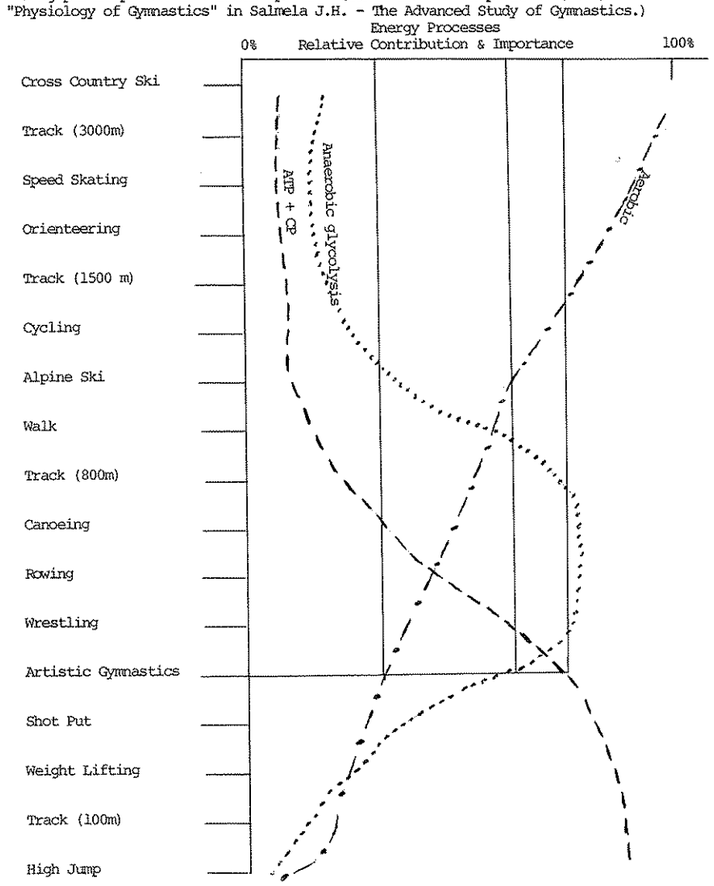
The principal energy source is a combination of ATP, CP (phosphagen resources) and anaerobic glycolysis, with the contribution of aerobic processes being very small. The O2 used (aerobic source) in the short time of a gymnastic routine is relatively small; Montpetit (1976) has suggested that O2 utilization amounts to approximately 8 ml/kg. He further suggests that the remainder of energy needs necessary for a gymnastic performance (approximately 20 ml/kg) are provided through the breakdown of high energy phosphate sources.

During the recovery period following a gymnastic routine, the O2 consumed is almost exclusively drawn from the so-called alactacid sources. It is generally hypothesized that lactic acid formation during the performance of a gymnastic routine is negligible.

In the following graph, there is an attempt to depict graphically the energy processes and their relative contribution to a selected number of sporting events. Of importance is the contribution of the various energy sources to the performance of Artistic Gymnastics.

Graph—*Relative contribution and importance of the energy processes involved during participation in various sports. (Taken from—Montpetit R. (1976)—"Physiology of Gymnastics" in Salmela J.H.—The Advanced Study of Gymnastics.)*

Graph - Relative contribution and importance of the energy processes involved during participation in various sports. (Taken from - Montpetit R. (1976) - "Physiology of Gymnastics" in Salmela J.H. - The Advanced Study of Gymnastics.)



PRINCIPLES OF FITNESS PROGRAMMING FOR ARTISTIC GYMNASTICS

Based on the preceding, I would suggest that the interval method is the best means of training artistic gymnastics.

The Interval method refers to a planned form of training divided into phases of efforts and recoveries. The necessary phase being long enough to allow the next effort to be performed at the same rate as the repetition before the recovery. The interval method will help to correct inconsistencies, such as unmeasured work and rest intervals, which often result in premature exhaustion.

With Interval training a sub-maximal work load is implemented, followed by a rest period of between 2 minutes to 5 minutes. (Rest period depends on established fitness levels of athletes and ability to adapt to accumulating stress.) The repetitions of near maximal work loads is once again an individual variable depending on the fitness levels of gymnasts and their tolerance to stress.

Four factors may be manipulated during interval training to receive the desired training effect. These are:

1. The duration of the work interval.
2. The number of repetitions of the work interval.
3. The duration of the rest interval.
4. The number (frequency) of training periods per week.

From the above it would seem that the interval methods of training provides a sound training method which the anaerobic sources, so necessary in the performance of gymnastics, can be developed.

In conclusion, when devising a fitness programme for Artistic Gymnasts based on the Interval Method, certain principles of training must be adhered to; these are as follows:

1. The S.A.I.O. principle—which states that any component of fitness will "Specifically Adapt to Imposed Demands" that are placed upon it. In other words overload is required if a training effect is to be realised.
2. Specificity principle—"you get what you work for". For example strength and muscular endurance activities should be accomplished in the motor units to be used in the actual sport. In fitness training the athlete should attempt to utilize the movement patterns to be used in the particular sport.
3. Fitness training should be Velocity (Speed) specific so as to simulate as close as possible the actual performance.

Peter Dowdell

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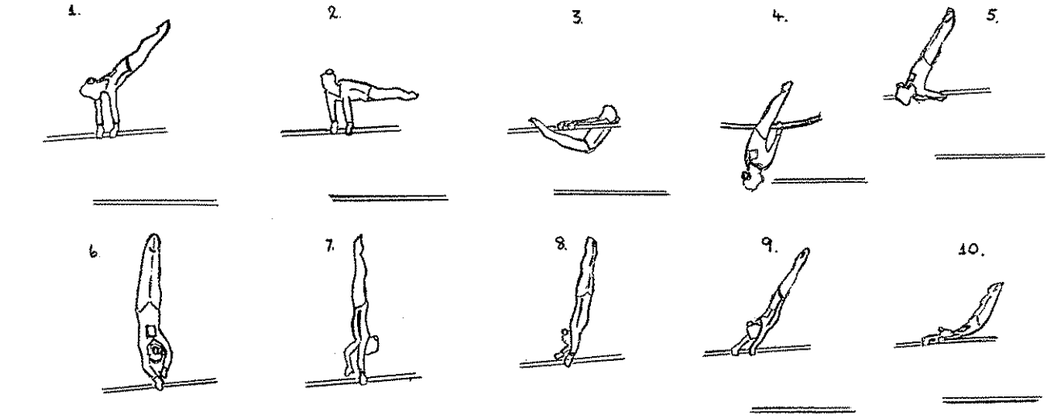
HANDSTAND 360° TURN — MA (PEOPLES REPUBLIC CHINA)

The Chinese gymnasts, both male and female, created a great impact at the 1979 World Gymnastic Championships in Fort Worth. Perhaps none more so than equal gold medallist on the asymetric bars, Ma. Her exercise demonstrated both superior difficulty and technique to all other gymnasts. The sequence shown below, a free hip circle to handstand with full turn, exemplified the calibre of her work. The full turn was completed not 10° past the handstand and the entire skill was performed with the straightest of backs. One feature to note in frames 2 through 5 was the position of the head which was thrown well back. An additional feature of Ma's work was her highly pointed toes which when combined with her impeccable body line provided an instant picture of aesthetic beauty.

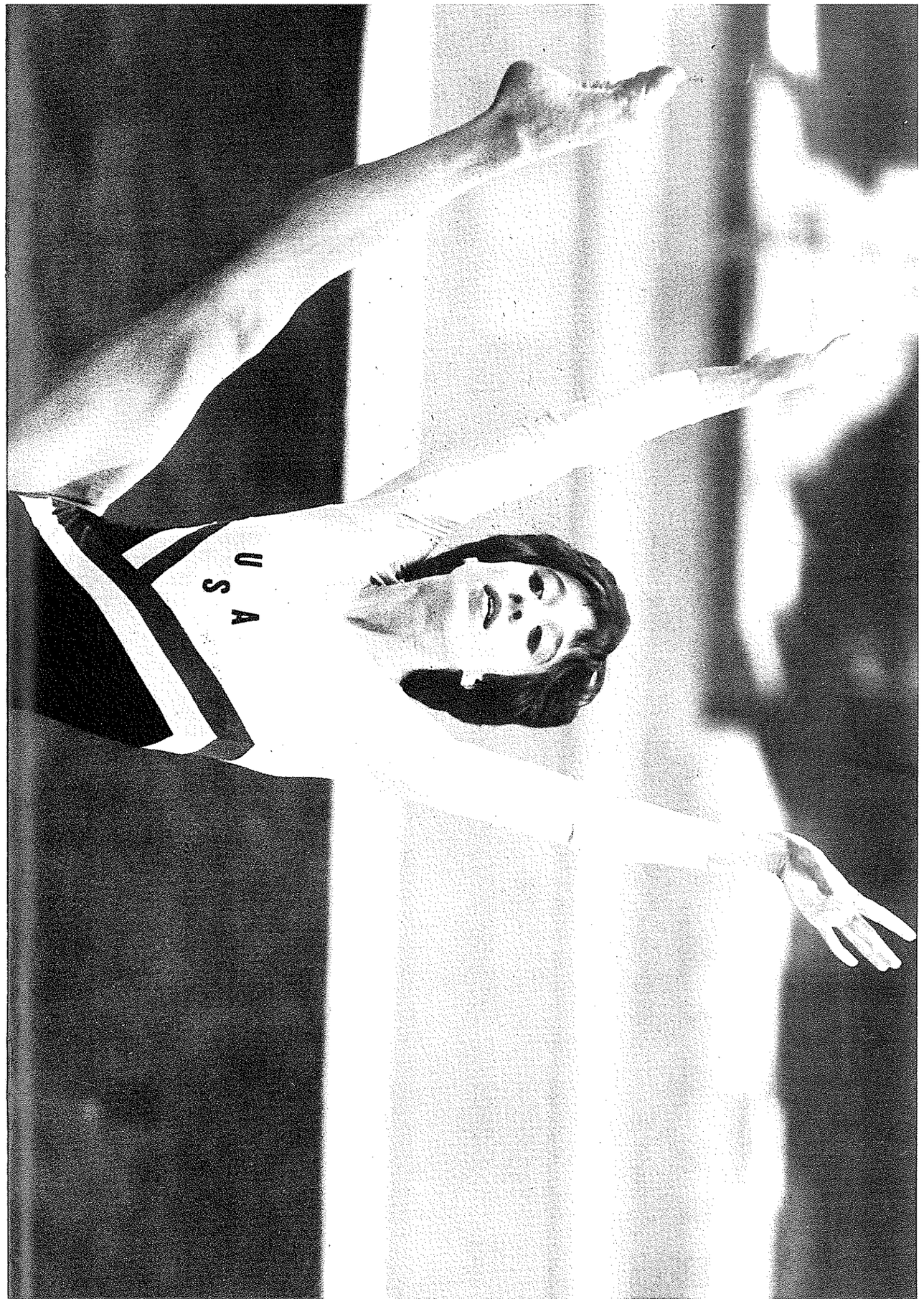
I was most impressed with not only her work but that of all of their team, both men and women. It was disappointing to witness their demise at the judges tables as time and time again the Chinese gymnasts were undermarked. Perhaps the comment from the gymnasts' stand reflects the feeling of all of us fortunate enough to witness their work, "We know they're better", broke the stunned silence after the booing had subsided after one such example of poor judging.

The Chinese took the judging well and showed great sportsmanship. They were out to impress. This they did and to no small degree. Perhaps at the next major championship they will earn their just reward. I feel that by then there will be no need to look past them to witness the ultimate the sport can provide. The silent super power has emerged.

Rod Sinclair



So near perfection in a superior C—Ma (China), Fort Worth, 1979



5th CYCLE INTERCONTINENTAL JUDGES COURSES M.A.G.—W.A.G.

M.A.G. — 10-17 January, 1980 Moscow
W.A.G. — 22-29 February 1980 Moscow

AUSTRALIAN JUDGES:
M.A.G. — Jeff Cheales
Peter Sharpe
W.A.G. — Frances Thompson
Anne Bigham
Peggy Browne

Accommodation for all judges in both courses was at the Hotel Ukrana on the Moscow River. The river was often frozen as it was winter, a comparatively mild winter (—20° —7°c)

The M.A.G. lectures and practical assessments were both held at the Moscow Dynamo Gymnastic Club; while the W.A.G. lectures were held at the Central Soviet Army Club with the practical assessments at the Moscow Dynamo Gymnastic Club.

The assessment of the judges M.A.G/W.A.G. was in two parts; a written (theory) exam and practical evaluation of performances. For both courses, approximately 75 judges were in attendance. To facilitate better communication, five language groups (French, German, Spanish, Russian and English) were formed. These groups were maintained in the M.A.G. Course; however in the W.A.G. Course, the women were informed on arrival that only three language (French, German and English) groups would be formed. As the Federation according to the W.A.G. Code is responsible for providing its own interpreter, this caused some problems.

The practical evaluation was made on four routines at each apparatus for W.A.G. and at Floor, Vault, Parallel Bars and High Bar for M.A.G. W.A.G. had one warm up routine for practice judging; M.A.G. no warm-up routine for practice.

TOP 6 RESULTS:

M.A.G. (unofficial)	W.A.G.
1. Rotzheim USA	Ivanova USSR
2. Sasuary USA	Karasova USSR
3. Dippong CAN	Leitza ROM
3. Matsusaki JAP	Scheweyer USA
5. Oryschyn CAN	Torescheva USSR
6. Fink CAN	**Bigham AUST**

The gymnasts used for the pracitcal were all from the Moscow Dynamo Gym. Club; young but had a very high standard. The men were approx. 19 years, and the women 9—12 years.

All Australian Judges passed and are to be congratulated for their achievement.

Interesting notes:

- Peoples Republic of China sent M.A.G. Judges; no W.A.G. Judges.
- Canada sent M.A.G. Judges; no W.A.G. Judges.
- Carol-Anne Letheren, member F.I.G. W.T.C. not in attendance.
- Jalante, member F.I.G. M.T.C. not in attendance (work commitments)
- Anne Bigham was asked to be a neutral judge in the Gold Top Competition between Great Britain and Hungary. March 8, 1980.
- F.I.G. asked Jeff Cheales and/or Peter Sharpe to conduct a Continental Judges Course in India. Jeff has responded to this request.
- Anne Bigham selected as S.T.C. judge to attend a special International Course.
- The F.I.G. W.T.C. are to be congratulated for their work in producing a more progressive code.


Jeff Cheales

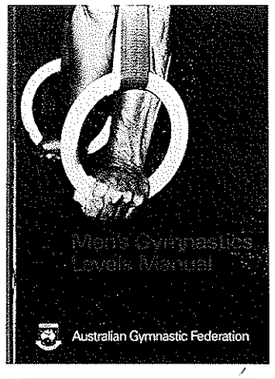

Peggy Browne


Peter Sharpe


Frances Thompson


Anne Bigham

MEN'S LEVELS MANUALS
National Levels



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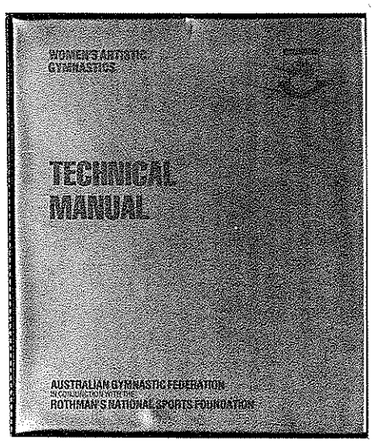
- **Technical Regulations**



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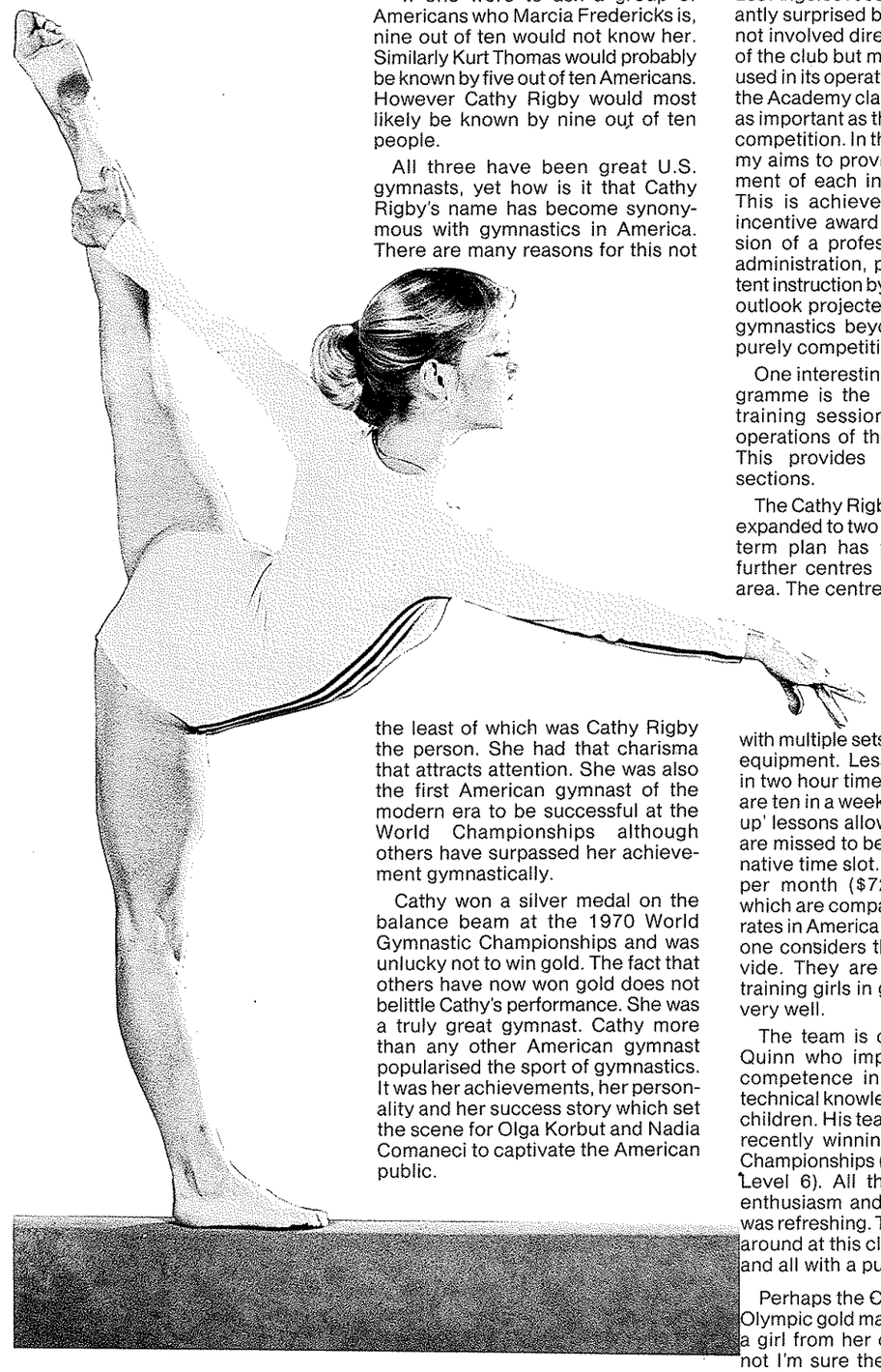
CATHY RIGBY—THE LEGEND LIVES ON



Cathy Rigby—A classic pose on the beam

If one were to ask a group of Americans who Marcia Fredericks is, nine out of ten would not know her. Similarly Kurt Thomas would probably be known by five out of ten Americans. However Cathy Rigby would most likely be known by nine out of ten people.

All three have been great U.S. gymnasts, yet how is it that Cathy Rigby's name has become synonymous with gymnastics in America. There are many reasons for this not the least of which was Cathy Rigby the person. She had that charisma that attracts attention. She was also the first American gymnast of the modern era to be successful at the World Championships although others have surpassed her achievement gymnastically.

Cathy won a silver medal on the balance beam at the 1970 World Gymnastic Championships and was unlucky not to win gold. The fact that others have now won gold does not belittle Cathy's performance. She was a truly great gymnast. Cathy more than any other American gymnast popularised the sport of gymnastics. It was her achievements, her personality and her success story which set the scene for Olga Korbut and Nadia Comaneci to captivate the American public.

We were fortunate to visit The Cathy Rigby Gymnastic Academy whilst in Los Angeles recently and were pleasantly surprised by it. Cathy herself is not involved directly in the coaching of the club but many of her ideas are used in its operation. At Cathy Rigby's the Academy classes are considered as important as the team training and competition. In this sense the Academy aims to provide for the development of each individual's potential. This is achieved by means of an incentive award scheme, the provision of a professional approach to administration, positive and competent instruction by adults and a healthy outlook projected on the benefits of gymnastics beyond the scope of a purely competitive sport.

One interesting feature of this programme is the integrating of team training sessions with the normal operations of the academy classes. This provides benefits for other sections.

The Cathy Rigby Academy has now expanded to two centres and the long term plan has provision for three further centres in the Los Angeles area. The centres are well equipped with multiple sets of top quality A.M.F. equipment. Lessons are conducted in two hour time slots of which there are ten in a week. Provision of 'make-up' lessons allows for lessons which are missed to be covered in an alternative time slot. The fees are $38.00 per month ($72.00 for the team), which are comparable with the going rates in America. Particularly so when one considers the service they provide. They are in the business of training girls in gymnastics and do it very well.

The team is coached by Richard Quinn who impressed us with his competence in class organisation, technical knowledge and rapport with children. His team had responded by recently winning the class 3 State Championships (comparable with our Level 6). All the team showed an enthusiasm and zest of work which was refreshing. There was little sitting around at this club. It was go! go! go! and all with a purpose.

Perhaps the Cathy Rigby dream of Olympic gold may yet be fulfilled with a girl from her own academy, but if not I'm sure the academy will have provided enjoyment and fulfilment in gymnastics to many thousands of girls.

Julie and Rod Sinclair

HAIR STYLE: SOFT BUN WITH DOUBLE BOWS

Wondering how you'll wear that long, thick or very fine hair? Do you need a hairdo that won't come apart on you during competition? Try this simple and effective Gymnastics World hair style. Solve the problem neatly, with a flair. Gymnastics World hair fashion expert, Carole Golart shows you "HOW TO" in easy to follow steps with the aid of lovely gymnast and GW model, Dolly Close.

Easy to follow steps....Here's what you'll need:

2 dozen Bobbi Pins
2 Rubber Bands
2 Ribbons
4 Hairclips
1 Hair Net (optional)
1 Large Comb
1 Hair Brush
Hairspray (pump type)

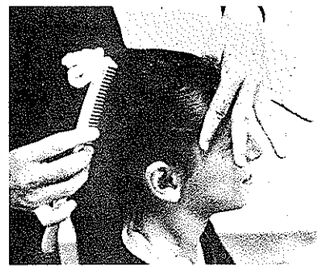
STEP 1. Brush hair on top and sides into a pony-tail on the top of the head. Secure with a rubber band. Next brush the hair underneath the pony-tail and make a second pony-tail. Secure with a rubber band.

STEP 2. Wrap the lower pony-tail into a tight wad and secure it down with bobbi pins.

STEP 3. Tie a ribbon around the base of the pony-tail that's on top.

STEP 4. "Feather" the hair of the top pony-tail. DO NOT TEASE.

STEP 5. Roll the feathered hair underneath into a bun if you prefer a hairnet, now is the time to put it on.



STEP 6. Make a bow out of the ribbon you attached in Step 4. Dampen hair with pump spray, comb hair back in ONE WAY strokes to settle any whispy ends that may stick up.

STEP 7. Repeat the pump spray, comb proccess to the lower section of hair-do. Add a bow and secure it on with bobbi pins.

Printed courtesy of Gymnastics World Magazine

AROUND THE STATES

NEWS TIDBITS:

- Jeff Cheales (NJC) was invited by the F.I.G. to conduct a Continental Judges Course in India.
- Anne Bigham (NJC) was in London as neutral judge at their Gold Top Invitation Competition.
- Gail Watson (NCC) had a baby boy.
- Mary-Jane Iddon (WA) had a baby girl.
- June Boycott (nee Blackman WA) had a baby boy.
- Ex gymnast, Jeanette Clayton (SA) was married in March.

NATIONAL SQUADS:

- Karen Edelsten (QLD), Debbie Connell (QLD) and Julie Turnbull (WA) now studying overseas.

Secretary/Treasurer—Alastair Low in Fiji to assist in the construction of a brewery.

Mrs Anne Bigham & Mr Jeff Cheales National Judging Co-ordinators

Debbie Connell

Julie Turnbull

Mr Alastair Low

Karen Edelsten

W.A. NEWS

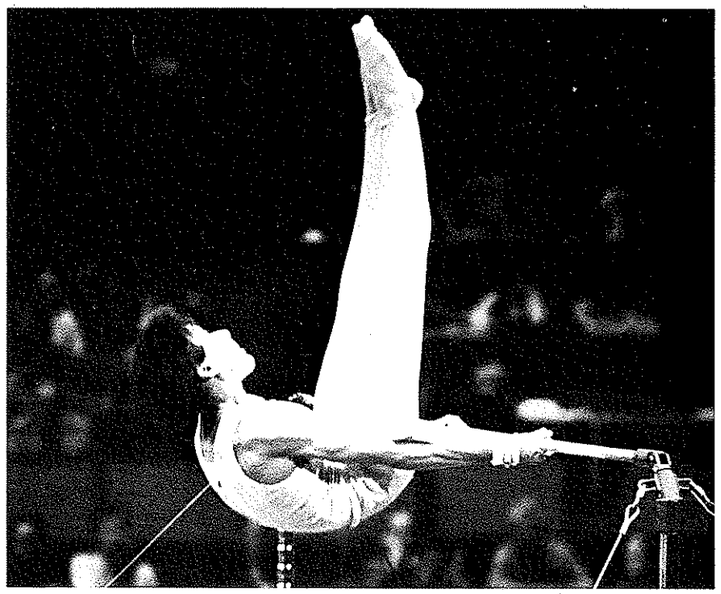
W.A. congratulates their only competitor at the 1979 World Gymnastic Championships, Lindsay Nylund. His score of 112.0 points and 63rd place represents the best ever individual performance by an Australian gymnast at such an event.

A number of West Australian supporters were present at Fort Worth.

A Physical Ability Development seminar was conducted in late November and the implications of the scheme were expanded.

With a new year commencing W.A. looks forward to another busy year of competition, training and participation.

Rod Sinclair



Lindsay Nyland at the World Championships

AROUND THE STATES

N.S.W. REPORT

N.S.W. is anticipating a successful and progressive decade. We started the year with a visit from New Zealand Girls in January. Queensland, N.S.W. and New Zealand participated in a friendly competition (Bronze and Silver Levels) at the Epping "Y". Although the N.S.W. team lacked finish, it should be up to a good standard.

A State Girls Junior talent squad of 20 has been selected for 1980 to train on a monthly basis. There are not as many as last year but the requirements have been raised and new ones included, such as body type.

We were fortunate to have Kitty O'Brien from the U.S.A. visit Sydney during January and February. She conducted a special clinic for the Queensland, New Zealand and N.S.W. teams. Kitty also conducted clinics for various clubs.

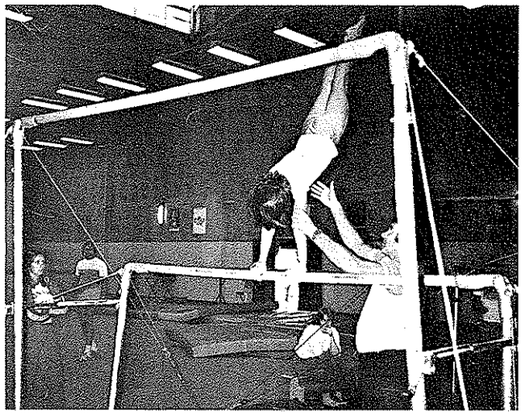
Her involvement in gymnastics for the past seventeen years has included both judging and coaching from beginner to National level, organization of meets and training of coaches. Kitty's dissertation topic "An Investigation of the Process which Produce Elite Womens Gymnasts in the U.S.S.R." was of great interest. Her research allowed her to visit the U.S.S.R. and as a result learn the language.

Many gymnastic clinics were held during the Christmas vacation:

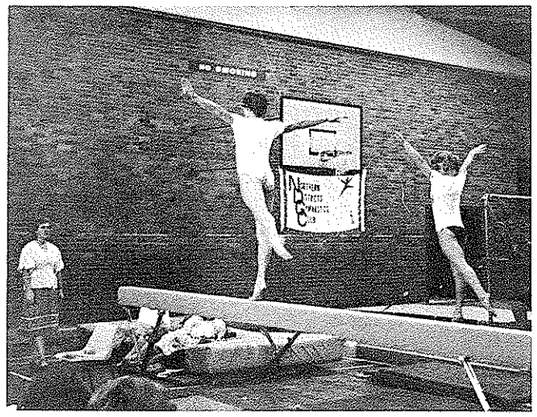
- Andre Rizzo's clinics at Summer Hill
- Gunnedah (many from Sydney attended)
- Epping Y.M.C.A. (4 day live-in clinic for 140 participants) (plans to conduct live-in clinics each holidays)
- Coaches Clinics (80 people attended this clinic conducted to introduce the WAG National Levels 1—4)

Gene Schembri, State Coaching Coordinator, has been working hard to prepare and implement new ideas. His enthusiasm and knowledge will certainly help the advancement of gymnastics.

Ken Benson



State Training, Summerhill. Michelle White (Bronze), Keith Giddy (Coach)



Clinic Epping Y.M.C.A. Kitty O'Brien

VICTORIAN REPORT

Not a lot has happened since the submission of our last report. The major event, however, is that the VAGA now has its own venue. This is the culmination of years of work by the previous three or four Executives. We have hired a hall from the Knox City Council. The hall includes a gymnasium, a smaller warm-up room, offices, toilets, kitchen, etc, and it is expected that this will greatly facilitate administration and logistics. The gym will be used for standards tests and squad training, and will also be sublet to the Knox Gymnastic Club. The greatest boon will be that the equipment will always be set up, and cost of transportation of equipment will be reduced from hundreds of dollars to zero.

While club affiliation fees have risen in accord with inflation, registration fees have been completely revised, and now work on a sliding scale. A system was devised to cover gymnasts of various levels, coaches, judges, non-affiliated members, club members who are not active participants, and any combination of these.

At the time of writing this report, plans are being finalised for a gymnatics stand at the World Sport Expo, which will be held in February, 1980. This time the Expo looks like being well run, and gymnastics should get a big boost from it.

KAREN'S OFF TO GERMANY

Karen Lahm, of Lower Templestowe, will take her gymnastic expertise to Germany this year.

Karen is one of eight girls of the Olympic Gymnastic Club going to Germany in March.

Their parents have paid the fares and the girls are doing their part to raise money for their trips.

They will give a display in Germany, then travel through southern Germany and Austria to do some sightseeing.

Gymnastic teams from other countries will also give displays in Germany in an underground gymnastics centre.

Karen, 14, lives for gymnastics, according to her mother, Mrs Barbara Lahm.

The girls are trained by well-known gymnastics coach, Graeme Partington.

Photo and article printed courtesy of Leader Newspapers.

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