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Updated 28th July 2008

OLYMPIC GAMES - FINAL COUNTDOWN

In the final week before the Olympic village opens, our athletes are working hard to ensure they are ready for the biggest competition of their lives.

Ben Wilden (Trampoline), Naazmi Johnston (Rhythmic) and Sam Simpson (Men's Artistic) are all training hard in their home environments, with Ben and Naazmi entering the Olympic village on the 4th August and 16th August respectively. The Women's team and Sam Simpson arrive on the 1st August.

Last weekend saw the final verification trial for the Women's team and all girls looked ready to tackle the best in the world. Unfortunately Emma Dennis was not able to recover from injury to take her place as the travelling reserve and she has been replaced by Melanie Jones. It was very sad for Emma as she gave it her best shot but fell short on time to recover from a foot injury. Emma is part of our future so we will see more of her in 2009 and beyond.

The GA President Ken Williamson visited the WAG training camp last week to wish the team well. GA also staged a farewell dinner for the girls and their parents in Canberra last Saturday night. The girls have been away from home for four weeks so it was a great opportunity for them to be with their families before they depart for Beijing this Friday.

2004 Olympians, Monette Russo, Stephanie Moorhouse, Karen Nguyen and Melissa Munro were special VIP guests at the dinner and spoke to the athletes about their Olympic experience. It was very special to hear their thoughts and feelings on the Athens Olympics and no doubt the 2008 team gained some very valuable hints on how to enjoy their experience.

A highlight was the team photo with all coaches and officials who have been part of the training camp.



GA President Ken Williamson with the girls



Members of the 2004 Olympic Team, who addressed the dinner
(Monette Russo, Melissa Munro, Stephanie Moorhouse and Karen Nguyen)



Team M embers, coaches and support staff who have nurtured the team whilst they have been at camp

Earlier last week, Suzy Balogh came to share an evening with the team. Suzy was a 2004 Olympic Gold Medallist in clay pigeon shooting.

Suzy is no newcomer to Gymnastics. She first became acquainted with gymnastics in Athens when she came to meet the Olympic Team at the village. She has since taken a real interest in gymnastics and knew a lot of information about the 2008 Team.

Suzy brought her gold medal for the girls to see and hold. Dasha bit into it to make sure it was real gold! Suzy gave each girl a signed clay target. Unfortunately in all the excitement, Emma dropped hers shattering like she had shot it herself.

The girls also celebrated Lauren's 17th birthday last week. She received some great presents from the team and coaches. Lauren wants to have her birthday at camp all the time!



Suzy Balogh and the girls



Dasha Joura gets a taste of gold



Emma Dennis and her broken clay target



Lauren Mitchell celebrates her birthday



Lauren Mitchell celebrates her birthday

Related Media:-

[Lismore gymnast Naazmi Johnston's shot at Olympic glory](#) - Northern Star
[Gymnast Naazmi set for her Olympic debut](#) - Bayside Bulletin

GYMNASTICS WEEK 2008 - LET US KNOW WHAT YOUR CLUB HAS PLANNED

GYM WEEK - It's your chance to celebrate all the great things about leaping, rolling, flipping, balancing, spinning, swinging, jumping, turning, splitting, throwing, pitching, twisting, climbing and then show off what you can do. GymWeek 2008 will run from 8 - 24th August 2008.

Gymnastics Australia is keen to hear what your club has planned for Gymweek so why dont you drop us a line. You can read their list of activities planned from the GymWeek 2008 [web site](#).



A couple of ideas that have surfaced from different corners of the country include:-

South Australia:- Gymnastics South Australia

"Just to let you know GSA has made a special offer to schools in the area of our training centre to come in and enjoy the Olympic experience - do the Olympics circuit, take away the colouring competition and the certificate. Compete doing the circuit for an allocated country - all the staff will be involved for the event and we have had such a response, 1500 children, that we will have to extend it over two gyms - GSA training venue and Koorana"

New South Wales:- Blue Mountains Tumbling and Trampoline Club

"I am Head Coach at The Blue Mountains Tumbling & Trampoline Club in Katoomba NSW, we are part of a Sports & Aquatic Centre. Just wanted to inform you our Club will be actively participating in Gym Week this Year. Im very excited to run activities within our centre to promote awareness of our sport and club - Leah Henderson"

Clubs around Australia are encouraged to get involved in GymWeek and promote themselves to their local community: send out the invitations then run an Open Day, perform a display, have a special showing of skills, set up special activities - the possibilities are endless!

To help you get started and get the most out of GymWeek, Gymnastics Australia has prepared a range of resources available to download from a special web site. Please click the link above.

Available resources will include:

- Get your community excited - Tips for a successful Media Release
- Colouring-in Competition – one for every Gymsport
- Ideas for running special themed lessons: Let The Games Begin
- Fun and challenging “Olympic Games” activities
- GymWeek Certificate template to print
- Adopt an Olympic Gymnast and follow their progress
- Links to the AOC, Herogram and My Heroes websites
- Our Local Hero Competition – nominate a hero from your club
- Tell the World - have your club activities posted on the website

Start planning your displays and allocating time for GymWeek fun for every class.

SEND OUR OLYMPIANS A TELSTRA HEROMESSAGE

Australian swimming champion Grant Hackett today launched the twentieth anniversary of Telstra HeroMessage®, which offers fans the opportunity to interact with their sporting heroes by sending them a message of support, ahead of the Beijing 2008 Olympic Games.

To celebrate the 20th year milestone, twenty of the nation’s most notable public figures including Prime Minister Kevin Rudd, Opposition Leader Brendan Nelson, comedians Hamish and Andy, ex-

Olympians Raelene Boyle, Dawn Fraser and Michael Klim and leading Australian footballers John Aloisi, Dale Thomas, Matthew Pavlich and Nathan Hindmarsh sent the Australian Olympic Team the first messages of support to inspire and motivate our athletes.

Grant Hackett was excited to receive these HeroMessages on behalf of the team before he departed Australia for his third Olympic Games.

"It's an incredible feeling to be supported by other Australians, and Telstra HeroMessage® lets fans communicate with us while we're competing overseas," Hackett said.

"It's amazing to see how the format of these messages has changed over the 20 years – from faxes to emails to video messages sent from mobile phones, all with an underlining Aussie tone of encouragement and support."

The first Telstra HeroMessages® were sent in 1988 to the Australian Olympic Team competing at the Seoul Olympic Games. Since then, the service has grown to offer fans new ways to share their sporting passion with our top teams competing in international competitions.

"The latest advancement in the Telstra HeroMessage® service allows the athletes to personally respond to messages they receive from fans. Telstra is proud to be a part of keeping athletes close to their families, friends and fans back home," Bill Obermeier, Executive Director Brand, Advertising and Sponsorship said.

"Telstra HeroMessage® gives supporters a unique opportunity to interact with their sporting heroes. This, together with Seven's coverage of the Olympic Games live on your Telstra Next G™ mobile, is bringing Australians closer than ever to all the action – as our Next G™ network covers 99 percent of Australians," he continued.

To get behind the Australian Olympic Team as they compete in the Beijing 2008 Olympic Games, send a text, picture or video message of support from your mobile phone to 0428 MY HERO (standard carrier charges apply) or go online at www.telstra.com/hero.

GYMMIX PARTNER PRESENTER

Driven by a desire to continually develop partnerships with, and offer new incentives for, our endorsed Clubs, Gymnastics Australia (GA) provides this extension to the Club 10 Benefits.

Available to Clubs achieving Star 4 and Star 5, the Partner Presenter Benefit is a combination of products, promotional material and a reconfiguration of services.

GA is seeking Expressions of Interest from Star 4 and Star 5 Clubs who are interested in applying for the role of Presenter of new national resources.

This partnership will commence with the delivery of the GymMix resource as a workshop to:

- Coaches
- Clubs
- Education Forums (e.g. ACHPER)
- Teachers
- Schools
- Other Professional Development Opportunities

Please find below an EOI application as a GA Partner Presenter. Please complete and return this form with the details of your Club's nominated presenter and dates of preferred in-service in the delivery of the GymMix Workshop.

This opportunity is available to clubs who retain a current Star 4 or Star 5 accreditation throughout the duration of their Partner Presenter status.

Click [here](#) to download the Expression of Interest Application Form

MEN'S ARTISTIC - 2008-2009 MAG NATIONAL SQUADS

Congratulations to the following gymnasts who have been selected on to the U/13 and U/15 National Squads by achieving the National Squad qualification score at the 2008 MAG National Championships in Brisbane:-

2008/09 U13 NATIONAL SQUAD

Aden Messori
Lachlan Savill
Robert Dongas
Zachary Perillo
Trenten Wan
Ben Congedi
Robert Thornton
Alexander Lovatt
Declan Springthorpe
Jordan Papandrea

2008/09 U15 NATIONAL SQUAD

Domonic Bedggood
Tyson Bull
Kristian Wan
Joel Lister
Jarryd Gould
Mitchell Jones
Brody-Jai Hennessy
Mitchell Burge
Kent Pieterse
Hayden Ford

The 2008 - 2009 U/17 National Squad is currently under review by the Selection Committee and details of the squad will be released in the near future.

MEN'S ARTISTIC - 2009 FIG MAG CODE OF POINTS

Following the decisions taken by the FIG Executive Committee members during their last meeting in Cape Town in May 2008, the updated version of the MAG 2009 Code of Points, duly approved by the Executive Committee in South Africa, is now posted on the Gymnastics Australia MAG website.

This updated version will be used for the preparation of the MAG Intercontinental Judge's Course in Leipzig Germany in December 2008

Further amendments or clarifications to this edition of the MAG 2009 Code of Points may be made at the completion of the MAG Intercontinental Judge's course.

RHYTHMIC GYMNASTICS - LEVELS TOUR TEAM ANNOUNCED

Congratulations to the following RG levels gymnasts and officials who have been selected to represent Australia at the 2008 New Zealand National Championships in Hamilton in September 2008. All the gymnasts were selected based on the results they achieved at the 2008 RG National Championships in Adelaide.

Level 7

Georgia Pase (QLD)
Kelly Harrison (WA)
Melissa Haddad (NSW)
Alberta Nader (NSW) - Reserve

Level 8

Kaylan Lawrence (NSW)
Abigail McPherson (NSW)
Stephanie Lee (VIC)
Lucy Mulcahy (VIC)
Louisa Haddad (NSW) - Reserve

Level 9

Aimee Hanson (QLD)
Pamela Rizzo (WA)
Kvitka Becker (SA)
Georgia Braithwaite (NSW) - Reserve

Level 10

Tahnee Cowie (WA)
Karina Lee (NSW)
Ameline Edwards-Frainey (QLD)

Meg Russell (QLD) - Reserve

Jo Edinger (National SMC) - Team Manager
Tanya Vahala (WA) - Coach
Danielle Leray (NSW) - Coach
Jenny Whitworth (QLD) - Coach
Emma Taylor (VIC) - Coach
Romana Becker (SA) - Coach
Stephanie Schahinger (SA) - Judge
Michaela Pendleton (NSW) - Judge
Joy Millard (NSW) - Judge

Gymnastics Australia and the National SMC wish the team every success at the 2008 New Zealand National Championships.

RHYTHMIC GYMNASTICS - 2008 RG SKOOLGIRLS NATIONAL CHAMPIONSHIPS

The Skoolgirls National Championships will be held in Sydney on the 18th October 2008 at PLC Sydney in Croydon. The event information and entry forms can be found on the Gymnastics Australia [website](#) located under Events - National.

For further information please contact [Karon Williams](#) or [Nicole Higham](#)

SPORT AEROBICS - CONGRATULATIONS TO TRUDI NURSE

Congratulations to Trudi Nurse who has been invited by the FIG as an Expert Presenter for the FIG Academy Aerobics Level 1 Course to be held in Vietnam – November 23-30

CANBERRA CITY GYMNASTICS CLUB CELEBRATES 30 YEARS

This year Canberra City Gymnastic Club celebrates its 30th Anniversary having been founded in 1978 with 10 gymnasts in Kingsley St Hall ANU. In 1985 the club gained a grant and land from the ACT government to build its own facilities in Belconnen. Since then many hundreds of gymnasts have passed through its doors. Quite a few of these gymnasts and their parents have stayed over 10 years and six have been with the club for over 20 years.

Many people have helped shape Canberra City Gymnastic Club particularly through their achievements at national competitions, in coaching, in judging, in administration, and in establishing innovative programs.

To mark the occasion the Club hosted a birthday party-reunion last Saturday 19th July. After a warm welcome by Club founder, Les Sharp, over 130 guests, some travelling interstate, enjoyed a buffet luncheon. Folk spent time viewing the large photo and timeline banners and, with gymnasts past and present, stood transfixed by the video screens (were the WAG bars ever really that close together!?).





A special gold Club pin was presented to those who had been associated with the club for more than 10 years after which Club athletes provided some entertainment as they signed their image on the Club's Australian Representatives wall mural.

Special guests included John Malouf, Sport and Recreation advisor to Grants Committee 1985; John Wolstencroft, then Secretary Sport and Recreation, David Dickson then Manager of the Bruce stadium, Gene Schembri, then Coaching Coordinator Australian Gymnastics Federation; Elana Sharp, Australian representative, World Gymnastics Championships, Budapest 1983; Genevieve Preston, Australian representative, World Gymnastics Championships, Sabae 1995 and Olympic Team Reserve 1996.

Mary Hewett
CCGC President

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Australian Government

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PRINCIPAL SPONSOR

Gymnastics Australia acknowledges the ongoing financial support of the Australian Sports Commission in the delivery of a "whole of sport" approach to gymnastic related services and benefits.

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