



National Commission Update

July 2015

Keeping States Up-To-Date with National Commission Decisions and News

[AWE Trampoline Senior National Squad Training Camp, Hobart, TAS report](#)

Kingborough Sports Centre hosted the Australian National Trampoline Squad for the Australian Winning Edge (AWE) training camp held from the 3rd - 5th July.

The AWE Camp is an important part of the National Trampoline Squad's preparation for the 2015 World Championships, which are being held in Denmark in November.

The weekend featured 2012 Olympian Blake Gaudry, as well as 2014 World Championship finalist, Shaun Swadling. Tasmania's Jack Penny was also in attendance, as well as 2014 World Cup finalist, Ty Swadling. In addition, 2014 Youth Olympic finalist, Abbie Watts led the women's team accompanied by 2011 Under 19 World Champion, Eva Kierath and 2015 Australian National Champion, Claire Arthur.

After a light session on the Friday evening, training continued on the Saturday and Sunday, with sessions also in Pilates, strength and conditioning, nutrition and a recovery session.

All athletes trained superbly and will now go back to their own programs to prepare themselves for the final selection trial for a space on the Australian Senior Trampoline Team for the 2015 World Championships. The final selection trial will be held on the weekend of the 7th – 9th of August in Adelaide, South Australia.

[DMT SNR and JNR National Squad Training Camp – Castle Hill, NSW report](#)

Over the weekend of Friday 10th – Sunday 12th July, the senior and junior National DMT Squads attended a national squad training camp at Castle Hill RSL in Sydney, NSW.

Belinda Cox who has been one of the key coaches in Australian DMT for a number of years led the training camp. Athletes and coaches enjoyed learning from her fantastic technical knowledge and hearing her research on how some of the world's best athletes achieve the results they do.

The training camp including DMT specific sessions ranging from new dismount session in the pit, to consistency sessions on mounts and dismounts. There were also sprint, Pilates, strength and condition, aqua aerobics and recovery sessions included in the weekend.

We would like to thank all who attended and especially Belinda and the Castle Hill RSL gymnastics club for their hospitality, and look forward to our next DMT national squad training camp after National Clubs in Bendigo, VIC. This camp will also include the JNR Trampoline National Squad.

[Upcoming Events / Training Camps](#)

- AWE TRP SNR National Squad Training camp 3, Adelaide, SA
7th-9th August
- SNR TRP World Championships final selection trial, Adelaide, SA
7th-9th August
- SNR National Squad Tour, Spain
5th-13th September
- SNR TRP World Cup, Spain
11-13th September
- National Clubs Carnival, Bendigo, VIC
24th – 27th September
- SNR / JNR DMT and JNR TRP National Squad Training Camp (Post National Clubs, Bendigo, VIC)
28th – 30th September
- Team Future Training Camp (Post National Clubs, Bendigo, VIC)
28th – 30th September

2015 National Clubs Carnival

The time is edging ever closer to the opening ceremony of Gymnastics Australia's first multi gym sport National Clubs Carnival, with only a matter of weeks to go until the start of this exciting event.

Definitive entries are now open and must be submitted by Wednesday 12th of August 2015. Below is a link to the Definitive entries page on the event website:

<http://www.gymnastics.org.au/definitive-entries.html>

Bulletin 4 containing important information for all clubs attending the event has also just been released and can be found on the below link:

<http://www.gymnastics.org.au/2015-national-clubs-carnival.html>

2015 World Championships / National Squads 2nd Trial

On Friday 25th of September, Gymnastics Australia's National Clubs Carnival will play host to the 2nd trial for the 2015 World and World Age Championships and 2015 / 2016 National Squad.

At this trial athletes will have the chance to trial for the following Teams / Squads:

- 2015 World Championships DMT Team
- 2015 World Championships TMB Team
- 2015 World Age Championships TRP, DMT and TMB Team
- All 2015 SNR and JNR National Squads

Please make sure all athletes wishing to trial are entered into the event on the definitive entries for the National Clubs Carnival, under the "World Age Selection trial" section in blue.

Current National Squads selected after the 2015 Australian Gymnastics Championships can be found on the link below:

<http://www.gymnastics.org.au/trp-national-squad.html>

TRP Advanced Coaching Course

Gymnastics Australia is delighted to announce that the online component of the Advanced Trampoline and Tumbling Courses will be released in August. Entry to the course is via the [Learning Management System](#).

<http://learning.gymnastics.org.au/topclass/topclass.do?login>

The Face-to-Face component of the course is also now complete; please contact your state gymnastics office to see when your state's first course will be scheduled. Belinda Cox from Castle Hill, Sydney, NSW had this to say when asked how the face to face pilot course went:

"It went well with everyone having very positive feedback on the content. All candidates and their demonstrators participated fully in the 2 day course."

GA Pathways Road show – Team Future

Over the past few weeks the GA Pathways team of Alexis Lebedew and Jo Richards, have been on a road show around Australia.

They have been travelling from state to territory to present forums and workshops on the Pathways program, Spin to win, Team Future, Ideal Skills testing and the Virtual Assessment tool.

These forums and workshops have been widely supported by the trampoline community and have been seen as very useful.

If you have any questions for the pathways team on Team Future, Spin to win, Ideal Skills testing or the Virtual Assessment Tool, please contact Alexis Lebedew at Gymnastics Australia: alebedew@gymnastics.org.au

Proposed Judge Supply Policy

The National Commission's Judging Coordinator Leigh Oswin, would like to remind all Judging coordinators and State Sport Management Committees, that feedback on the draft version of the proposed judge supply policy is due back to him by no later than Tuesday 1st September.

To email any feedback or for a copy of the draft policy, please email Leigh: ljoswin@gmail.com

In Memoriam

Australian trampoline parent Joyce Austine passed away recently leaving behind husband and GA Life Member Fred Austine, son and National Team Coach Brett Austine and daughter Julie Bartlett.

While her husband Fred was the National Coach, Joyce was always by his side, managing teams, feeding teams, just being the mother figure to many of Australia's representatives. Our thoughts are with her family, may she rest in peace.

Meet the National Squad



Name – Blake Gaudry

Age – 22

Started Jumping in – 2002

Club / Coach – T-Jets,
Viktor / Nikolay Zhuravlev

Best Achievement – Qualifying for and competing in the 2012 London Olympic Games

Winning a Bronze medal in the Men's Team event at the 2013 World Championships in Bulgaria.

Favorite Move – I'm a terribly indecisive person and can't pick just one move!

Future Goals – Winning and Olympic Medal

How did it feel to retain your Australian National Title at the 2015 Australian Gymnastics Championships – It was always the focus leading into the competition, and despite a few mistakes on my behalf and some solid routines by other competitors it was great to come out on top. The excitement for me this year is more that I know I'm on track with my plans rather than actually retaining the title.



Name – Claire Arthur

Age – 18

Started Jumping in – 2008

Club / Coach – T-Jets, Viktor Zhuravlev

Best Achievement – Becoming National Champion 3 years in a row! Also, competing in the Australian Youth Olympic Festival.

Favorite Move – Back Cody

Future Goals – To compete in the Olympics

How did it feel to retain your Australian National Title at the 2015 Australian Gymnastics Championships – I was happy to retain my national title, however it was only one small goal for me this year going into the senior world championships and Olympic Qualifying in November.