

# National Commission Update



Gymnastics Australia  
Men's Artistic Gymnastics

July 2015

## Keeping members up-to-date with the latest information

### Technical Director: Rohan Kennedy

After a successful Australian Championships the focus for the commission now turns to delivering the National Clubs Championships as part of the National Clubs Carnival to be held in Bendigo, VIC over the period September 17-20. In addition to the National Clubs event we have been fortunate to schedule the World Championships trial to take place on that Saturday evening of National Clubs in conjunction with the division A competition.

The commission is also proud to announce the release of the MAG ALP in a digital mobile format, the first for any gym sport in Australia. The app is available for download now on iOS and Android and will be available soon on the Windows platform as well. The cost of the app is \$30.

<http://www.gymnastics.org.au/page.php?id=987>

Back in May just prior to the Australian Championships, National Judging Coordinator, Paul Szyjko and myself were invited to the Gold Coast to meet up with the FIG Technical Committee. Paul and I were warmly welcomed into their meeting which is usually a very private setting. We were asked to contribute to discussions regarding the proposed 2020 Olympic Games qualification process and also the 2017 – 2020 Code of Points.

In addition to focusing on the National Clubs Carnival, the commission has commenced reviewing the Technical Regulations in preparation for 2016. Proposed changes to the current regulations will be tabled at the Advisory meeting in October where state representatives will be given an opportunity to provide feedback.

### National Judging Coordinator: Paul Szyjko

National Championships came and went. 37 judges were in attendance at some level. Probably more of those attending were available for a greater section of the event than in recent years which was definitely helpful.

Advanced Silver Course was held prior to National Championships. There were 9 candidates and 3 observers. Of the 9 candidates, 7 gained Advanced Silver accreditation. I am currently sourcing new routines for the course for both the practical content and the examination content.

World University Games in South Korea – Daren Wolfe attended as Reference Judge. Daren drew PH and PB for qualifications, FX and VT for AA, and PH and VT for apparatus finals.

Below are the major points that Daren reported back from the briefings:

FX: landing acrobatic elements and joining heels to avoid deduction for landing with feet apart; highlighted that many gymnasts have feet apart during landings in passes with combined saltos.

PH: open hips in scissor to HS elements, and use of strength and hitting apparatus on the way down for Busnari type elements

SR: specific focus on timing of hold parts, body position, bent arms, overgrip, resulting in multiple deductions (nothing new here but they showed a video routine dissection repeated three times and analysed separately for each type of fault to highlight multiple deductions)

PB: preparation of the apparatus may be performed by coaches for the upcoming rotation upon completion of the final exercise in the current rotation (it was clear that many countries were either not aware of this rule or maybe just tried to push the point, but when explained that only coaches could prepare the bars, it was clear that they had not practiced this and didn't know what to do, as normally gymnasts did this together).

PB: L-sit and press to HS must hold 2 seconds (several gymnasts made this mistake incl. 1 good CHN boy in Comp III who lost 1.0 because he did press to HS immediate pivot, despite this reminder being repeated in the judges briefing prior to Comp II).

PB: Bhavsar not recognised and heavily deducted if shoulders rise above the bars and show any interim support

Daren also commented on the format of the competition in which the events were halved over two days thus requiring half the number of judges (i.e. FX panel covered VT the next day, PH similarly with PB and SR with HB). This increases the workload on the attending judges and deprives judges, athletes and coaches of rest days. This seems to be a developing trend amongst significant level events.

Brad Mannix has been appointed as judge for Australia to the Japan Junior International and will also travel to New Zealand as judge with the Open Levels Tour.

A revised version of the Code of Points has now been released and is available on the FIG website. This incorporates rules embodied in Newsletters released during the course of this cycle. Also released is a Symbols booklet prepared largely by Andrew Tombs of GBR which adds greater structure and system to the use of symbols. This is likely to become an assessable section of the international judges courses.

### **General Member – Judging: Andrew Cordery**

At the time of the last commission update in March it was announced Andrew and his wife had just welcomed their 2<sup>nd</sup> child into their family. Andrew has taken some time away from gymnastics however has still been an active contributor to the commission throughout this period. The commission has not burdened Andrew with any additional tasks or workload during this period which is why he has not provided an update on his portfolio.

### **General Member – Coaching: Sean Wilson**

The online course for the MAG Advanced Coach Accreditation is now live on the Gymnastics Australia website. This course is for anyone looking to attain an Advanced accreditation as well as anyone who currently holds an Advanced accreditation who would like to refresh or improve their knowledge in this area. The MAG specific content is based around level 3-6 of the ALP and contains a number of useful drills and coaching tips. For more information please follow the link below.

<http://www.gymnastics.org.au/page.php?id=1003>

Also, the Pathways team have recently begun their Australia wide roadshow to discuss strategies for the long-term development of international medal winning athletes in MAG, WAG, RG and TRP. For MAG there are two sessions. The first is to provide information about Gymnastics Australia's Pathways programs, including a demonstration of the new Virtual Assessment Tool. This session is open to anyone who is interested within the MAG community. The second part is a practical session for coaches on the new IDEAL Skills curriculum. All coaches intending to use the new MAG IDEAL Skills should attend this as the curriculum will become the basis of athlete selection to Team Future Camps in 2016. For more information please follow the link below.

[http://www.gymnastics.org.au/article.php?group\\_id=14415&id=36](http://www.gymnastics.org.au/article.php?group_id=14415&id=36)

## **National Program Update – John Curtin**



### **World University Games**

The Australian men's team recently competed in the World University Games in Gwangju, Korea.

Gymnasts: James Bacueti (NCE/ACT), Tyson Bull (Uni Illinois/VIC), Michael Mercieca (NCE/QLD), Mitchell Morgans (NCE/QLD), Trenten Wan (NCE/QLD)  
Officials: John Curtin (Head of Delegation / Coach), Sergei Chinkar (Coach), Phil Cossens (Physio), Daren Wolfe (Judge).

The experience gained by the gymnasts was of great benefit, having the opportunity to compete in a large international competition & to experience a big multi-sport event, living in a village situation. The competition was an unusual format (similar to Commonwealth Games) with Team/Qualification being held over two days, followed by AA final on day 3 & apparatus finals in two sessions on the fourth day.

Our team generally struggled on podium and some of the less experienced guys were obviously over-awed by the size and quality of the event as a whole. Briefly, the team suffered on day 1 with too many falls on Floor & Pommels; Rings was a clean round with four hit routines. Day 2 was a little better with one missed routine on each event.

The team finished in 15<sup>th</sup> place & the overall team performance was disappointing but hopefully the experience will benefit the guys moving forward. The competition for James, Mitchell & Tyson was their first senior international competition on a podium; all had their problems in the competition.

Mike did well to hit all 6 routines & steady the team; his experience helping him to cope better with the event, although preparation was a struggle at times managing injuries that disrupted training at times.

Tyson struggled on day 1 missing Floor & Pommel; day 2 was good fighting hard to get through Parallel Bars, he made his High Bar routine with Cassina & Kolman; a tough routine done well; Vault was a steady Yurchenko 1/1.

Mitchell was a little over-awed by the event at times; day 1 was a struggle falling on Floor & Pommel; day 2 saw a good fight to get through Parallel Bars & a solid Tsukahara 2/1 on Vault; however, he struggled on High Bar, falling four times; a disappointing outcome on what is usually his best event.



Trenten on Rings

Trenten competed on three events, doing well on Rings & High Bar but missed Parallel Bars on day 2 with an extra swing after his Honma & a fall on the double pike dismount. Trenten did well to be ready for competition managing a few injuries himself & being called up into the team when Luke Wiwatowski was injured only 36 hours prior to departure, suffering a nasty injury to his knees on Vault in our last major session before leaving for Korea.

James struggled with the competition pressure, he started out on day 1 with a fall on Pommel & struggled through an unsteady Floor; day 2 was disappointing with James falling on his Tsukahara 5/2.



James Bacueti on Floor

## National Centre of Excellence Update

Gymnasts at the NCE continue to push themselves in training every day; however, we are experiencing a number of injury concerns at present which is having a detrimental effect on productivity in some cases. The program does receive tremendous support in the areas of SSSM and Personal Excellence with a team of real experts supporting the team in all aspects of their well-being and personal development.

The support of the service provider team is greatly appreciated with the gymnasts training around 30 hours per week, and being involved in 2 Strength & Conditioning sessions, 3 Recovery sessions, Physio, Massage, Psychology, Nutrition and Doctor consultations along with regular contact with Personal Excellence staff who support the gymnasts with life on campus at AIS as well as education & vocational guidance and support where needed.