



DATE	July 09 WAG Bulletin
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Athletes Representative

Rachel Stewart has decided to move on from this position and we would like to thank her very much for all the time and effort she has put in to help the athletes in our sport. Rachel will still be around as she has again been named the physiotherapist for our National Championships.

We are pleased to appoint Natalie Gunn from Wellington as her replacement. Natalie has been a competitive gymnast for many years and after having a year off she has returned and is currently a level 10 gymnast at Hutt Valley Gymsports. She is also a coach with the club. You will see her around the competition circuit so please if your gymnasts want someone to talk to she is available. Her email address is nat.gunn@hotmail.com

Shirley Baker

AYOF Tour

It has been a little while since this tour but I have asked Jacqui Godfrey who attended as our NZ judge along with Michelle Woolf to give us a report on the tour.

AUSTRALIAN YOUTH OLYMPIC FESTIVAL 2009
14-18 January 2009

Initiated by the Australian Olympic Committee following the success of the Sydney 2000 Olympic Games, the AYOF brings together youth athletes to compete in an environment similar to the one of the Olympic Games.

This year the AYOF included over 2,000 athletes, from 23 countries, in 17 sports.

The venue for the Gymnastics was once again the 2000 Olympic Games stadium at Sydney Olympic Park, Homebush.

There were 28 WAG gymnasts, representing AUS, CHN, GBR, JPN, MAS, NZL.

The overall standard of gymnastics was very high. The CHN and JPN gymnasts were exceptional, both in degree of difficulty and technical execution. Some of the GBR team had attended the previous AYOF, and showed great improvement.

- Range of qualifying scores – 45.475 (MAS) to 57.675 (CHN)

Interesting Elements/Connections

- **VT**
 - One yurchenko double twist – A 5.8, B 8.8, F 14.6
 - Three yurchenko 1½ twists – A 5.5
- **UB**
 - Adler circle to clear support, L-grip giant ½ turn – D+C 0.1
 - Adler circle to handstand, jaeger – E+D 0.2
 - Reverse giant healy turn before handstand, jaeger – one E+D 0.2, one devalued to D+D 0.1
 - Toe-on Shaposhnikova, shoot ½ to handstand, clear hiccup – D+D+C 0.2
- **BB**
 - Sheep jump, pike back – D+C 0.1
 - Flic flac, flic flac, layout to two feet, korbut flic – B+B+E+B 0.3
- **FX**
 - Back 1½ twist, front layout full twist – C+C 0.1
 - Back 1½ twist, front 1½ twist – C+D 0.2
 - Acro – triple twist, full in double tuck, double Arabian

Apparatus Finals

The qualification of Lani Hohepa for VT apparatus finals was a highlight for the NZL team. Lani performed a solid vault with only 0.8 deductions. She placed 8th overall and had the 2nd = best execution score, bettered only by one JPN gymnast.

Jacqui Godfrey

Performance Squads

WAG Sport Development Committee Squad Overview

To date the WAG SDC has, in consultation with the High Performance Advisory Group, named 7 gymnasts as the 2009 National Performance Squad, and 14 gymnasts as the 2009 National Talent Identification Squad.

The establishment of these squads is seen as an important step towards the re-development of an international profile for woman's artistic gymnastics for this country.

This committee identifies the importance of identifying talented gymnasts and providing a nationally accepted pathway for them to achieve at the highest possible level, guided by clear goals and objectives and enhanced with the provision of training experience that builds upon their club programmes.

The committee supports the view of the HPAG in that the clubs and coaches of the selected gymnasts must work together in establishing the direction of the Performance programme and some positive steps were made in that direction at the first WAG squad training in February. Further progress was made with the Talent ID Squad at the National Gym School in April and the WAG Coaches Sub Committee meeting in June.

A third squad level is being looked into. These gymnasts are considered as Emerging Talent, and will be named in two groups... as a northern squad and a southern squad. It is anticipated the two groups will come together in Auckland and Christchurch sometime in the future. These gymnasts will not be part of the Performance programme but the SDC believe that this initiative is an important step on the pathway towards the Performance programme.

Howard Hill

Coaches Overview – At the Performance squad training session in Auckland in February, the coach's seriousness and their commitment made it a successful event.

The coaches felt that their hard work was given consideration and that something is happening.

The facilities, programme and hours of training were adequate so gymnasts could train effectively. The gymnasts went home with greater ambition to carry on and commit themselves even more than before.

At the Talent ID Squad training in April every club sent their personal coach with their gymnast.

With flexibility from GSNZ and the coaches it was more possible to make the clinic a success.

The skill level was balanced and everyone had something to learn from others. Coaches watched each other during the sessions and will take benefit of some good ideas and drills that other coaches are using. This is the benefit of having clinics, we are learning from each other.

Svetlana Sazonova

Judging 2009

There are no changes to the Levels Routines and Judging for 2009. Only Senior and Junior Internationals will be competing under the new code.

Brevet judges have been expected to re qualify this year. At this point, no other judges are required to do so until 2011. (Unless, there are changes to the Levels code prior to then) WAG Level One, Two and Three courses are being run for those judges who are wanting or ready to go up a category. (eg: Level Two B to Level Two A)

It would be beneficial for all judges to read Articles 7.1, 7.2 and 7.3 from the 2009 Code of Points. It gives clear explanations of the technical requirements and crediting of leaps, jumps, twists and turns. (NB: We will NOT be applying changes to handstands, Article 7.4 in 2009)

Quick Questions:

1. What are the bar height requirements?
Low Bar: 170cm High Bar: 250cm (measurements from ground to top of bar, with 20cm matting)
2. What is a Produnova (leap or hop) – does it meet the Core Skill on the Level 6 floor?
*Produnova is more of a leap as it travels. HOWEVER, it takes off one leg and lands on two. Therefore, there is nothing from technically stopping if being considered as a hop. **Credit CS.** However, coaches should note that it is easy for gymnasts to miss the 45 degree split – therefore, becoming a wolf hop –**No DV and does NOT meet CS**)*
3. Does a stag-split leap count as a split leap?
Yes – it's in the code as an optional way to perform a split leap
4. Can a gymnast perform a 6.0 and a 7.0 vault in Levels One, Two and Three?
Yes in Level Two and Three. No in Level One, as the 7.0 vault is the average of two vaults – so the gymnast must choose which vault to perform. (Under NO circumstances is a gymnast allowed to perform 3 vaults)

Clarification:

WAG Level 4 – Beam

The encouragement skill 1 – Straddle Press to handstand with optional exit MUST be held for 2 sec to receive the 0.4 bonus, if it is not held for 2sec but still meets the technical requirements of the skill (I.E. hits handstand and returns to the beam (position optional) it will be awarded a bonus of 0.2.

This change is to be effective immediately and is only applies to competitions in NZ.

Also note any other mounts in the COP of points that require a 2 sec hold, are given a value one DV lower if not held.

FIG Code of Points:

After each Olympic Games the FIG redoes its Code Of Points (COP). 2005 saw major changes with the removal of the 'Perfect Ten.' It was designed to bring us in line with the other Gymsport codes. They replaced it with an open ended 'A' (A score), which saw gymnasts like Nastia Liukin and He Kexin achieve well up in the 16s on bar at the 2008 Olympics, with A scores of 7.7.

So now that another Olympics has recently past, with the Americans and Chinese being the movers and shakers in the WAG side of things, 2009 brings about more changes to the COP. This time, they are merely adjustments instead of the rewriting of the whole code, as what happened in 2005.

The most interesting changes:

- General: * 8 elements to be counted, including dismount on UB, BB and FX, (Instead of the previous 10).
 - * The 'A' score has been renamed to the 'D' score (difficulty)
 - * The 'B' score has been renamed to 'E' score (execution)
 - * EGR's are now called Compositional Requirements
- Bars: * Compositional Requirements are:
 1. Flight Elements –high to low, high to low)
 2. Same bar flight
 3. 2 different grips and close bar
 4. 360 degree non-flight turn in handstand
 5. Dismount
- Beam: * Maximum of 5 acro and minimum of 3 dance
 - * Inclusion of an A + C Turn connection (0.1 connection value)
 - * D (acro) + A (scale) connection (0.1 connection value)
- Floor: * Maximum of 5 acro and minimum 3 dance
 - * Maximum 4 acro rows allowed
 - * 3 'D' leaps/jumps; 3 'D' turns; even an 'E' turn

Michelle Woolf

Coaching 2009

- For clarification on skills being performed in routines I encourage you to read the Quick Note section and Clarification on the WAG Judging Bulletin.

Nationals: Qualifications Scores and Coaches Accreditations:

The scores needed for qualifying for Nationals:

Are now out in the last Nationals Newsletter #3

Coaching Qualifications:

As noted in the latest Nationals Newsletter #3

Coaching Qualifications:

Just a reminder to those of you who have attended coaching courses this year that you make sure you complete the online modules and have a current first aid certificate. By checking these 2 small things will ensure that you are awarded the certificate and are credited with the coaching qualification you thoroughly deserve.

Mentoring Programme:

I am hoping to establish a mentoring programme like what we have in the WAG judge's community. If you would like to be either a mentor or have a mentor could you please email me: cadams@sbhs.school.nz, provide me with your name, name of club, qualification you currently hold. From this I hope to network coaches from around the country via email, location etc in order to prevent new coaches, coaches wanting to up-skill feeling that they are isolated or cut off from the larger centres. We have found that this form of networking in Judging has been beneficial in maintaining judges and now need to do this with our coaches.

Secondly, if your club/region has any squad trainings, camps or workshops coming up could you let me know so that people who would like to further their coaches skills can attend or know who to speak to if interested in attending as an observer.

Teaching Skills:

As coaches we all come across some skills that we just struggle to grasp and teach our gymnasts. If there are particular skills that you would like tips on could you email me so that in each bulletin we cover skills that you, 'the coach' want to learn more about.

Remember keep smiling, don't be afraid to seek advice, and remember we are doing this for the gymnasts.

Please feel free to email me (cadams@sbhs.school.nz) and I will endeavour to answer your queries or put you onto someone who can. If I don't know what the issues are then I'm unable to help put them right!!!!

Clare Adams

Level 6 Vault

After a discussion with our committee we have made the decision that the Start Values for level 6 vault are to be amended immediately as follow;

Handspring	5.0
Handspring Full Twist	5.3
Tsukahara Tuck & Pike	6.0

The reasoning behind this is we feel the gymnasts are not given enough recognition for doing the tsuk. They are being disadvantaged for competing the higher difficulty vault by the deductions that are being taken.

We have had comments from various judges and coaches throughout the country and all agree we should award the gymnast in this instance for attempting the higher difficulty vault.

Could you please ensure your competition secretaries and control judges at the remaining competitions this year inform the judging panels and coaches of the change.

Shirley Baker

	Nationals Forum
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We will be again holding our Forum at Nationals. If there is anything you would like to discuss please let me know beforehand and we can look at adding it to the agenda.

You should all have seen the memo regarding the proposed New WAG Competitive Programme, there will be a presentation on this at our forum.

Shirley Baker