

# National Commission Update



Gymnastics Australia  
Men's Artistic Gymnastics

March 2015

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

### Technical Director: Rohan Kennedy

Preparations for Australian Championships are progressing well with information being distributed by GA to the state associations through the event bulletins. A reminder to all coaches and states, there are special qualification requirements for the new Level 9 U15 division so please ensure your athletes in this division meet the requirements as outlined in the 2015 Technical Regulations.

The commission has been very busy over the Christmas and New Year period as outlined by their individual reports. More specifically I have been heading up developing a mobile version of the ALP. The app will be both Android and iOS compatible and will provide technical members, athletes and parents with an easy way to access and consume ALP related information including routines, videos and updates. The release date and pricing is still to be finalised but we hope the app will be ready by the end of March or early April.

This year at the Australian Championships we will be holding an 'Open Forum' instead of the usual 'Open Levels' meeting. This forum is designed for coaches, officials, administrators and state association employees who have an interest in the development and progress of our sport and will not be specific to any one section of our community. This is a great opportunity for those in our community to provide feedback to the commission all areas of our sport.

The 2015 Open Levels Tour is heading to New Zealand. This tour is a great opportunity for coaches and judges to experience and is approaching 20 years since this initiative was first introduced for men's gymnastics.

If any GA Technical Member is interested in taking on the role of Team Manager please let your interest be known by contacting me directly. An expression of interest form will be available soon for all positions for the tour.

### National Judging Coordinator: Paul Szyjko

In addition to the Newsletter #27 released in March last year, the FIG MTC have just released Newsletter #28. Judges should familiarise themselves with these and be able to apply the rulings as required. A number of expectations are contained within these newsletters that are as relevant to ALP gymnasts as they are to international gymnasts.

The newsletters can be found on the FIG website under News\Newsletters or the following link will go straight to #28

[http://www.fig-docs.com/website/newsletters/MAG\\_NL\\_28\\_en.pdf](http://www.fig-docs.com/website/newsletters/MAG_NL_28_en.pdf)

We will shortly be calling for judges to be available for National Championships. Intermediate Bronze judges are now qualified to judge execution in optional routines at Levels 7-9. There is a significant fee per session to subsidise judges at National Championships.

There will again be an Advanced Silver course prior to the start of the National Championships. It will be run from the Gymnastics Australia premises in Melbourne from 9.00am to 6.00pm on Saturday, May 16, with exams from 9.00am to 12.00noon on the following morning. Anyone hoping to be considered for the next cycle FIG course must hold at least an Advanced Silver accreditation.

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

The commission and more broadly the gymnastics community would like to congratulate Andrew and his wife on the recent birth of their 2<sup>nd</sup> child.

Andrew has taken some time away from gymnastics to be with his family however has still been an active contributor to the commission throughout this period.

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

Over the past couple of months I have been assisting the Pathways Team at Gymnastics Australia to organise and deliver the first MAG Team Future Camp which was held at the AIS from the 13th-16th February. The 4 days of the camp were jam packed with both technical sessions in the gym and a number of education sessions for both athletes and coaches which covered sports massage, psychology and long term athlete planning.

Also I am currently assisting the Industry Training & Accreditation team at GA to finalise online content for the MAG Advanced Coaches Course. The online component is almost complete and there have been two Face-to-face pilot courses run so far which were both quite successful.

Team Future News item:

[http://www.gymnastics.org.au/article.php?group\\_id=10791&id=2026](http://www.gymnastics.org.au/article.php?group_id=10791&id=2026)

### **National Centre of Excellence Update – John Curtin**

Since the announcement of the return of men's gymnastics to the Australian Institute of Sport (AIS) in December 2014, all efforts have gone into establishing the National Centre of Excellence (NCE) program, selecting athletes & coaches, implementing the program, establishing working contacts with AIS service staff.

The program is up & running really well. The athletes are training hard & making good progress but still much time is needed to improve basic technical & physical preparation. Service provision at AIS is first class & is integrating well into the program.

Prashanth Sellathurai has recently moved to England for further academic study however, is still training hard in preparation for selection for this year's World Championships. In late March I will go to the UK with Prashanth's coach Xiong Songliang (NSW) to work with Prashanth in the lead up to the British Championships (28-29 March) & Slovenia (Ljubljana

Challenge Cup) 3-5 April where he will compete for the 1<sup>st</sup> time since having shoulder surgery in late

State program visits will commence in the near future.

NCE News item:

[http://www.gymnastics.org.au/article.php?group\\_id=10705&id=2026](http://www.gymnastics.org.au/article.php?group_id=10705&id=2026)