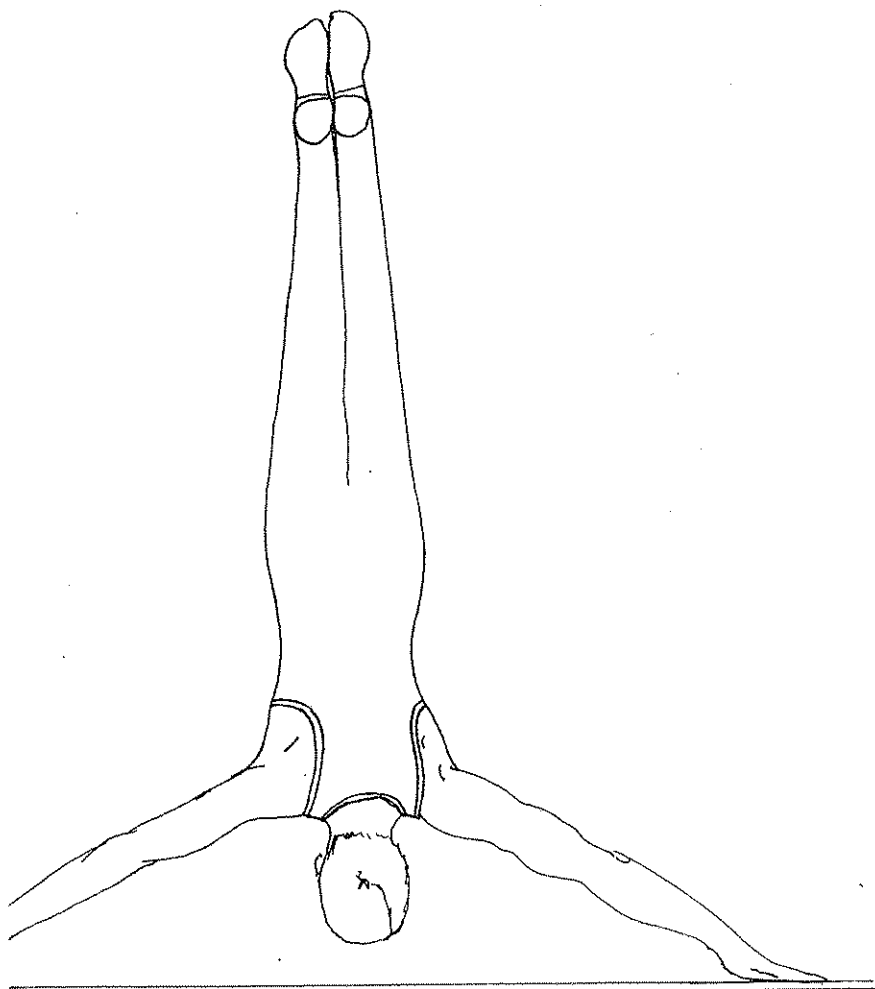


THE GYMNAST

AUGUST 1971



the gymnast

Vol. 1, No. 1.

August, 1971.

A WORD FROM THE EDITOR:

AFTER READING THIS MAGAZINE YOU MAY:-

1. Disgard it in the waste paper basket.
2. Criticise and condemn it.
3. Adopt an apathetic attitude.

OR

1. Participate in further productions.
2. Constructively criticise and communicate.
3. Circulate copies.

This production is an attempt to bring closer together general ideas and information, of interest to those associated with gymnastics, through a National media.

This can only be achieved through your personal assistance. Comment, irrespective of its nature, is always of interest to those people who are not in continual contact.

Following, are several articles contributed to the first copy of: THE GYMNAST.

ROD SINCLAIR REPORTS FROM VICTORIA

Recent Blurbs - Chalk Talk - Mag Gags, etc.

- * Well-known gymnasts - Tom Wagstaff recently married Anne, and Bruce Davies wed Coralie. Great breeding stock for future gymnasts. (Congrats from all.)
- * High standard gym comp with Leys Institute Gym Club. One floor exercise received 9.9 pts - the highest mark seen in a Victorian A-Grade competition (and I would guess Australian competition). Congratulations, Peter!
- * Big Improvers this year appear to be -
Men - Rudy Starosta, Col Lorbach, Rex Walker, Andy Stewart.
Women - Maree Dalton, Sharmon Cook, Julie Harvie and Lynn Patten.
- * Congratulations to the Victorian A. G. A. for staging most successful championships.
- * New blood in A-Senior added great life to competitors - good luck in future events - Rex Walker, Ven Williamson, Paul Miller (boy can he tumble), Margaret Moore, Penny Matthews.

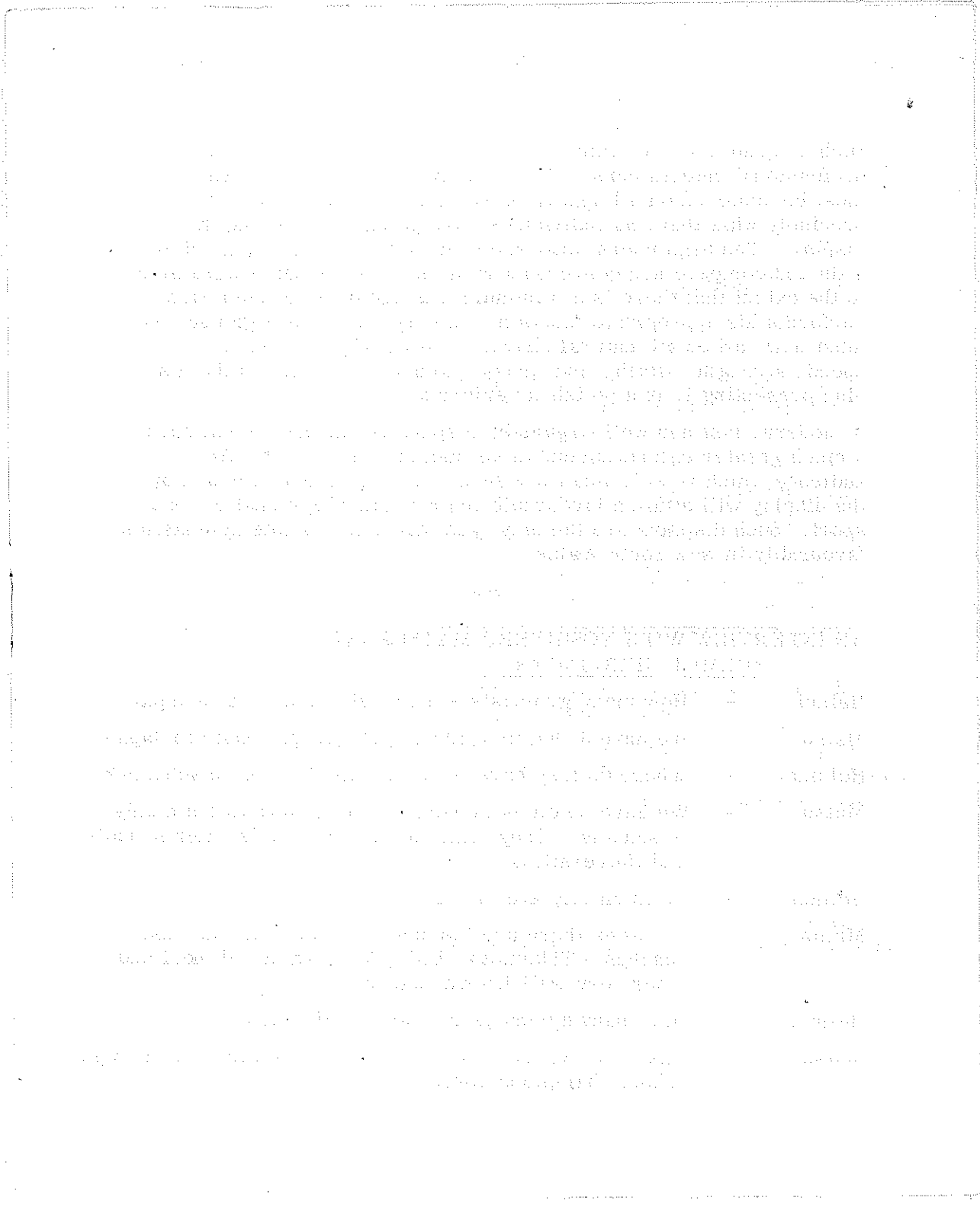
Results - Competitions

Invitation Meet - Leys Institute Gym Club - New Zealand against Collegians Gym Club.

<u>Teams</u>		<u>Individual Scores</u>	
1.	Collegians	1.	P. Lloyd (C.G.C.) 55.9
2.	Leys	2.	M. Chessell (C.G.C.) 52.8
		3.	T. Sale (Leys) 50.9
		4.	R. Starosta (C.G.C.) 50.8

Victorian Championships

<u>Men Senior A (Vols. only)</u>		<u>Individual Scores</u>	
1.	Collegians 198.4	1.	P. Lloyd (C.G.C.) 52.8
2.	Y.M.C.A. 189.6	2.	M. Chessell (CGC) 52.3
		3.	I. Clark (YMCA) 50.3
		4.	R. Starosta (CGC) 47.9



Such a squad must be trained and organised as though they were professional entertainers. Pre-conceived and trained routines must be achieved on all apparatus so that gymnasts will know precisely what they, as individuals, are going to do during the display. The organisers must see to it that gymnasts, gear stewards and compere are conversant with the order of the programme to the extent that there is a minimum wastage of time when each performs his appropriate function. Having the squad organised we must now call on the natural characteristics of gymnasts (i.e. speed, strength, vitality and finesse) to add extra pace to the display presenting it as a polished performance.

A modern, fast and well-organised display as outlined, must have a much greater entertainment value than one that is not. An audience which is well pleased with the entertainment provided by the display will attain a favourable impression of gymnastics as a sport. Such displays are the only type that will promote gymnastics favourably in New South Wales.

###

AN INTERVIEW WITH YOSHITERU MATSUZAKI by
HELMUT GEIBLINGER

- Helmut - How many gymnasts - men and women are in Japan?
 Matsu - We have 6,000 to 6,500 registered gymnasts in Japan.
 Helmut - Where do they have training - in clubs or in schools?
 Matsu - We have no clubs in Japan. The gymnasts train only in schools. They train in middle schools, high schools and Universities.
 Helmut - In which city are the best gymnasts?
 Matsu - In Tokyo, there are the best gymnasts and the best coaches - Takemoto, Endo, Yamashita, Akinori and other very well-known coaches.
 Helmut - How many gymnasts compete in high schools?
 Matsu - Last year we had more than 200 competitors at the high school championships.

- Helmut - What is the age of the gymnasts in the high schools?
 Matsu - They are between 17 and 18 years old.
 Helmut - How many competitors compete for the qualification for Munich?
 Matsu - More than 30 gymnasts compete for qualifications for Munich?
 Helmut - Which gymnasts are the best at this time?
 Matsu - Sawao Kato, Nakajama and Kenmotsu. Kenmotsu is at the moment injured! Kato has won the last qualification with 112 points before Honma 110.15 points (marks). Third came Nakajama with 110 points.
 Helmut - What do you think about Australian gymnasts and coaches?
 Matsu - Most gymnasts are too weak! They have no fundamental work. They need more calisthenics exercises - especially for flexibility. Their coaches don't know enough about technical details from the movements, no theories. They should have some courses or be more interested in gymnastics.
 Helmut - Do the Japanese gymnasts do special exercises for homework - do they use special apparatus?
 Matsu - Yes, of course! They do exercises for strength, pressure and flexibility. They use dumbbells, rubber hose and jumping ropes to build up the muscles for strength and flexibility.
 Helmut - What is for gymnasts, more important - which muscles, etc.?
 Matsu - The gymnasts have to do exercises, firstly - most important are the shoulders - strength and flexibility, flexible in hips, doing splits, front and side splits, etc.
 Helmut - The gymnasts here in Sydney have not good opportunity for training. Perhaps 2 or 3 times a week.

- Matsu - The gymnasts should have training 4 or 5 times a week - minimum.
- Helmut - How many hours should they train?
- Matsu - 3 or 4 hours every training. If the gymnasts haven't got enough time for training, they have to do training - home work by themselves!
- Helmut - Thank you, Matsu.

###

WHERE IS GYMNASTICS HEADING?!? Andy Nerlich,
a junior gymnast.

Where is Gymnastics heading? This is a question which at first seems pretty easy to answer. It will not reach a point where it will stop - it will keep going and progressing in difficulty.

But on further consideration, the question can be seen differently. True, it will probably take a long while to reach a plateau - but what happens when people start doing quad backs, and quintuple twist back on the floor, quint backs and six-twist (hextuple??) backs? NO! True, it would be harder, but not really aesthetically pleasing or a satisfactory combination except to finish an incredibly difficult routine which would leave the fittest gymnast a complete physical wreck.

This applies even more to girls' floor (quad backs to music? - UGH!) Thus it can be seen that if gymnastics is to progress past this point, it will have to be in other directions. But what? Perhaps new apparatus or modified conventional apparatus. How about a horse which bounces you, just like a beatboard? Or specially-made rings (I have no idea how), which allows you to twist and turn while still gripping both rings? Three high bars, allowing you to fly from one to another, as well as your normal high bar routine (already seen in circuses and in the U. S. A.) Five uneven bars, at varying heights, allowing you to pass over the lower bar by flying from one high bar to another, and also by shooting up from low bar to high bar. A L - O - N - G Pommel

Horse with three sets of pommels? (I would be glad to hear any original ideas, however mad, for similar apparatus), and wouldn't it be really great to have all the apparatus joined together? Combinations unlimited!

If we become more serious though, we can see that the imagination will have to play an even greater role in gymnastics than it does now.

Tricks will have to be pushed to the limit, e.g., back uprise, pirouette on hori will become, backuprise, full turn (releasing bar) to handstand. Maybe this trick has already been done, but I think it is a good example.

Tricks will have to be done with all possible variations and new methods. There are two ways of doing regular giants circles on high bar: one, the usual method, secondly the giant can be done with the shoulders 'inlocated' so as the gymnast travels around the bar in a position resembling a yogi handstand (sometimes called inlocate giant, often done by American gymnasts). The regular pike flyaway was given a new twist by a Japanese, who opened out from a fast pike into a high layout straddle - very impressive. There will be a tendency to do tricks at present done in a tuck position, in a straight body position where possible. Also, straight arms will replace bent arms in certain moves.

There are so many ways to balance in a handstand on one or both arms that it is not worth going into them. But I am sure that many new and interestingly different ways will be found. Also combinations of tricks will have to be really original to provide the judges with an easy decision on the most outstanding routine. I believe that when gymnastics reaches this stage, preparation of routines will require a lot of hard thought and time or an extremely creative and artistic mind (yours or a friend's).

Another possible direction is for gymnastics to be used with the rules of other sports. Back somersaults over a bar (high jump), front saltos and flickflacks for length (long jump). A 30-yard course for flickflacks (speed). Recently snow-skiers have done triple front saltos and double backs off a ramp, combining skiing skill and gymnastic ability. Then, of course, I am possibly wrong.

Gymnasts will not reach a point where it will stop - it will keep going and progressing in difficulty. But if this is not the case, then we can rest assured that it will not stagnate.

There are many ways it can go - I have not even scratched the proverbial surface. Anyway until we reach the stage which will test my theory, we should all do as much as we can to make gymnastics better, such as contributing to this magazine.

NEWS FROM SOUTH AUSTRALIA:

The gymnastics scene in S.A. has been relatively quiet for the last two years. Barry Fishburn retired due to other commitments, Ray Graham was obliged to serve two years with the army and Jeff Harper decided to test the gym scene overseas. S.A. was without any senior gymnasts. But it would seem that this State is heading for a much brighter period.

Two of the juniors - L. Ariens and Paul Szyjko have made their debut into A-Grade gymnastics with promising performances. In this year's State Titles, in which the Collegians Gym Club (Victoria) also competed, Paul Szyjko came third behind Peter Lloyd and Murray Chessell (CGC), with L. Ariens fourth. Ted Gaskin also made his entry into A-Grade this year, and with Ray Graham out of the Army next year, and Jeff Harper on his way back, according to all reports, S.A. should be able to field quite a strong team in 1972. A good indication of the expected strength of the A-Grade team to come in the nearby future is the strength of the present junior team. This team includes the gymnasts who came first, second and fourth in the 1970 Australian Junior Championships.

Pam Evans is still dominating women's gymnastics in S.A. In the State Titles Pam had an easy win, with Anne Doig, a much improved gymnast, coming second and Sharman Cook of Victoria, third. Donna Powell also did very well to win the B-Grade division from Lyn Patten of Victoria. The State Titles showed that S.A. will have a much stronger junior team this year.

From 23rd June to 4th July South Australian gymnasts had the great pleasure of being taught by a coach who is highly regarded in the leading nation of gymnastics. We speak, of course, of Yoshiteru Matsuzaki, who

not only told us the techniques, and basics of gymnastics but who also stressed the right approach to gymnastics. Perhaps the single point that he stressed most was that a gymnast should design his gymnastics to suit himself, that there is no set style of doing any move, but that each move, and in fact the whole of gymnastics, should be an expression and extension of the individual.

Matsu's teaching time was divided between instructing coaches, judges and gymnasts in that order. This does not mean to say that the gymnasts saw little of Matsu because gymnasts were needed at both the coaches' and judges' courses and were able to gain much insight during these sessions as well as during those sessions devoted entirely to the gymnasts. We hope that the rest of Australian Gymnastics benefits as greatly from Matsu's visit as we did. We thank you once again, Matsu!

RESULTS S.A. STATE CHAMPIONSHIPS

Mens Senior "A"

1. P. Lloyd (Vic)
2. M. Chessell (Vic)
3. P. Szyjko
4. L. Ariens
5. R. Starosta (Vic)
6. N. Stuart
7. E. Gaskin
8. G. Petersen

Mens Senior "B"

1. A. Zotti
2. P. Sharpe

Mens Senior "C"

1. R. Walker (Vic)
2. H. Bode
3. A. Archer
4. D. Jaffe
5. D. McCabe
6. D. Jackson
7. C. Morgan
8. B. McLaughlin

Womens Senior "A"

1. P. Evans
2. A. Doig
3. S. Cook (Vic)
4. C. Davies (Vic)
5. M. Dalton (Vic)
6. P. Matthews

Womens Senior "B"

1. D. Powell
2. L. Patten (Vic)
3. J. Baynes
4. J. Harvey (Vic)
5. K. Morgan (Vic)
6. J. Clayton
7. D. Hollis
8. P. Byrne
9. N. Mladenovic
10. D. Duke
11. J. Sweeney

Womens Senior "C"

1. L. Salomon
2. H. Wagenar
3. C. Lee

Womens Senior "B"

- Cont'd.
12. S. Gibbs
 13. J. Battersby
 14. J. Broadley.

THE DUTIES AND RESPONSIBILITIES OF A
STATE GYMNASTIC ASSOCIATION IN AUSTRALIA

..... Andrew Berriman

The purpose of this article is to outline some ideas of what an amateur association should be doing and what responsibilities it has towards its members and to the sport.

The first duty of any amateur sporting association which is elected by its members, is that of administration. In our case a major duty is to maintain communication with higher bodies such as the A.G.U. and also with its members, both clubs and individuals. A second duty is to run a State-wide competition since our sport is a competitive one. All other administrative duties are secondary and have to be regarded as expendable if the need arises.

The second point I wish to raise is that of authority. Although an association council may be elected at an annual general meeting it should not exert complete authority over its members. The prime responsibility of the council is to represent its members and if any decision made by the council opposes the wishes of its members then the council should not be allowed to exert its authority over their wishes. An instance of this misuse of authority was evident this year in the decision to stand in the way of gymnasts wishing to compete at the Australian Championships. Gymnasts must be careful not to allow councils or people certain positions to gain too much power even if this may, for a while, hold back the development of the sport.

As I have mentioned above, the major responsibility of a council is to represent its members. It is a body which exists for the present and its major purpose should be to satisfy present needs and not to cling on to the past nor involve itself completely in an idealised future. This is

not to say that it should not plan for the future. This is essential if it is to represent the needs of the present members.

I have not mentioned finance. This is a problem in which nearly all amateur bodies get bogged down. Instead of trying to do everything itself, a council should encourage the participation of its members in running many of the things that a council could run. Besides the cost of administration which could be covered with an affiliation fee, other financial schemes should be run independently thus not binding the association to possible disastrous ventures. Financial assistance to go to the Australian Championships could best be raised independently of the association by a particular drive or series of displays.

If councils and the members of the association performed the duties outlined above and remembered their responsibilities, the present gymnastic community would be more pleasant and with an average amount of good fortune would probably flourish. However, if things went bad, the responsibility of a council is still first towards its members and they should not be forgotten in favour of the "future of the sport". After all, people are more important than paper.

WHAT IS WRONG WITH GYMNASTICS?

..... William MacGregor-Fraser, a junior
gymnast.

It seems to me that gymnastics for youngsters should start, not at 16 or 17, but when they are at Primary School. At this stage, the simple movements of gymnastics should be interwoven with academic studies. This introduction to gymnastics should be interesting, exciting and stimulating. After this basic training, serious gymnastics should commence as soon as the child goes on to high school. The students would, because of early training, be more ambitious and a little stronger and more mature. The young gymnast by third year should be a dedicated person with a high standard of achievement and well-being.

However, this is not as easy to achieve as it seems. Firstly because a surprising number of high schools do not possess a gymnasium. This is indeed a major problem. Those that do possess a gym, also face other problems. The school's provision of such necessary things as coaches, equipment and interest varies from school to school - but even at the best, they are far from being adequate.

Firstly, coaches - these are hard to find and unfortunately are often more interested in their fees than in promoting the sport. Some schools just cannot afford them. Secondly, equipment in schools, although sometimes available in quantity, is rarely of a very high quality. Perhaps expert help could be provided to assist in the buying and choosing of the best equipment for the money available. Thirdly, and probably the biggest problem, is the general lack of interest by the teachers. In most cases this interest is non-existent. There are the few who support gymnastics but generally sportsmasters are only interested in such team sports as rugby and soccer. But let us remember that the sport of gymnastics is just as competitive as any other and team-work here is just as important as on the football field.

Why don't schools support gymnastics to a greater extent that they do? I think that sportsmasters do not realise the full benefits to be derived from this sport. It is up to us to show them that gymnastics, as well as giving us physical fitness, promotes friendship, companionship and helpfulness. It calls for precision, concentration and courage and is a great character training for all boys.

What I have found in my school, life has been rather discouraging. The first high school I attended in Australia had no gymnasium of any sort. My present school is quite strong in gymnastics but is still not as it should be. We are particularly lucky in having a large gymnasium; as I mentioned before a great number of schools are not as fortunate. However, many of the schools that do possess a gym; including mine, do not make full use of them mainly because of the apathy of the teachers.

So, as it stands, Australians have very little chance of being amongst the top gymnasts of the world. Why? Because as I have said, in schools, there is little or no interest taken. The question you are asking yourselves now, I hope, is "What can we do about it?". You, the parents, older gymnasts and the general public can all help. Parents can bring up issues concerning gymnastics at P. & C. meetings and point out that they wish their son or daughter to have an opportunity to be taught the sport. They can also help in the provision of suitable facilities and equipment. The older gymnasts can spend perhaps a couple of hours a week with a school class or a boys' club, coaching, being interested in the members, and helping and encouraging them to become Olympic material. Even the general public can help by taking an interest in the administrative side of things, and by making an occasional donation.

A piece of advice for all - don't wait to be asked - find out, be interested and do something NOW! The sport will not progress and Australia will never lead the world in gymnastics unless we all make a sincere effort and make it soon!

RESULTS N.S.W. STATE CHAMPIONSHIPS - 17th - 18th July.

Mens Senior "A"

1. Ray Graham
2. Andrew Berriman
3. Alan Robertson

Womens Senior "A"

1. Pam Moses
2. Sharon Gilligan
3. Debbie Ireland
4. Kim Gamble
5. Jo-anne Holmes
6. Lyn Lawrence
7. Janice Gilmore.

Mens Junior "A"

1. Phillip Cheotham
2. Mark Gravolin
3. Rex Walker (Vic)
4. Steve Line
5. Ken Williamson (Vic)
6. Don Hastie
7. Peter Gunn
8. Garry Reddacliff

Womens Senior "A" Reserve

1. Margaret Osborn

Do you want to say what you think about the Australian gym scene, or anything about gym at all?

Write it down now (watch the language) and send it to

'THE GYMNAST'
8/13 GRAFTON CRESCENT,
DEE WHY. N.S.W. 2099.

Show that you care. Your donation is needed to keep THE GYMNAST afloat until it is registered as a periodical.

Planned - 30c per copy

1971 - one issue - deadline for	
articles	Nov. 30th
1972 - Issues bi-monthly -	
deadlines	Feb. 29th
	June 30th
	Aug. 31st
	Oct. 31st
1973 - Issues monthly.	

- SUPPORT WITH -
1. Articles
 2. Interested readers' names and addresses.
 3. Donations.