

Apex at the AIS!



**AUSTRALIAN
INSTITUTE OF SPORT**
AIS logo

Apex Trampoline, Tuesday, 21 February 2012

Apex Members fulfill training at the AIS this week

Apex Trampolinists, Jack Penny and Hugh McConnell are taking part in a week long intensive National Squad Training Camp at the Australian Institute of Sport in Canberra this week.

TIS Scholarship Holder and Indo-Pacific Champion, Jack Penny, will also compete in the Gymnastics Australia Pacific Rim Trial which is being held at the AIS next Friday. Jack was given the full clearance just 6 weeks ago from the TIS medical team to commence full training after having his Olympic dream shattered when he fell from the Trampoline at the 2011 China World Cup in July last year. Apex Head Coach, Ben Kelly, believes that although Jack is not up to his peak performance of 2011, he will impress selectors with his progress and resilience to “bounce back” from an injury which left him wheelchair bound for a period of 2 months.

Hugh McConnell will also attend the AIS Training Camp next week as part of the Junior National Squad. Hugh shot to fame last year after placing 5th in the Under 15 Men’s Double-Mini Trampoline at the World Age Championships in Birmingham in November. This is Hugh's first inclusion in the Junior National Squad after a strong year of performances in 2011.

The AIS Camp will include a week long intensive training program with some of the best coaches and athletes in Australia including National Coach, Nikolay Zhuravlev.



Jack Penny



Hugh McConnell