

Tasmania's Trampoline stars show off to the World!!



Wednesday, 4 December 2013

Determination and resilience in Sofia ensure success and a long future for Trampoline stars!!!

Tasmanian Trampolinists have well and truly made their mark on the international stage at the 29th World Championships and the 22nd World Age Group Competition in Sofia, Bulgaria last month.

Jack Penny and Ben Kelly participated in a 5-day training camp at the Gillingham Jumpers Centre prior to the World Championships. Gillingham is a centre that has been host to the Australian Team in the past, including the 2008 Cup of Flander club tour which Jack and Ben were also part of. Unfortunately, on day two of the camp, Jack sustained an injury which would prove to be debilitating to his World Championships campaign. Whilst performing his voluntary routine, Jack clipped the safety platform on the last skill which rolled his ankle underneath his body weight straining his ligaments. Team physiotherapist, Russell Henry treated Jack's injury leading up to the competition and Jack was determined and courageous each day where he would attempt training practicing his basic skills as well as conditioning activities to keep him in peak physical condition for the big event. Jack was also very proactive mentally, using visualisation techniques as well as performing video analysis of his own work to keep on top of the situation.

Unfortunately the damage to the ankle was too great effecting his stability and safety which forced the coaching staff to make the very difficult decision to withdraw Jack from the competition only minutes before it was his turn to compete. Quite obviously this was a devastating outcome for Jack, but not totally unexpected given the tenderness and weakness in his ankle he had been experiencing the week leading into the event. Nevertheless, the Australian Team soldiered on resulting in the two solid routines from each of the remaining members of the team to earn Australia a position in the final round of the team's event competition. Only five federations compete in the team final at World Championships and this was the first time in 19 years that Australia had earned such a position. Although it was unfortunate Jack did not compete in the preliminary round of competition, head coach Brett Austine believes that Jack was an integral part of the team who contributed to the end result. Brett told Jack he was without a doubt one of the most prepared members of the team and had shown striking improvement in technique, confidence, and time of flight since the training camp in Newcastle 6-weeks prior. Brett has commented that Jack had an immediate and positive effect on the team on the first two days of training in Gillingham which raised the standard of the his three team mates. The Australian team performed outstandingly in the team final, finishing with the bronze medal for Australia. This was the first teams medal for Australia since the Australian men's team won the silver medal to the Soviet Union in Osaka in 1984. Coincidentally, Brett Austine was a member of this 1984 team making the victory even more special for the Australian quintet.

The 22nd World Age Group Competition kicked off upon completion of the senior events with three Tasmanian trampoline gymnasts representing Australia, including Apex member, Hugh McConnell

and Launceston gymnasts Makonnen Brown and Josh Hedley-Williams. On the first day of competition, Makonnen and Hugh competed in the 15-16 Men's Double-Mini event. Makonnen made his World Championship debut by completing two new passes displaying confidence and steadiness to finish in 17th position only 1.2 points away from the final 8! In the same event, Hugh performed a personal best score of 69.0 qualifying for the final round in 7th place. Hugh stepped up to the challenge in the "zero-start" final round of competition to show off two steady finals passes which both himself and training partner Damien Axelsen had been working consistently before departure. The hard work and training on these new passes paid off with Hugh winning the bronze medal. Hugh is the first Tasmanian trampolinist to win a World Age Group medal with this being an extra special win for his coach Ben Kelly, who won the same medal 21 years earlier in Auckland. Hugh and his synchronised partner, Dominic Clarke from NSW qualified 2nd in the synchronised event, however, unfortunately struggled in the final round with Hugh hitting the safety pads on the first skill, leaving them in 8th position. Although disappointing, 8th position is still an incredible result and the potential is yet to be realised for this rising duo. Last but not least, Josh competed on the final day of competition, training diligently all week in the training hall waiting for his turn to step up to the plate to show the world exactly why he had travelled to Bulgaria. Josh competed two solid passes in the 13-14 years men's event in his international debut finishing in 16th position. Josh's display of patience leading into his event was admirable and humbling as he supported his team mates in the process.

We would like to congratulate Jack, Hugh, Makonnen, and Josh for courageous and impressive efforts at these World Championships. All four athletes are wonderful role models for the community with their displays of determination, confidence and resilience, not only in competition but in preparation and training also. The future is bright for all four young men and we wish them all the best in 2014!

Other Links

[World Championship Website](#)



Gillingham Training Centre, England



Australian Team arrive at Gillingham



Australian Senior Team after camp



Training & Warm-up hall



Arena Armeec
Competition Venue



A true champion never
gives up!



Jack and Ben after
preliminary round



Bronzed Aussies....
Men's Team!



Tasmanian juniors at
Arena Armeec



Final podium training
complete!



Makonnen ready to
compete!



Competition time



Mid-flight Pass 2



Official results are in!



Podium finish!



Medal cakes! An
Australian Tradition :)



Dominic and Hugh
before Synchro finals



Josh and his team
mates before comp!