

NATIONAL STREAM GYMNASTICS AT WAVERLEY GYMNASTICS CENTRE

Waverley Gymnastics Centre (WGC) was formed in 1987 and has since established an outstanding reputation in all aspects of gymnastics, most particularly in Women's High Performance Gymnastics. WGC is a non-profit organisation managed by the Director, Management staff and an elected volunteer Committee and is fully affiliated with both Gymnastics Victoria and Gymnastics Australia. WGC has a strong membership base with more than 1900 gymnasts varying in ages from 18 months - 22 years of age, of which 100 gymnasts make up our renowned competitive program comprising of National and International Streams of Gymnastics. The National stream program comprises of our pre-squad and Levels 1-10 gymnasts. Once gymnasts reach Level 9 they will either move to WGC National Level 10 or into the WGC International Stream program at Future International Level.



Goals:

The aim of the WGC National Stream program is to produce gymnasts capable of performing at the highest levels of excellence; to successfully represent WGC at the State Championships; to represent Victoria at the Australian National Championships; and to represent Australia at International Level Challenges. WGC also aims to reward our National Stream senior gymnasts who achieve high levels of success by offering opportunities for international and interstate competitions.



National Stream Program:

WGC has had many successes in National Stream throughout its history and continues to strive for success in all State and National events. WGC National Stream gymnasts have competed successfully in Belgium, Germany, Sweden, Canada, New Zealand and USA. WGC have also had numerous gymnasts selected to represent Australia on National Levels Team tours.

WGC National Stream gymnasts have also had many successes at the Australian Championships, with between 3 and 14 WGC gymnasts selected every year to represent Victoria.

Recent Australian Championships and Australian National Clubs Results and Rankings:

2018: WGC National Stream gymnasts represented Victoria at Levels 7, 8, 9 and 10 at the 2018 Australian Championships. They achieved 6 Gold, 6 Silver and 1 Bronze medal, including 6 National titles.

2017: WGC National Stream gymnasts represented Victoria at Levels 7, 9 and 10 at the 2017 Australian Championships. They achieved 1 Gold, 3 Silver and 4 Bronze medals including 1 National title. At the 2017 Australian National Clubs Carnival WGC Level 6 gymnasts successfully gained the title of Australian All Around Team & Apparatus Champions and the Level 5 team placed a close second Australian All Around Team.

2016: WGC National Stream gymnasts represented Victoria in Levels 7 and 9 at the 2016 Australian Championships with our gymnasts achieving 2 Silver and 2 Bronze medals.

2015: WGC National Stream gymnasts represented Victoria in Levels 8, 9 and 10 at the 2015 Australian Championships, achieving 2 Gold, 3 Silver and 3 Bronze medals including 2 National titles. 2015 also saw our Level 9 and 10 athletes rank in the top 3 at the Australian National Clubs Carnival.

2014: WGC National Stream gymnasts represented Victoria in Levels 7, 9 and 10 at the 2014 Australian Championships, achieving 3 Gold, 1 Silver and 1 Bronze including 3 National titles.

Recent Victorian Championships Results and Rankings:

2018: WGC Level 7-10 National Stream gymnasts achieved 22 Gold, 17 Silver and 14 Bronze medals (including 22 Team, All Around & Apparatus State Titles) at the 2018 State Championships. WGC Level 10 gymnasts were also crowned the National Levels Spectacular Team Champions, as well as taking out the All Around and Apparatus Titles.

2017: WGC Level 7-10 National Stream gymnasts achieved 8 Gold, 10 Silver and 9 Bronze medals (including 8 Team, All Around & Apparatus State Titles) at the 2017 State Championships.

WGC Level 4-6 National Stream gymnasts achieved 27 Gold, 12 Silver and 13 Bronze medals (including 27 Team, All Around & Apparatus State Titles) at the 2017 State Championships.

2016: WGC Level 7-9 National Stream gymnasts achieved 4 Gold, 6 Silver and 1 Bronze medals (including 4 Team, All Around & Apparatus State Titles) at the 2016 State Championships.

WGC Level 4-6 National Stream gymnasts achieved 19 Gold, 5 Silver and 3 Bronze medals (including 19 Team, All Around & Apparatus State Titles) at the 2016 State Championships.

2015: WGC Level 8-10 National Stream gymnasts achieved 3 Gold, 5 Silver and 7 Bronze medals (including 3 Team, All Around & Apparatus State Titles) at the 2015 State Championships.

WGC Level 4-6 National Stream gymnasts achieved 4 Gold, 5 Silver and 9 Bronze medals (including 4 Team, All Around & Apparatus State Titles) at the 2015 State Championships.

2014: WGC Level 7-10 National Stream gymnasts achieved 2 Gold, 4 Silver and 5 Bronze medals (including 2 Team, All Around & Apparatus State Titles) at the 2014 State Championships.



Australian Level 10 Team Tours:

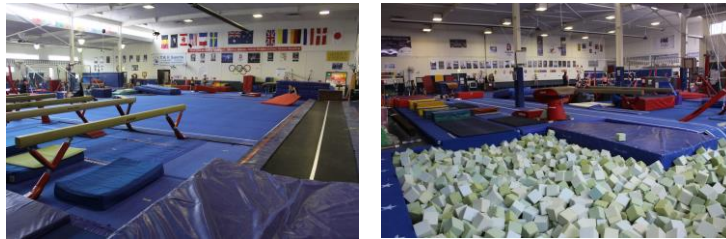
2017: WGC Level 10 gymnast Rachel Laval, and WGC National Stream Head Coach Arlene Hunsdale, were selected to represent Australia at the 2017 New Zealand National Levels challenge as part of the New Zealand National Championships. The Level 10 team placed 1st All Around and Rachel excelled individually, placing 1st All Around, 1st Bars, 2nd Beam, 4th Floor and 7th Vault.



2015: WGC Level 10 gymnast Taylah Laval represented Australia at the 2015 New Zealand National Levels Challenge. The Level 10 team placed 1st All Around and individually Taylah placed 1st on Vault and 5th on Bars.

Facilities:

Our facilities are world class and include eleven Beams, eight Bars (including four sets of uneven Bars), two in ground Trampolines, five Bungees, five Video replay screen systems, 15m Tumble Trak and Bars, Beam, Trampoline, Vault and Tumbling into extensive in ground foam pits. We pride ourselves on keeping up with the latest innovations in gymnastics equipment and this has assisted our gymnasts greatly. Located in residential Mount Waverley our venue is first rate. Waverley also has \$7.4M committed for a new custom built gymnastics facility which will make it the best gymnastics facility in Australia. This is due to be completed in mid-2020.



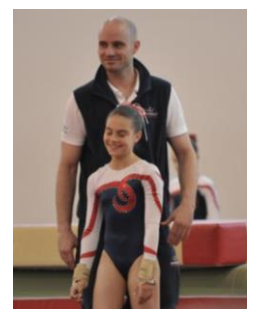
Coaches:

Our exceptional National Stream coaching team is made up of highly motivated, qualified and experienced coaches, and it is our first rate coaching team that has been the key to our success.



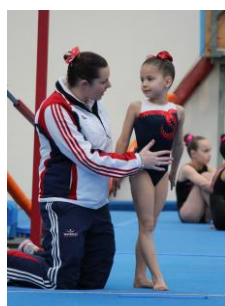
Our exceptional coaching team is led by our WGC National Stream Head Coach **Arlene Hunsdale**. Arlene joined Waverley in 2013 and brought with her over 20 years of coaching experience and expertise. Arlene's extensive experience includes 6 years at the Rathgael Gymnastics and Tumbling Club in Northern Ireland as the Facilities Manager and Head of Women's Artistic Gymnastics. Arlene has a passion for the development of talented gymnasts to achieve their best at a State and National level. She is particularly experienced in creating strategies and plans to progress gymnasts on an individual and group level, encompassing conditioning, skill development and flexibility. She also has a strong background in choreography, specialising in beam and floor. Since arriving in Australia, Arlene has been the recipient of the Gymnastics Victoria Coach of the Year for 2016 and 2017. Arlene has also been selected as a Team Coach for Victorian State Teams at Nationals each year from 2014 to 2018. In addition, Arlene was selected as Head Coach for the Victorian State Teams for Trans Bass and Border Challenge in 2015, 2016 and 2017. Arlene was also selected as a Team Coach for Australia as part of the Level 10 Team Tour to New Zealand. Arlene is a member of the Gymnastics Victoria Technical Committee as the coaching convenor, and she is a regular presenter for Gymnastics Victoria and Gymnastics Australia, presenting Beam and Floor artistry and choreography.

Jeb Silsbury joined our program in 2012 and is currently working with our National Level 9 and 10, Future International, Junior and Senior gymnasts. Jeb was jointly awarded the 2017 Gymnastics Victoria International Coaching Team of the Year as well as the 2015 Gymnastics Australia International Development Coaching Team of the Year. He was awarded 2013 Australian International Development Coach of the Year as well as that same year, 2013 Victorian International Coaching Team of the Year. In 2014 Jeb was selected along with fellow WGC Coach Jessica Mason to participate in the Australian Institute of Sport's (AIS) exclusive International Coaching Program at the 2014 Glasgow Commonwealth Games in August. Jeb holds a Level 3 FIG coaching qualification (GA High Performance accreditation), has been coaching for almost twenty years and has extensive experience in the elite stream. Jeb has most recently had an athlete be selected onto the 2018 Pacific Rim Australian Team (winning a bronze medal in the bars event) and also had an athlete be the selected reserve for the 2018 Commonwealth Games Team. Jeb has also had gymnasts selected onto the 2010 World Championship Team, 2010 Commonwealth Games Team, and was selected as a Personal Coach for the 2018 Pacific Rim Team and on both the 2010 French World Cup and 2010 Pacific Rim Championships teams. Jeb has had gymnasts successfully represent Victoria at Australian Championships; as well as Australian Classic and Victorian Championship events. Part of Jeb's coaching philosophy is to be a sound role model to his athletes, which in turn creates a positive and hard-working culture within the gymnastics environment.





Jessica Mason joined our program in 2010 and coaches our National Level 9 and 10, Future International, Junior and Senior gymnasts. She is also the Assistant International Stream Program Manager. Recently Jessica was accepted into the prestigious Australian Institute of Sport's (AIS) High Performance Coaching course and completed a 2 year (2015-2016) program developing high level management skills and applying those to elite sport. She was selected along with fellow WGC Coach Jeb Silsbury to participate in the AIS's exclusive International Coaching Program at the 2014 Glasgow Commonwealth Games in August. Jessica has more than 14 years coaching experience, holds a FIG level 3 coaching qualification and is fully qualified and registered as a High Performance Coach accreditation with Gymnastics Australia. Jessica has had a gymnast recently selected onto the 2018 Pacific Rim Australian team and as a reserve athlete for the 2018 Commonwealth Games Team. Jessica has had athletes successfully compete at Australian Championships, Australian Classic events, International events and Victorian Championships. Jessica has also achieved her Bachelor of Applied Science (Human Movement) degree. Jessica was awarded the 2012 and the 2015 Senior Coach of the year for Waverley Gymnastics Centre. She has also been awarded the Gymnastics Australia International Coaching Team of the year in 2015 and awarded the Gymnastics Victoria International Coaching Team of the year in 2017. Jessica's coaching philosophy includes nurturing her athletes through their journeys whilst instilling positive values and life lessons to assist them in becoming well rounded strong women.



Jessica Haintz joined our WGC coaching team in 2012 and currently coaches our Development Squad 1 gymnasts. She is the Junior Development Coordinator in our program overseeing many of our junior development staff and athletes. Jess conducts extensive talent identification for our program and also manages our WGC hosted competitions. Jess has more than 14 years coaching experience and is fully qualified and registered with both Gymnastics Victoria and Gymnastics Australia. Jess has had gymnasts successfully compete at State Pennant Finals, Victorian Championships, Australian Championships, National Clubs, Australian Classic, Border Challenge and Trans Bass events. Jess is also very well regarded as an FIG internationally accredited Judge and was selected in 2018 as an Australian Judge for the Pacific Rim Championships held in Colombia, and as a Technical Officer for the 2018 Commonwealth Games. In 2013 Jess was part of the Australian Team officials as a judge on the National Levels Tour of New Zealand. Over the past 10 years Jess has been a Victorian Team Judge for both National Championships and Trans-Bass Challenge events. Jess is Victoria's youngest FIG WAG Judge. Prior to 2012, Jess was the assistant manager and senior coach of the successful Geelong YMCA Program coaching both Junior Development and National levels. Jess has been awarded 2013 and 2017 Victorian Gymnastics Official of the Year and also was awarded WGC Squad Coach of the year in 2017. Jess' coaching philosophy includes building strong gymnastics fundamentals whilst ensuring a positive well-being of every child in her care.



Grace Yang is WGC's Head of Ballet, she works weekly with every gymnast in our National stream program from NDP 1 to National 10 and conducts all of their annual ballet examinations. Grace danced professionally for the Beijing Institute of Dance and has held leading roles in the renowned Herbei Province Opera and Ballet theatre. She has twice won the Province dance gold medal and a bronze in China's National Dance Championships. Grace has been teaching ballet to gymnasts at Waverley for nearly 20 years and is a major contributor to our gymnasts continuing competitive success.

Sarah Jones joined the WGC coaching competitive program in 2015 and currently coaches our Development Squad 4 group and our ALP limited hours 6-10 squad. Sarah's most recent highlight is having one of her limited hours athlete's qualify in ALP Level 10 division to the 2018 Australian Championships, a great achievement considering less hours trained. Sarah has also had great success each year within the elite area where her teams have placed in the top two podium finishes at IL Challenge. Sarah has 13 years of coaching experience in New Zealand and Australia. Sarah recently travelled to the UK and spent a year of professional development; living, coaching and judging across various gymnastics clubs. Sarah moved to Australia in 2011 and spent her first 3 years in Australia coaching at Mornington Youth Club as a part of their highly successful National level program. Sarah is qualified and registered with Gymnastics Australia.





Georgia Bonora is notably one of WGC and Australia's most decorated gymnasts being a dual Olympian (2008 Beijing and 2012 London Olympics) and 4-time World Championships team member. She also competed at the 2010 Dehli Commonwealth Games where she was part of the Gold medal winning Australian Team, and achieved a bronze medal in the All Around, and silver medal in the bars final. Georgia began her coaching journey in 2014 across both WGC's ALP and elite programs. Georgia currently coaches with John Hart working with current Senior International athletes and is responsible for our Development Squad 4 group that includes athletes on the elite pathway competing in levels 5 and 6. Georgia had great success this year with a senior athlete being selected for the 2018 Pacific Rim event and then going on to win a gold medal in the beam final at this event. Georgia has also had success working with athletes in ALP 7-10 producing good results at Victorian Championships as well as elite pathway junior area athletes podium finishes at IL Challenge. Georgia was jointly awarded Gymnastics Victoria 'Coaching Team of the Year' in 2017. WGC is extremely grateful to have Georgia as part of coaching staff with her extensive experience as an athlete and now being a coach to pass on this knowledge to the athletes.

Sarah Gardner joined the WGC coaching team in 2017 and currently coaches our level 4-6 gymnasts. Sarah has over 15 years coaching experience and was herself a National Level 10 gymnast. Sarah originally began coaching at BTYC Gymnastics club where she was part of coaching team for over 10 years. Sarah was a joint recipient of the Gymnastics Victoria Coaching Team of the Year 2017. Sarah is registered and qualified with Gymnastics Australia and Diving Australia where she still competes as an athlete.



Victoria Whitehead has been coaching here at Waverley for the past four years, she has over 15 years coaching experience within the National Stream. Victoria is not only a qualified coach at the Advanced Level for Gymnastics Australia but also an FIG Brevet 4 Judge. Victoria currently works with our ALP 2 and 3 gymnasts and assists across our Development Squads. Victoria has had all three of her daughters participate in competitive gymnastics representing Waverley. Vic loves working with the younger girls and takes the utmost pride in ensuring they develop strong basics and skills ready for them to progress to higher levels. Vic's teams have had great success at State Pennant and Victorian Championships over the past few years.

Meg Thornton is in her second year of coaching our Foundation Squad 2 gymnasts, which has athletes competing in ALP levels 2 and 3. Meg is a fully qualified coach with both Gymnastics Australia and Gymnastics Victoria. Meg has had great success with helping a number of talented young gymnasts progress into our Development Squads. She is extremely willing to learn and very passionate about working with all of the gymnasts under her care; WGC is incredibly pleased to have Meg be a part of our highly committed coaching team. Meg has a number of years coaching experience within recreation programs also; both at WGC and at Eastern Gymnastics Club. Meg was also a long time member as an athlete at WGC reaching ALP Level 10 and achieving some wonderful results. Having high level competitive gymnastics experience under her belt gives her tremendous skills and abilities to enable her athletes to work toward reaching their gymnastics goals.



Alex Mathioulakis is in her first year of coaching our Pre-Squad gymnasts and is showing fantastic potential to be a well-rounded coach within our program. Alex is a fully qualified coach with both Gymnastics Australia and Gymnastics Victoria. Alex has coaching experience across both our squad and recreational programs here at WGC and is assisting many budding young athletes to move through to our squad development program. She shows a kind and gentle nature and aims to help a gymnast in every way she can to enable them to improve; we are very grateful at WGC to have Alex be a part of our extremely passionate coaching staff. Alex has a number of years of experience as an elite gymnast herself, as a former athlete at WGC, with a highlight for her being crowned the International level 5 Victorian Champion in 2013. Alex currently is heavily involved in elite level cheerleading and she has travelled to America recently to the Cheerleading World Championships. Having this experience behind her gives her a lot to offer aspiring young gymnasts in her care.

Jade Vella-Wright is in her first year of coaching our Pre-Squad gymnasts and is proving to be a wonderful and strong asset to our program. Jade is a fully qualified coach with both Gymnastics Australia and Gymnastics Victoria. Jade coaches across both our squad and recreational programs here at WGC and is helping a number of talented young gymnasts progress into our Development Squads. She is very caring and passionate about every young gymnast that she works with, and WGC is very happy to have her be a part of our highly motivated coaching staff. Jade has a number of years of experience as a gymnast herself, and is a current Senior International level athlete at WGC. Her highlights as a gymnast to date include being the Australian Junior Champion on both floor and beam in 2016 and representing Australia that same year at the Masillia Cup in Marseille, France. Having this experience behind her gives her excellent knowledge as she strives to help others achieve their gymnastics dreams.



Schools:

WGC coaches and staff work closely with the ACE (Athlete Career and Education) advisors at the VIS to ensure our gymnasts are well supported. WGC has a holistic approach to our gymnasts well-being and recognises that Primary and Secondary School education is fundamental to their future. The VIS and WGC have set up official partnerships with Mt Waverley Secondary College and Wesley College to support our gymnasts as well as strong relationships with a number of Primary and Secondary schools. WGC also has a transport service to drive gymnasts to school after morning training and pick up gymnasts from school for early afternoon training sessions.

Star 5 rating:

WGC has been recognised for their quality, professionalism and success, by being awarded the prestigious Gymnastics Australia 5 star rating (one of only six clubs in the country to receive this recognition) this year and every year since 2003. WGC will continue to strive to give our National Stream gymnasts the very best opportunity to reach their dreams in gymnastics.



If you have any questions about our National Stream Program, please feel free to contact our National Stream Head Coach Arlene Hunsdale on (03) 9887 9611 or email arlene@wagc.com.au.

National Stream Head Coach: Arlene Hunsdale

Junior Development Coordinator: Jessica Haintz

WGC Director: Tanya Johansen

www.waverley.gymnastics.org.au