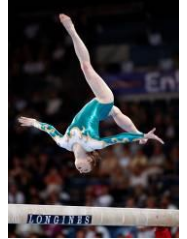


INTERNATIONAL STREAM GYMNASTICS AT WAVERLEY GYMNASTICS CENTRE

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 not-for-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 2 - 20 years of age, of which 125 gymnasts make up our renowned Competitive Program (of which 20 make up our International Stream).



Goals:

WGC aims to produce gymnasts capable of performing at the highest levels of excellence and to successfully represent Australia at Olympic Games, Commonwealth Games, World Championships and other International Events.

Olympic Games:

WGC is the only Gymnastics Program in Australia that has had gymnasts represent Australia at the last three consecutive Olympics.



At the **2016 Rio Olympics** WGC's Larrissa Miller was the only Australian WAG gymnast selected to represent Australia along with coach John Hart. Competing at the 2016 Rio Olympics earned Larrissa the title of Dual Olympian; an amazing achievement.



At the **2012 London Olympics** WGC's Georgia Bonora was selected onto the London Olympic Team and was accompanied by coach John Hart where the team finished in 10th position. Competing in the 2012 London Olympics has earned Georgia the title of Dual Olympian; an amazing achievement.



At the **2010 Inaugural Youth Olympics** in Singapore, WGC's gymnast Angela Donald was Australia's sole WAG representative and made history, winning Australia's first and only gymnastics Olympic medal with her Bronze medal performance on Beam.



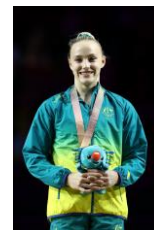
At the **2008 Beijing Olympics**, WGC had two gymnasts selected onto the Australian team as well as the selected travelling reserve. These two gymnasts Georgia Bonora and Shona Morgan went on to become the highest scoring Australian gymnasts at the Olympics placing 13th and 15th in the world, and were the two highest contributors to the team result of 6th place – Australia's best result in Olympic WAG gymnastics history.



Commonwealth Games:



In 2018 WGC had senior gymnast Emily Whitehead represent Australia at the Commonwealth games on the Gold Coast, Australia where the Australian team earned a bronze medal in the team event. Emily then went on to win herself an individual bronze medal in the vault final and placed an impressive 5th in the beam final. WGC also had 3 athletes selected as the Australian Team reserves for these games.



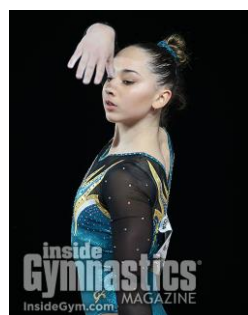
In 2014 WGC had senior gymnast Larrissa Miller represented Australia at the Commonwealth games in Glasgow, Scotland where the Australian team earned a silver medal in the team event. Larrissa then went on to win herself an individual silver medal on the uneven bars.



In 2010, WGC had senior gymnast Georgia Bonora and WGC Head Coach John Hart represent Australia on the Commonwealth Games team in Delhi, where the Australian team won Gold and Georgia individually won Silver on Bars and Bronze in the All Around.



World Championships:



WGC has had gymnasts successfully represent Australia at the:

- 2017 World Championships (Montreal, Canada) – Talia Folino
- 2015 World Championships (Glasgow, Great Britain) – Larrissa Miller
- 2014 World Championships (Nanning, China) – Larrissa Miller
- 2010 World Championships (Rotterdam, Netherlands) – Georgia Bonora, Emma Dennis (Reserve)
- 2009 World Championships (London, Great Britain) - Shona Morgan, Georgia Bonora
- 2007 World Championships (Stuttgart, Germany) - Shona Morgan, Georgia Bonora
- 2006 World Championships (Aarhus, Denmark) - Georgia Bonora, Shona Morgan

Other International Results:

WGC gymnasts have competed successfully in Ukraine, Belgium, Germany, Sweden, China, Canada, Denmark, India, Singapore, USA, London, Italy, Japan and France. WGC gymnasts have represented Australia successfully at events such as the Pacific Rim Championships, Jesolo Cup, Gymnix International, Japan Junior International, Elite Gym Massillia, and Rio Olympic Test Event.



Recent Australian Championships Results and Rankings:

The 2018 Australian Championships proved to be an outstanding competition for WGC gymnasts across the ALP levels 7-10 and International levels – Future IL and Senior athletes, claiming a total of 12 national titles and a further 15 Silver and Bronze medals. WGC also had gymnasts named in the Victorian Teams of the eight levels contested with four of those teams crowned National Champion Teams.

In 2017 WGC gymnasts from the Junior 14yrs, Junior 15yrs and Senior International divisions achieved the Team Australian National Titles along with individual medals across Jnr 13yrs-Snr totalling 10 medals – 7 Gold and 3 Silver. In the Junior 15yrs WGC's gymnast took out every individual Gold medal in this division.

In 2016 WGC gymnasts from IL 10 and Junior divisions achieved the All Around Australian National Titles along with individual medals across IL 10-Snr totalling 14 medals – 10 Gold, 4 Silver and 1 Bronze.

In 2015 the gymnasts from WGC earned the All Around Australian National titles at International levels 8, 9, 10 and Junior International along with a number of other individual medals, a total of 16 Golds, 5 Silvers and 4 Bronzes.

In 2014 WGC gymnasts won the International level 6, International level 10 and Junior International All Around titles at the Australian National Championships. The WGC gymnasts walked away from those championships with a total medal tally of 13 Gold, 5 Silver and 3 Bronze. Not only were our gymnasts well represented as part of the Victorian State team but many of WGC coaches were also chosen as state team coaches.

In 2013 WGC gymnasts took out the International Level 10, International Level 8 and International Level 6 Individual All Around Australian titles at the Australian Championships. WGC gymnasts took out 10 Gold medals, 9 Silver Medals and 10 Bronze medals across IDP 6-10 at these Championships. WGC gymnasts made up 80% of the National Championship winning IDP 10 Victorian Team, 100% of the National Championship winning IDP 8 Victorian Team and 80% of the National Championship winning IDP 6 Victorian Team. Our senior coaches have been selected as State, National and Australian Team coaches and our gymnasts have achieved numerous National and International awards and placings each year.

Recent Victorian Championships Results and Rankings:

2018: WGC gymnasts took out both the Future International and Senior International team titles, as well as the individual All Around titles. Across all of the levels WGC entered, with athletes amongst ALP levels 7-10 and Future to Senior International, WGC took home a total of 77 medals (30 Gold, 25 Silver and 22 Bronze).

2017: WGC gymnasts took out every International Stream team title from IL 7 to Junior International and every All Around individual title from IL 7 – Senior International. A total of 51 medals (Gold, Silver and Bronze) were taken home by International Stream WGC athletes.

2016: WGC gymnasts showed performances a class above, claiming the team titles in international levels 6, 7, 10 and Junior/Senior International. WGC also took home the All Around individual titles from International levels 8, 9, 10 and Junior International; these 1st place results were among 59 medals awarded to WGC gymnasts.

2015: WGC gymnasts maintained their first class standards, taking out the team titles in international levels 7, 8, 9, 10 and Junior International. WGC also took home the All Around individual titles from International levels 6, 7, 10, Junior and Senior International; these golds were amongst 46 medals received by WGC gymnasts at these championships.

2014: WGC gymnasts took out every International Stream team title from IDP 5 to Senior International and every All Around individual title from IDP 5 – Junior International. Out of a total of 51 Gold medals available across the International Stream, Waverley gymnasts took home 46 of these.

2013: WGC gymnasts claimed every International Stream team title from IDP 5 to IDP 10, and every All Around individual title from IDP 5 – Junior International. Waverley gymnasts were awarded 44 of the 56 Gold medals available across the International Stream levels.

Below are just some of the other awards won by WGC:

- 2017 Victorian High Performance Coaching Team of the Year
- 2017 Victorian ALP Coaching Team of the Year
- 2016 Victorian High Performance Coaching Team of the Year
- 2015 Australian International Development Coaching Team of the Year
- 2014 Victorian High Performance Coaching Team of the Year
- 2014 Victorian WAG Gymnast of the Year
- 2013 Australian International Development Coach of the Year
- 2013 Victorian International Coaching Team of the Year
- Two coaches selected for the 2014 Australian Institute of Sports International Coaching Program
- Vic Sport 'Junior Athlete of the Year' 2010
- Victorian 'International Gymnast of the Year' in 2006, 2007, 2008, 2009 & 2010
- Victorian 'International Stream Coaching Team of the Year' 2007, 2009, 2010 & 2013

- Australian 'Junior Gymnast of the Year' 2007
- VIS 'Gymnast of the Year' 2009 & 2010
- VicSport 'Athlete of the Year' finalist in 2008, 2009 and nominated again in 2010
- VIS 'Youth Athlete of the Year' finalist in 2009
- Victorian 'WG Club of the Year' in 2009

High Performance Manager:



As WGC's High Performance Manager, Stephanie works with all of our competitive gymnasts, parents and coaches, and oversees the strategic and operational aspects of the WGC High Performance Program. Joining Waverley in 2018, Stephanie brings a unique blend of elite sporting knowledge, event planning, stakeholder and business management experience, as well as high level organisational and communication skills. Stephanie was a highly successful Australian gymnast, medalling at the 2002 Commonwealth Games and 2003 World Championships, as well as being a Team and Individual All Around finalist at the 2004 Athens Olympics. Since her retirement from competitive gymnastics in 2004, Stephanie's career highlights include: Events Management at Carlton Football Club, Victorian Olympic Council and 2XU; commentating the gymnastics at the 2010 Commonwealth Games for Channel 10; WAG/MAG Program Manager for Gymnastics Australia; and High Performance Administrator for the Victorian Institute of Sport. Stephanie holds a Bachelor of Business (Sport and Leisure Management) from La Trobe University, and a Bachelor of Exercise and Sport Science from Deakin University. She is currently a Board Director for the Victorian Olympic Council, a Women's Olympian Network Ambassador, and a School Sport Ambassador.

Coaches:



WGC's extraordinary coaching team is led by International Stream Head Coach **John Hart**, who has achieved the rare FIG (Fédération Internationale de Gymnastique) Level 3 Brevet coaching accreditation. John also holds a Bachelor of Applied Science in Sports Coaching and Administration and Level 3 WAG International coaching qualifications. John has had gymnasts selected to compete for Australia at the 2017, 2015, 2014, 2010, 2009, 2007 and 2006 World Gymnastics Championships, and he was selected as an Australian Team Coach for each of these events. John has had gymnasts successfully represent Australia and medal at the 2018, 2014 and 2010 Commonwealth Games. Most notably, John is the only coach in Australia to have had gymnasts represent Australia at the last three Olympic Games; 2016 Rio de Janeiro, 2012 London and 2008 Beijing. He was the Australian WAG Head Coach for the 2016 Rio de Janeiro Olympic Games. John has been the recipient of a number of prestigious awards over the years, including: Gymnastics Australia (GA) High Performance Coach of the Year in 2015 and 2014, and 'Victorian Coach/Coaching Team of the Year' in 2017, 2016, 2014, 2010, 2008, and 2006. He is currently an active member of the 2018 – 2020 GA High Performance Commission. John attributes his athletes' success to pushing hard in the gym whilst maintaining a positive and supportive environment.

Jeb Silsbury joined Waverley in 2012 and is currently working with our Future, Junior and Senior International gymnasts. Jeb commenced coaching in 1991 and holds a Level 3 FIG coaching qualification (GA High Performance accreditation). Most recently, Jeb had an athlete selected onto the 2018 Pacific Rim Australian Team (winning a bronze medal in the bars event), and also selected as a reserve for the 2018 Commonwealth Games Team. Jeb has also had gymnasts selected to compete at the 2010 World Championships and 2010 Commonwealth Games. He was selected as a coach for the 2018 and 2010 Pacific Rim Championships, as well as the 2010 French World Cup. Jeb has had gymnasts successfully compete at Australian Championships, Australian Classic and Victorian Championships. Jeb's coaching success has been recognised via a number of awards,



including: 2017 GV International Coaching Team of the Year, 2015 GA International Development Coaching Team of the Year, 2013 Australian International Development Coach of the Year, and 2013 Victorian International Coaching Team of the Year. Jeb was selected to participate in the prestigious Australian Institute of Sport International Coaching Program at the 2014 Glasgow Commonwealth Games. 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 Waverley in 2010 and coaches our Future, Junior and Senior International gymnasts. Jessica commenced coaching in 1998 and holds a Level 3 FIG coaching qualification (GA High Performance accreditation), as well as a Bachelor of Applied Science (Human Movement). Most recently, Jessica had a gymnast selected onto the 2018 Pacific Rim Australian team and as a reserve for the 2018 Commonwealth Games Team. She has had athletes successfully compete at Australian Championships, Australian Classic and Victorian Championships. Jessica was recognised as Waverley's Squad Coach of the Year in 2015 and 2012. She has also been awarded the 2015 GA International Coaching Team of the Year, and the 2017 GV International Coaching Team of the Year. In 2015, Jessica was accepted into the Australian Institute of Sport's (AIS) High Performance Coaching course and completed a 2 year program developing high level management skills and applying those to elite sport. She was also selected to participate in the AIS's exclusive International Coaching Program at the 2014 Glasgow Commonwealth Games. Jessica's coaching philosophy includes nurturing her athletes through their gymnastics journey, whilst instilling positive values and life lessons to assist them in becoming well rounded strong women.

Georgia Bonora began her coaching journey at WGC in 2014. She currently works with our Senior International athletes alongside John Hart, and is also responsible for our Development Squad 4 group that includes athletes on the elite pathway competing in levels 5 and 6. She holds a GA Advanced Coach accreditation, and is currently completing a Bachelor of Psychology. Georgia has had great recent success, having had an athlete selected for the 2018 Pacific Rim Championships where she claimed the gold medal on beam, as well as having another athlete finish fifth in the beam final at the 2018 Commonwealth Games. Georgia has also had success working with athletes in ALP 7-10 producing excellent results at Victorian Championships as well as elite pathway junior area athletes podium finishes at IL Challenge. She was jointly awarded Gymnastics Victoria Coaching Team of the Year in 2017. Georgia is one of WGC and Australia's most decorated gymnasts being a dual Olympian (2008 Beijing and 2012 London Olympics) and World Championships team member (2006, 2007, 2009 and 2010). 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's extensive experience as an athlete gives her invaluable knowledge to pass on to athletes in a coaching capacity.



Jessica Haintz joined Waverley in 2012 and works with our elite pathway development athletes. She is the Junior Development Coordinator in our program overseeing many of our junior development coaches and athletes. Jessica commenced coaching in 2003 and holds a Level 3 FIG coaching qualification (GA High Performance accreditation). Jessica has had gymnasts successfully compete at State Pennant Finals, Victorian Championships, Australian Championships, National Clubs, Australian Classic, Border Challenge and Trans Bass events. Jessica is very well regarded as an FIG internationally accredited Judge and was selected as an Australian Judge for the 2018 Pacific Rim Championships, and as a Technical Officer for the 2018 Commonwealth Games. In 2013 Jessica was an Australian Judge on the National Levels Tour of New Zealand. Over the past 10 years Jessica has been a Victorian Team Judge for both Australian Championships and Trans Bass Challenge. Prior to

joining Waverley, Jessica was the Assistant Manager and Senior Coach of the Geelong YMCA competitive program, coaching both Junior Development and National levels. Jessica has been awarded 2013 and 2017 GV Official of the Year and also was awarded 2017 Waverley Squad Coach of the Year. Jessica's coaching philosophy includes building strong gymnastics fundamentals whilst ensuring the positive wellbeing of every child in her care.

Sarah Jones joined Waverley in 2015 and currently coaches our Development Squad 4 group that includes athletes on the elite pathway competing in levels 5 and 6, as well as our ALP Limited Hours 6-10 squad. She commenced coaching in 2005, and holds a Level 2 FIG coaching qualification (GA Advanced Silver accreditation). Sarah has a wealth of diverse coaching experience, having coached in Australia, New Zealand and the United Kingdom, and is also qualified with both British and Scottish Gymnastics. During her time in the United Kingdom, Sarah dedicated 12 months to her 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'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.



Grace Yang is WGC's Head of Ballet; she works weekly with every gymnast in our International stream program from pre-squad to Senior International 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 Hebei 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 elite gymnasts at Waverley for over 20 years and is a major contributor to our gymnasts continuing competitive success. Grace is an extremely passionate and driven instructor, she holds high expectations of her athletes whilst delivering fun, yet highly technical, ballet/dance fundamentals to the gymnasts.

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 \$7.4 million committed from Local, State and Federal Government 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.



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 wellbeing and recognises that primary and secondary School education is fundamental to their future. The Victorian Institute of Sport and WGC have set up official partnerships with Mt Waverley Secondary College and Wesley College to support our gymnasts. WGC has also built strong relationships with a number of other local primary and secondary schools. WGC provides 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 our 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 gymnasts the very best opportunity to reach their dreams in gymnastics.



If you have any questions about our International Stream Program, please feel free to contact our High Performance Manager, Stephanie Moorhouse, on (03) 9887 9611 or email hpmanager@wgc.org.au.