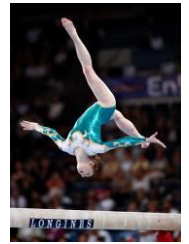


## COMPETITIVE STREAM GYMNASTICS AT WAVERLEY GYMNASTICS CENTRE

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 - 21 years of age, of which 125 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:

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

### 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 10<sup>th</sup> 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 13<sup>th</sup> and 15<sup>th</sup> in the world, and were the two highest contributors to the team result of 6<sup>th</sup> 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 5<sup>th</sup> 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:

- 2019 World Championships (Stuttgart, German) – Talia Folino, Kate McDonald
- 2018 World Championships (Doha, Qatar) – Emily Whitehead
- 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.



## 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 1<sup>st</sup> All Around and Rachel excelled individually, placing 1<sup>st</sup> All Around, 1<sup>st</sup> Bars, 2<sup>nd</sup> Beam, 4<sup>th</sup> Floor and 7<sup>th</sup> Vault.



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

### **Recent Australian Championships Results:**

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. WGC's gymnast took out every individual Gold medal in the Junior 15yr division. WGC gymnasts also represented Victoria at Levels 7, 9 and 10. They achieved 1 Gold, 3 Silver and 4 Bronze medals including 1 National title. At the 2017 Australian National Clubs Carnival the WGC Level 6 Team was crowned Australian All Around Team & Apparatus Champions and the WGC Level 5 Team placed a close second Australian All Around Team.

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. 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.

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. 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.

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. 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:**

**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). 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 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. 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 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 1<sup>st</sup> place results were among 59 medals awarded to WGC gymnasts. 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 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. 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 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. 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.

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

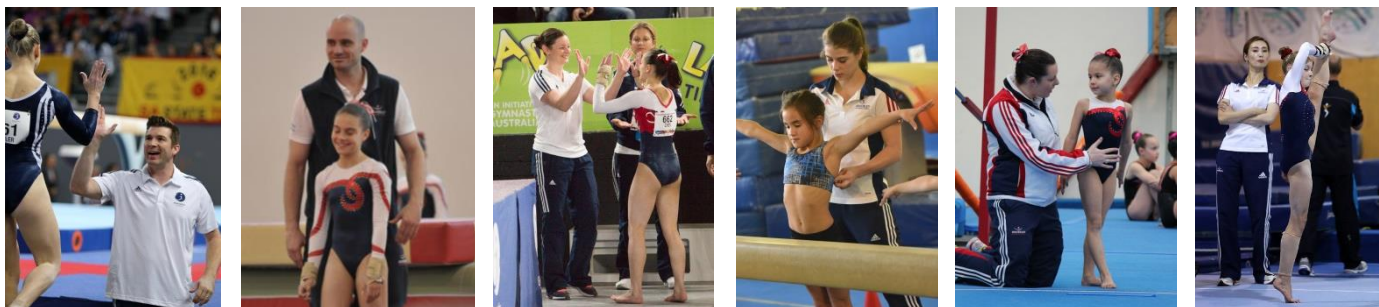
- 2018 Victorian High Performance Coaching Team of the Year
- 2017 Victorian High Performance Coaching Team of the Year
- 2017 Victorian ALP Coaching Team of the Year
- 2016 Victorian High Performance Coaching Team of the Year
- 2015 Australian International Development Coaching Team of the Year
- 2014 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, **Kate Wallis** 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 2019, Kate brings a wealth of knowledge and experience in elite sport as both a High Performance Manager and Sports Scientist. Kate's qualifications include a Bachelor of Science in Education (Human Performance) from the University of Alabama as well as a Masters in Exercise Science from the University of Memphis and she is currently completing a Graduate Diploma in Psychology at Monash University. Some of Kate's career highlights include: Head of Sports Science and Medicine for the Inspire Institute of Sport in India; Head of Sports Science and High Performance Consultant for Global Performance Testing Australia; High Performance Manager - Olympic Cycling Program for the National Sports Institute of Malaysia.

## 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 2019, 2018, 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 2018, 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 Australian Team for the 2019 World Championships. Jeb also had an athlete selected on the 2018 Pacific Rim Australian Team (winning a bronze medal in the bars event), and selected as a reserve for the 2018 Commonwealth Games Team. Prior to joining Waverley Jeb 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.



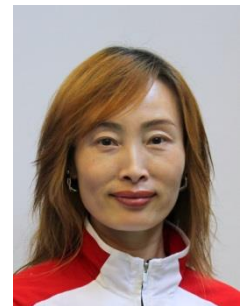
**Jessica Mason** joined Waverley in 2010 and coaches our Future, Junior and Senior International gymnasts. Jessica commenced coaching in 1998 and holds a Level 3 FIG coaching qualification (GA High Performance accreditation), as well as a Bachelor of Applied Science (Human Movement). Most recently, 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.

**Jessica Haintz** joined Waverley in 2012 and works with our elite pathway development athletes. She is the Junior Development Coordinator in our program overseeing 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. Off the back of these achievements Jessica was named the 2018 VicSport Official of the Year. 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.



**Georgia Bonora** began her coaching journey at WGC in 2014. She currently works with our Development Squad 2 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 and 2018. 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.

**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 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 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.



**Britt Davison** was a gymnast at Waverley competing up to National Level 8 at Australian Championships (and she was a three time State champion) – she has been at Waverley now for 17 years! Britt is an Intermediate qualified Coach with both Flip and Saulto accreditations. Britt is a very talented and sought after competitive coach who has coached squad gymnastics at Waverley for the past two years. Britt was offered one of our development competitive squads for 2018 but was unable to take it up, due to her intensive placement commitments required as part of her Nursing degree at Deakin University. Instead Britt has been a wonderful resource providing fills (around her University commitments) across many WGC squads this year and has already spent time with the Junior ALP girls during the year so will provide much needed consistency for the girls.

**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 third 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.



#### **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, Kate Wallis, on (03) 9887 9611 or email [hpmanger@wgc.org.au](mailto:hpmanger@wgc.org.au).