COMPETITIVE PROGRAM OVERVIEW

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 1500 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:

While our overall goal is to develop individuals from a holistic perspective, WGC also aims to produce gymnasts capable of achieve their individual potential. This may be 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 recognise our National Stream senior gymnasts who achieve high levels of success by offering opportunities for interstate and international competitions.

Partnerships:

We believe that the key to happy, healthy and hungry to learn high performance gymnasts is the successful partnership of gymnast, parent, coach and management. For this partnership to flourish, there needs to be mutual trust, open communication, and a shared vision. By incorporating initiatives such as our bi-annual progress and wellbeing reviews, gymnast check ins, squad parent meetings, parent check ins, interactive parent sessions and social catch ups we believe that all aspects of our gymnasts and squad families experience at WGC is thorough and well rounded.

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 <u>made history, winning Australia's first and only gymnastics Olympic medal</u> 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 Women's Gymnastics history.

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WAVERLEY GYMNASTICS CENTRE

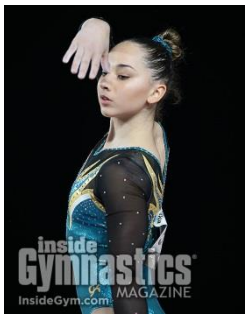
Commonwealth Games:

In 2018 WGC had senior gymnast Emily Whitehead represent Australia at the Commonwealth games on the Gold Coast, Australia where the Australian team earnt 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 earnt 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.

COMPETITIVE PROGRAM OVERVIEW

WAVERLEY GYMNASTICS CENTRE

Australian Level 10 Team Tours:

2017: WGC Level 10 gymnast Rachel Laval was 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.

Recent Australian Championships Results:

The 2019 Australian Championships once again brought some great results. WGC gymnasts from ALP 8- 10 as well as International levels Future IL and Senior gymnasts, claimed a total of 8 national titles as well as 9 Silver and Bronze medals, with WGC taking out every individual gold medal in Future IL. At the 2019 Australian National Clubs Carnival the WGC Level 5 team was crowned Australian Champions on the Floor.

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 earnt 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.

COMPETITIVE PROGRAM OVERVIEW

WAVERLEY GYMNASTICS CENTRE

WAVERLEY Gymnastics Centre

Recent Victorian Championships Results:

2019: Once again in 2019 WGC gymnasts took out both the Future international and Senior International team titles, as well as the individual All Around and apparatus titles. WGC had gymnasts competing from ALP 7 –10 and Future to Senior international. Throughout the competition WGC took home 57 medals of which there were 20 Gold, 17 Silver and 20 Bronze medals, including 20 Team, All Around and Apparatus State Titles.

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 1st 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:

- 2019 Victorian High Performance Coaching Team of the Year
- 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

COMPETITIVE PROGRAM OVERVIEW

WAVERLEY GYMNASTICS CENTRE

- 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:

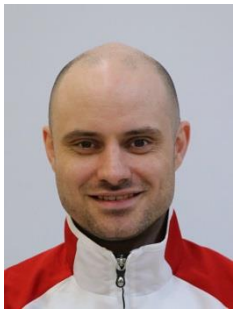
As WGC's High Performance Manager, Kate Wallis works with all of our competitive gymnasts, parents and coaches, and oversees the strategic and operational aspects of the WGC High Performance Program. Joining Waverley in 2019, Kate brings a wealth of knowledge and experience in elite sport as both a High 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 supporting and nurturing each athlete's individual drive to be the best that they can be.

COMPETITIVE PROGRAM OVERVIEW

WAVERLEY GYMNASTICS CENTRE



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.

COMPETITIVE PROGRAM OVERVIEW

WAVERLEY GYMNASTICS CENTRE

Qinghua Yang is a world renowned gymnastics coach with a coaching degree from the Beijing Physical culture and Sports College in China and more than 15 years' experience as a senior elite gymnastics coach at the Hunan Training Centre in Changsha P.R. China, and a further 10 Years as Women's Senior Gymnastics Coach at the Australian Institute of Sport. Mr Yang had gymnasts selected on the 2000 and 2004 Olympic teams and was selected himself as an Australian Olympic coach for the Sydney 2000 Olympics. Mr Yang's gymnasts were selected for, and he was also an Australian Team Coach of, the 1998 and 2002 Gold medal winning Commonwealth Games Gymnastics Teams. He was also an Australian Team Coach and his gymnast competed successfully on the 2003 World Championships Bronze medal winning Team. Mr Yang came to Waverley from 2010-2015 working predominately across International Squad 1 and 2 as well as providing expertise and mentorship to other squads and coaches. In 2016 he was offered a senior role close to home at Knox Gymnastics and a year later Gymnastics Australia asked him to take on the Junior and Senior International gymnasts at the Melbourne National Centre of Excellence (NCE), where his gymnasts competed successfully at the 2017 and 2018 World Championships and the 2018 Commonwealth Games. Mr Yang re-joined the Waverley coaching staff in 2019 bringing his expertise to our ALP 1 Squad athletes; Levels 8 – 10.

Belinda Kay has coordinated and managed many gymnastics clubs in the past, both small and large, from recreational based to elite. Belinda is a WAG Advanced Silver Coach and a MAG Intermediate Coach and was a competitive gymnast herself for 11 years reaching State Level 9. Belinda joined the Waverley team in 2020 and has over 25 years of experience in coaching gymnastics. Belinda was previously the Program Manager for seven years at the Cheltenham Youth Club and before that she spent eight years at the Victorian High Performance Centre as the State Coordinator and Junior Development Coordinator. During her years of coaching Belinda has had much success, including having gymnasts medal both individually and as a team at the Victorian Championships. Belinda has also spent time coaching other sports such as Swimming, Diving and Netball. Belinda's coaching philosophy is about empowering young athletes to achieve their goals and reach their greatest potential. She is passionate about inspiring athletes and building their confidence, not only in sport, but giving them skills that they can use in everyday life. She gets a lot of satisfaction and reward from helping to bring out the best out in every athlete she trains.

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.

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.

COMPETITIVE PROGRAM OVERVIEW

WAVERLEY GYMNASTICS CENTRE

Marian Dicken-Marr first started coaching at Waverley in 2014. She chose Waverley to complete her coaching placement for Deakin University, and instantly knew that this was an amazing place to work and fell in love with coaching. She has been working at Waverley for 6 years in all different areas of the programs; Junior Gym, Educational Gymnastics and Competitive Gymnastics. Marian has had opportunities and experiences working at the International Gymnastics Camp in Pennsylvania USA for the Summer of 2018 and 2019. During that time, she was able to work and learn with some of the best coaches in the world and develop her knowledge in gymnastics further. When Marian was younger, she competed in Artistic Gymnastics before switching to Acrobatic Gymnastics where she trained and competed for 13 years. She competed at many State Championships, National Club Competitions and three National Championships.

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.

Natalie Bray commenced coaching at Waverley in 2018 and works with our competitive stream gymnasts across dance and ballet. She is a registered and qualified coach with Gymnastics Australia. Natalie trained full time as a ballet dancer for 5 years at the Jane Moore Academy of Ballet and 1 year at the Australian Ballet School Level 5. She has completed her Royal Academy of Dance ballet teacher training course with a Certificate in Ballet Teaching Studies, and also holds a Certificate 2 in Dance. Natalie also teaches jazz and ballet outside of gymnastics. She works with all our athletes from our Foundation Squads through to our Senior International gymnasts and plays a big part in our fabulous choreography and artistic beam and floor routines!

Claire Tomkins began coaching with Waverley at the beginning of 2020. Prior to that she was working at Lifestyle for Kids where she had worked for 16 years. In her time as a coach Claire has coached ALP Levels 2-6 as well as having experience coaching Gymstar and Kindergym programs. Claire has an eye for detail and is a terrific technical coach, which is why she has had much success in the past with the athletes she has coached. Claire was a gymnast herself before she began coaching, competing up to Level 8 before moving onto other sporting goals. Her favourite apparatus to train and compete was Beam, as she enjoys the artistry involved as well as it being a challenging apparatus to master. Claire was not only a competitive gymnast but also a competitive swimmer and surf life saver, where she achieved state and national titles.

Georgia Hall commenced coaching in Waverley's educational gymnastics program in 2016 and joined the competitive stream coaching team in 2019. She is currently responsible for Foundation Squad 3, which has athletes competing in ALP Level 2. Georgia is a fully qualified coach with Gymnastics Australia. Georgia was a State Stream competitive gymnast at Waverley up until 2014 reaching State Level 6. She has also been involved in competitive diving, training in the Junior Elite National Program and representing Victoria at both the Australian Championships and the School Sport Australia Championships. Georgia enjoys working with Waverley's talented young gymnasts; she is extremely willing to learn and is very passionate about working with all of the gymnasts under her care to reach their full potential and enjoyment within the sport.

COMPETITIVE PROGRAM OVERVIEW

WAVERLEY GYMNASTICS CENTRE

Alex Mathioulakis began coaching our Pre-Squad gymnasts in 2018 and is a fully qualified coach with Gymnastics Australia. 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. 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.

High Performance Support – Sport Science and Medicine (SSSM) Services:

At WGC we recognize the importance of holistic support for our gymnasts in our squad program. A core component of the WGC High Performance Support Program (HPSP) is our Sport Science and Medicine service options. Under the Sport Science and Medicine umbrella at Waverley, the following support services are engaged to provide holistic care to our gymnasts and families:

Physiotherapy

We have a knowledgeable and experienced team of Physiotherapist from the Bounce Health Group who treat on site at WGC. The physiotherapists offer the following services:

- musculoskeletal screenings to identify areas of imbalance that may lead to injuries if not addressed
- provide subsequent individualized injury prevention programs to our gymnasts
- acute injury management
- chronic injury management
- manage the 'return to play' process of athletes transitioning from an injury back into training or from extended periods away from apparatus training such as the COVID-19 global pandemic
- specific squads/levels participate in physiotherapist led Injury Prevention classes during term, where the gymnasts in the squad are prescribed Pilates based exercises to support continuing strength and stability specific to gymnasts.

Nutrition

In 2020, WGC engaged a Sports Dietitian from Bounce Health Group to joining our Sport Science and Medicine Team. The Sports Dietitian will offer the following:

- two workshops for the year, both for gymnasts and parents. Topics covered will vary from food for fuel, food for recovery, food for fuel for school/studies/concentration as well as educating the gymnasts around smart food choices for being an athlete
- private consultations will be available through Bounce Health Group in a one-on-one basis

Performance Psychology

Olympian and Performance Psychologist Caroline Anderson continues to be the preferred Performance Psychologist for Waverley Gymnastics. Caroline will deliver the following services:

- two workshops for the year for gymnast and parent
- one-on-one consultation at Caroline's private practice

Sports Medicine

WGC has an ongoing relationship with Sports Physicians at Bounce Health Group. Appointments can be made through Bounce, and communication around outcomes from any appointments regarding a gymnastics injury or illness will be fed through to the necessary coaches and support staff to manage the injury/illness.

Myotherapy

WGC has two regular, fully qualified Myotherapists who treat onsite each week across three different days. The Myotherapists deliver the following services:

- individualized treatments according to the specific needs of each of the gymnasts
- treatments for optimizing recovery
- treatments to compliment athletes' injuries

COMPETITIVE PROGRAM OVERVIEW

WAVERLEY GYMNASTICS CENTRE

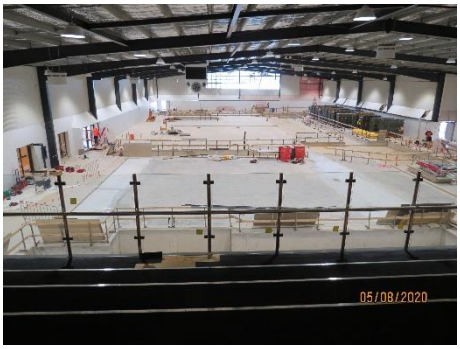
Growth and Development Monitoring

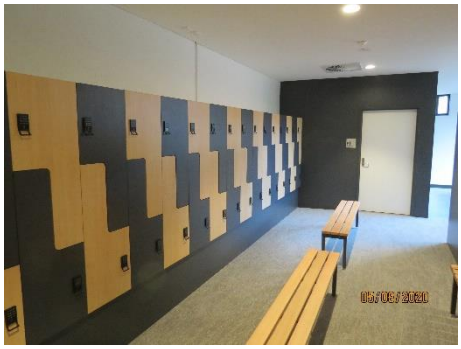
WGC believes in and supports the goal of having holistically healthy athletes. WGC engages Global Performance Testing (GPT) to convene the following service:

- quarterly Fit3D scans that directly link in with the musculoskeletal screenings to track segmental measurements and other relevant data. Tracking growth and development of athletes over time gives coaches and sport science and medicine practitioners indications around growth spurts, rates of recovery from injury and added insight into prescribing individualised return to play rehabilitation programs.

Facilities:

Over the past 8 years, Waverley has secured $7.4 million in funding from Local, State and Federal Government for a new custom built gymnastics facility at Oakleigh Recreation Centre. With building works due to be completed in late-2020, Waverley will soon move into our new home which will be undoubtedly be one of the best gymnastics facilities in Australia. The new venue will be more than double the size of our current Mt Waverley gym, and will feature a permanent viewing area for parents, brand new changerooms, lockers, toilets and reception, new medical rooms, a kitchenette for parents, and much larger office space.





Schools:

WGC coaches and management staff work closely with our squad families and partner schools to ensure each gymnast is well supported in the gym and in the classroom. WGC has a holistic approach to our gymnast's wellbeing and recognises that Primary and Secondary School education is fundamental to their future. In previous years, the Victorian Institute of Sport (VIS) Performance Lifestyle staff worked with WGC to establish official partnerships with Mt Waverley Secondary College and Wesley College to support our gymnasts and most recently have partnered with Ashwood High School. WGC has also built strong relationships with several other local primary and secondary schools that our squad gymnasts attend. WGC provides a transport service to drive gymnasts to select schools 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 Competitive Gymnastics Program, please feel free to contact our High Performance Manager, Kate Wallis, on (03) 9887 9611 or email hpmanager@wgc.org.au.