

***Canberra City  
Gymnastic  
Club  
Inc.***



*Annual General  
Meeting*

**2004**

**GYMNAS  
TICS**



***Canberra City Gymnastics Club Inc.***

**Active Australia Provider**

**CLUB 10 member**

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**Saturday: 8am to 1pm**

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## CONTENTS

- 1. Agenda for 2004 AGM**
- 2. Minutes of the 2003 AGM**
- 3. President's report**
- 4. Financial Statements**

### 1. AGENDA

- 1) Apologies
- 2) Minutes of the 2003 AGM.
- 3) President's report.
- 4) Auditor's reports
- 5) Elections
  - a. President
  - b. Manager
  - c. Coach/Judge Member
  - d. Member
- 6) Appointments
  - a. Public Officer
  - b. Auditor

### **3. President's Report**

The Club has enjoyed a busy year in all aspects of its operations with the Committee firmly focusing on increasing participation and enjoyment in the sport of gymnastics, while continuing to improve the conditions of 'work' and the physical environment for our athletes, staff and volunteers.

Although we did not have to deal with a catastrophic event, such as last year's office fire, we have faced a break-in and burglary (January), thefts from the Club's foyer, graffiti and vandalism. The advent of pay-parking along Chandler street in February placed increased pressure on the Club's carpark. Infringement-type notices and the poor condition of the carpark have just about dissuaded non-member parking.

The Club continues to participate in Community events such as Westfields Christmas Parade and the Watson 40<sup>th</sup> Birthday celebrations, both last November and various school fetes. A small display group took 'gymnastics' to Aranda preschool and Ainslie primary during the Olympics and a display is being organized for the Miles Franklin fete due to be held in three weeks time. These events are especially enjoyable for the gymnasts while increasing the profile of gym sports within the local community. Of course, our in-house competition/display, the Christmas Cup, aims to bring extended families and the community into the gym and continues to be an enjoyable day with 'all-hands-on-deck'!

#### ***Gymnastic Results***

Again, Club gymnasts have enjoyed excellent outcomes in both ACT, interstate and National competitions. All event results are attached.

The Club entered full contingents to all the ACT Levels Program (ALP) competitions held in the ACT and was again a strong presence both in numbers and results with MAG and WAG gymnasts achieving coveted Gold and Blue ribbons. In the ALP level 5 to level 10, our gymnasts regularly featured in the top three, and expectations are high that performances will be similar at the ACT grading next weekend. Travel continues to be an exciting dimension for ALP gymnasts after last year's inaugural success. Boys have participated in the Boorowa Invitational as well as the NSW Country Championships and a contingent of MAG & WAG will contest the Snowy Mountains Invitational this weekend.

Events over the last twelve months included Reach for the Stars last December. Anthea Hewett was an Australia B team member contesting the International Levels Challenge against South Africa and New Zealand, coming 6<sup>th</sup> overall and later winning the beam competition.

This year was certainly a year of travel with senior gymnasts attending NSW Championships Trials in February, the Suncorp Games, Cairns, in April, as well as Australian Championships in Sydney in May.

All our National Womens Artistic Gymnasts (WAG) performed very well at State Championships with juniors winning the Champion Club trophy at level 1. Canberra City went on to win the level 4 to 6 Champion Club trophy with Katrina Le and Bethany Philp being ACT level 4 & level 6 Champions respectively. In levels 7 to 10, Phillipa Dickens, Lauren Donne and Anthea Hewett became the level 7, 9 and 10 State Champions respectively with Anthea Hewett named ACT Gymnast of the Year (2003-2004), an honour received by a Canberra City Club gymnast for many years.

All trialling CCGC gymnasts represented the ACT at Australian Championships and *all* qualified for 'finals' with several top 4 results achieved after the two days of competitions. Notable was Elise Wright's Gold medal on level 7 uneven bars, Anthea Hewett's selection to the Australia A team and Phillipa Dickens' selection to the Australia B team for July's Levels International Challenge.

A squad of level 4 to 10 Canberra City gymnasts qualified to compete at the Junior and Senior Women's National Clubs, held at the AIS Arena in July this year. Canberra City's level 4 team won Bronze on Bars, while our level 6 team, Melissa Orr, Bethany Philp and Sarah Wright, won Gold on both Bars and Beam, an outstanding achievement for a small team. Following on, both Anthea Hewett (L10) and Phillipa Dickens (L7) won Silver medals in the Levels International Challenge against strong opponents Japan and New Zealand.

The Club's most recent travel was to China, involving 13 level 5 to level 10 gymnasts plus coaches and chaperones. All have agreed that the trip was an unforgettable social and cultural experience. Gymnasts performed upgraded routines more than satisfactorily in preparation for competition at the next level when back in Australia. It was a final performance for long-serving Canberra City and ACT gymnast, Anthea Hewett!

Heartfelt thanks must go to the coaches and chaperones for making the visit such a great success.

### ***Staff***

Sadly, we farewelled Ludmila Kostenko in April when she left to join family members in Brisbane.

A big welcome to 'new' staff for 2004: Natasha Schumacher, working in an organisational role as well as increasing her coaching duties.

Geoff Monro taking on MAG and schools programs as a permanent staff member.

Rita Wotkina, Ballet coach.

Jakki Woywitka, level 2 coach from Canada, studying coaching science at UC and currently filling in for Ludmila.

Phil Cossens, Physiotherapist. Phil visits the Club every 2 to 3 weeks on a Saturday afternoon to assist in injury recovery and prevention.

The National program and Club ethos continues to be strengthened under Qu Derui's jovial leadership. We are also indeed fortunate to have the ACT senior WAG levels Judge, Connor Carson, continuing to advise the Committee and coaching at the Club.

The Committee has continued its policy to support personal and professional development for all staff by subsidising course fees and travel as well as holding regular in-Club workshops. The continuing challenge for the Committee is to balance the very transient nature of the gymnastics coaching scene with appointments of young professional coaching and administration staff.

### ***Membership & Advertising. Mergers.***

Membership numbers have grown to average around 800 (approximately 650 last year) for the whole year including children participating in our Schools program. The enrolment form survey indicates that TV advertising and word-of-mouth are how most members learn of the Club. This year, the Committee has also contributed to published supplements: Our Babies (Canberra Times), Capital Parent and PCYC Australia's Kidsmart publication. Of course, the Olympics always provide some impetus to sporting programs.

Early this year, Canberra City and Northside clubs: TEAM Gymnastics, RAGE Gungahlin, and Miles Franklin Gymnastics, began the transition process of merging to become one club. This was mainly at the request for administrative assistance from the smaller clubs. The process has now been finalised with success, we believe. Canberra City certainly hopes that, as a parent organisation, we can maintain participation levels at the various campuses with the view to increased numbers over time. Many thanks to committee members of the satellite programs – who have worked hard to ensure as smooth a transition as possible.

### ***Schools Program***

This area of the Club's operation has been a success story; going from one school in 1999 to 10 schools by 2003. This program is a major contributor, not only to our participation numbers (eventually at the Club), but also to the Club's financial well being. The success of such a program depends greatly on the special expertise and patience required of our coaches working in this area.

### ***Education***

The Club continues to hold technical workshops every term. Connor Carson held a very successful level 1 Judges' course in November of last year. This year, we were fortunate to also have both a Physiotherapy and a First-Aid information session at the Club. Thank you to Physio, Phil Cossens and Paramedic, Doug Wright for their time and expertise.

### ***Building, Infrastructure and Equipment.***

The Club has been subjected to some major make-over projects this year – its 25<sup>th</sup> year of existence. You may have noticed (worked hard on) the following:

- The complete refurbishment of the Ballet room, thanks to the fundraising group. Cost ~\$6000.
- The new sprung floor, thanks Brian Hewett for saving the Club around \$12000. Cost ~\$25000.
- The insulation and lining of the interior walls of the gym. Cost ~\$12000.
- A second vaulting table, new vault strip, new beam, extra mats, new springboard.

The Committee is pleased to be able to realise these milestone projects and equipment purchases improving the work and training environment for members.

### ***Office & Administration. Communication.***

Office Manager Jenny Xian's administration workload has increased along with the mergers mentioned above and the success of all the Club's programs. The Committee thanks Jenny for her commitment and professionalism, which of course, contribute to the Club's success.

The Committee's streamlining of office operations continues with the current project, due for completion within a couple of weeks: the installation of Transact Broadband and the networking of the office computers.

Canberra City's website has been live since early this year and may be found at:

<http://www.canberracity.org.au/> . Quite a few pages are still under construction, however information, notices, forms, newsletters, policies and useful links are currently available. The aim is to provide electronically the communication of information already in the gym via notice-boards and notices.

The Club submitted to an extremely thorough (5 hours on the day, many hours in the months before) Club 10 quality assurance Audit in September and, happily, maintained its accreditation at the National Standard level. The visit by an external officer was particularly informative and positive.

### ***Volunteer Efforts. Grants. Awards.***

Thanks to the volunteer effort of the Club's members, gymnasts, parents, coaches and judges, we again earned future financial support for the Club's contribution to the hosting of the Reach for the Stars competition in December 2003 as well as around \$6000 for the most successful National Clubs WAG L4 to L10 held at the AIS Arena in July 2004. Lesley Dickens' tea & coffee stall at this event was an amazing success, raising over \$1600 for the Club.

The ACT Gymnastics Association received an ACT Event Organisation Award earlier this year, which reflects on the wonderful volunteer efforts of its affiliated clubs.

Closer to home, the Committee wishes to formally thank the volunteer efforts of Jane Donne and Donna Hopkinson, and the mini-band of parents, who have been the backbone of another year of the Saturday morning Sausage Sizzles (~\$4300 to date). I urge all members to support their efforts.

Thanks must also go to Wests Rugby Club, with whom we are affiliated, for supporting the Sausage Sizzles with sausages and bread since March 2003.

The Club's 2004 application for a Wests grant was also successful with \$4000 presented. The Club also has two 2004 grant applications in with ACT Sport and Recreation; mainly to upgrade office computing facilities and to replace the old-technology internal lighting; and one grant application in with the Chief Minister's Department in the 'Renewing Community Facilities' round, to refurbish the change rooms. Announcements are due in November.

Finally, **congratulations** to Brian Hewett, recipient of an ACT Volunteer Award and to Anthea Hewett, recipient of Wests 2004 Senior Sports Star Award. Anthea was nominated by Anthony Donne, the Club's liaison officer. Also to Canberra City itself, which received a congratulatory letter from the Australian Sports Commission citing CCGC graduate, Belinda Archer 2001, and her position on the Olympic 'shadow' team.

### ***Finance***

Members may note that much of the discussion above is reflected through account-lines in our Profit and Loss statement.

*Fees* have been maintained for a couple of years (longer for National competition athletes) and have just been increased by \$5 to \$10 per term/quarter. This decision was made at a Committee budget meeting in July in anticipation of increasing wages and employment on-costs.

On the other side of the ledger.....

*Staff Wages* (and therefore on-costs such as now-9% superannuation, workers compensation, etc.) increased again in 2004.

*Professional Development*, mentioned earlier, has been supported by full reimbursement of Senior First Aid course and National Judging course fees following successful completion by staff members.

*Maintenance and Equipment Purchases* are important ongoing aspects of current and future expense for Club safety and success.

The Committee looks forward to members' input in relation to suggested further improvements for the Club environment.

Referring to the financial statements.....

The Club has posted an operating surplus, which has been maintained and *increased to this date*.

This is a particularly pleasing result considering the major expenses incurred this year.

It appears we are in credit with the ATO for over payment of GST (\$2074).

Liabilities as at 30 June 2004 include some leave provisions as well as the usual July wages and on-costs.

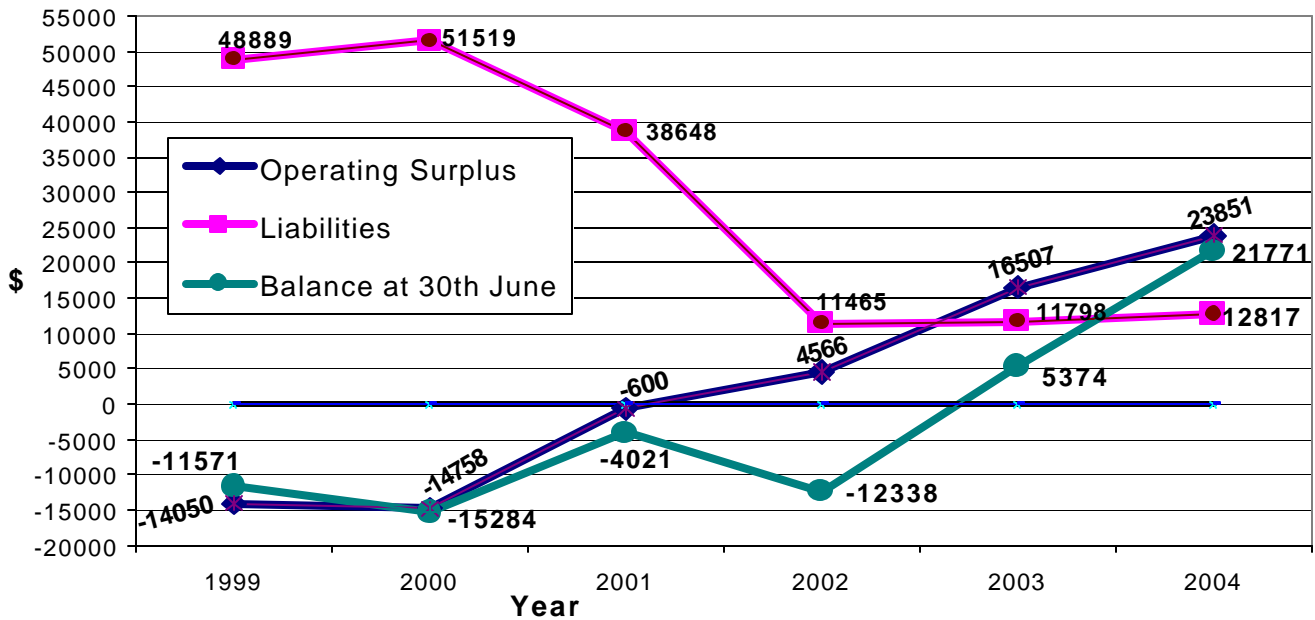
We have been unable to provide a useful comparative Profit and Loss statement for the last two years due to the 2003 office fire. We look forward to providing this report, with associated budget fields, in the next financial year's report.

**Notable Comparisons. Figures as at 30 June Audit reports.**

Account	2000 \$	2001 \$	2002 \$	2003 \$	2004 \$
Income	217372	236958	253657	278140	362912
Expenses	232130	237558	249091	261633	339061
<b>Operating Surplus</b>	<b>-14758</b>	<b>-600</b>	<b>4566</b>	<b>16507</b>	<b>23851</b>
LSL & RL Provision	5536	6314	-	1200	2300
Loan – L & D Sharp	14000	0			-
Loan CBA	20816	14218	4405	0	-
<b>Total Liabilities (Mostly July wages + on-costs, post '01)</b>	<b>51519</b>	<b>38768</b>	<b>11466</b>	<b>11798</b>	<b>12817</b>
Members' Equity	185546	192444	203038	216892	242015



**Finance Indicators - 1999 to 2004**



*In conclusion.....*

The Club has achieved a great deal in this last year across all aspects – thanks to the great support offered to the Committee by members and volunteers.

The next urgent project is the refurbishment of the carpark! The Committee will be looking at quotes in the near future. Finally, it is now time to call in the architect and begin the process of completing the building.

I am sure we can achieve these in the current climate of Club spirit, commitment and loyalty of members and staff.

Mary Hewett  
30<sup>th</sup> October 2004

**International Levels Challenge**

**AIS Arena**

**December 8<sup>th</sup> & 9<sup>th</sup> 2003**

**Australia, New Zealand, South Africa**

**LEVEL 10**

**Day 1: Team Competition**

**Australia  
1<sup>st</sup>**

**Day 2: All Around and Apparatus Finals**  
(Day 1 & Day 2 combined scores)

Anthea Hewett CCGC

Vault	6 <sup>th</sup>
Uneven Bars	5 <sup>th</sup>
Beam	7 <sup>th</sup>
Floor	6 <sup>th</sup>

Overall 6<sup>th</sup>

**Coaches**

(AUS Team and personal)

**Kylie Shadbolt & Brad Spinner  
Qu Derui & Yun Fan**



**REACH FOR THE STARS 2003**  
**December 8<sup>TH</sup> to 12<sup>TH</sup>**  
**AIS Arena**

**WAG Level 4 to 6**

<u>CCGC Level 4 Team</u>	<u>AA &amp; Individual Top 10 places</u>	<u>Team Award</u>
<p>Kiera Hopkinson</p> <p>Emily Glover</p> <p>Katrina Le</p> <p>Emma Carroll</p> <p>Savana Gabrielli</p> <p>Claudia Frankham</p> <p><b>L4 Coaches</b></p>	<p>10<sup>th</sup> AA, 9<sup>th</sup> Beam</p> <p>10<sup>th</sup> Vault, 8<sup>th</sup> Bars</p> <p>8<sup>th</sup> Floor</p> <p><b>Ludmila Kostenko</b>  <b>Brian Hewett</b>  <b>Qu Derui</b>  <b>Yun Fan</b></p>	<p><b>5<sup>th</sup> Overall</b></p>
<p><u>CCGC Level 5</u></p> <p>Melissa Orr</p> <p>Vanessa Schimizzi</p> <p><b>L5 Coaches</b></p>	<p><b>1<sup>st</sup> AA, 1<sup>st</sup> Bars, 1<sup>st</sup> Beam</b></p> <p><b>3<sup>rd</sup> Vault</b></p> <p><b>Qu Derui, Yun Fan</b></p>	
<p><u>CCGC Level 6</u></p> <p>Sarah Wright</p> <p>Amy Brokenshire</p> <p><b>L6 Coaches</b></p>	<p><b>6<sup>th</sup> AA, 3<sup>rd</sup> Bars, 3<sup>rd</sup> Beam, 2<sup>nd</sup> Floor</b></p> <p>6<sup>th</sup> Bars,</p> <p><b>Qu Derui, Yun Fan</b></p>	

**REACH FOR THE STARS 2003**  
**December 8<sup>TH</sup> to 12<sup>TH</sup>**  
**AIS Arena**

**WAG Level 7 to 10**

<u>CCGC Level 7-10</u>	<u>AA &amp; Individual Top 10 places</u>	<u>Team Award</u>
Jessica Ingersole (L7)	4 <sup>th</sup> AA, 4 <sup>th</sup> Vault, 7 <sup>th</sup> Bars, 5 <sup>th</sup> Beam	
Elise Wright (L7)	6 <sup>th</sup> AA, 5 <sup>th</sup> Bars, 9 <sup>th</sup> Beam	
Phillipa Dickens (L7)	10 <sup>th</sup> AA, 6 <sup>th</sup> Bars	<b>2<sup>nd</sup> Overall</b>
Lauren Donne (L8)	6 <sup>th</sup> AA, 5 <sup>th</sup> Bars, 9 <sup>th</sup> Beam, 5 <sup>th</sup> Floor	
Anthea Hewett (L10)	6 <sup>th</sup> AA, <b>3<sup>rd</sup> Vault</b> , 10 <sup>th</sup> Bars, <b>1<sup>st</sup> Beam</b> , 9 <sup>th</sup> Floor	
Natasha Schumacher (L10)	9 <sup>th</sup> AA, 6 <sup>th</sup> Bars, 10 <sup>th</sup> Floor	
<b>Coaches L7-10</b>	<b>Qu Deri, Yun Fan</b>	

## CCGC Christmas Cup 14 December 2003

Level	Name	Award
<b>Junior Beginners</b>	All Gymnasts received Christmas Cup Certificates	
<b>Beginners</b>	Kyra Ueckert-Smith	First
	Connor Flannery	Second
	Eliza Chisholm	Third
<b>Pre Level One</b>	Elina Akauola	First
	Caitlin Cantrill	Second
	Mengze Ni	Third
<b>Pre Level Two</b>	Jessica O'Neill	First
	Diana Tulip	Second
	Annabelle Lyons	Third
<b>Pre Level Three</b>	Grace Tasic	First
	Kristina Barrenger Karina Outteridge	Second
	Georgia Niedermeier	Third
<b>Pre Level Four</b>	Siobhan Moran	equal First
	Harriet Lee	Second
	Chloe Cantlon	Third
<b>Pre Level Five</b>	Alexandra Pilipovic	First
	Arianna Van Wyk	Second
	Anna Musgrove Katherine Musgrove	Third
<b>State Level Five</b>	Kerry Percival	First
<b>Pre Level Six</b>	Marissa Toomey	First

## CCGC Christmas Cup 14 December 2003

Level	Name	Award
<b>Development</b>	Kristen Rowland	First
	Lauren Harvey Ayeisha Oorloff	Second
	Vanessa Lavis	Third
<b>National Level Two</b>	Ireena Reedy	First
	Susanna Gabrielli	Second
	Ariadne Herd-Lopez	Third
<b>National Level Three</b>	Chloe Sinclair	First
	Elise Ubels	Second
	Ceridwen Radcliffe	Third
<b>National Level Four</b>	Katrina Le	First
	Emma Carroll	Second
	Claudia Frankham	Third
<b>MAG</b>		
<b>Boys Pre Level Two</b>	Matthew Pilbrow	First
	Koben Moore	Second
	Charlie Pocock	Third
<b>Boys Pre Level Three</b>	Matthew Brown	First
	Michael Irvine	Second
	William Hinchey	Third
<b>Boys Pre Level Five</b>	Aaron Hutchison	First
	Connor McMaster	Second

## NSW Championship Trial #2 Competition - LEVEL 7 TO 10

### 20<sup>th</sup> – 21<sup>st</sup> March 2004

#### Level 10

Anthea Hewett	<b>3<sup>rd</sup> Overall</b> <b>34.875</b> 4 <sup>th</sup> Vault <b>2<sup>nd</sup> Bars</b> 5 <sup>th</sup> Beam <b>1<sup>st</sup> Floor</b> <b>9.325</b>
Coaches	<b>Qu Derui</b> <b>Yun Fan</b>

#### Level 9

Lauren Donne	4 <sup>th</sup> Overall      33.325 4 <sup>th</sup> Vault <b>2<sup>nd</sup> Bars</b> 4 <sup>th</sup> Beam <b>2<sup>nd</sup> Floor</b> <b>9.000</b>
Coaches	<b>Qu Derui</b> <b>Yun Fan</b>

#### Level 7

Phillipa Dickens L7 Junior	<b>1<sup>st</sup> Overall</b> <b>35.950</b> <b>2<sup>nd</sup> Vault</b> 4 <sup>th</sup> Bars <b>3<sup>rd</sup> Beam</b> <b>1<sup>st</sup> Floor</b> <b>9.450</b>
Elise Wright L7 Junior	13 <sup>th</sup> Overall      34.400  <b>2<sup>nd</sup> Bars</b> <b>9.250</b>
Jessica Ingersole L7 Senior	7 <sup>th</sup> Overall      34.125  8 <sup>th</sup> Bars  <b>3<sup>rd</sup> Beam</b> <b>8.900</b>
Coaches	<b>Qu Derui</b> <b>Yun Fan</b>

**ACT CHAMPIONSHIPS - LEVEL 7 TO 10**  
**April 3<sup>rd</sup> and 4<sup>th</sup> 2004**  
**AIS Gym Hall**

**Level 10**

Anthea Hewett	<b>1<sup>st</sup> Vault</b> <b>1<sup>st</sup> Bars</b> <b>1<sup>st</sup> Beam</b> <b>1<sup>st</sup> Floor</b>  <b>1<sup>st</sup> Overall</b>	<b>70.132</b>
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**Level 9**

Lauren Donne	<b>1<sup>st</sup> Vault</b> <b>1<sup>st</sup> Bars</b> <b>1<sup>st</sup> Beam</b> <b>1<sup>st</sup> Floor</b>  <b>1<sup>st</sup> Overall</b>	<b>65.507</b>
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**Level 7**

Phillipa Dickens	<b>1<sup>st</sup> Vault</b> <b>2<sup>nd</sup> Bars</b> <b>1<sup>st</sup> Beam</b> <b>2<sup>nd</sup> Floor</b>  <b>1<sup>st</sup> Overall</b>	<b>72.007</b>
Elise Wright	<b>4<sup>th</sup> Vault</b> <b>1<sup>st</sup> Bars</b> <b>4<sup>th</sup> Beam</b> <b>3<sup>rd</sup> Floor</b>  <b>2<sup>nd</sup> Overall</b>	<b>69.349</b>
Jessica Ingersole	<b>5<sup>th</sup> Vault</b> <b>4<sup>th</sup> Bars</b> <b>3<sup>rd</sup> Beam</b> <b>1<sup>st</sup> Floor</b>  <b>3<sup>rd</sup> Overall</b>	<b>67.873</b>

<b>Coaches</b>	<b>Qu Derui</b> <b>Yun Fan</b>
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## Awards

<b>Anthea Hewett</b>	<b>2004 ACT Gymnast of the Year</b>
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### **CCGC Gymnasts Qualified to Represent the ACT at 2004 Australian Championships 16<sup>th</sup> – 22<sup>nd</sup> May**

Anthea Hewett (ACT Team Captain)	Level 10
Lauren Donne	Level 9
Phillipa Dickens	Level 7
Elise Wright	Level 7
Jessica Ingersole	Level 7
ACT Coaches	Qu Derui Yun Fan

**SUNCORP GAMES**  
**GYMNASTICS Level 7 TO 10**  
**April 9<sup>th</sup> to 12<sup>th</sup> 2004**  
**CAIRNS**

Anthea Hewett <b>Level 10</b>	2 <sup>nd</sup> Vault 2 <sup>nd</sup> Bars <b>1<sup>st</sup> Beam</b> 2 <sup>nd</sup> Floor  <b>2<sup>nd</sup> Overall</b>	<b>35.400</b>
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Lauren Donne <b>Level 9</b>	2 <sup>nd</sup> Vault 2 <sup>nd</sup> Bars <b>1<sup>st</sup> Beam</b> 2 <sup>nd</sup> Floor  <b>3<sup>rd</sup> Overall</b>	<b>33.125</b>
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Phillipa Dickens <b>Level 7</b>	2 <sup>nd</sup> Vault 2 <sup>nd</sup> Bars <b>1<sup>st</sup> Beam</b> <b>1<sup>st</sup> Floor</b>  <b>1<sup>st</sup> Overall</b>	<b>35.891</b>
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Elise Wright <b>Level 7</b>	3 <sup>rd</sup> Vault <b>1<sup>st</sup> Bars</b> 2 <sup>nd</sup> Beam 4 <sup>th</sup> Floor  <b>2<sup>nd</sup> Overall</b>	<b>35.041</b>
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Jessica Ingersole <b>Level 7</b>	8 <sup>th</sup> Vault 3 <sup>rd</sup> Bars 3 <sup>rd</sup> Beam 3 <sup>rd</sup> Floor  <b>4<sup>th</sup> Overall</b>	<b>33.483</b>
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<b>Coaches</b>	Qu Derui Yun Fan
<b>Judges</b> <b>Chaperone</b>	Connor Carson, Mary Hewett Jane Donne



## AUSTRALIAN CHAMPIONSHIPS – 16<sup>th</sup> to 22<sup>nd</sup> May

All CCGC gymnasts representing the ACT qualified for finals at Australian Championships.

PLACINGS day1 / day2 / final =combined day1+day2

Anthea Hewett – L10	Overall 7 <sup>th</sup> / 4 <sup>th</sup> / 4 <sup>th</sup> Vault 8 <sup>th</sup> / 8 <sup>th</sup> / 7 <sup>th</sup> Bars 15 <sup>th</sup> / 8 <sup>th</sup> / 9 <sup>th</sup> Beam 5 <sup>th</sup> / 5 <sup>th</sup> / 4 <sup>th</sup> Floor 5 <sup>th</sup> / 8 <sup>th</sup> / 5 <sup>th</sup>  AUSTRALIA <b>A</b> Team
Lauren Donne – L9	Overall 6 <sup>th</sup> / 14 <sup>th</sup> / 9 <sup>th</sup> Vault 11 <sup>th</sup> / 15 <sup>th</sup> / 13 <sup>th</sup> Bars 8 <sup>th</sup> / 17 <sup>th</sup> / 10 <sup>th</sup> Beam 3 <sup>rd</sup> / 12 <sup>th</sup> / 6 <sup>th</sup> Floor 9 <sup>th</sup> / 9 <sup>th</sup> / 8 <sup>th</sup>
Phillipa Dickens – L7	Overall 6 <sup>th</sup> / 11 <sup>th</sup> / 7 <sup>th</sup> Vault 11 <sup>th</sup> / 9 <sup>th</sup> / 9 <sup>th</sup> Bars 7 <sup>th</sup> / 8 <sup>th</sup> / 7 <sup>th</sup> Beam 14 <sup>th</sup> / 15 <sup>th</sup> / 13 <sup>th</sup> Floor 16 <sup>th</sup> / 17 <sup>th</sup> / 15 <sup>th</sup>  AUSTRALIA <b>B</b> Team
Jessica Ingersole – L7	Overall 18 <sup>th</sup> / 15 <sup>th</sup> / 18 <sup>th</sup> Vault 24 <sup>th</sup> / 11 <sup>th</sup> / 16 <sup>th</sup> Bars 27 <sup>th</sup> / 21 <sup>st</sup> / 20 <sup>th</sup> Beam 11 <sup>th</sup> / 13 <sup>th</sup> / 11 <sup>th</sup> Floor 8 <sup>th</sup> / 10 <sup>th</sup> / 7 <sup>th</sup>
Elise Wright – L7	Overall 19 <sup>rd</sup> / 6 <sup>th</sup> / 12 <sup>th</sup> Vault 25 <sup>th</sup> / 20 <sup>th</sup> / 20 <sup>th</sup> Bars 1 <sup>st</sup> / 2 <sup>nd</sup> / 1 <sup>st</sup> Beam 34 <sup>th</sup> / 5 <sup>th</sup> / 17 <sup>th</sup> Floor 19 <sup>th</sup> / 18 <sup>th</sup> / 17 <sup>th</sup>
<b>Coaches</b>	<b>Qu Derui</b> <b>Yun Fan</b>

<b>Anthea Hewett</b>	<b>2004 Wests Rugby Senior Sports Star</b>
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## ACT State Grading and Championships 20<sup>th</sup> June 2004

### National Levels 1, 2 & 3 – Highest Award & Overall

Lauren Harvey	Level 1	Gold	36.40 1 <sup>st</sup> AA
Niluka Karunasekara	Level 1	Gold	35.30 3 <sup>rd</sup> AA
Willow Browning	Level 1	Gold	34.80
Samantha Holland	Level 1	Gold	34.05
Ayeisha Oorloff	Level 1	Gold	33.85
Alicia Gully	Level 1	Gold	33.80
Alex Carroll	Level 1	Gold	33.75
Vanessa Lavis	Level 1	Gold	33.70
<b>ACT Level 1 Champion Team</b>			
<b>Coach</b>	<b>Connor Carson</b>		
Ariadne Herd Lopez	Level 2	Blue	32.08
Susanna Gabrielli	Level 2	Blue	31.65
Chloe Sinclair	Level 3	Blue	32.55 1 <sup>st</sup> AA
Kristen Rowland	Level 3	Blue	31.60
Kim Percival	Level 3	Blue	29.75
Jinhee Lee Schneider	Level 3	Red	29.75
<b>Coaches</b>	<b>Ludmila Kostenko Brian Hewett Jakki Woywitka</b>		

Apparatus Awards	
8.50 +	Gold
8.00 – 8.45	Blue
7.50 – 7.95	Red
0.00 – 7.45	Green

Overall Awards	
33.00 +	Gold
32.00 – 32.95	Blue
31.00 – 31.95	Red
30.95 +	Green

**National Levels 4 to 6**  
**State Championships 20<sup>th</sup> June 2004**

**Level 4**

Katrina Le	1 <sup>st</sup> Overall 2 <sup>nd</sup> Bars 2 <sup>nd</sup> Beam 1 <sup>st</sup> Floor
Keira Hopkinson	2 <sup>nd</sup> Overall 3 <sup>rd</sup> Bars 1 <sup>st</sup> Beam 3 <sup>rd</sup> Floor
Emily Glover	3 <sup>rd</sup> Overall 1 <sup>st</sup> Vault 1 <sup>st</sup> Bars 2 <sup>nd</sup> Floor
Claudia Frankham	4 <sup>th</sup> Overall 3 <sup>rd</sup> Vault 3 <sup>rd</sup> Beam
Amanda Lee	5 <sup>th</sup> Overall 4 <sup>th</sup> Beam
Emma Carroll	7 <sup>th</sup> Overall
Gemma Kilby	11 <sup>th</sup> Overall
Savana Gabrielli	12 <sup>th</sup> Overall
<b>Coaches</b>	<b>Qu Derui</b> <b>Yun Fan</b> <b>Ludmila Kostenko</b> <b>Brian Hewett</b> <b>Jakki Woywitka</b>

**National Levels 4 to 6**  
**State Championships 20<sup>th</sup> June 2004**

**Level 6**

Bethany Philp	<b>1<sup>st</sup> Overall</b> <b>1<sup>st</sup> Vault</b> <b>3<sup>rd</sup> Bars</b> <b>2<sup>nd</sup> Beam</b> <b>1<sup>st</sup> Floor</b>	35.350
Sarah Wright	<b>2<sup>nd</sup> Overall</b> <b>2<sup>nd</sup> Vault</b> <b>2<sup>nd</sup> Bars</b> <b>3<sup>rd</sup> Beam</b> <b>2<sup>nd</sup> Floor</b>	34.975
Melissa Orr	<b>3<sup>rd</sup> Overall</b> <b>3<sup>rd</sup> Vault</b> <b>1<sup>st</sup> Bars</b> <b>1<sup>st</sup> Beam</b> <b>3<sup>rd</sup> Floor</b>	34.875
<b>Coaches</b>	<b>Qu Derui</b> <b>Yun Fan</b>	

**Level 4 to 6 State Champion Team**

**Canberra City Gymnastic Club**

**Levels International Challenge**

**AIS Arena**

**July 6<sup>th</sup> & 7<sup>th</sup> 2004**

**Australia, Japan, New Zealand**

**LEVEL 10**

**Day 1: Team Competition**

**Australia  
2<sup>nd</sup>**

**Day 2: All Around and  
Apparatus Finals**  
(Day 1 & Day 2 combined scores)

**Anthea Hewett CCGC**

**6<sup>th</sup> Overall  
Silver – Floor  
4<sup>th</sup> Beam**

**Coaches**

(AUS Team and personal)

**Desiree Jones & Bret Nicholas  
Qu Derui & Yun Fan**

**LEVEL 7**

**Day 1: Team Competition**

**Australia  
1<sup>st</sup>**

**Day 2: All Around and  
Apparatus Finals**  
(Day 1 & Day 2 combined scores)

**Phillipa Dickens CCGC**

**2<sup>nd</sup> Overall  
Bronze Vault  
Bronze Bars  
Silver Beam  
Bronze Floor**

**Coaches**

(AUS Team and personal)

**Heidi Piccardi & Helen Blackert  
Qu Derui & Yun Fan**

**NATIONAL CLUBS CHAMPIONSHIPS**  
**WAG Level 4 to 6**  
**4<sup>th</sup> to 11<sup>th</sup> July 2004**

<p><b>CCGC Level 4 Team A</b></p> <p>Emily Glover          Keira Hopkinson          Katrina Le          Emma Carroll          Claudia Frankham</p>	<p align="center"><b>Team</b></p> <p align="center">3<sup>rd</sup> Bars</p>
<p><b>CCGC Level 4 Team B</b></p> <p>Anne-Marie Lafontaine          Gemma Kilby          Amanda Lee          Savana Gabrielli</p>	<p align="center">Day 1 rank</p> <p align="center">67<sup>th</sup>          138<sup>th</sup>          144<sup>th</sup>          167<sup>th</sup></p> <p align="right">228 gymnasts</p>
<p align="center"><b>Coaches L4</b></p>	<p align="center"><b>Qu Derui &amp; Yun Fan, Ludmila          Kostenko, Brian Hewett,          Jakki Woywitka</b></p>
<p><b>CCGC Level 6 Team</b></p> <p>Melissa Orr          Bethany Philp          Sarah Wright</p>	<p align="center"><b>Team</b></p> <p align="center">7<sup>th</sup> Vault          GOLD Bars          GOLD Beam          10<sup>th</sup> Floor          7<sup>th</sup> Overall</p>
<p align="center"><b>Individuals</b></p> <p>Jessica Ingersole Level 7          Lauren Donne Level 9/10</p>	<p align="center">39<sup>th</sup> AA          4<sup>th</sup> Beam 15<sup>th</sup> AA</p>
<p align="center"><b>Coaches L6-10</b></p>	<p align="center"><b>Qu Derui &amp; Yun Fan</b></p>

## ACT COMPETITIONS – 2004

### ACT Levels & Grading- MAG

Ben Cosgrove	Level 1 - Red
Michael Irvine	Level 2 - Gold
Andre Jessop-Smith	Level 2 - Gold
Matthew Brown	Level 2 - Gold
Alexander Lowe	Level 3 - Gold
Aaron Hutchison	Level 4 - Gold

### ACT Levels & Grading- WAG

Ariadne Herd Lopez	Level 1 – Gold
Lily Mazurkiewicz	Level 1 – Gold
Alexandra Carroll	Level 1 – Gold
Niluka Karunasekara	Level 1 – Gold
Ayeisha Oorloff	Level 1 – Gold
Cassandra Gillard	Level 1 – Gold
Laura Jennings	Level 1 – Gold
Susanna Gabrielli	Level 1 – Gold
Kirilly Forster	Level 2 - Blue
Michaela Darston	Level 2 - Blue
Kimberly Percival	Level 2 - Blue
Chloe Cantlon	Level 3 – Gold
Sibhoan Moran	Level 3 – Gold
Jessica Lewis	Level 3 – Gold
Harriet Lee	Level 3 – Gold
Ariana Van Wyk	Level 4 – Gold
Juliette Duck	Level 4 – Gold
Alexandra Pilipovic	Level 4 – Gold
Josie Baynes	Level 4 – Gold

<b>Coaches</b>	<b>Connor Carson (WAG L1) Amie Doolan (WAG L2,L3) Kimiko Holder (MAG &amp; WAG)</b>
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## NSW Country Championships WAGGA WAGGA Levels 1 to 4 8<sup>th</sup> – 10<sup>th</sup> October 2004

### MAG

#### Level 1A Junior

Name	FX	PI	PH	PI	R	PI	V	PI	PB	PI	HB	PI	AA	PI
CHARLIE POCOCK	9.000	5	8.600	6	8.500	10	8.700	5	9.000	4	9.000	6	52.800	4

#### Level 1B Junior

Name	FX	PI	PH	PI	R	PI	V	PI	PB	PI	HB	PI	AA	PI
BEN HARDY	7.900	1	8.600	1	8.300	1	8.400	1	8.600	1	8.500	1	50.300	1

#### Level: 3 Open

Name	FX	PI	PH	PI	R	PI	V	PI	PB	PI	HB	PI	AA	PI
JONATHAN CLARKE	8.700	8	6.300	10	7.800	7	8.200	10	7.900	10	6.700	10	45.600	10

#### Level: 4 Open

Name	FX	PI	PH	PI	R	PI	V	PI	PB	PI	HB	PI	AA	PI
MICHAEL IRVINE	6.800	8	7.200	9	7.100	8	7.900	9	8.400	8	7.300	8	44.700	8
CONNOR MCMASTER	6.650	9	7.500	8	6.000	9	8.300	8	8.300	9	7.500	7	44.250	9

**Coach:** Geoff Monro



## NSW Country Championships WAGGA WAGGA

### Levels 1 to 4

### 8<sup>th</sup> – 10<sup>th</sup> October 2004

#### WAG

##### Level 1A Junior

Name	SV	V	PI	SV	UB	PI	SV	BB	PI	SV	FX	PI	SV	AA	PI
LAUREN HARVEY	10	8.825	9	10	9.200	5	10	8.300	11	9.7	7.725	11	39.70	34.050	<b>10</b>
ALICIA GULLY	10	8.875	6	10	8.150	15	10	8.050	14	9.7	7.750	10	39.70	32.825	<b>14</b>
ALEXANDRA CARROLL	10	8.550	16	10	8.625	12	10	7.750	17	9.7	7.100	16	39.70	32.025	<b>15</b>

##### Level 2B Junior

Name	SV	V	PI	SV	UB	PI	SV	BB	PI	SV	FX	PI	SV	AA	PI
ARIADNE HERD-LOPEZ	10	7.550	17	9	8.200	6	9	7.125	21	9	7.250	22	37.00	30.125	<b>18</b>
KIARA WENZEL	9	6.850	27	9	7.600	21	8.4	6.550	26	9	6.750	25	35.40	27.750	<b>27</b>

##### Level 3B Junior

Name	SV	V	PI	SV	UB	PI	SV	BB	PI	SV	FX	PI	SV	AA	PI
JINHEE-LEE SCHNEIDER	9	7.750	13	9	7.100	17	9	7.050	19	9	8.250	<b>6</b>	36.00	30.150	<b>15</b>

##### Level 4 Junior

Name	SV	V	PI	SV	UB	PI	SV	BB	PI	SV	FX	PI	SV	AA	PI
CLAUDIA FRANKHAM	10	9.000	7	9.9	9.050	7	9.7	8.900	13	10	8.600	16	39.60	35.550	<b>9</b>
EMMA CARROLL	10	8.850	15	9.7	8.800	13	9.7	9.025	10	10	8.500	22	39.40	35.175	<b>14</b>
AMANDA LEE	10	8.450	32	9.7	8.175	24	9.7	8.775	17	10	9.000	4	39.40	34.400	<b>21</b>
GEMMA KILBY	10	8.700	24	9.5	7.650	28	9.5	8.475	25	10	8.400	25	39.00	33.225	<b>26</b>

**Coaches:** Connor Carson, Jakki Woywitka