

# 2023 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.



### Our Philosophy:

We believe that the key to happy, healthy and hungry to learn high-performance gymnasts is the successful partnership of gymnasts, parents, coaches and management. For this partnership to flourish there needs to be mutual trust, open communication, and a shared vision. We believe in an athlete-centred approach to all decision-making to ensure athlete wellbeing is our highest priority. We are 100% committed to providing an inclusive, safe and fun environment where athletes thrive.

### Goals:

Waverley's goal is to empower and support every gymnast to reach their individual potential. This may be to represent WGC at the State Championships; to represent Victoria at the Australian National Championships or to represent Australia Internationally.

Waverley is extremely proud to have gymnasts performing at the highest levels of excellence and successfully representing Australia at Olympics, Commonwealth Games and World Championships. We are even more proud to have so many happy and healthy girls learning invaluable life skills whilst fulfilling their passion for their chosen sport.

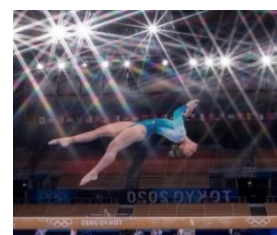
By incorporating initiatives such as our bi-annual progress and wellbeing reviews, gymnast check ins, squad parent meetings, parent check ins, interactive parent sessions and social catch ups as part of our ['Gymnastics Partnership'](#) we aim for all aspects of our gymnasts and squad families' experience at WGC to be supported and well rounded.

### Olympic Games:

Waverley is the only WAG Gymnastics Program in Australia that has had gymnasts represent Australia at the last four consecutive Olympic Games.



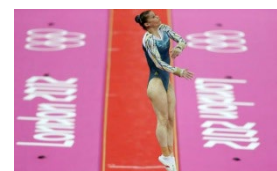
At the **2020 Tokyo Olympics (held in 2021)**, Emily Whitehead represented Australia after earning a quota spot to represent Australia by winning the Continental Championships in May 2021. Her coach, John Hart, was also selected as Gymnastics WAG Head Coach for Australia. Emily successfully hit all four apparatus in Tokyo. This was an exceptional achievement, particularly given the many challenges to her preparation due to the global pandemic.



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 Women's Gymnastics history.



### Commonwealth Games:



In 2022, Waverley Gymnastics had two senior gymnasts represent Australia at the Commonwealth Games held in Birmingham in the UK. Emily Whitehead represented Australia at her second Commonwealth Games and Romi Brown was selected for her first Commonwealth Games. Waverley also had Jessica Mason selected as an Australian Team Coach at her first Commonwealth Games. The gymnasts achieved a sensational Silver Team medal with Emily Whitehead also achieving an individual Bronze medal on the Floor.



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.



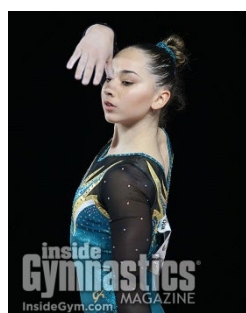
In 2014 WGC had senior gymnast Larrissa Miller represented Australia at the Commonwealth games in Glasgow, Scotland where the Australian team earned a silver medal in the team event. Larrissa then went on to win herself an individual silver medal on the uneven bars.



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:

Waverley has had gymnasts successfully represent Australia at the:



- 2022 World Championships (Liverpool) – Romi Brown, Emily Whitehead
- 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
- 2006 World Championships (Aarhus, Denmark) - Georgia Bonora, Shona Morgan

### Other International Results:

Waverley gymnasts have competed successfully for our club 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 Massilia, Rio Olympic Test Event and multiple World Cups.



### Australian Level 10 Team Tours:



**2022:** In 2022 Level 10 gymnast Jessica Eland was selected to represent Australia at the Friendship Classic, an International event for Level 10 athletes. Unfortunately, due to circumstances out of our control, the event did not run, however the selection onto such a prestigious team is one to be celebrated.

**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 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.

### Australian Championships Results:



**2023:** Our WGC Level 8-10 and Future and Senior International gymnasts performed beautifully representing Victoria at the 2023 Australian Championships. This competition also served as the qualification for Australia to compete a team at the 2023 World Championships and our Senior gymnast Breanna Scott was a key part of the team that won the Gold medal and Breanna also individually won Gold on Beam. Further, Emily Whitehead, Miella Brown and Breanna Scott were all named on the 2023 World Championships Squad of 12. Our Waverley Gymnasts claimed 4 Gold medals, 2 Silver medals and 1 Bronze medal. Our gymnasts also claimed 3 individual national titles.

**2022:** Our Waverley Level 8-10, Junior and Senior International Level gymnasts once again did a fantastic job representing Victoria at the 2022 Australian Gymnastics Championships. The competition also served as the qualification event for the Australian Commonwealth Games Team where Emily Whitehead and Romi Brown secured their places on the team. Our gymnasts claimed 6 Gold medals, 10 Silver medals and 12 Bronze medals. Our gymnasts also claimed 3 individual national titles.

**2021:** Our WGC ALP level 8-10's and Junior and Senior IL gymnasts did an amazing job representing Victoria at the 2021 Australian Gymnastics Championships. No other state had to endure two lockdowns or had the amount of time off all apparatus as the Victorian Clubs did, so it was an amazing accomplishment to have so many podium finishes. Our gymnasts claimed 4 national titles as well as 5 Silver and 1 Bronze medal. We had two of our Senior IL gymnasts compete wonderful routines at the Continental Championships. One of our gymnasts, Emily Whitehead, won the title and earned the final spot to compete at the 2021 Tokyo Olympic Games, which was such an incredible achievement.

For Australian Championships results from 2014-2020 please [click here](#).

### Victorian Championships Results:



**2023:** WGC gymnasts once again had fantastic results at the State Championships in 2023 (with the Metro Sth State Championships and Junior Victorian Championships still to come in Sep/Oct 2023). So far at the April 2023 Senior Victorian Championships, the WGC team achieved Team State titles at Snr International, Junior International and Silver Team medals at Future International and Level 8. Waverley gymnasts took out a total of 9 Gold medals, 8 Silver Medals and 5 Bronze medals.

**2022:** Waverley was proud to have 9 Victorian All Around Champions, 4 Victoria Team Champions and 11 Victorian Apparatus Champions at the first Victorian Championships held since 2019 due to COVID-19 lockdowns. Within the International levels, our teams were crowned Victorian Champions at 4 out of the 5 levels for which there was a team event! Waverly gymnasts also received 34 Gold medals, 21 Silver medals and 22 Bronze medals.

For Victorian Championships results from 2014-2020 please [click here](#).

### Awards:

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

- 2022 Victorian High-Performance Coaching Team of the Year
- 2022 Gymnastics Australia Best Senior International gymnast Newcomer
- 2022 Gymnastics Australia Award of Merit - WGC Head Coach
- 2022 Finalist for VicSport Coach of the Year
- 2022 WAG Victorian Gymnast of the Year
- 2021 WAG International Coaching Team of the Year
- 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
- 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

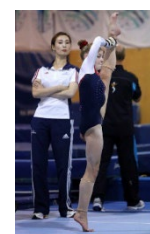


### High Performance Manager:



**Lara Bester** joined Waverley in March 2022 and coordinates the high-performance squad program. She comes from a Physiotherapy and Strength and Conditioning Coach background where she has worked in AFLW, VFLW, VFL, premier league women's hockey and sub-elite men's rugby. Lara has worked across a variety of high-performance programs in multiple roles, including most recently serving as the Rehab Coordinator at Carlton AFLW and previously holding positions in Rehab and Sports Science. Lara is a qualified ASCA Level 2 Australian Strength and Conditioning Coach which resulted in a published journal article in the *Australian Journal of Strength and Conditioning* on the topic of ACL injury risk-reduction strategies in female field-based sports. Lara has most recently been selected to participate in the Sports Australia *Women Leaders in Sport* program to develop leadership skills.

### Coaches:



Waverley's extraordinary coaching team is led by International Stream Head Coach **John Hart**, who was recently awarded the rare FIG (Fédération Internationale de Gymnastique) Honorary Coaches diploma as well as holding the FIG 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 2022, 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 2022, 2018, 2014 and 2010 Commonwealth Games. Most notably, John is the only WAG coach in Australia to have had gymnasts represent Australia at the last four Olympic Games; 2020 Tokyo; 2016 Rio de Janeiro, 2012 London and 2008 Beijing. He was the Australian WAG Coach for both the 2016 Rio de Janeiro and 2020 Tokyo 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 2021, 2015 and 2014, and 'Victorian Coach/Coaching Team of the Year' in 2022, 2021, 2019, 2018, 2017, 2016, 2014, 2010, 2008, and 2006. John attributes his athletes' success to empowering gymnasts to reach their potential whilst maintaining a positive and supportive environment for them to achieve.

**Shaoyi Jiang** is a world-renowned International gymnastics coach with more than 30 years of elite coaching experience and a Level 3 International Coaching qualification. Shaoyi Jiang had coached numerous Australian Champions to key benchmark events, including the Olympic Games, Commonwealth Games and World Championships. Before this, she was a world revered Chinese National Coach.

Shaoyi has had gymnasts represent Australia at the 2008 Beijing Olympics, 2012 London Olympics, 2016 Rio Olympics and 2020 Tokyo Olympics. Shaoyi has formed an integral part in not only Waverley's success but developing our gymnasts for international success at benchmark events. Shaoyi has notably coached Monette Russo, Georgia Bonora, Shona Morgan, Larissa Miller and Emily Whitehead.

Shaoyi's expertise and knowledge of elite gymnastics is nothing short of extraordinary, with her gymnasts winning an impressive total of 6 Gold, 7 Silver and 9 Bronze Commonwealth



Games medals. Shaoyi has also been the recipient of several prestigious awards over her successful coaching career, including the prestigious 'Gymnastics Australia Women's Senior Coaching Team of the Year' Award (2014, 2015, 2021).



**Yusuf Topari** joined the Waverley team in February 2023 and works as a Senior International coach with our International Squad 1. Yusuf, a former New Zealand national team member is highly experienced in the High-Performance space having worked as the High-Performance Manager at Gymnastics New South Wales since 2013 and is a High-Performance accredited coach in both MAG and WAG, is FIG 3 certified and has qualifications in both Business Management and Personal training. Yusuf has coached a number of national team members including 2022 Commonwealth Games medallist and 2022 World Championships team member Breanna Scott as well as athletes who competed at the 2019 World Championships and a number of World Cups and international events. Yusuf was also fortunate to be named as team coach for both the 2022 Commonwealth Games and 2022 World Championships campaigns having the unique opportunity to have athletes selected on both the MAG and WAG teams. Yusuf has a coaching ethos centred around empowering athletes to be the best versions of themselves and believes this can be done through hard work and creating a positive and structured environment.

**Jessica Haintz** joined Waverley in 2012 and works with our elite pathway development athletes (Future - Junior International). She is the Junior Development Coordinator in our program overseeing many of our junior development coaches and athletes. Jessica commenced coaching in 2003 and holds a Level 3 FIG coaching qualification (GA High Performance accreditation). Jessica has had gymnasts medal and successfully compete at Australian Championships, Australian Classic, National Clubs, Victorian Championships, Border Challenge and Trans Bass events. Jessica has been the Victorian State Team Head Coach for National Championships in 2018, 2019, 2021, 2022 and 2023 and for the 2018, 2019 and 2021 Border Challenge.



Jessica is very well regarded as a FIG Category 2 internationally accredited Judge and was selected as an Australian Judge for the 2022 Oceania and African Championships, 2019 Melbourne World Cup, 2019 Toyota International (Japan), 2018 Pacific Rim Championships (Colombia), 2017 World Cups in Doha and Baku, and as a Technical Officer for the 2018 Commonwealth Games. Over the past 10 years, Jessica has been a Victorian Team Judge for both the Australian Championships and Trans Bass Challenge.

Jessica has been the recipient of several prestigious awards, including the 2018 VicSport Official of the Year, 2021, 2017 and 2013 GV Official of the Year, and the 2021 and 2017 Waverley Squad Coach of the Year. Jessica is currently undertaking the AIS Elevate program and has recently completed a 12-month AIS Talent Program for High Performance Coaches. Jessica is a member of the GA NextGEN program – a program for female coaches working with the next level of elite gymnasts across the country.

Jessica's coaching philosophy includes providing a safe and positive athlete-centred environment that empowers the gymnast to develop their life skills through their chosen sport of gymnastics.



**Grace Yang** is Waverley's Head of Ballet; she works weekly with every gymnast in our competitive stream program from pre-squad to Senior International and conducts their annual ballet examinations. She is a registered and qualified coach with Gymnastics Australia. 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.

**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!



**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 as an Australian Olympic coach for the Sydney 2000 Olympics. Mr Yang's gymnasts were selected 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 – Level 8 – 10.

**Belinda Kay** has co-ordinated 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' experience in coaching gymnastics.



Belinda was previously the Program Manager for 7 years at the Cheltenham Youth Club and before that, she spent 8 years at the Victorian High-Performance Centre as the State Co-Ordinator and Junior Development Coordinator. During her years of coaching, Belinda has had much success and had 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 in every athlete she trains.



**Stacey Bull** is an amazing new addition to the WGC Coaching Team in 2021, having coached for over 10 years in multiple roles where she has held a magnitude of other responsibilities. She has a Bachelor of Education that she incorporates into her coaching methods, and thoroughly enjoys combining her passion for gymnastics and education with her role as a coach to get the most out of the gymnasts in her programs.

# 2023 COMPETITIVE PROGRAM OVERVIEW

## WAVERLEY GYMNASTICS CENTRE



**Brittany Henry** has been coaching women's gymnastics for 15 years. She began coaching at Ulinga Gymnastics Club where she was previously a gymnast herself. After moving to Melbourne to attend university to study genetics and microbiology, Brittany commenced coaching at Eastern Gymnastics Club. Brittany was then successful in becoming the WAG Head Coach at BTYC Gymnastics. Britt followed her now husband to Sydney where she fulfilled the role of WAG Head Coach at Five Dock Leisure Centre. In 2020 Britt and her husband welcomed a baby girl to the family. Since then, Britt has been taking time away from the gym to care for baby Millie. Britt moved back to Melbourne in 2022 and commenced a role with Waverley Gymnastics coaching Development 3.



**Nicole De Sensi** is an accredited WAG Advanced coach and also has a Bachelor of Applied Science (Human Movement) and a Bachelor of Applied Science (Nutrition and Dietetics). She started coaching in 1996 at Canberra City Gymnastics Club, where she trained as a National Level 10 athlete, before moving to Melbourne and joining the Waverley Gymnastics coaching team in 1999. From 1999 - 2014 Nicole coached in the junior competitive program at Waverley, successfully coaching girls across National levels 1-7, International levels 1-3 and State levels 4-10. In 2003 she was appointed National Level 7 Victorian State Team Coach. During this time, she was also an accredited WAG National Level 7-10 judge. In 2014 Nicole took an extended break from coaching to spend time at home with her three children. She returned to Waverley in 2021 and is now coaching our Foundation 2 gymnasts

**Lisa Grant** comes to Waverley Gymnastics Centre with over 20 years of experience in gymnastics coaching, programming and education. Lisa was a successful part of the coaching team at Eclipse Gymnastics for 17 years and has successfully coached numerous gymnasts at ALP level 3-6 at the Victorian Championships. Lisa also achieved ALP coach of the year in 2009.

Lisa has not only coached gymnasts of all ages and abilities from Junior Gym to senior ALP levels but was a valued member of the leadership team, responsible for Junior Gym and Educational programming, and coach development including the training and supervising of new coaches.

Lisa took a break from coaching to spend more time with the family in 2016 and returned to Casey Gymnastics in 2019 until landing at Waverley Gymnastics Centre in 2023.

Lisa believes in building strong foundations for athletes and being a positive role model to assist in a child's personal development both in and out of the sport.



**Tienielle Love** has nearly 20 years of experience in gymnastics as a coach, program coordinator and club manager, she has also spent time at the International Gymnastics Camp in America coaching in their summer camp program where she completed an extensive coaching professional development program. Tienielle is a WAG Advanced Coach and Gymnastics Australia Coach Presenter & Assessor, she was also a competitive gymnast at Werribee Gymnastics Club where she later returned to her coaching career to be their manager and head coach, coaching ALP levels 5 - 9. Tienielle joined the Waverley team in 2022, has been named the State Team Coach for the Victorian Border Challenge team in 2023, and from her time coaching varying ages and levels, she has supported gymnasts in achieving their goals of medalling at Victorian Championships and qualifying for the Border Challenge ALP 7 Victorian team. Tienielle's coaching philosophy is to help young athletes understand what they are doing and why to support their development and help them see the bigger picture, empowering them to make decisions based on their training and goals and building the skills they can use in and outside of the gym.





**Victoria Whitehead** originally started at Waverley in 2015-2019 working in the development area of Level 2-4 and Junior gym area and rejoined Waverley in 2022 after taking a coaching role closer to home. Victoria has over 25 years' experience in competitive gymnastics and a Bachelor of Applied Science in Sports Coaching and Administration. She attained her Advanced Silver GA coaching qualification in 2019 and has held a FIG Brevet Level 4 Judge accreditation since 2013. Victoria holds a Gymnastics Australia Presenter & Assessor for both coaching and judging. Victoria has only recently stepped down as the WAG Victorian State Judging Coordinator to focus more on her coaching aspect of her work life.

Victoria has successfully had gymnastics compete at Australian Championships, National Clubs, Victorian Championships and Border Challenge. Victoria also was the State Team coach for Border Challenge 2022 and Australian Championships 2023. Over the past 10 years Victoria has been a Victorian Team Judge for both Australian Championships, Trans Bass Challenge and Victorian Championships both Senior and Junior. Victoria's passion to help develop young athletes with strong basics and confidence in themselves to achieve their goals and aspirations with their journey in gymnastics.

### Nick Silagy



### High Performance Support Program: (HPSP)

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 Sports Science and Medicine services.

Historically in gymnastics, the term 'medical support' has been widely used to cover services such as Physiotherapy and Sports Medicine. To align with modern references and support services used widely across many other Olympic and non-Olympic sports, we have shifted to using terminology at WGC that encompasses all aspects of the 'out of gym' support services that can be accessed to provide the gymnasts with the holistic support they may need to reach their potential. Under the Sports Science and Medicine (SSM) umbrella here at Waverley are the following support services that we engage to provide holistic care to the gymnasts and families:

#### Physiotherapy

We have an expert and experienced team of physiotherapists 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 the term, where the gymnasts in the squad are prescribed Pilates-based exercises to support continuing strength and stability specific to gymnasts.

When: Treatment onsite at the Bounce/WGC clinic on Tuesdays, Thursdays and Fridays.

Cost: As per Bounce Health Group fee schedule (see page 25). Payment on the day is required.

### VIS Scholarships

WGC also collaborates with the Victorian Institute of Sport (VIS) and has several gymnasts with VIS scholarships. VIS Scholarship holders can access support services such as physiotherapy, sports medicine, myotherapy, dietetics and lifestyle support from VIS providers at no cost. Please note that only athletes who are categorised by the AIS may receive VIS scholarships. For more information regarding VIS scholarships, please contact the High Performance Manager.

### 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 both parents and to the necessary coaches and support staff in order to manage the injury/illness.

When: By appointment through [Bounce Health Group](#)

Cost: As per Bounce Health Group fee schedule

WGC also collaborates with the Victorian Institute of Sport (VIS) and has a number of gymnasts with VIS scholarships. Scholarship holders are also able to access VIS network Sports Physicians. Please contact WGC HP Manager to access these services.

### Myotherapy

WGC has a fully qualified Myotherapist who treats onsite each week across two days.

The Myotherapist delivers the following services:

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

When: Thursday and Friday at Waverley Gymnastics Centre

Cost: As per Bounce Health Group fee schedule (see page 25). Payment on the day is required.

WGC also collaborates with the Victorian Institute of Sport (VIS) and has a number of gymnasts with VIS scholarships. VIS Scholarship holders are also able to access VIS network Sports Myotherapists at no cost. Please contact WGC HP Manager to access these services.

### **Facilities:**

Over the past 8 years, Waverley secured \$7.4 million in funding from Local, State and Federal Government for a new custom built gymnastics facility at Oakleigh Recreation Centre. In mid-January 2021, the Club moved into our new home which is undoubtedly one of the best gymnastics facilities in Australia. The new venue is more than double the size of our previous Mt Waverley gym, and features 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 is proud to have partnership agreements with three schools in the ORC area; Wesley College Glen Waverley, Ashwood High School and Mt Waverley Heights Primary School. These schools are exceptional in their support of elite athletes and work together with staff at WGC to ensure that the girls are receiving the best possible timetables around their existing gymnastic timetables and ensuring extra support when needed and most importantly providing an excellent standard of education.

Families interested in attending one of these preferred educational providers will need to be actively involved in supporting their daughter in managing a modified education program.

All school fees and associated costs are at the expense of the family. Partnerships with preferred educational providers have been established with government and independent schools to allow for personal preference and individual needs.

### Transport:

This service transports students between ORC, Ashwood High School, Wesley College (Glen Waverley Campus) and Mt Waverley Heights Primary School. Transport to other local schools may be negotiated upon request. A fee applies to utilise

this service.

### **School Scholarships:**

Wesley College invites prospective students to apply for General Excellence and/or Academic scholarships. Information regarding scholarships at Wesley may be found on the school website <https://www.wesleycollege.edu.au/enrol/scholarships>. It must be clearly noted that General Excellence/Academic scholarships are very competitive amongst the wider community and are *always* at the discretion of the school.

### **2023 Preferred Education Providers (this may change from year to year):**

#### **Wesley College**

Enrolment process: <https://www.wesleycollege.edu.au/enrol>

Phone: 8102 6100

Web: <https://www.wesleycollege.edu.au/>

Please alert the High Performance Manager of your intent, so that relevant verification can be obtained and delivered to the school by the program.

#### **Ashwood High School**

Enrolment enquiries: General Office

Phone: 9807-1333

Web: <https://www.ashwood.vic.edu.au/>

How to enrol: <https://www.ashwood.vic.edu.au/page/185/Year-7-Enrolment>

Please alert the High Performance Manager of your intent, so that relevant verification can be obtained and delivered to the school by the program.

#### **Mt Waverley Heights Primary School**

Enrolment enquiries: General Office

Phone: 9807-8120

Web: <https://mountwaverleyheightsps.vic.edu.au/>

How to enrol: <https://mountwaverleyheightsps.vic.edu.au/enrolment-transition/#enrolment>

Please alert the High Performance Manager of your intent, so that relevant verification can be obtained and delivered to the school by the program.

If you have any questions about our Competitive Gymnastics Program, please feel free to contact our High Performance Manager, Lara Bester, on (03) 9887 9611 or email [hpmanger@wgc.org.au](mailto:hpmanger@wgc.org.au).