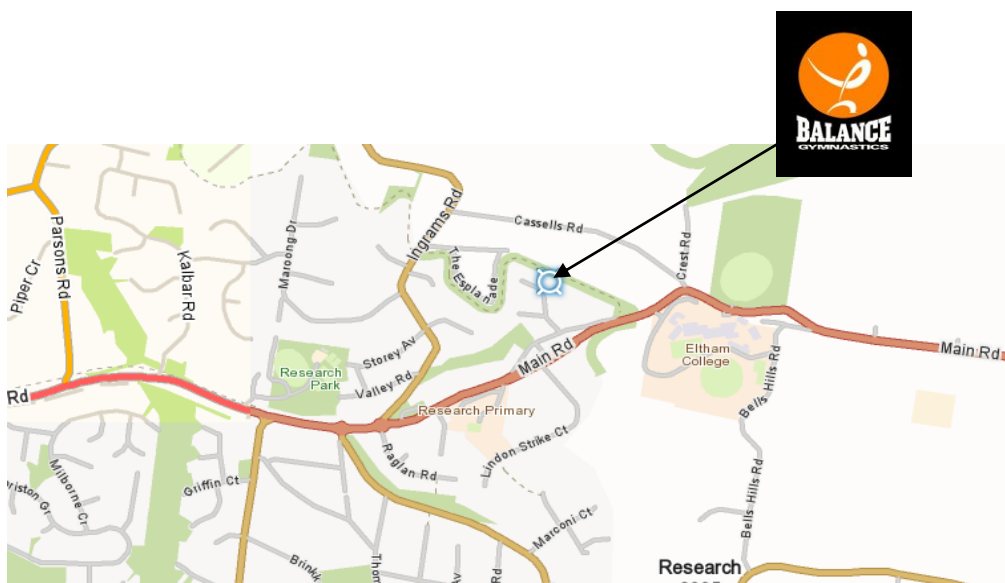








Balance Gymnastics
2011 Balance Challenge
Saturday 16th July and Sunday 17th July
 11 Candlebark Court, Research, VIC 3095



<u>Session 1: Sat 16th July</u>	<u>WG Level 3 NDP & 3 Prep NDP</u>	<u>(25 Gymnasts)</u>
Warm Up: 8:00am	March On: 8:25am	Presentations: 10:45am
<u>Session 2: Sat 17th July</u>	<u>WG Level 1 NDP & 1 Prep NDP</u>	<u>(34 Gymnasts)</u>
Warm Up: 12:00pm	March On: 12:25pm	Presentations: 2:45pm
<u>Session 3: Sat 17th July</u>	<u>WG Level 2 Prep NDP</u>	<u>(32 Gymnasts)</u>
Warm Up: 4:00pm	March On: 4:25pm	Presentations: 6:45pm
<u>Session 4: Sun 18th July</u>	<u>WG Level 1 IDP, 2 IDP & 3 IDP</u>	<u>(26 Gymnasts)</u>
Warm Up: 9:00am	March On: 9:25am	Presentations: 11:45am
<u>Session 5: Sun 18th July</u>	<u>WG Level 2 NDP</u>	<u>(27 Gymnasts)</u>
Warm Up: 1:30pm	March On: 1:55pm	Presentations: 4:15pm

Session 1

Session 1: 3NDP and 3 Prep NDP			Saturday 16th July - 8am to 11am				
Warm Up: 8:00am			March On: 8:25am		Presentations: 10:45am		
Group 1:	Hoppers Crossing		No. of Gymnasts Competing: 25				
Group 2:	Eastern						
Group 3:	Hoppers Crossing						
Group 4:	MYC and Glitz						
Group 1		VAULT	6	Group 2		BARS	5
Keira Kennerdy	3NDP	Hopp 3's		Samantha De Monte	3NDP	Eastern	
Jordan Dixon	3NDP	Hopp 3's		Mia Holah	3NDP	Eastern	
Taylah Bloss	3NDP	Hopp 3's		Sophie Hoyne	3NDP	Eastern	
Clare Cauchi	3NDP	Hopp 4's		Peta Milenkovic	3NDP	Eastern	
Amalia Holt	3NDP	Hopp 4's		Christine Ntais	3NDP	Eastern	
Tabitha Kerr	3NDP	Hopp 4's					
Group 3		BEAM	5	Group 4		FLOOR	9
Stephanie Macallister	3Prep NDP	Hopp Purple 1		Eliza Kidder	3Prep NDP	MYC	
Jacinta Sokolis	3Prep NDP	Hopp Purple 1		Aoife Yau	3Prep NDP	MYC	
Yvonne Pham	3Prep NDP	Hopp Purple 1		Jess Harper	3Prep NDP	MYC	
Bethany Correa	3Prep NDP	Hopp Purple 1		Saskia Kalkbrenner	3Prep NDP	MYC	
Millie Dunstone	3Prep NDP	Hopp Purple 1		Mikaela Rees	3Prep NDP	Glitz Purple	
				Amy Imms	3Prep NDP	Glitz Purple	
				Liana Baker	3Prep NDP	Glitz Purple	
				Erin Smerdon	3Prep NDP	Glitz Purple	
				Lara Smerdon	3Prep NDP	Glitz Purple	





Rotations

Rotation	Vault	Bars	Beam	Floor
1	Group 1	Group 2	Group 3	Group 4
2	Group 4	Group 1	Group 2	Group 3
3	Group 3	Group 4	Group 1	Group 2
4	Group 2	Group 3	Group 4	Group 1

Warm Up

- **General Warm:-up:** 20 Minutes
- **Vault:** 2 Vaults each (Maximum 3 minutes)
- **Bars:** 1 touch warm-up
- **Beam:** 30 Sec Canadian warm up
- **Floor:** 3 minutes group warm up

Session 2

Session 2: 1 NDP and 1 Prep NDP				Saturday 16th July - 12pm to 3pm					
Warm Up: 12:00pm			March On: 12:25pm		Presentations: 2:45pm				
Group 1:		Hoppers Crossing and MYC			No. of Gymnasts Competing: 34				
Group 2:		Eastern							
Group 3:		MYC and Glitz							
Group 4:		Balance							
Group 1			VAULT	10	Group 2			BARS	5
Biaza Tadesse	1NDP	Hopp 1's	Tonielle Epton	1NDP	Eastern				
Cerena Lamb	1NDP	Hopp 1's	Paige Heavyside	1NDP	Eastern				
Selma Dracic	1NDP	Hopp 1's	Amelie Holah	1NDP	Eastern				
Carly Crews	1NDP	Hopp 1's	Alana Piccolo	1NDP	Eastern				
Lilly Geldhoff	1NDP	Hopp 1's	Hannah Yao	1NDP	Eastern				
Molly Unkles	1NDP	MYC							
Porscha Rotty	1NDP	MYC							
Bridget Auger	1NDP	MYC							
Bella Tipton	1NDP	MYC							
Piper Friedl	1NDP	MYC							
Group 3			BEAM	10	Group 4			FLOOR	9
Oliva Poda	1Prep NDP	MYC Blue	Ella Hoskins	1Prep NDP	Balance Black				
Jessica Hartley	1Prep NDP	MYC Blue	Lily Marshall	1Prep NDP	Balance Black				
Imogen Day	1Prep NDP	MYC Blue	Erica Walker	1Prep NDP	Balance Black				
Elena Routley	1Prep NDP	MYC Yellow	Mathilda Dwyer	1Prep NDP	Balance Black				
Heather Morris	1Prep NDP	MYC Yellow	Ariane King	1Prep NDP	Balance Orange				
Lily Bourke	1Prep NDP	MYC Yellow	Jamila Ellul	1Prep NDP	Balance Orange				
Indy Lambourn	1Prep NDP	Glitz Silver	Amelia Tee	1Prep NDP	Balance Orange				
Zoe Imms	1Prep NDP	Glitz Silver	Ruby Ellul	1Prep NDP	Balance Orange				
Paige Adams	1Prep NDP	Glitz Silver	Kate Sharpe	1Prep NDP	Balance Orange				
Chloe Langley	1Prep NDP	Glitz Silver							





Rotations

Rotation	Vault	Bars	Beam	Floor
1	Group 1	Group 2	Group 3	Group 4
2	Group 4	Group 1	Group 2	Group 3
3	Group 3	Group 4	Group 1	Group 2
4	Group 2	Group 3	Group 4	Group 1

Warm Up

- **General Warm:-**up: 20 Minutes
- **Vault:** 2 Vaults each (Maximum 3 minutes)
- **Bars:** 1 touch warm-up
- **Beam:** 30 Sec Canadian warm up
- **Floor:** 3 minutes group warm up

Session 3

Session 3: 2 Prep NDP			Saturday 16th July - 4pm to 7pm				
Warm Up: 4:00pm			March On: 4:25pm		Presentations: 6:45pm		
Group 1:	Eastern		No. of Gymnasts Competing: 32				
Group 2:	Balance						
Group 3:	MYC						
Group 4:	Glitz						
Group 1		VAULT	9	Group 2		BARS	10
Elizabeth Allen	2Prep NDP	Eastern Aqua		Emer Rafferty	2Prep NDP	Balance Black	
Shanae Anderson	2Prep NDP	Eastern Aqua		Mia Stovell	2Prep NDP	Balance Black	
Sophie Chan	2Prep NDP	Eastern Aqua		Brianna Thiele	2Prep NDP	Balance Black	
Minnie Hill	2Prep NDP	Eastern Aqua		Alyssa Kazmierczak	2Prep NDP	Balance Black	
Jasmine Li Karh	2Prep NDP	Eastern Aqua		Isabella Wright	2Prep NDP	Balance Black	
Cassidy Dodson	2Prep NDP	Eastern Black		Tamara Swift	2Prep NDP	Balance Orange	
Amelia Haynes	2Prep NDP	Eastern Black		Angelica Adapon	2Prep NDP	Balance Orange	
Talia Parker	2Prep NDP	Eastern Black		Aisha Goddard	2Prep NDP	Balance Orange	
Hayley Collings	2Prep NDP	Eastern Black		Molly Karslake	2Prep NDP	Balance Orange	
				Danielle Meyers	2Prep NDP	Balance Orange	
Group 3		BEAM	8	Group 4		FLOOR	5
Summer Wilson	2Prep NDP	MYC Blue		Emily Giffard	2Prep NDP	Glitz Black	
Annabelle Reay	2Prep NDP	MYC Blue		Erin Shaw	2Prep NDP	Glitz Black	
Chloe Harper	2Prep NDP	MYC Blue		Charli Pruis	2Prep NDP	Glitz Black	
Caitlyn Parsons	2Prep NDP	MYC Yellow		Chloe Waterhouse	2Prep NDP	Glitz Black	
Georgia Branthwaite	2Prep NDP	MYC Yellow		Kayla Tucker	2Prep NDP	Glitz Black	
Jemma Comben	2Prep NDP	MYC Yellow					
Poppy Seward	2Prep NDP	MYC Yellow					
Ella Franbach	2Prep NDP	MYC Yellow					





Rotations

Rotation	Vault	Bars	Beam	Floor
1	Group 1	Group 2	Group 3	Group 4
2	Group 4	Group 1	Group 2	Group 3
3	Group 3	Group 4	Group 1	Group 2
4	Group 2	Group 3	Group 4	Group 1

Warm Up

- **General Warm:-up:** 20 Minutes
- **Vault:** 2 Vaults each (Maximum 3 minutes)
- **Bars:** 1 touch warm-up
- **Beam:** 30 Sec Canadian warm up
- **Floor:** 3 minutes group warm up

Session 4

Session 4: 1 IDP, 2 IDP and 3 IDP			Sunday 17th July - 9am to 12pm		
Warm Up: 9:00am			March On: 9:25pm		Presentations: 11:45am
Group 1:	Waverley				
Group 2:	Balance				
Group 3:	Waverley		No. of Gymnasts Competing: 26		
Group 1		VAULT 6	Group 2		BARS 8
Maddi Handley	1 IDP	Waverley	Ali Canning	2IDP	Balance Black
Phoenix Goodwin	1 IDP	Waverley	Tyla Davies	2IDP	Balance Black
Emily Weir	1 IDP	Waverley	Chloe Hay	2IDP	Balance Black
Marlee Langdon	1 IDP	Waverley	Elyssia Kenshole	2IDP	Balance Black
Zoe Poppenbeek	1 IDP	Waverley	Jemima Dwyer	2IDP	Balance Orange
Shaya Dry	1 IDP	Waverley	Annabella Geraghty	2IDP	Balance Orange
			Paryce Llewellyn	2IDP	Balance Orange
			Taylah Salib	2IDP	Balance Orange
		BEAM	Group 3		FLOOR 12
			Isabella Falasca	3 IDP	Waverley Blue
			Natalie Phan	3 IDP	Waverley Blue
			Jessica Wise	3 IDP	Waverley Blue
			Camelia Moldovan	3 IDP	Waverley Red
			Tahlia Cooper	3 IDP	Waverley Red
			Emma Loveless	3 IDP	Waverley Red
			Tegan Dry	3 IDP	Waverley Red
			Amy Marinov	2IDP	Waverley
			Alexandra Brimer	2IDP	Waverley
			Macarena Izzo	2IDP	Waverley
			Jessie Keogh	2IDP	Waverley
			Ruby Honrado	2IDP	Waverley





Rotations

Rotation	Vault	Bars	Beam	Floor
1	Group 1	Group 2		Group 3
2	Group 3	Group 1	Group 2	
3		Group 3	Group 1	Group 2
4	Group 2		Group 3	Group 1

Warm Up

- **General Warm:-up** : 20 minutes
- **Vault:** 2 Vaults each (maximum 6 Minutes)
- **Bars:** 1 touch warm-up (maximum 6 minues)
- **Beam:** 1 min – 1 touch Canadian warm-up
- **Floor:** 6 minutes group warm up

Session 5

Session 5: 2NDP			Sunday 17th July - 1:30pm to 4:30pm				
Warm Up: 1:30pm			March On: 1:55pm		Presentations: 4:15pm		
Group 1:	Hoppers Crossing		No. of Gymnasts Competing: 27				
Group 2:	MYC						
Group 3:	Balance						
Group 4:	Eastern						
Group 1		VAULT	4	Group 2		BARS	9
Elanie Tan	2NDP	Hopp 2's		Caitlin Tipton	2NDP	MYC Blue	
Jolene Tan	2NDP	Hopp 2's		Nadia Frankland	2NDP	MYC Blue	
Teodora Karlica	2NDP	Hopp 2's		Sarah Caine	2NDP	MYC Blue	
Taylah Galbraith	2NDP	Hopp 2's		Skye Gough	2NDP	MYC Blue	
				Eva Lee	2NDP	MYC Blue	
				Olivia Higgins	2NDP	MYC Yellow	
				Micah Jeffreys	2NDP	MYC Yellow	
				Annabel Dawborn	2NDP	MYC Yellow	
				Monique Dewsnap	2NDP	MYC Yellow	
Group 3		BEAM	5	Group 4		FLOOR	9
Natasha Bowden	2NDP	Balance		Elizabeth Browne	2NDP	Eastern Black	
Alice Caldwell	2NDP	Balance		Anna Cerins	2NDP	Eastern Black	
Jacqueline Campbell	2NDP	Balance		Serena Jones	2NDP	Eastern Black	
Hannah Connor	2NDP	Balance		Rebecca Liu	2NDP	Eastern Black	
Darci Gale	2NDP	Balance		Helena Fotakis	2NDP	Eastern Black	
				Shannon Heng	2NDP	Eastern Aqua	
				Deborah Ntais	2NDP	Eastern Aqua	
				Angelique Diamandis	2NDP	Eastern Aqua	
				Charlotte Ferns	2NDP	Eastern Aqua	

Rotations

Rotation	Vault	Bars	Beam	Floor
1	Group 1	Group 2	Group 3	Group 4
2	Group 4	Group 1	Group 2	Group 3
3	Group 3	Group 4	Group 1	Group 2
4	Group 2	Group 3	Group 4	Group 1

Warm Up

- **General Warm:-**up: 20 Minutes
- **Vault:** 2 Vaults each (Maximum 3 minutes)
- **Bars:** 1 touch warm-up
- **Beam:** 30 Sec Canadian warm up
- **Floor:** 3 minutes group warm up

SESSION 1 : 3NDP & 3 PREP NDP

VAULT:

Mary Hubball (INT) Balance

BEAM:

Viv Van Damme (INT) Balance

Kylie Dewsnap (BEG) MYC

Warm up 8.00 am Finish: 11am

BARS:

Britt Henry (INT) Eastern

Ed Kazmierczak (INT) Balance

FLOOR:

Natalie Anderson (INT) Balance

Marianna Colak (BEG) Hoppers

SESSION 2: 1 NDP and 1 PREP NDP

VAULT:

Mary Hubball (INT) Balance

BEAM:

Britt Henry (INT) Eastern

Kitty Janssen (BEG) MYC

Warm up 12pm to 3pm

BARS:

Deborah Baddock (INT) Eastern/ Bal

Marianna Colak (BEG) Hoppers

FLOOR:

Viv VAN Damme (INT) Balance

Christine Davison (INT) Glitz

SESSION 3: 2 PREP NDP

VAULT:

Britt Henry (INT) Eastern

Rebecca Lissenburg

BEAM:

Mary Hubball (INT) Balance

Ange Martin (BEG) MYC

Warm up 4pm to 7pm

BARS:

Viv Van Damme (INT) Balance

Sarah Shaw (BEG) Glitz

FLOOR:

Christine Davison (INT) Glitz

Kitty Janssen (BEG) MYC

SESSION 4: 1IDP , 2IDP & 3 IDP

VAULT:

Carolyn Edebohls

BEAM:

Micayla Riley

Warm up 9am to 12noon

BARS:

Cherie Johnstone

FLOOR:

Sue Cowdell

SESSION 5: 2 NDP

VAULT:

Mary Hubball (INT) Balance

BEAM:

Natalie Anderson (INT) Balance

Gen Gibson (BEG) Eastern

Warm up: 1.30pm to 4.30pm

BARS:

Mikayla Riley (INT) MYC

FLOOR:

Felecity O'Brien (INT) EASTERN

Ed Kazmeirczak (INT) Balance