

Association of Heads of Independent Girls' Schools



47th Annual Gymnastics Competition

Sydney Gymnastic and Aquatic Centre, Rooty Hill

Friday 28th October 2016

7.00 am – 3.00 pm approx.

Risk Warning

(Under Section 5M of Civil Liability Act 2002)

On Behalf of AHIGS And AHIGS Member Schools Listed Below:

Abbotsleigh	Meriden School	Ravenswood
Ascham School	MLC School	Roseville College
Brigidine College	Monte Sant' Angelo	Santa Sabina
Canberra Girls' Grammar	Mount St Benedict	SCEGGS Darlinghurst
Danebank School	New England Girls School	St Catherine's School
Frensham	OLMC Parramatta	St Patrick's College
Kambala	PLC Armidale	St Vincent's College
Kincoppal-Rose Bay	PLC Sydney	Tangara School
Loreto Kirribilli	Pymble Ladies' College	Tara
Loreto Normanhurst	Queenwood	Wenona

Gymnastics Carnival 2016

The Association of Heads of Independent Girls' Schools NSW (AHIGS) and its members' schools organise many individual and team sporting activities during the course of a year. Students participating in these sporting activities take part in practice and in competitions.

AHIGS and its members' schools expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

AHIGS and its members' schools also expect parents, spectators and other participants to behave in a safe and responsible manner, to comply with the IGSSA Code of Conduct and to set a good example for the girls.

While AHIGS and its members' schools take measures to make the Gymnastics Carnival as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events. Parents, spectators and officials could also be injured or suffer loss.

Such injury can occur while the student is engaging in or watching the Gymnastics Carnival, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure.

In particular, injury at Gymnastics Carnivals may result from slipping and falling, collisions with equipment and / or other participants or being inadequately trained and / or prepared for the event.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

**Sub-Committee of
The Association of Heads of Independent Girls Schools
to conduct IGSSA Affairs**

AHIGS President

Mrs Megan Krimmer, Roseville College

AHIGS Treasurer

Ms Jenny Allum, SCEGGS

IGSSA Standing Committee

Mrs Jane Curran, Brigidine

Mrs Maryanne Davis, Danebank

Mrs Anna Dickinson, Loreto Kirribilli

Ms Julie Gillick, Frensham

Mrs Susan Middlebrook, Tara

Ms Belinda Harden, PLC Sydney

Mr Daniel Kozey, Queenwood

Ms Sonia Berry, AHIGS Executive Officer

Mr Wayne Mitchell, AHIGS Director of Sport

Mr Michael Vandervelde, AHIGS Assistant Director of Sport

IGSSA Gymnastics Conveners

Women's Artistic Gymnastics: Michelle Oakley - Tara

Rhythmic Gymnastics: Song – Hee Schumacher - Abbotsleigh

Judges supplied by New South Wales Gymnastics Association Inc.

Officials Provided by participating schools

Trophies Presented in 2015

Overall Gymnastics Pointscore Shield	Pymble Ladies' College
Overall Most Improved <i>(Donated by Danebank)</i>	Danebank
Rhythmic Gymnastics Shield <i>(Donated by Miss J. Buckham)</i>	Meriden
Division 1 – Rhythmic Gymnastics (RG)	Meriden
Division 2 – Rhythmic Gymnastics (RG)	Kincoppal Rose Bay
Artistic Gymnastics Cup <i>(Donated by Miss V. Medway)</i>	Pymble Ladies' College
Division 1 – Artistic Gymnastics (WAG)	Pymble Ladies' College
Division 2 – Artistic Gymnastics (WAG)	Abbotsleigh
Division 3 – Artistic Gymnastics (WAG)	Wenona

2016 Trophies

2016 trophies will be presented by Mrs Megan Krimmer

Overall Gymnastics Point Score Shield	Lowest combined placings in RG and WAG
Most Improved School <i>(Donated by Danebank)</i>	The school who improves their final position in combined overall point score by the most places from the previous year (new in 2015)

Rhythmic Gymnastics (RG)

Rhythmic Gymnastics Shield <i>(Donated by Miss J. Buckham)</i>	Highest overall RG point score
Division 1 – Rhythmic Gymnastics (RG)	Highest total point score
Division 2 – Rhythmic Gymnastics (RG)	Highest total point score

Women's Artistic Gymnastics (WAG)

Artistic Gymnastics Cup <i>(Donated by Miss V. Medway)</i>	Highest overall WAG point score
Division 1 – Artistic Gymnastics (WAG)	Highest total point score
Division 2 – Artistic Gymnastics (WAG)	Highest total point score
Division 3 – Artistic Gymnastics (WAG)	Highest total point score

Participating Schools

School		Colours
Abbotsleigh	ABB	Gold Black
Ascham	ASC	Red Navy
Danebank	DAN	Jade Red Silver
Frensham	FRE	Dark Green White Purple
Kambala	KAM	Gold Blue Black
Kincoppal Rose Bay	KRB	Navy Teal White
Loreto Kirribilli	LOK	Blue Gold White
Loreto Normanhurst	LON	Navy Gold White
Meriden	MER	Royal Blue White
MLC	MLC	Dark & Light Blue Gold
PLC Armidale	PLA	Light Blue Dark Green
PLC Sydney	PLS	Red White Black
Pymble Ladies' College	PYM	Red Silver Blue
Ravenswood	RAV	Royal Blue Gold
Roseville College	ROS	Maroon Gold White Navy
SCEGGS	SCE	White Navy
St.Catherine's School	STC	Navy Red Gold
Tara	TAR	Navy Light Blue Silver
Tangara	TAN	Orange White
Wenona	WEN	Navy White Red

Women's Artistic Gymnastics Divisions for 2016

Women's Artistic Gymnasts (WAG) will compete in Level 3 to 10.

Division 1	Division 2	Division 3
PLC Sydney	Ascham	Danebank
MLC Burwood	SCEGGS	Frensham
Pymble Ladies' College	Kincoppal Rose Bay	Loreto Kirribilli
Ravenswood	Loreto Normanhurst	Meriden
Roseville College	Kambala	PLC Armidale
Abbotsleigh	Tara	Wenona
St Catherine's School		

Rhythmic Gymnastics Divisions for 2016

Rhythmic Gymnasts (RG) will compete in the following apparatus and levels:

Level 4	Freehand, Hoop, Ribbon
Level 5	Ribbon, Hoop, Ball
Level 6	Ball, Rope, Ribbon
Level 7 to Elite	National Rotation
Category 3 Group	Ball
Category 4 Group	Clubs
Multi Class	L1 Rope, Hoop L2 Ball, Ribbon L3 Rope, Hoop L4 Hoop, Ribbon

Division 1	Division 2
Abbotsleigh	Ascham
MLC Burwood	Kincoppal Rose Bay
PLC Sydney	PLC Armidale
Pymble Ladies' College	Roseville College
Meriden	SCEGGS Darlinghurst
Ravenswood	Tangara
St Catherine's School	Tara
	Wenona

Order of Events

NB Gymnasts please arrive at least 30 minutes prior to marshalling times as we may start early if we are running ahead of schedule. All times below are approximate!

Women's Artistic Gymnastics

We will have double panels so you need a coach for each level you have entered.

Main Arena WAG

7.00 am - 7.15 am	WAG Staff / Coaches Briefing
7.15 am - 10.00 am	Levels 3 and 5
10.00 am – 12.00 am	Levels 4 and 6
12.00 pm – 2.00 pm	Multi-class and levels 7 to 10
2.30 pm approx.	Presentations

Rhythmic Gymnastics

Main Arena – RG Floor # 1 (No curtain divide)

Sessions may commence up to 30mins ahead of schedule if possible.

7.00 am	General warm-up Level 7 & 8
7.30 am – 9.15 am	Level 7 & 8 gymnasts compete
9.15 am	General warm-up Level 9 & 10, Junior, Senior
9.45 am – 11.30 am	Level 9 & 10, Junior, Senior compete
11.30 am	General warm-up Category 3 Ball Group
12.00 noon – 12.45 pm	Category 3 Groups compete
12.45 pm – 1.15 pm	Judges lunch break
12.45 pm	General warm up Category 4 Clubs Group
1.15 pm – 2.00 pm	Category 4 Clubs Groups compete

Main Arena – RG Floor # 2 (No curtain divide)

Sessions may commence up to 30mins ahead of schedule if possible.

7.00 am	General warm-up Level 6 & Multi-Class
7.30 am – 8.45 am	Level 6 & Multi-Class gymnasts compete
8.45 am	General warm-up Level 5
9.15 am – 11.00 am	Level 5 gymnasts compete
11.00 am	General warm-up Level 4
11.30 am – 1.30 pm	Level 4 gymnasts compete

School Staff Duties

Announcer: Ngaire Musto (Tara) (7.00am – finish)

Recorders: IGSSA (9.00am - finish)

RG Data Entry: Floor 1: Pymble Ladies' College and Meriden (7.00am – finish)
Floor 2: Abbotsleigh and Wenona (7.00am – finish)

Medals: Kincoppal Rose Bay and Ascham (9.00am – finish)

Runners: WAG – PLC Sydney x 2
RG - Abbotsleigh x 2

Display: MLC

Floor Duties	Floor Manager	Music
WAG Level 3 & 5	Michelle Olsson (PLS)	Roseville
WAG Level 4 & 6	Michelle Olsson (PLS)	Frensham
WAG Levels 7 – 10 & Multi-class WAG	Michelle Olsson (PLS)	Loreto Normanhurst
RG Floor 1 (7am-finish)	Sabine Ade	Ravenswood / SCEGGS
RG Floor 2 (7am-finish)	Sabine Ade	MLC / St Catherine's School

Supervision:

Time	School
8.00 am to 10.00 am	Loreto Normanhurst
10.00 am to 12.00pm	Danebank
12.00 pm to 2.00 pm	Kambala
2.00 pm to 3.30 pm	Pymble Ladies College

IGSSA Gymnastic Titleholders 2015 Women's Artistic Gymnastics (WAG)

	VAULT	BARS	BEAM	FLOOR
Level 3	Hannah Farrow St Catherine's Niamh Formosa Tara	Tiara Huynh MLC School	Jamie Harrigan St Catherine's	Winona Dufrier PLC Sydney
Level 4	Eva Flannery PLC Armidale	Samantha Berry Pymble	Madison Corcoran Pymble	Madison Corcoran Pymble
Level 5	Kate Soonius Pymble	Kate Soonius Pymble	Kate Soonius Pymble	Madison Cooney Ascham
Level 6	Eugenie Tan MLC School	Eugenie Tan MLC School	Eugenie Tan MLC School	Phoebe Cridland PLC Sydney
Level 7	Emma Barnier PLC Armidale	Deahna Simos Meriden	Grace Lennon St Catherine's	Grace Kleppich PLC Sydney
Level 8	Monica Andren Loreto Normanhurst	Olivia Wills Danebank	Kiara Wark Danebank	Olivia Wills Danebank
Level 9	Jessica Villegas Brigidine	Jessica Villegas Brigidine	Jessica Thompson Wenona	Jessica Thompson Wenona
Level 10	Breanna Scott MLC School	Breanna Scott MLC School	Breanna Scott MLC School	
Point Score	1st Pymble Ladies' College	2nd PLC Sydney	3rd MLC School	
Multi Class Awarded for each classification	Kate Lalor Danebank Olivia Silva PLC Sydney	Kate Lalor Danebank Olivia Silva PLC Sydney	Kate Lalor Danebank Olivia Silva PLC Sydney	Kate Lalor Danebank Olivia Silva PLC Sydney

IGSSA Gymnastic Titleholders 2015

Rhythmic Gymnastics (RG)

RG Level 4	ROPE Kendall Harris MLC School	BALL Kendall Harris MLC School	CLUBS Kendall Harris MLC School	
RG Level 5	ROPE Sophie Kavanagh Pymble	HOOP Anya Robertson Pymble	CLUBS Grace Li Ravenswood	
RG Level 6	BALL Ella Chapman Ravenswood	HOOP Ella Chapman Ravenswood	CLUBS Ella Chapman Ravenswood	
RG Level 7 Open	BALL Olivia Owens Ravenswood	ROPE Olivia Owens Ravenswood	RIBBON Emily Hart MLC School	CLUBS Olivia Owens Ravenswood
RG Level 8 Junior	HOOP Jade Jameson MLC School	BALL Jade Jameson MLC School		
RG Level 8 Open	HOOP Annelise Harper Abbotsleigh	BALL Annelise Harper Abbotsleigh		
RG Level 9 Open	ROPE Charlotte Wong Abbotsleigh	HOOP Charlotte Wong Abbotsleigh	CLUBS Charlotte Wong Abbotsleigh	
RG Level 10 Open	HOOP Bao-Tran Nguyen- Phuoc Meriden	BALL Bao-Tran Nguyen- Phuoc Meriden	CLUBS Lauren Klemt Abbotsleigh	RIBBON Alexandra Dixon Pymble
Junior Elite	HOOP Alexandra Eedle Meriden	BALL Alexandra Eedle Meriden	CLUBS Alexandra Eedle Meriden	
Senior Elite	HOOP Tara Wilkie MLC School	BALL Michaela Whitehouse Meriden	CLUBS Tara Wilkie MLC School	RIBBON Tara Wilkie MLC School
Cat 3 Group	Meriden		Open Group	Pymble
Point Score	1st Meriden	2nd Abbotsleigh	3rd Ravenswood	

IGSSA Gymnastics Past Winners

	Overall Winner	WAG & RG
1970	Pymble Ladies' College	
1971	Queenwood	
1972	Queenwood	
1973	Wenona & Canberra Grammar	
1974	Wenona & Pymble Ladies' College	
1975	Pymble Ladies' College	
1976	Pymble Ladies' College	
1977	Tara	
1978	SCEGGS	
1979	SCEGGS	
1980	SCEGGS	
1981	SCEGGS	
1982	Pymble Ladies' College	
1983	Pymble Ladies' College	
1984	Pymble Ladies' College	
1985	MLC	
1986	Pymble Ladies' College	
1987	Pymble Ladies' College	
1988	Pymble Ladies' College	
1989	Pymble Ladies' College	
1990	Pymble Ladies' College	
1991	Pymble Ladies' College	
1992	Pymble Ladies' College	
1993	Ravenswood	WAG - Pymble Ladies' College RG - Ravenswood
1994	Pymble Ladies' College	WAG - Pymble Ladies' College RG - Pymble Ladies' College
1995	Pymble Ladies' College	WAG - Pymble Ladies' College RG - Ravenswood
1996	Pymble Ladies' College	WAG - Pymble Ladies' College RG - Pymble Ladies' College
1997	Pymble Ladies' College	WAG - Pymble Ladies' College RG - PLC Sydney

	Overall Winner	WAG & RG
1998	Pymble Ladies' College	WAG - Pymble Ladies' College RG - Pymble Ladies' College
1999	Pymble Ladies' College	WAG - Pymble Ladies' College RG - Pymble Ladies' College
2000	Pymble Ladies' College	WAG - Pymble Ladies' College RG - Pymble Ladies' College
2001	Pymble Ladies' College	WAG -Pymble Ladies' College RG - Pymble Ladies' College
2002	PLC Sydney & Pymble Ladies' College	WAG – PLC Sydney RG – Pymble Ladies' College
2003	Pymble Ladies' College	WAG -Pymble Ladies' College RG - Pymble Ladies' College
2004	PLC Sydney	WAG – PLC Sydney RG – PLC Sydney
2005	PLC Sydney & Pymble Ladies' College	WAG – Pymble Ladies' College RG – PLC Sydney
2006	Pymble Ladies' College	WAG -Pymble Ladies' College RG - Pymble Ladies' College
2007	PLC Sydney & Pymble Ladies' College	WAG – Pymble Ladies' College RG – PLC Sydney
2008	Pymble Ladies' College	WAG -Pymble Ladies' College RG - Pymble Ladies' College
2009	Pymble Ladies' College	WAG -Pymble Ladies' College RG - Pymble Ladies' College
2010	Pymble Ladies' College	WAG -Pymble Ladies' College RG – MLC
2011	Pymble Ladies' College	WAG – PLC Sydney RG - Meriden
2012	Pymble Ladies' College	WAG – Pymble Ladies' College RG - Meriden
2013	Pymble Ladies' College	WAG – PLC Sydney RG - Meriden
2014	Pymble Ladies' College	WAG – Pymble Ladies' College RG - Meriden
2015	Pymble Ladies' College	WAG – Pymble Ladies' College RG - Meriden