

LOCAL CLUB WINS NATIONAL CHAMPIONSHIP

On Wednesday night the Woden Valley Gymnastics Club secured the title as the best men's artistic gymnastics club in Australia. Over a period of 4½ days gymnasts from the Holder-based club battled gymnasts from 20 clubs from all Australian States and Territories and one club from Christchurch in New Zealand at the Australian National Clubs Championships which were conducted at the AIS Arena in Canberra.

In gymnastics, participants move through difficulty levels until they reach international competition standard at Level 10. The Australian National Clubs Championships allows some of these levels, like Levels 5 and 6 and 8 and 9, to be combined so that clubs have a better chance of entering full teams. On its way to winning the title, the club came first in the Level 8/9 and Level 4 competitions, second in the Level 5/6 competition and third in the Level 7 competition. There were also some very good individual efforts, with Rhys Cormick winning silver at Level 8/9 and Cameron Dally winning bronze at the same level and at Level 4, Julian Oliver won the gold medal and Oliver Turner the silver.

The Woden Valley Gymnastics Club operates a permanently established gymnasium at the Grant Cameron Community Centre in Holder. The Club has nearly 600 children and adults attending classes at least once per week with programs providing recreational gymnastics and human movement classes for toddlers from age two to adults of over 50 years of age. As well, many of the more serious competitive gymnasts train up to five times per week with the more advanced gymnasts doing some 20 hours per week.

The photographs show:

1. Rhys Cormick, Team Captain, and Xavier Nuss with the trophy for the Champion Club at the 2008 Australian Men's Gymnastics National Clubs Championship.
2. Some of the medal winning gymnasts with coaches and judges from the Woden Valley Gymnastics Club after being presented with the trophy as 2008 Champion Club in Men's Artistic Gymnastics.