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Australian gymnastics pros reach out to Guam

TUESDAY, 08 SEP 2015 03:00AM GUAM SPORTS NETWORK



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(GSPN) – Karen Norden and Michelle DeHighden of Gymnastics Australia, visited Guam last week to work with the newly established Guam Gymnastics Federation. Federation President, Jayne Flores welcomed the duo representing the Oceania Gymnastics Development Plan, a project supported by the International Gymnastics Federation. The goal is to provide support, resources and funding to expand the Olympic sport across the nations of Oceania.

Both Norden and DeHighden have over 30 years of gymnastics coaching experience. Some of DeHighden's achievements include coaching on the Australian National Team, and placing gymnasts in Olympic squads, Commonwealth Games and World Championship teams.

Norden is an international judge and works closely with the Gymnastics Australian board. They also are sisters, coming from a family with a long history of gymnastics participation and coaching.



Islander Twisters' Janine Miller demonstrates some gymnastic poses on the balance beam. Karen Norden and Michelle DeHighden of Gymnastics Australia visited Guam last week to work with the newly established Guam Gymnastics Federation. Contributed photo

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Leading the way for Okkodo was guard Shania Bulala with 21 points, 11 of them coming in ...



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Far too often though that world is one lived in hotels and on the training grounds with ...



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"We encourage cyclists of all levels who have been thinking of joining the Tour of Gua...



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The All-Island first team offense and second team defense called the Blue Raptors (coach...



Bulldogs take control in 4th quarter

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Leading the way for Okkodo was Shania Bulala, scoring 22 points while pick-pocketing the...

Clinics, workshops and more

During the visit, gymnast clinics, coaches education workshops and board governance workshops were conducted. It was a busy and productive week, and the visit included a meeting with the Guam National Olympic Committee and a visit from Guam governor's chief of staff, Mark Calvo. Gymnasts were offered the opportunity to try new drills and coaches were able to extend their knowledge through training.

Island Twisters gymnastics coach Derrick Heath said it was a "great experience for coaches and gymnasts on Guam. We were blessed to have 2 national team coaches from Australia come and teach gymnastic clinics and coach education seminars.

"It's exciting to know that Guam is a priority to them in developing gymnastics in the Oceania region. We are looking forward to Australia working with the Guam Gymnastics Federation to grow the sport to an even higher international level."

The missions of the Guam Gymnastics Federation include improving health-related behaviors in the community through participation in gymnastics and increasing the number of local and international gymnastics exhibition and competition opportunities.

Short-term goals are to host international gymnastics competitors and attend more international events. The longer-term goal is Olympic representation.

"Guam has an abundance of talent in athlete and coaching potential," DeHighden said. "They are primed, with the support of Gymnastics Australia to do some fantastic gymnastics."

Information was provided in a press release.

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Matao begin training camp for World Cup qualifier

Tuesday, 10 Nov 2015 03:00am

With Iran, Turkmenistan and Guam all sitting within a point of each other in the race fo...



Japanese runners top 10th Ko'ko' half marathon

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Kawarai's bib number, #1, foreshadowed his impressive run as he maintained the top pos...



Girls wrestling title up for grabs

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The defending champion Simon Sanchez Sharks got off to a rough start but bounced back af...



Young, Quintanilla finish first at GCC/FHB John Lee 5K

Monday, 09 Nov 2015 03:00am

Jason Young finished the 5K in first place with a time of 18:38, and Elizabeth Quintanil...



Camacho helps Aggies earn Jones Cup

Friday, 06 Nov 2015 03:00am

After Devin Hua and Jayden Lizama posted headlines in their respective overseas tourname...



Geckos reel in only Guam win on Day 1 of RP volleyball tourney

Friday, 06 Nov 2015 03:00am

With tournament action kicking off Wednesday morning, the GW Geckos, Notre Dame Royals, ...



FSM boxer named ANOC 2015 Pacific Games Female Athlete Of The Year

Thursday, 05 Nov 2015 03:00am

Chieng and her 4-year old son Adam, attended the awards ceremony, along with FSMNOC repr...

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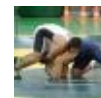
Trebor Smith — Stealing is part of the Chamorro culture and is passed down from parents to kids to grandkids. It is a born ...



Cougars improve to 4-0 over Panthers

Thursday, 05 Nov 2015 03:00am

The Cougars marched up the Agana Heights hill and got the road win 37-28. The battle was ...



JFK grapplers look strong in weekend opener

Wednesday, 04 Nov 2015 03:00am

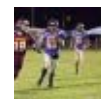
The host team JFK Islanders boys took the mats first, defeating the defending champion S...



Manhoben beat Hawks in GYAI volleyball finals

Tuesday, 03 Nov 2015 03:00am

After defeating their opponents in their respective semifinal matches, two of Guam's t...



Friars end football title drought

Monday, 02 Nov 2015 03:00am

Mission accomplished. The Friars finished the 2015-2016 season undefeated and gave coach ...



Panthers beat out Dolphins for 3rd

Monday, 02 Nov 2015 03:00am

The Panthers had title aspirations so the third place finish wasn't quite what they wa...



Islanders shut out Royals

Saturday, 31 Oct 2015 03:00am

"We're not there yet. It's just our first game and there's still so much we have..."



ASC Trust Islanders win U14 girls title

Friday, 30 Oct 2015 03:33am

The Islanders nearly squandered a 4-1 halftime lead against defending champions Guam Shi...



Castro nets 24 in girls hoops opener

Thursday, 29 Oct 2015 03:00am

Reigning IIAAG Basketball MVP Destiny 'Queen-B' Castro and the visiting ND Royals

de...



Bulldogs drop Islanders in tip-off

Thursday, 29 Oct 2015 03:00am

Tuesday's high-school tipoff featured the two schools' first meeting in four years w...



Football runs deep in the Hocog bloodline

Wednesday, 28 Oct 2015 03:11am

They have won a title in every decade dating back to the 1970s. The most notable time of...



Guam teams finished 3rd, 8th in Masters World Softball Tournament

Wednesday, 28 Oct 2015 03:11am

Sponsored by the Las Vegas Senior Softball Association and United States Senior softball...



Guam golfers battle Abu Dhabi heat, do well at Nomura Cup

Wednesday, 28 Oct 2015 03:11am

He shot 72 on Sunday. Devin Hua shot 70 (2 under) on Sunday, including birdies on three ...



Join Saturday's 5K/2K fun run and walk

Wednesday, 28 Oct 2015 03:11am

The event is open to the public and will start and finish at the Chamorro Village, with ...