

# AcroSports

OFFICIAL PUBLICATION OF THE UNITED STATES Sports Acrobatics Federation  
Trampoline and Tumbling Association APRIL/MAY 1977



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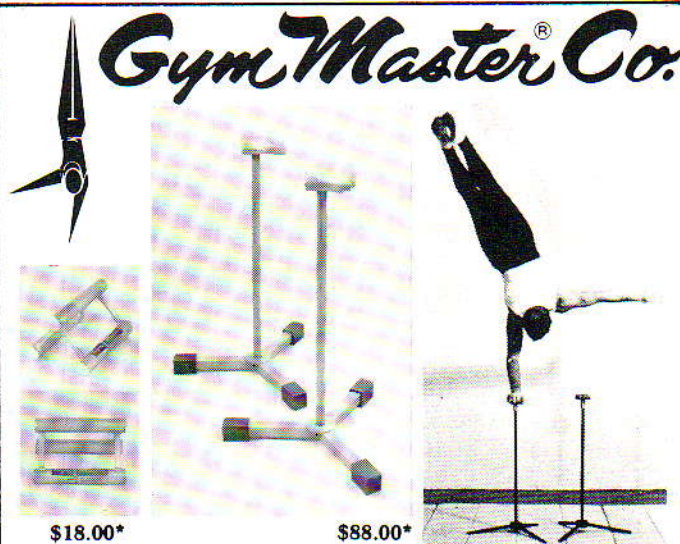
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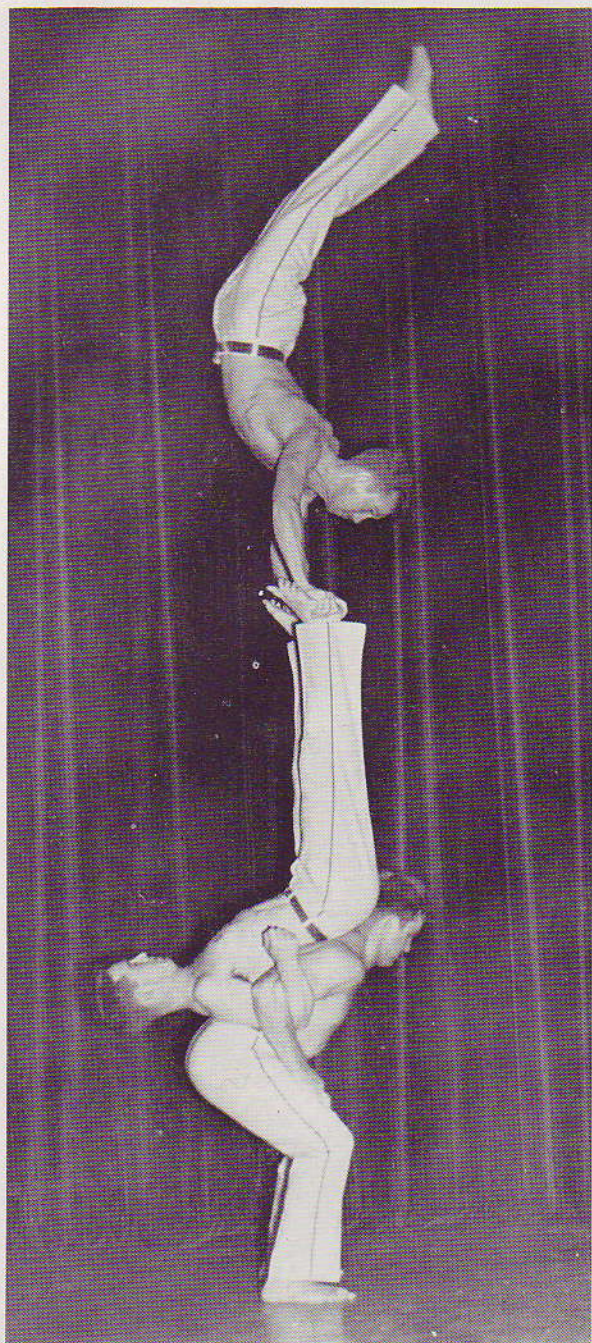
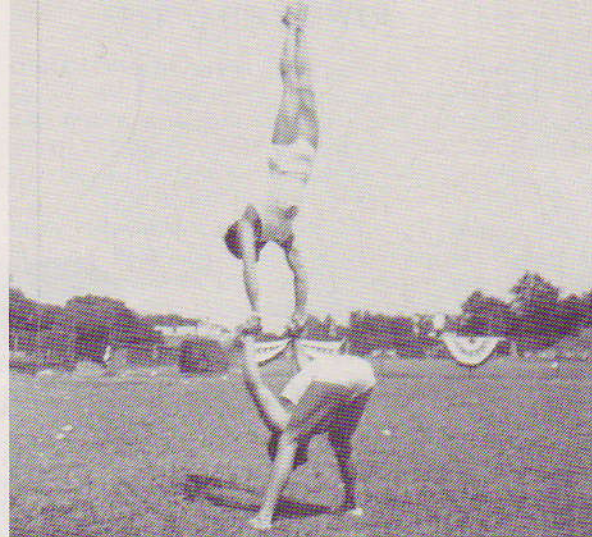
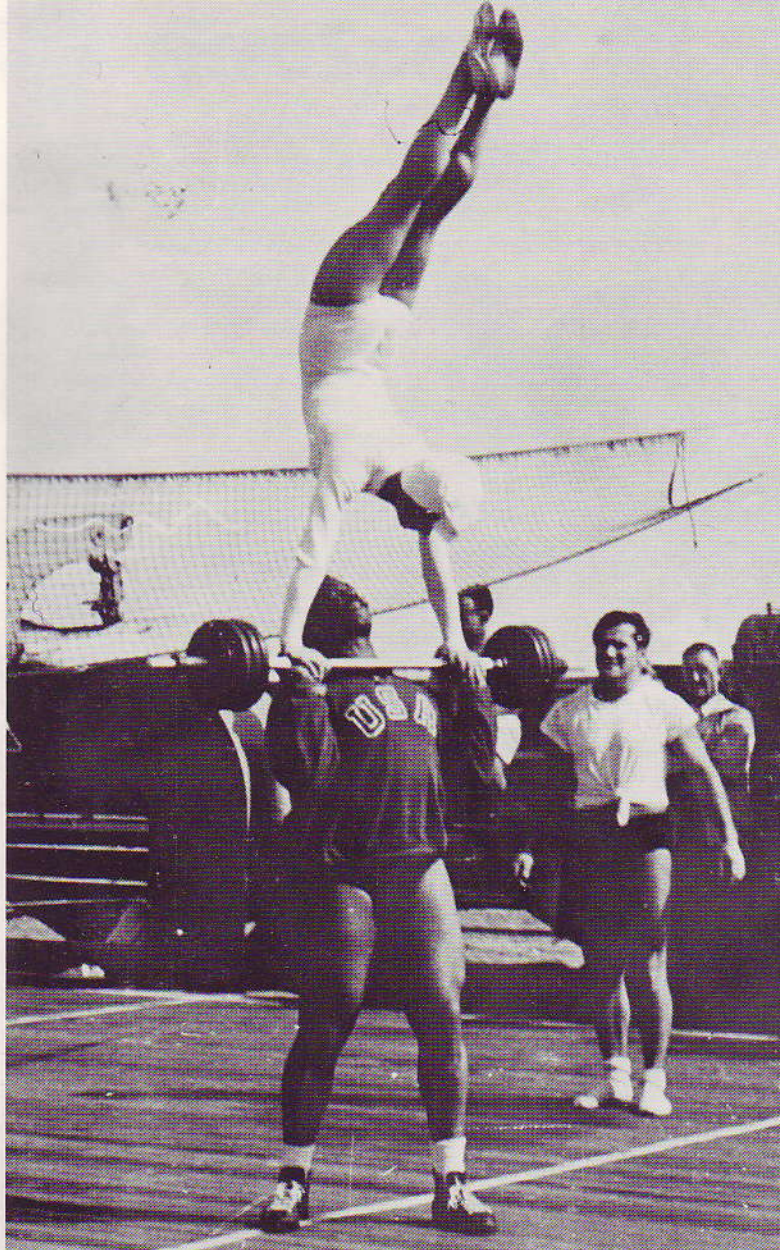


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# AcroSports

## FLASHBACKS

*Above: USA Heavyweight lifter, John Davis holds gymnast Helen Schifano (Sjursen) in hand to hand balance on shipboard during crossing to 1948 Olympic Games in London.*  
*Above right: John Lazar holding "Bud" Marquette in jackknife hand to hand in 1936 when they were members of the Ambridge Turners, Pennsylvania.*  
*Right: David Field, Hawkins, and Jim Baley balancing members of the 1940 University of Illinois GymKana troupe.*





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Cover: USTA & USGF Team and Officials pose in front of Sphinx and Pyramids at Giza on Egyptian Exhibition Tour.  
Back Cover: Leigh Hennessy

Below: Tour Photographer Glenn Sundby holds Tour Director George Nissen in low hand to hand atop big pyramid in Giza.



At left: Historic first flip from a trampoline atop a pyramid by George Nissen.

**USSAF DIRECTOR'S REPORT:** Our Egyptian Adventure was an exciting as well as historic event: A cooperative effort between the Gymnastics, Trampoline and Sports Acrobatics Federations. Although we did not have an AcroSports exhibition team on the tour it did open doors for future USSAF team trips.

**UNIVERSITY PROGRAM:** Dr. James Sweeney, the gymnastics coach at Ohio State University is initiating an AcroSport program. If approved by University officials it will become a regular part of the Physical Education curriculum and be available to all who are interested. It may be the first official AcroSport college course in the USA. At the end of each session Sweeney hopes to hold either an intramural competition or exhibition... Good Luck, Jim!

**USSAF EXPANSION:** As mentioned in Morgan's World report in this issue the USSAF is taking over the gym next to our office in Santa Monica for an AcroSports instructional program. A "FunSport" gym for youngsters of all ages, a training site for coaching and judging courses, Clinics, instructional films production, books, music, and other promotional materials for the USSAF and our AcroSports magazine.

**POLISH ACROSPORT TEAM TOUR OF USA:** We are in the process of arranging a tour of the USA by the National Championship Targowek Club from Poland. Although no stops have been set to date, the tentative schedule calls for arrival in New York October 10th and leaving from New York on the 23rd. When the tour is confirmed by the Polish team we expect to arrange about 10 or 11 exhibition stops across the USA between New York and Santa Monica. Following are the major US cities that could be considered on a special TWA "See America tour" we would like to use. In alphabetical order: Albuquerque, Baltimore, Boston, Chicago, Cleveland, Denver, Detroit, Hartford, Kansas City, Las Vegas, Los Angeles, Miami, New York, Philadelphia, Phoenix, Pittsburgh, St. Louis, San Francisco, Tucson, Washington DC, and Wichita. If you have a gym club (or college/University) anywhere near one of these cities and would like to have the Polish team for an exhibition, contact the USSAF office right away (213-394-6090) for further details, only 10 or 11 stops available and 3 or 4 of those are already spoken for. Here is a chance to promote AcroSports in your area and raise some funds for your team or club in the process. Promotional materials and programs will be furnished from the USSAF office to help make your exhibition successful and profitable. (Schedule permitting—morning clinics will be available for some stops.)

**USSAF NATIONAL CHAMPIONSHIPS:** The 2nd USA AcroSports Championships are scheduled for the middle of October with the site still to be determined. It is possible it could work in conjunction with one of the Polish team exhibition stops. (example USA Championships on a Friday night, clinic with Polish team on Saturday morning, with exhibition on Saturday evening to include USA event winners). If interested in hosting the USSAF Nationals, please contact the USSAF office soon (USSAF 410 Broadway-Santa Monica, CA 90401).

### IN MEMORY

**JEFF HAMON**  
May 18, 1953 - April 14, 1977

Member of the Columbus Gymnastic and AcroSport Club for six years. Jeff, age 23, was our bottom man for shows. He was strong, quiet and well liked by everyone. Jeff's sudden death is a loss not only for his family and friends, but for our sport as well. Barb Hamon, his wife, is one of our original members. Their daughter Cynthia is 10 months old.

## WORLD REPORT

by Morgan Smith

There is no doubt that AcroSports is destined to be one of the most popular sports of our time. It has tremendous spectator appeal, something which, in a monetary world is essential.

\* \* \*

Great Britain along with the USA took up competitive AcroSports on entering the first World Championships held in Moscow in 1973. On that occasion it was only in the capacity of tumbling. However, since then both countries have spread their respective base and produced participants in all seven events, many of these participants are of high international calibre.

\* \* \*

Poland will host the '77 World Cup in September and with their experience and proven efficiency we expect it will be an excellent setting for this second event of its kind. Anyone who was fortunate enough to have witnessed the wonderful hospitality in Widnau Switzerland at the first World Cup two years ago can be assured that the eventual final venue in Poland will be to International Federation of Sports Acrobatics (IFSA) Regulations.

\* \* \*

Stoil Stirov (Bulgaria) president of IFSA has recommended that the Judging panel at international events should be changed from 4 to 8. I wonder if he has ever heard of the old English saying "Too many Cooks spoil the Broth."

\* \* \*

Great Britain has grown rapidly as they have made it a policy of obtaining the maximum knowledge from an International participation program. Books, films, coaching techniques were obtained and when necessary translated to assist in the development of AcroSports in GB.

The Stara-Zagora club of Bulgaria will be visiting the Acro I Club of Leeds, England (both teams are the National squad of their respective Countries) July 9-16. This will be an exchange visit since the Acro I Club visited the Stara-Zagora Club following the Bulgarian "Friendship Meet" last year.

In keeping with Great Britain's desire to stimulate their national program an International Tournament is planned for September '77 in Washington, Tyne Tees (Northern England). It is hoped that participants from all IFSA member countries will be represented.



*Morgan Smith, Acro I coach and Acrosports authority from Great Britain poses with Paula Boelsems during his recent visit to USSAF office in Santa Monica.*

In February 1977, Jeanne en Guy Van der Marliere took his team from Antwerp, Belgium to Warsaw for a meet with the sports acrobatic club, Targowek, whose coach is Gisela Zielinska. In December, the Targowek club took first place in the Polish National Championships.

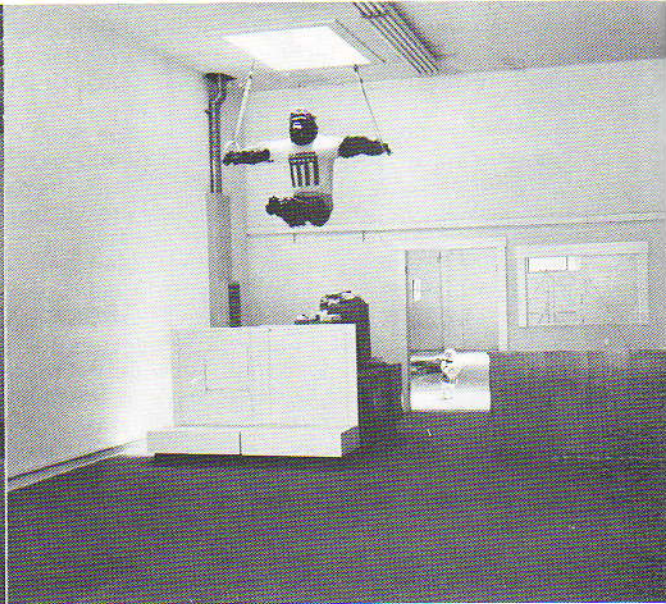
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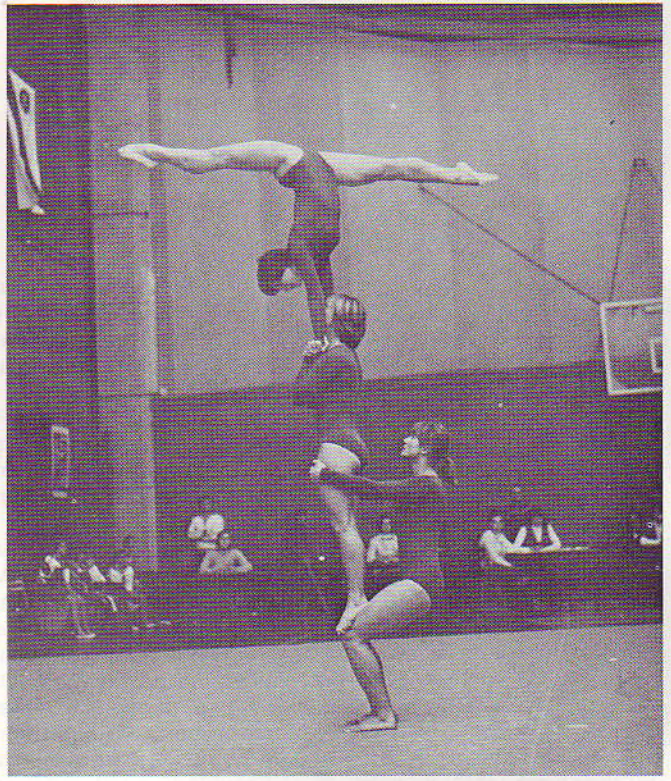
There are many who feel that the "Pedestal" event did have a place in the Acrosports program and many who feel it did not. The vote at a recent IFSA Executive Committee meeting decided it will not be present at the next International meet. Acrosports can be defined as "People working with People," Artistic Gymnastics can be defined as "People working with Apparatus," and therefore when a piece of apparatus is brought onto the floor it is infringing upon the concept of today's Acrosports.

\* \* \*

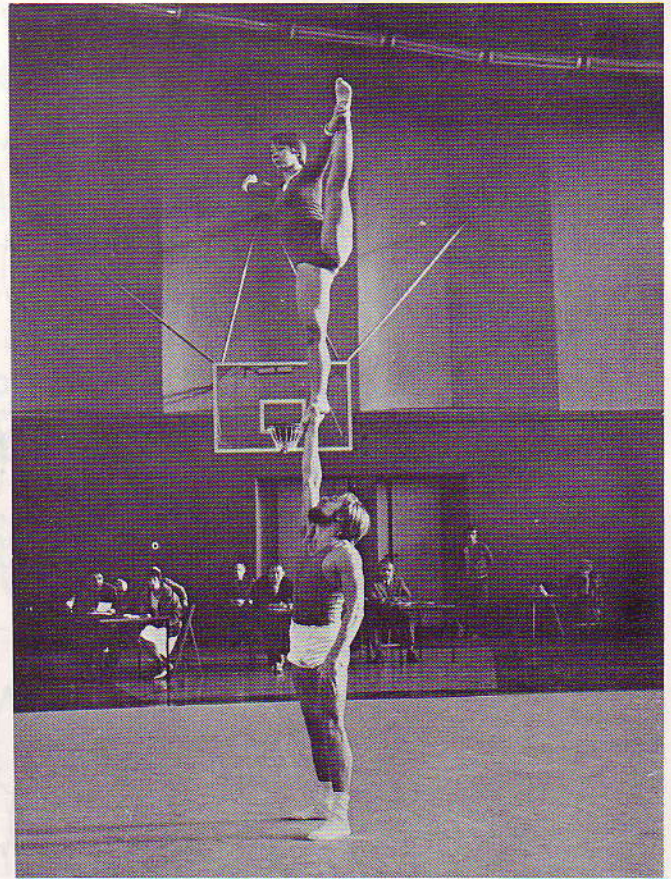
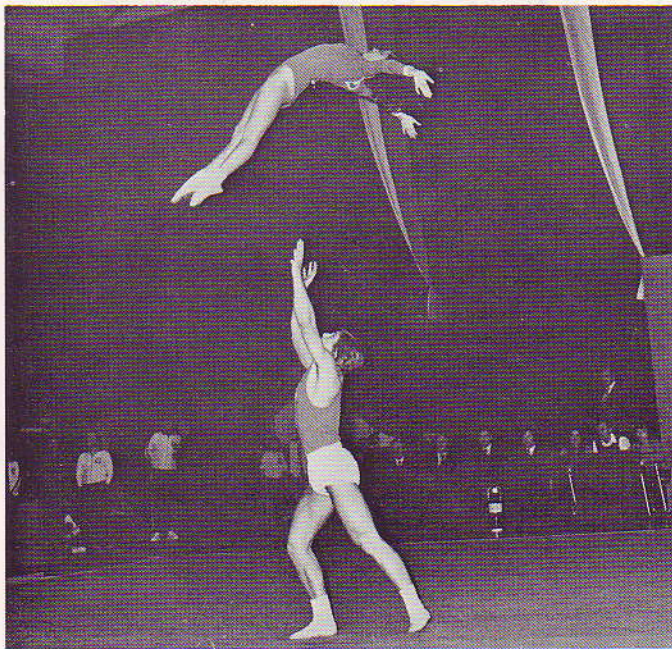
The USSAF is in the process of taking over the gym next to their offices in Santa Monica, California. This USSAF gym will be used for Clinics, classes, and Acrosports judging seminars and will be equipped with a unique tumbling platform ski run similar to the type used in International Competition. It will also be used for making USSAF instructional films along with photo sessions for AcroSports articles, posters and books (etc!!!!). The USSAF office is currently negotiating with the Targowek Club of Poland for a possible tour of the USA in Mid October of this year.

*Some before pictures of the new USSAF Acrosports gym in Santa Monica.*





*Scenes from the Polish Nationals. Upper left: Grazyna Gtowacka, Matgorzata Slusarska, Beata Banaszek. Upper right: Barbara Rzeznik, Elzbieta Krzepakowska, Mariola Gtowacka (Club Targowek). Below left: Grzegorz Kowalozyk and Matgorzata Kothiewitz. Below right: Stawomir Kietbasinski and Grazyna Yचना (Club Tarkewek).*





# WORLD CHAMPIONSHIP ROUTINES

by Paula Boelsems

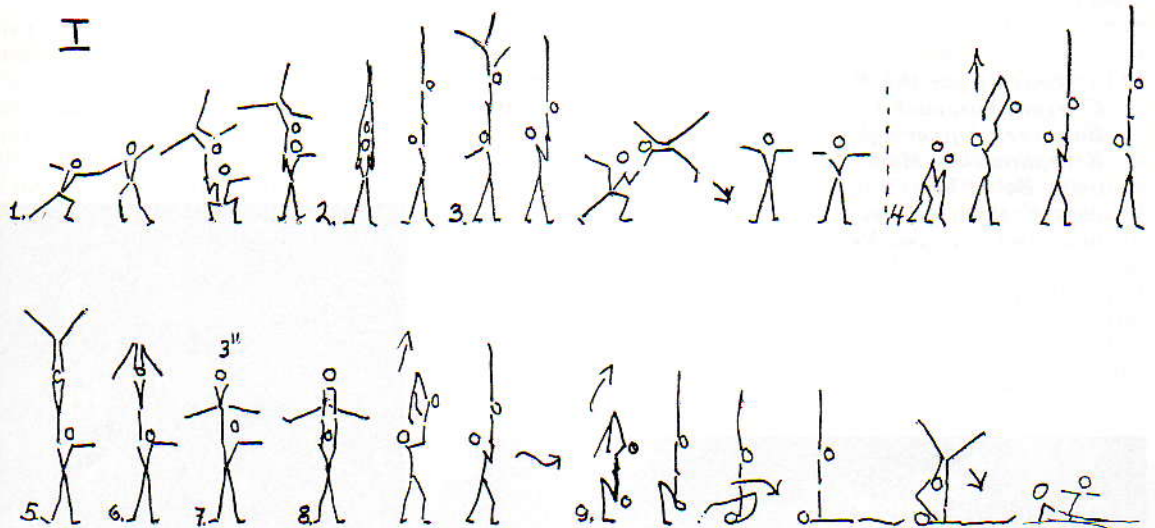
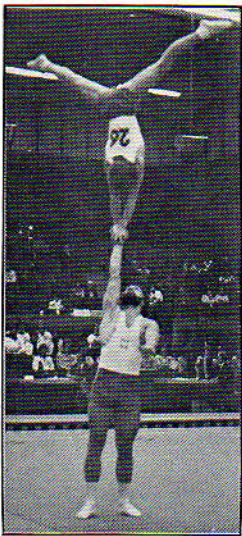
With this issue we are continuing to include routines from the 2nd World Championships in Saarbrucken, Germany, September, 1976. We hope that the inclusion of these routines has given more of you an insight into Sports Acrobatics and an aid to helping you with your own routines.

We are including three routines of less difficulty this time. If you can accomplish these you are well on your way to being our next delegate to international competition. Hope you are able to make the Open Meet in Cleveland, Ohio area, April 17th.

The U.S.A. Women's Pair and Men's Group and the Great Britain men's pair are routines of first time out competitors. All of these people had competed in Sports Acrobatics for less than a year. They showed unusual ability with the promise of greater things to come. Neither the U.S. groups nor their coach had ever seen competitive routines and had lacked the complete rules on difficulty ratings for moves. The men even corrected their routines to conform the first few days before competition. This with the injury to the top mounter kept them from placing higher all around. If they should stick together, watch out Poles and Bulgarians!

The girls were at a greater disadvantage as they had not been balancers before. Although as competitors they couldn't be beat, they had unknowingly put their routines together improperly. First exercise is for balance. The beginning balances do not give enough credit in International meets and if used at all should only be for continuity of routine. The second exercise is for tempo or flight and balances are only transitional and sometimes continuity but best not used as they waste energy. The same move should be avoided in both routines and routines should attempt to have a different quality of mood. It becomes better in more advanced stage of competition to eliminate the lesser moves and use the emphasis on the element difficulty that is to be judged. Notice the difference in the length of routine drawings between the U.S. and the Polish girls. May I emphasize here—this is a criticism for the future, the more advanced competitors. It is not to stop those of you who are just beginning and wish to compete in our internal meets. Our whole country is just beginning and our meets are elementary. I hope more of you will join in. The experience is worth six months of gym practice. We have video tape and super-8mm for almost all of these routines and we hope that more of you will rent these or have representatives bring them and speak in your area. Contact the **AcroSport** office for information.

May I remind you that these figures only represent what is judged for difficulty rating of routine. The routine must also be done rhythmically, gracefully, with good use of space and continuity and the other elements of good choreography. It is not always the difficulty but the manner in which it is presented that is important.



## POLISH MEN'S PAIR

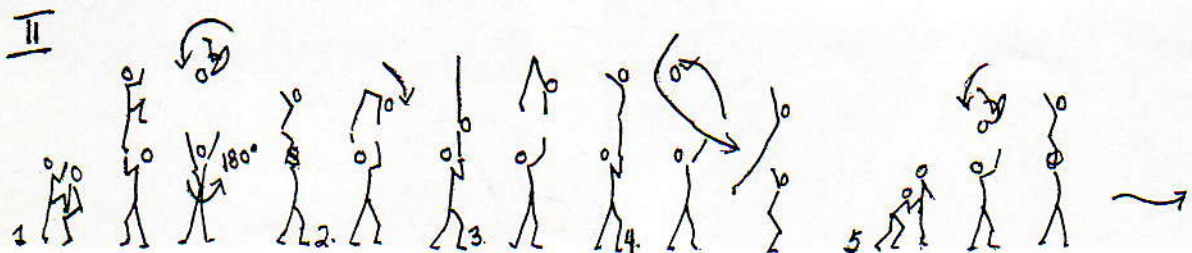
Tadeusz Wojtkowiak, Bottom and Bronislaw Dziurla, Top

Using an American Cowboy theme to the music of the Magnificent Seven, the Polish Men's Pair presented a very unique routine starting with a kick up to a high low one-hand to hand (B difficulty), transfer to two hand to hand and push up to high hand to hand (A difficulty) and transfer to high one to one (C difficulty). To come down, the top mounter walks out as kicked into originally.

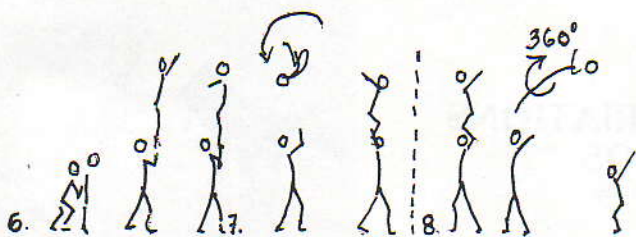
Top mounter starting from the front, pikes up into high hand to hand (A difficulty), transfers two to one (B difficulty) and lowers into an "L" (B difficulty), transfers hand back to two and presses straight arm, straight leg to high hand to hand (A difficulty) and pike through to ground.

Jumping on the back of the Bottom man, the Top man does a straight leg press on Bottom man's straight arms while he is bending forward (three second balance, B difficulty). Bottom man does a front roll to low hand to hand (C difficulty) and then top mounter rolls out to splits, twist ¼ turn to right side of partner.

This routine is put together with individual movements that portrayed the cowboy movements of gun slinging, branding, lassoing, fighting, etc. This gave a very masculine theme to the routine which definitely contributed to their placement. Among these balance movements are many ground tumbling movements.







### Tempo Routine

This routine starts with individual movements, round off, flip flop, back tuck to straight jump on diagonal. Then the first movement shown is a foot pitch to a shoulder catch, Bottom man making the half turn (C difficulty). This is followed by a donkey hop or courbette to hand to hand (A difficulty), back to hand to foot (A difficulty), and back gainer off (C difficulty).

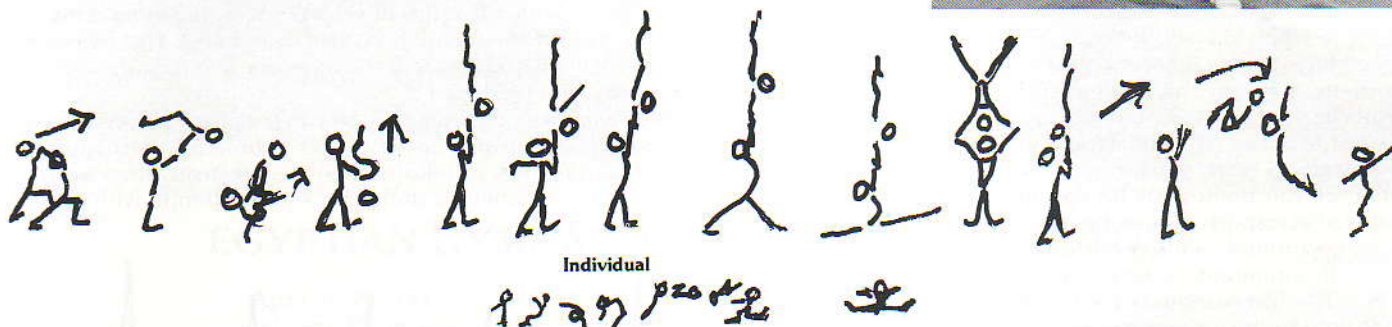
Next the Bottom man throws from just below the waist level on the back of the Top mounter who does a back tuck and lands on the shoulders (B difficulty). Kicks up into straight handstand and with 1/2 twist out to the ground, immediately goes into round off, flip flop, flip flop, lunge and Bottom man follows in tempo flip flop, flip flop, jump lunge. Jumping up through the arms, the Top mounter lands in hand to foot (A difficulty) and on tempo does a back tuck to shoulder catch (C difficulty) and jumps off with a full twisting back layout to the ground (C difficulty).

They finished their routine with a very high foot pitch back tuck. They had no apparent theme but all movements were clean, neat and masculine.



### GREAT BRITAIN MEN'S PAIR

Petros Petru, Bottom and John Massey, Top

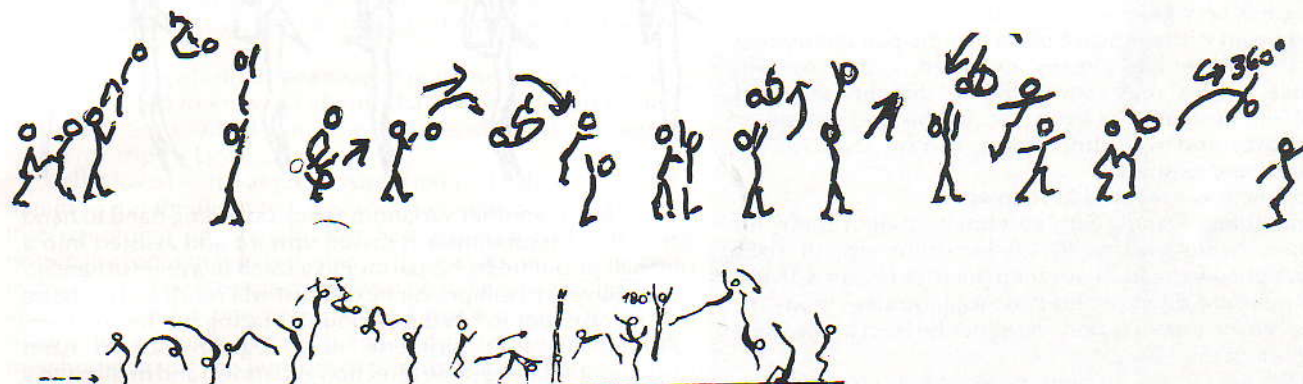


The first sequence of movements shown in the routine is a snap over the head from the calf of back leg in continuous movement to between the legs and swing into cannonball to high hand to hand (B and 2A,s difficulty).

Next is shown a high low one hand to hand (A difficulty) transfer to high hand to hand (A difficulty) and Bottom man lowers into splits (B difficulty)

Next move is on a high hand to hand, the arms are spread wide (B difficulty). The next figure shows a high low reverse hand to hand followed by a 1 1/2 back tuck dismount (C difficulty).

Individual movements included round off flip flop back tuck land on one foot to knee lunge (B difficulty) and a front split position (C difficulty).



### Tempo Routine

First throw is a foot pitch back tuck to a shoulder catch (Bottom man does a 180° turn to a catch—C difficulty). Next is shown from a hand-to-hand swing between the legs and front flip to ground (C difficulty). The third sequence is that the Bottom man throws the Top mounter, holding on to his back at about waist level, for a back tuck somersault to shoulder catch (B difficulty). This is followed by a back gainer off (B difficulty).

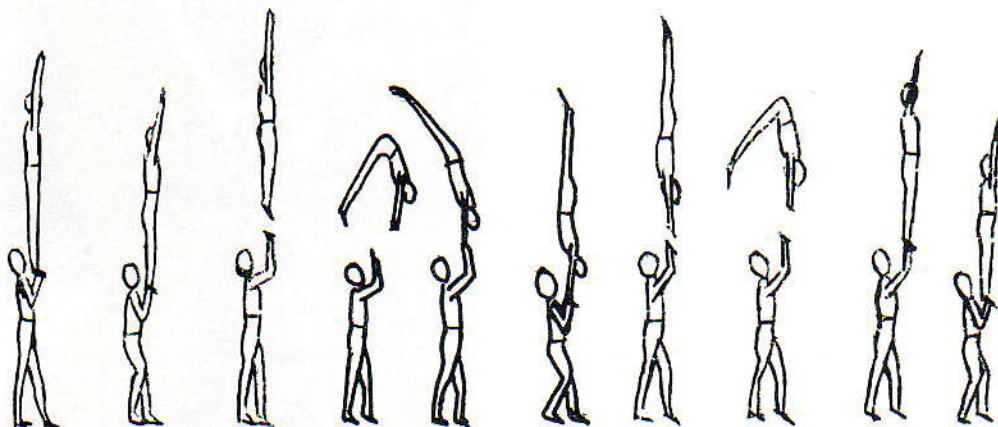
Individual movements included round off jump ° turn dive and neck snap up (B difficulty) and round offs half twist forward out (C difficulty).

This routine was well done by these two who have not been balancing long. There was a good difference in size of the two. They worked well together. Their timing was good. Their throws were in tempo. They showed extraordinary flexibility for men. I regret that I do not remember, or have film to refer to, for the continuity of this routine was interesting.



## CORBETTE VARIATIONS FOR DUOS

by Chuck Hardy



Chuck & Cathy Hardy

In the August 1976 issue of *AcroSport* an article entitled *Donkey Hops, Bronco Jerks, Corbettes* revealed the proper procedure in the execution of a duo move known as a Corbette. Basically this movement involves the tossing, by an understander, of a topmounter from a hand to hand balance to a catch in a foot to hand stand and vice versa.

There are several variations of this move that may appeal to some of you enthusiasts be you novices or in the advanced states of acrosports. These movements are workable and have been performed by me as bottom man at a body weight of 150 lbs. with topmounters weighing about 100 lbs.

A. The first maneuver I will write about is initiated from a footstand by the topmounter on understander's hands (known as foot to hand). It is a corbette to a one arm handstand caught by the bottom person with one hand (referred to as a one to one arm handbalance). Sound difficult? It is difficult, but when finally mastered the handstand settles in so nicely and the trick is so impressive that the satisfaction one derives while performing it is very gratifying indeed.

We must begin with the assumption that the pair attempting to learn this move has already mastered a one to one handbalance. I also must stress that a straight unarched handstand will facilitate the execution of this and any other corbette moves and will afford more control than will an arched handstand position.

The movement is executed as follows:

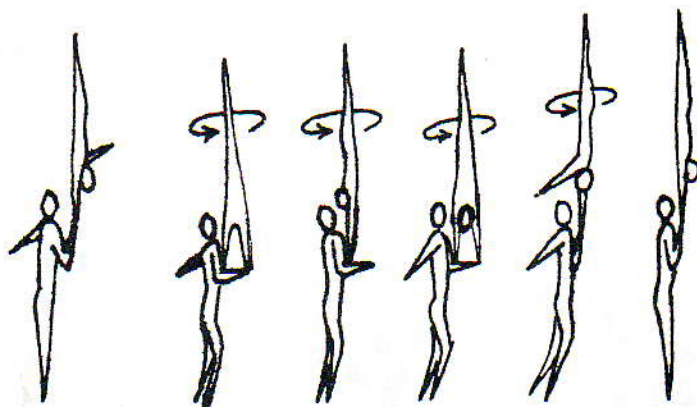
(1) Topmounter stands, with absolutely straight body, on the partner's hands and holds his/her right arm (if right handed) straight overhead. I have seen this trick begun with the right arm pointing down in front of topmounter's body. In either case the top person's body must not be bent at the waist when beginning the move.

(2) While keeping a straight back, the bottom person provides a strong arm and leg thrust tossing the topmounter directly upwards. Topmounter takes the thrust upward before performing a strong downward pike with the upper body while the right arm is held in a straight and locked out position. At the end of the topmounter's upward flight the piked position is quickly changed to a straight body position by lifting the legs over the hips and topmounter also aims his right hand at the spot previously occupied by his right foot when standing.

The understander's right hand then makes contact with his partner's right hand at a point slightly above his own head and

then lowers his hand to shoulder level while absorbing some of the downward force with a partial knee bend. The one arm balance will be maintained if the topmounter's position is firm, stretched, and unarched.

B. From a standing one to one arm balance a pirouette may be performed on the understander's forearms. Perhaps the following sketches will illustrate more effectively than words. The entire movement is done in a 4 count tempo with knees bending on every count.



C. Here is another variation: From a standing hand to hand balance the topmounter is tossed upward and assisted into a one-half pirouette by his partner to a catch in a reverse hand to hand. Staying in tempo the next thrust will result in a corbette to a reverse foot to hand (topmounter facing his/her partner) followed by a 1/2 pirouette to a regular foot to hand (topmounter facing same direction as partner) and finally into a corbette to a regular hand to hand balance. This sequence may be done in 4 counts or, if a tempo count is used between each toss it will result in a total of 7 counts.

D. Still another variation that has a nice rhythm to it is a corbette from hand to hand to foot to hand, full pirouette (360°) to foot to hand and corbette to hand to hand. It is easier and neater looking if the topmounter keeps arms straight and above head while executing the pirouette.

In a future issue of *AcroSport* I will include an article on the "cannonball" and some of its variations.



Ron Munn

## EGYPTIAN GYMNASTIC AND TRAMPOLINE TOUR

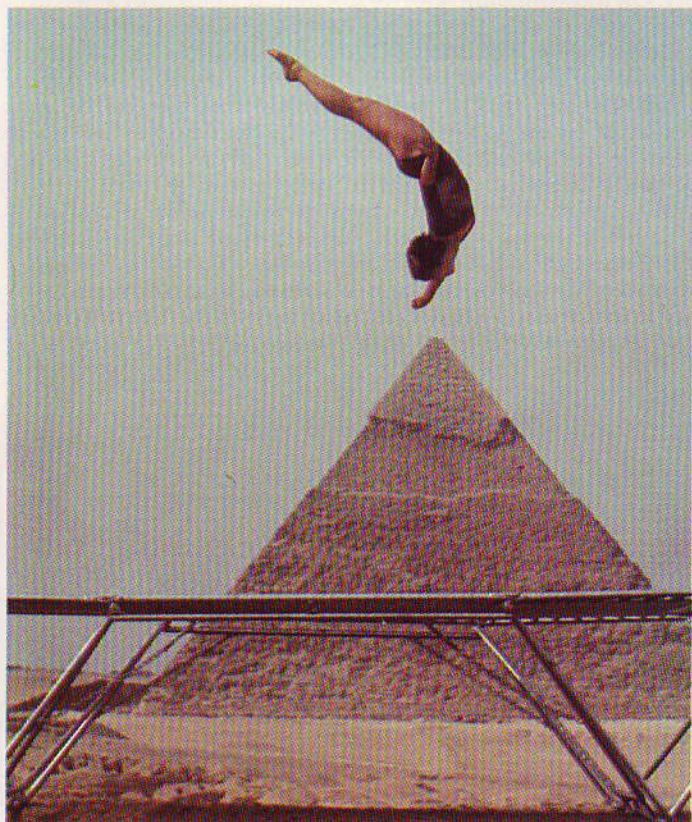
Dian Nissen

April 10-25, 1977  
 by Leigh Hennessy  
 Photos by Glenn Sundby

My parents picked me up at the New Orleans airport late Monday night, April 25. The last that I saw of them was in Kansas City two weeks ago. We were in Kansas for the AAU Senior National Trampoline Championships. I competed, my father officiated and my mother mainly just helped around while looking pretty.

We had a three hour drive ahead of us home, in Lafayette. My parents wanted to know all about what had happened while I was gone. So, I talked non-stop for the whole three hours, about my trip to Egypt...

"Y'all, I loved it! It was great! After I left y'all, I drove to Cedar Rapids to get the flight to Chicago. I met everyone in Chicago that was going on the trip. We had a special meeting in a hospitality room to find out what all this was about. We learned that we were going to spent eleven days in Egypt, visiting Cairo and Port Said for one night. After Egypt we were to go to Madrid for a couple of days, then London, for one night, and then home again. The purpose of this trip was to help promote and get programs started in the sports of trampoline and gymnastics in Egypt. We were to perform several exhibitions, one of which was to be performed on top of the largest pyramid in the world!! I thought that idea was exciting, but maybe a little absurd. Then we had a small informal introduction. The gymnasts were Amy Hamer, Danna Hopper, Bob Rikli and Scott Phillips. The trampolinists were Dian Nissen, Ron Merriott, Rob Bollinger and me. The others were Linda Metheny, George Hery, Ron Munn, Glenn Sundby, and Mr. and Mrs. Nissen, of course.





*Telephoto view from hotel balcony*

“Next we were ‘warned’ all about Egypt. The stories that were told surprised me. I began to think twice about this trip. At the first thought I jumped at the chance, but now I knew how different it was going to be from home.

“After Chicago, we flew to London in order to connect to Cairo. In London, we all got a little better acquainted and comfortable with each other.

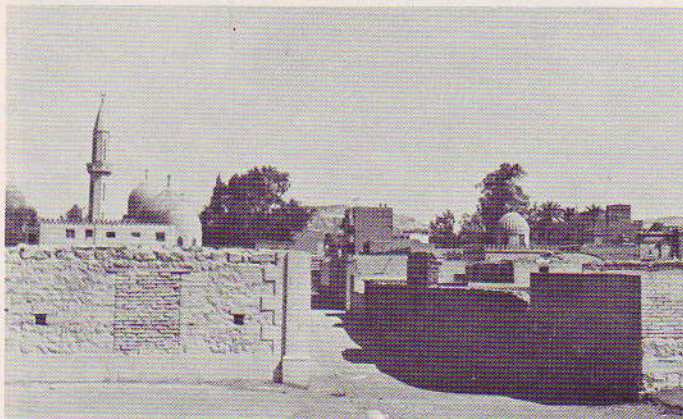
“We flew for eight hours and finally arrived in the land of the Pharaohs and the lotus fly. I couldn’t believe it! I’d been waiting a long time to get here, and finally made it. Even though we were 24 hours early, had visa trouble, lost Danna’s luggage and witnessed a drug bust, we were fascinated and still looking forward to what was to come.

“We arrived at our hotel a couple of hours later and it was plush! It had everything we could ask for, even hamburgers! Ron, Rob, Dian and I ate supper that evening with our translator, Adli. He told us much more about Egypt, so now we felt we knew more about Egypt than the Egyptians did.

“For the first couple of days, we didn’t go much ‘playing’, as the Egyptians said. But we did have the opportunity to get acquainted with Egypt on the inside. Our education began here.

“We learned that the Egyptians thought we were weird. The laughed at our dress, our white skin, our actions, and most humorous to them were the braces that Amy wore. They had not seen such a sight. We thought they were strange too. Most of them wore funny long dresses, wore sweaters in boiling hot weather, drove cars wildly, and stared at us. Also, during those first couple of days, we visited the Giza pyramids, the museum, the Sphinx. We rode camels, admired belly dancing, went shopping at the Bazaar and took thrilling car rides around the city. On those thrilling rides we saw unique sights like camels in the middle of the street, a man with eight cows stuck in the middle of traffic, hundreds of people in compact areas wearing the traditional dress of Egypt with baskets and scarves on their heads. We saw their graveyards which were also different. Instead of nice simple tombstones, they build homes for their dead! It was beautiful. The visit to the pyramids was also a unique experience. I’ll never forget the feeling I had in my heart when I looked up at the pyramid we were to perform on. Its immensity took my breath, and it seemed to peak straight up. I began to think about climbing up it, and jumping on it and being terribly frightened. But I still wanted to do it. Anyway, the best con-artists in all Egypt met us as soon as the bus stopped. They threw us on their camels and took us off into the Sahara. It was five minutes before we were all separated. Then, the

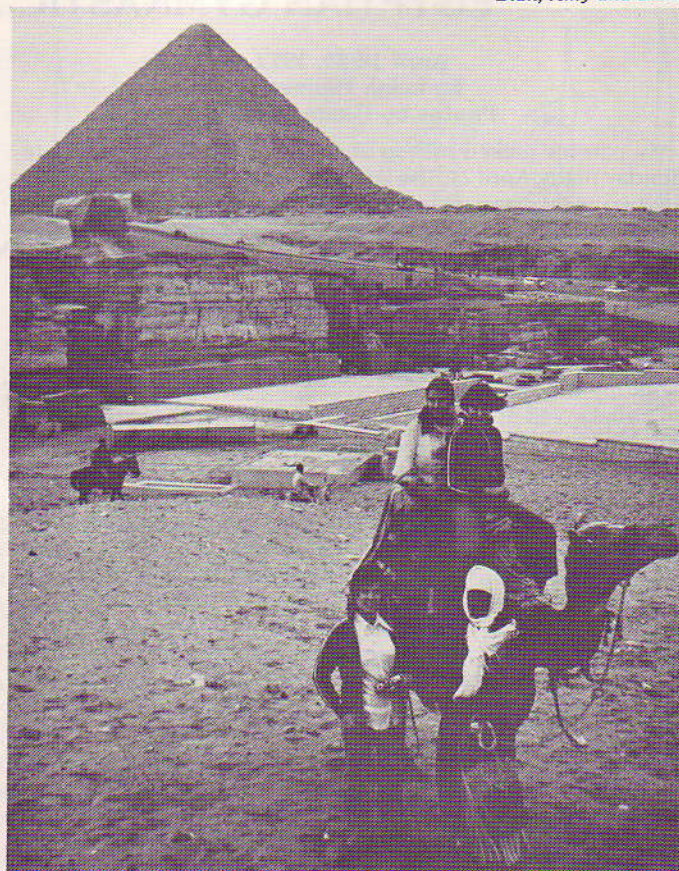
**Dead City**



*Leigh Hennessy*

drivers wouldn’t let us off their camels until we paid a small sum of money, I can still hear it today, ‘It’s my business; It’s my business.’ The store owners at the Bazaar were as good con-artists as the camel drivers. The Bazaar is thousands of years old and like an outside mall, with thin halls, small shops, hundreds of people doing wild things, running everywhere, smoking whatever in big pipes. We loved to go to the Bazaar and get ripped off (seriously!!) It was exciting. We only got to see 15 minutes of the museum, because of an Egyptian concept of ‘mylesh’. Egyptians live their lives based on mylesh and it means ‘it doesn’t matter’. Mylesh caused us to be extremely late, but I still enjoyed it, because I love Egyptian history.

*Dian, Amy and Linda*





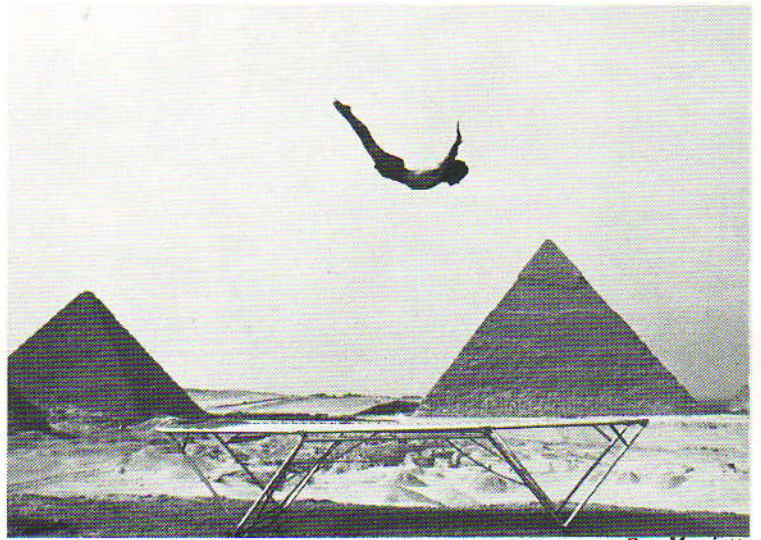
Amy Hamer

"About the third day there, we started our exhibitions. Sometimes we did two a day and the Egyptians loved them. Most of the shows were performed with the Egyptian gymnasts. Their program is relatively new and they are doing a pretty good job. The boys were especially good. They had no trampolinists at all. As a matter of fact, there were only two trampolines in all of Egypt! We did all our exhibitions on a 1 inch bed. It wasn't very easy, but the Egyptians thought that a double-back or randy were the greatest things they ever saw! After our first exhibition we got immediate recognition. Newspapers and televisions loved our story. There were articles about us nearly every day. Their response to us was fantastic. One of our most exciting exhibitions that we did was at the soccer game. There were 110,000 people there! It was their national soccer championships with the best soccer players they have and, of course, the best two teams in all Egypt. The game ended up with a score of 0-0, but we ended up with a score of 10.00! A good example of how they reacted to us was when a photographer asked us girls to stand on the trampoline and raise our hands like we were waving, so he could take a picture. When we did, the whole stadium stood and cheered, and we hadn't even done anything yet!! The next day an article appeared in their paper about the soccer game, but it had a photo from the trampoline exhibition. The caption read, 'The best part of the soccer game.' The gymnasts were received well, too. Amy became Egypt's own Nadia. They loved Danna, even with her sprained knee, that was injured in the first exhibition. She did a beam routine with her bad knee that they especially liked, because it was still one of the best they had ever seen. The boys impressed them as well with their style. It was unique to them smooth and 'pretty', (may I say).

One of the many bus trips



AcroSports April/May '77



Ron Merriott

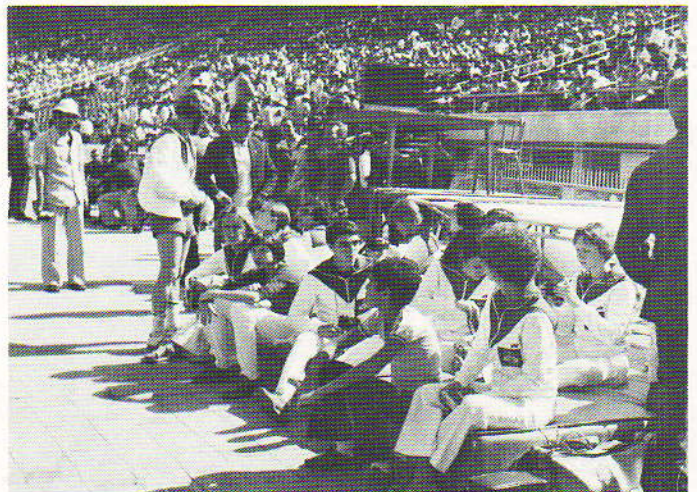
We had the opportunity to meet Egyptian greats like their Lt. General of Armed Forces, Gadawi (who was also the President of the Egyptian Gymnastic Federation), their national diving champion and coach, a movie star, and our hotel was right across the Nile from Sadat's home. But our favorite people were the Egyptian gymnasts and officials. They were super to us. They entertained us and took care of us well. They taught us to belly dance, gave us a couple of parties, cheered us and most important became our friends.

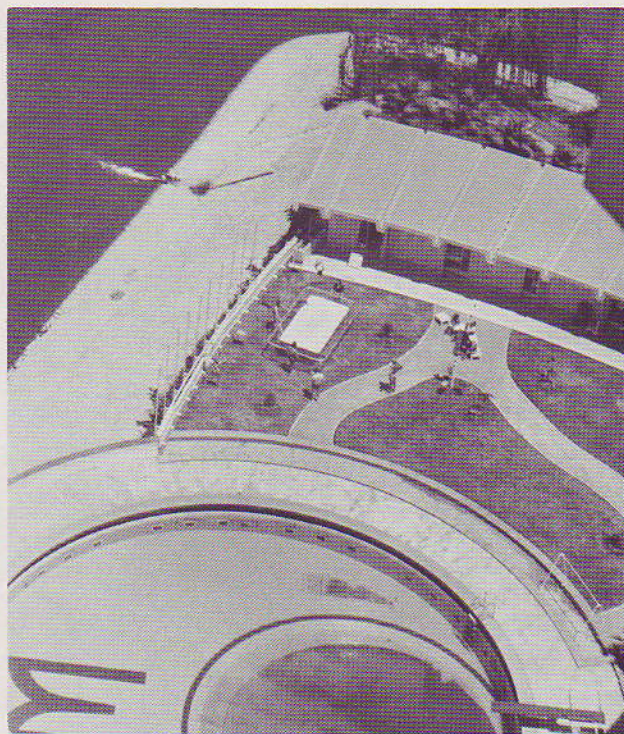
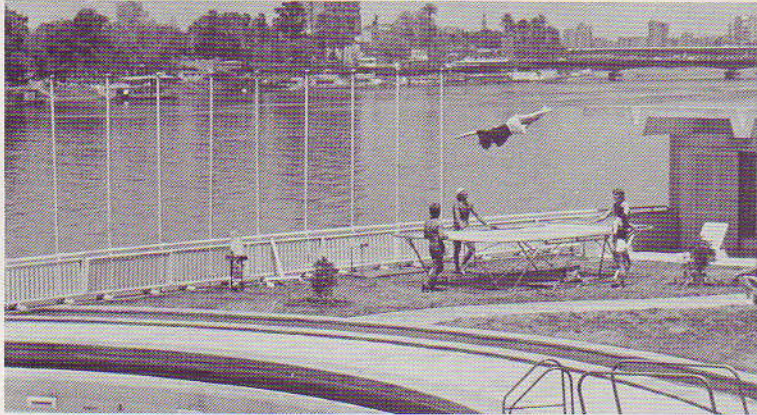
"We spent one night in Port Said. It was an experience we'll never forget. We all got sick. When I complained of a stomach ache, several doctors were available—on the scene. In spite of the sicknesses, we performed in an exhibition. It was outside and the weather was freezing. Still, the audience loved it. After the show we went to a banquet, received gifts and then went belly dancing (no wonder we all got sick). Our hotel was on the Mediterranean beach and we took a boat ride down the Suez Canal. It was lovely.

"The final day in Egypt was an exhilarating day back in Cairo. This was the day of the show on the pyramid. Throughout the whole trip, talk and excitement lead up to this day. We all knew there were going to be problems because it was against the law to climb the pyramid. But, even though other people thought we were crazy, we were serious and prepared for it.

"We got to the pyramids, dressed and ready, in the morning. Once we arrived, we learned there were still government problems and the helicopter hadn't arrived that was supposed to carry up the trampoline. We waited all day for the helicopter, so in the meantime, we did exhibitions from place to place around the pyramids. There were photographers and journalists from all over the world there taking pictures and

At Cairo stadium for exhibition. Following page: Exhibition at halftime of Soccer game (a captive audience).





asking questions. The camel drivers treated us very differently this time, than last time. They offered us free rides on their camels, and even Canada Dry, who supposedly gave Richard Nixon a ride. A man named Moses gave me some artifacts for 70¢, that I learned dated back as far as King Tut.

"We got exhausted from all the jumping we day, so we decided to take a climb up the small pyramid, that was about one third the size of the one we were supposed to jump on. More photos were taken of more handstands that were on top of the pyramid—just like the handstands on the bottom of the pyramid, on camels, on people, on poolside and everywhere else.

"Time ran out of the day and the helicopter still hadn't arrived and we were obligated to perform in another exhibition. So we had to leave the pyramids and we didn't do our exhibition on top of the big pyramid. We were disappointed, but we knew we couldn't fight the laws. For the last exhibition, we showed the Egyptians how we learned "mylesh" and showed up a half hour late. This show ended up to be a special show—it had a mini-tramp. It was the best mini-tramp I had ever used! Because Mr. Nissen's equipment had been in the Mediterranean Sea the whole time, this was a special treat. Robbie did an impressive double-back layout dismount that caused 'oohs' and 'ahhs' from the Egyptians.

"After the show, we stayed up all night dancing at an Egyptian club. We didn't have much time left to get back to the hotel, pack, and leave, so we had to quit dancing and part from all our new friends with sad goodbys. It was a sad departure, but we were looking forward to getting home to the States.

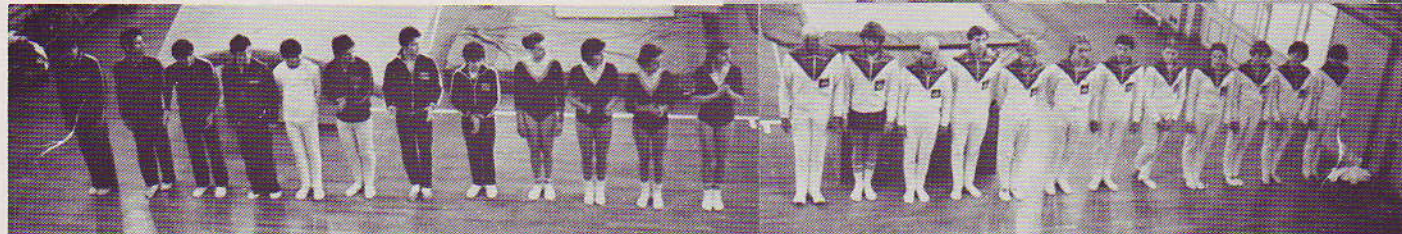
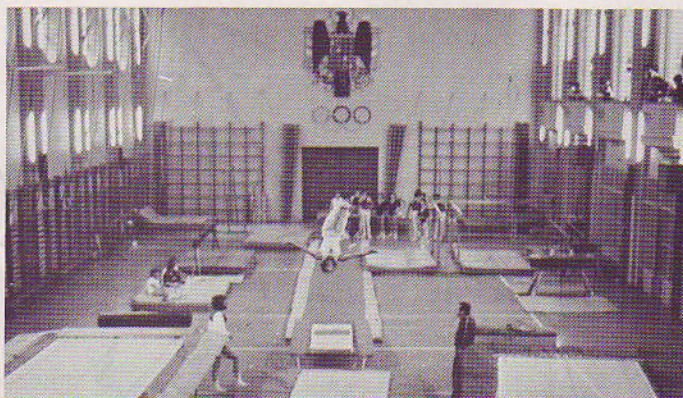
"In a couple of hours, we flew to Madrid. In Madrid we did two exhibitions. One was for hundreds of children, and the other was for adults. I believed the children were fascinated by our act especially, because they stood around the bus and waved and smiled and cheered ferociously until the bus was out of sight. They were all so cute.

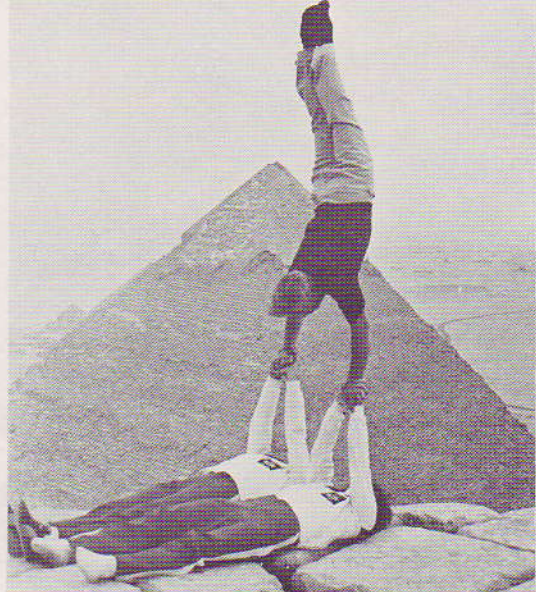
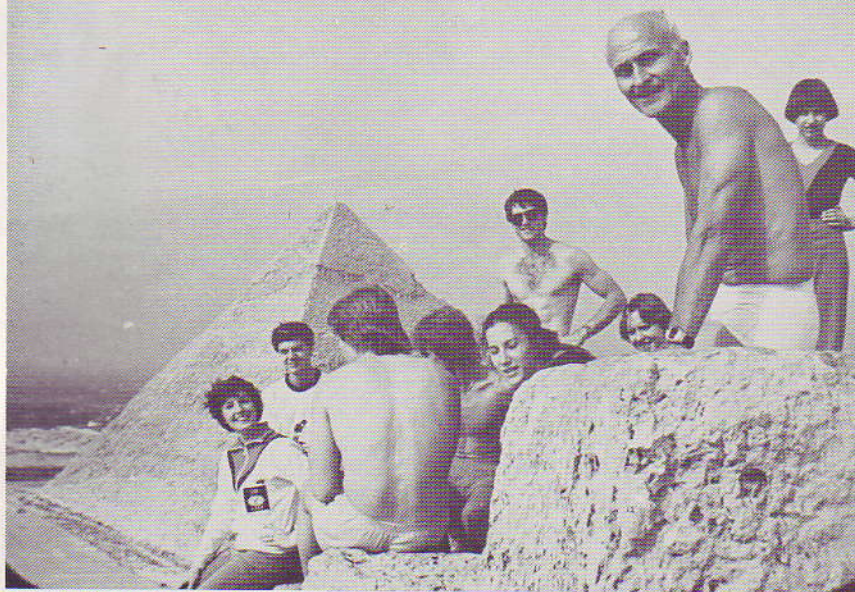
"The Spanish were very hospitable to us. They showed us all around Madrid during the day and gave us a banquet at night. The head of the Spanish Trampoline Delegation put on a great pantomime for us. He imitated various trampoline delegates that we were all familiar with—except the gymnasts, but they enjoyed it too. It was a good show done in good taste.

"The next day, we had to go to London. Our flight was seven hours late, but we made it. London was simply a pleasure stop for relaxation before the long flight home. We all had friends meet us and visit there.

"Then we flew to Chicago. It was great to walk on home soil after two and a half weeks of fantasy. Everything about the trip made a mark in our lives and hearts; like the sights, the activities, the respect, the excitement, the hospitality... but most prevalent, the people. I not only enjoyed the Egyptian, Spanish and British people greatly, I enjoyed the Americans that I traveled with. Mr. Nissen couldn't have put together a better and nicer group of people. They largely added to my pleasure of the trip.

"Mom and Dad, I can't wait to do it again!"





At left: Telephoto shot (by Ron Munn) of USSAF Director Glenn Sundby atop pyramid. Practicing by hotel pool next to the Nile. Below left: Madrid Exhibition.

Below: George Nissen exchanging pennant with Egyptian team coach, Abdel Raouf Elhagassy. USA and Egyptian team members pose in Cairo. Pyramid fun time.

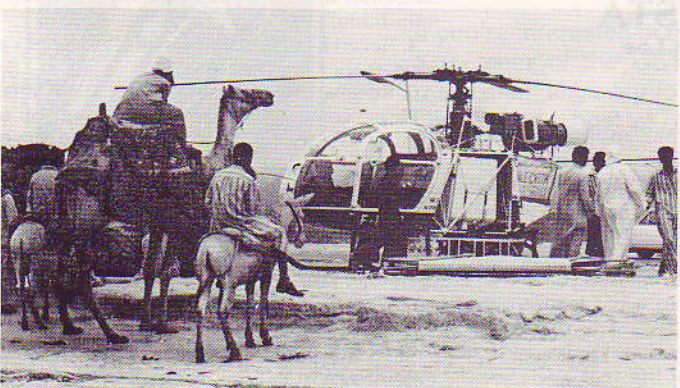








Picture clockwise from left: George Hery does freestyle ski flips from trampoline with giant pyramid of Giza in background. Ron Munn and George Hery carry a small tramp up the giant steps of the pyramid. Ron, George and George do a pyramid on a pyramid. George Hery takes his turn to flip atop pyramid. The Helicopter bit that didn't work. George Nissen climbing up the giant steps of the Pyramid.



# USTA NEWS



Ron Munn—USTA President



Ron Munn does his flip atop the giant pyramid in Giza.

## USTA PRESIDENTS REPORT by Ron Munn

### Spain Trip Cancelled

We are sorry to announce that due to the political uncertainty in Spain the World Age Group Games scheduled for Madrid in July have been cancelled. (As have the planned USTA charter tours.)

Rather than rush to find another site it has been agreed by all the organizers to put all our efforts into the promotion and planning of the World Trampoline & Tumbling Championships to be held in Australia March 1978 (which will now also include the World Age Group Games). Watch for special tour and competition schedule announcements in coming editions of **AcroSports**.

You can see by the special report in this edition that our recent USTA sponsored tour to Egypt was an exciting adventure for all. We also expect the fun had in the land of the Pharaohs by just a few, will be multiplied by many in the country of the Koala Bears for our '78 World Championships in Australia. Hope you plan to join us and be in our photos as **AcroSports** reports this big event.

## MESSAGE FROM SECRETARY- TREASURER OF USTA by Ron Loe



I would like to say "thanks" to all those teams that are now registered as members of the USTA. To those teams that are not registered as of this date, you are missing an assortment of advantages. Some of them are:

1. To be able to compete as a team in the Age Group and Open Championships, hereby having the opportunity to win a team trophy and the recognition.
2. The team will receive copies of the **AcroSports** Magazine for the year.

3. Receive an official copy of the USTA Handbook listing the rules, regulations and organization of the USTA, plus all the up-to-date rules of trampoline, tumbling and double mini-tramp.

4. Receive entry blanks for all USTA meets as soon as they are published.

5. Receive any correspondence in advance. Please contact your regional chairperson to sign up as a team. Don't wait until the day of competition, there is no advantage to that.

I am not aware of any other organizations with the above advantages.

If you know of any team that has not signed up, please give them a push to get them started in the right direction. If you would like a list of the present team membership that has signed up, please contact me.

LET'S ALL PUSH AS ONE TEAM TO A BETTER ORGANIZATION.

# USTA TECHNICAL COMMITTEE REPORT

by Mike Dennison



Mike Dennison—USTA Tech. Chm.

The purpose of the USTA is the promotion and development of trampoline, tumbling and double mini-trampoline at all levels and in all areas of the United States. It is with this in mind that the following sample program is offered for the three sports under the USTA banner. What we have done is duplicated the Utah program which includes novice, intermediate and advanced levels. We have found tremendous success with our novice division both from the ease of judging and the success of participation. We are publishing this in **AcroSport Magazine** to reach as many USTA members as possible. We welcome your suggestions and comments. This is not an official USTA program but with your views expressed, an age group developmental program could be initiated at the annual Congress meeting.

**TUMBLING:** The following is taken from the UTA Rules and By-Laws.

The sole function for the novice and intermediate levels of competition as set up by the UTA is to train athletes to compete at the advanced level. Every effort should be made to push a competitor through these preparatory divisions and encourage them to reach the advance level. With this in mind, the following rules will apply to each division.

A. Intermediate level of competition: All rules of advance competition as far as difficulty, length of pass, etc., shall apply to this division with the following exceptions:

1. There cannot be more than two somersaults in a pass. All passes must contain at least one (1) somersault.

2. No twisting somersault can contain more than a 1/2 twist. Roundoffs, handspring 1/2 twist, etc., can apply towards a full twisting pass.

B. Novice level of competition: All rules of advance competition will apply to this division with the following exceptions:

1. There can be no tricks of FIT difficulty (somersaults or aerials) in any pass.

2. There shall be an additional age-group of competition for the novice level - 8-Under.

3. The first pass shall be a compulsory pass for the age-group.

(a) 8-Under  
9-10

Cartwheel, cartwheel, front handspring (step-out), front handspring (two feet).

(b) 11-12  
13-14

15-18  
19-Over

Front handspring (step-out), cartwheel, front handspring (step-out), handspring (two feet).\*\*

4. The second pass must contain at least one back handspring and at least three back tricks. (Novice division can have backward and forward rolls in routines.) All handsprings (front and back) shall receive a .1 difficulty rating. Difficulty cannot exceed .5 on this pass.

C. At preliminary meets, intermediate and novice divisions will perform two passes only - no finals. The top six competitors are the winners. At the State meet, all divisions will compete with two passes in the preliminaries and two passes in the finals. Remember: Compulsory routines do not have to be done in finals.

D. Novice and intermediate shall require only one (1) difficulty judge, one (1) superior judge and two (2) performance judges. The judges' scores will be averaged.

\*\*These compulsories were designed to help competitors develop front tumbling. Now that front tumbling is no longer so important or emphasized, maybe this area should be changed. Any comments from you would be welcomed by the Technical Committee.

## RMAA DMT Competition Rules

In the RMAA the current FIT and USTA rules shall apply with the following additions and/or exceptions.

1. Pass Composition:

A. Novice level of competition: All rules will apply for advance competition with the following exceptions:

(a) No somersaults will be allowed in novice competition.

(b) Tuck, pike, and straddle jumps are worth one tenth (1/10) degree of difficulty.

B. Intermediate level of competition: All rules will apply for advance competition with the following exceptions:

(a) Only one somersault will be allowed Intermediate Competition. (Somersault can be a mount, spotter, or dismount trick.)

2. Passes:

A. Each pass must consist of two (2) skills with difficulty. (One mount or spotter skill and one dismount skill.)

(a) A score of 0 will be received if pass requirement is not filled.

B. Novice:

(a) Novice will compete two (2) passes.

C. Intermediate:

(a) Intermediate will compete two (2) passes.

For additional information, contact Mike Dennison, 32 South Main, North Salt Lake, Utah 84054 or Terry Ellis, 2478 West 4600 South, Roy, Utah 84067.



# ATTENTION Competitors & Coaches

UNITED STATES TRAMPOLINE & TUMBLING ASSOCIATION

If you're interested in trampoline, tumbling, and double mini-tramp... you should be a member of the USTA. Annual membership dues entitle you to the AcroSports magazine, eligibility for all USTA competitions, participation in local and national clinics, and a host of other fine opportunities!

For membership applications write to your Regional Chairperson or:  
Ron Loe  
USTA Sec./Treas.  
1350 Burrwood

USTA ANNUAL  
MEMBERSHIP  
\$6.00

## USTA News For AcroSports

If you have information, pictures, articles, comments or competition results, send them for publication in the AcroSports magazine. By supporting the magazine, you'll be helping the USTA promote your sports!

Send to: Jack Castle  
21 Kristin, Apartment 916  
Schaumburg, Illinois 60195

# NATIONAL TRAMPOLINE & TUMBLING JUDGES ASSOCIATION



Roy, Utah - February 6: The Western Region of the NTJA was the first to conduct an NTJA National Judges Course and Certification Program. Under the guidance of Regional Executive Director, Terry Ellis, 15 candidates for National Tumbling Judges sat through a 6 hour course, a written examination, and practical examination where tumblers were judged live for both aesthetics and difficulty. As the year progresses each of the four NTJA Regions will be conducting several National Judges Courses and Certification Programs.

The goal of the NTJA is to be prepared to supply to the USTA and AAU, upon request, at minimum, Regionally Certified Judges for all Regional and local competitions and Nationally Certified Judges for all major and National Competitions. Further however, the NTJA also plans to embark upon a program of continual upgrade of its certification standards and the overall competency level of its already certified judges. It plans to do this through continual refresher clinics where all certified judges must attend to keep their certification actively valid. At these clinics judges will have the opportunity to discuss and review all aspects of judging and discuss possible rule interpretations which will help to solidify judging opinion. If you already are Nationally or Internationally Certified, you will be receiving (soon) information on the refresher courses and future NTJA meetings. The first NTJA meeting will be held the evening of June 6, in Salt Lake City, Utah.

Anyone wishing to join the NTJA and attend a certification program should contact the appropriate Regional Executive Director.

## New NTJA Certified Judges Feb. 6 - Roy, Utah

### Nationally Certified

Paulette Geary, 547 South 600 E., Layton, Utah.  
Nelda Nye, 4640 South 2525 W., Roy, Utah.  
Eunice Kinrode, 3069 West Layton, Englewood, Colorado.

### Regionally Certified

Sharon Little, 488 East 1700 N., Ogden, Utah.  
Patty Wells, 2155 North 250 W., Roy, Utah.  
Curt Gomm, 4261 Riverdale Rd., Roy, Utah.  
Tom Kinrode, 3069 West Layton, Englewood, Colorado.  
Mona Spring, 1619 South Newton St., Roy, Utah.

### NTJA National Committee

#### Western Region

Terry Ellis, 2478 West 4600 S., Roy, Utah 84067.

#### Southwestern Region

Jeff Hennessy, Box 672 USL, Lafayette, Louisiana 70501.

#### Midwestern Region

Paul Stafford, 12705 Blue Ridge Circle, Grandview, Missouri 64030.

#### Eastern Region

Bill Copp, 273 Miles Road, Chagrin Falls, Ohio 44022.

#### National Executive Director

Jack Castle, 21 Kristin Dr., Schaumburg, Illinois 60195.



### National Executive Director

Jack B. Castle  
21 Kristen Dr.  
Apt. 916  
Schaumburg, IL 60195

### West Region

Ms. Terry Ellis  
2478 W. 4600 So.  
Roy, Utah 84067

### Southwest Region

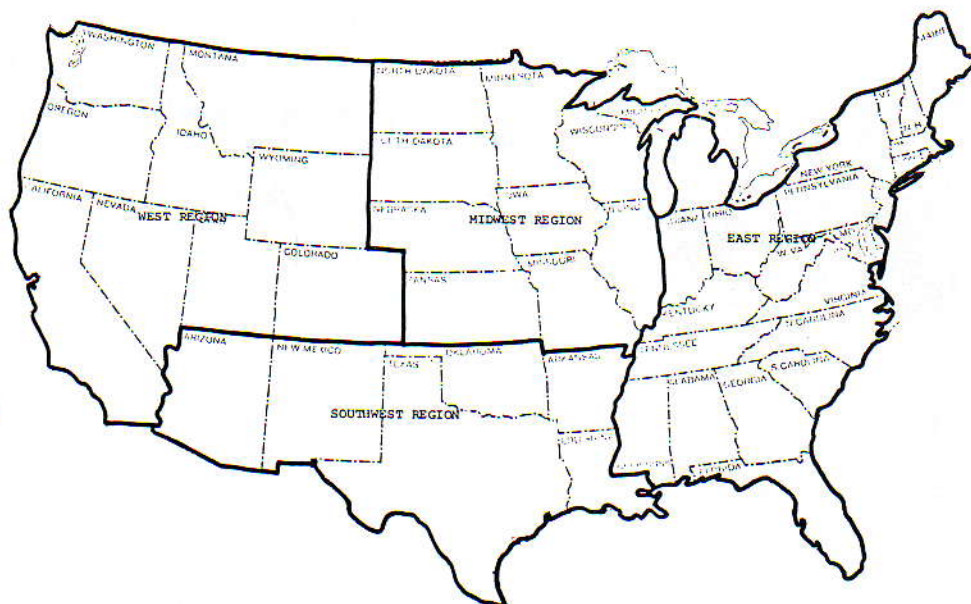
Jeff Hennessy  
P.O. Box 672 USL  
Lafayette, Louisiana 70501

### Midwest Region

Paul Swofford  
8405 W. 108th Terrace  
Overland Park, Kansas 66210

### East Region

Bil Copp  
273 Miles Rd.  
Chagrin Falls, Ohio 44022



**REGIONAL  
MAP  
FOR THE  
NATIONAL TRAMPOLINE  
&  
TUMBLING JUDGES  
ASSOCIATION**

# A DECISION TO BE REMEMBERED LET'S RETAIN AND IMPROVE THE SPORT OF TRAMPOLINING

by Jeff Austin

There are many of us who are deeply involved in the burning controversy over what to do with trampoline competition. Recently, sports in general have been under the "insurance gun". The increased attention attorneys have given to sports injuries, both in the form of harassment suits and legitimate liability situations, have spurred a variety of reactions. There are those who would like to take advantage of the recent controversy over whether to leave trampoline an event in gymnastics competition. They suggest that only the Olympic gymnastics events be emphasized. Others say that the trampoline is dangerous and cannot be made safe. Not very much thought has been given to those persons participating in the event with vigor and enthusiasm, or those programs operating with total safety.

The United States presently dominates the world in quantity of quality trampolinists. There is a very excellent chance that the Soviet Union will propose that trampoline, along with acrobatics, be an event at the 1980 Olympic Games. Failure to get our "house in order" now, by putting our "heads in the sand", could have devastating effects on the positive attitude toward competitive trampolining.

Over 30,000 trampolines are sold yearly to homeowners. Many states where women's gymnastics programs are expanding are lying in "limbo" over decisions relating to trampoline, as a part of their competition. Coaches, whose trampolines have been a vital force as a training aid in helping gymnasts in other events, are worried that the removal of trampoline from physical education programs could jeopardize this vital assistance. The increase in private ownership of trampolines, the possibility of trampolines in the Olympic Games, the elimination of participation for thousands of trampolinists from competition, and finally the removal of trampoline as a teaching aid, focuses attention on the far reaching effects this controversy has developed.

I believe trampolining can continue to be a valuable asset to both our physical education and sports programs. The intent of this paper is to focus on what is being, and what can be done to alleviate this perplexing problem.

The United States Gymnastics Safety Association (USGSA), locating its home office at 2103 Sheriff Boulevard, Vienna Virginia, 22180, was organized for the sole purpose of working on the problems of safety, both in gymnastics and trampoline. Their principal means of support is from manufacturers and members. Their present objective is the development of a manual and a means by which persons directing and coaching gymnastics programs may be certified. This proposal is strongly supported by the insurance companies, and could very well be the sport's only salvation. Certainly, within the year rapid strides will be made in this area. It is not very difficult to surmise that insurance companies refusing to cover liability claims from programs not using certified instructors will put "teeth" in such a certification program. Since many of our injuries are occurring in programs using inexperienced and poorly educated instructors, accidents will surely decline. The USGSA will increase the pressure on our Physical Education Majors programs throughout the country to encourage them to do a better job in their training programs.

As you can see, the organization of safe participation is in the implementation process. Input from you will have strong impact in decisions implemented by the USGSA. The United States Trampoline Tumbling Association (USTA), always an advocate of safe participation in trampolining, has elected me to be their Safety Director. I am to act as a liaison between the USGSA and the USTA. We support the activities of the USGSA and ask that suggestions from the USTA be recognized.

There are some persons and programs which cannot wait for the certification machinery to complete its proposal. The state of Illinois is one of those. If something is not implemented quickly, the Superintendents and Principals will take actions of their own and remove the trampoline from physical education and gymnastics programs, leaving the educators little opportunity to correct things.

I would like to submit a series of proposals that, if implemented, would certainly improve the safety, and in many cases eliminate injuries.

## SAFE EQUIPMENT

There is a lot of neglect when going from school to school in the climate a trampolinist has to work. All trampolines should meet American Society for Testing and Materials (ASTM) standards. That means that the area should have sufficient lighting, the trampolines should be well padded on all four sides, the spring tips should be protected, and the clearance below should be sufficient to prevent a trampolinist from hitting the floor while bouncing. The air space around the trampoline should be clear of obstacles and the ceiling height sufficient to prevent any possible contact. Specific measurements and additional data can be found in the ASTM publication.

Crash pads of at least 4" thick should be placed on all four sides of the trampoline. End tables (padded) should be used where finances permit. The webbing should probably be standardized at 1", with chrome springs for propulsion and an over-all bed dimension of 7' x 14'.

## RULES CHANGES

One of the perplexing problems relating to evaluating a competitor's performance is that the emphasis is on demonstrating more and more difficulty. To be in keeping with the other apparatus events, where A, B and C moves are specified and limited, some difficulty ceiling should be proposed that when reached the competitor will be encouraged to concentrate on execution.

In International competition we use the Axial Rotation System for determining difficulty of performance. In simple terms, a back flip is worth 1. for each 90° of rotation, making a completed somersault worth 4. A double backward somersault would be valued at 8. Twisting is valued at 2. for each 180° of twist, causing a full twist to be worth 2. When adding the 2. for the twist and 4. for the somersault, a full twisting backward somersault would be worth 6. Understanding this simple procedure allows us to establish difficulty for any trick performed on the trampoline. This Axial Rotation System has proven reliable after years of International competition.

I would propose that after applying the above system for scoring difficulty, you limit

example: a sophomore or trampolinist performing ten backs in a row, the total difficulty would be valued at 40., or ten times 4. If you placed a ceiling on all sophomores at 50. difficulty, the routine could consist of backs, brandys, and maybe a full twist, or a double back. You can see that if the varsity were allowed a higher ceiling score, but still limited to the performer's career would have to follow progressions. The USTA is committed to the premise that progressions are the doorway to safe trampolining.

The judges will have to concern themselves primarily with execution. With two judges, one could add the difficulty, while the other computes the execution. In a ten part Sophomore routine, each trick is worth 5. in execution, allowing a perfect execution score of 50. Add this to 50. difficulty and you have 100., or convert to the 10. system if you wish. At the Varsity level, multipliers can be used for difficulty to enable the score to total out at 100.

Placing a ceiling on the difficulty is important because the emphasis would have to turn toward execution, an area sadly neglected. The competitor would like it, because the threat of increasing his difficulty to score, rather than perfecting the skills already acquired, would be eliminated. The audience would soon learn to evaluate good execution and move back from their usual position on the edge of their seats.

## CONTROL ZONE

There is an area on the trampoline that affords the most degree of control. That area is a portion of the center approximately 13 springs from center. The performer should be required to work in this area. This area could easily be designated by weaving a ribbon across the width of the bed at each end 13 springs from center. The judges should then be instructed to severely penalize the performer that crosses the line by reducing his execution score. This would again establish the need for increased control.

## CONCLUSION

Being tough on equipment standards and surroundings, reducing difficulty of performance with increased emphasis on execution, establishing increased control, and initiating a well thought out Teaching Certification Program should be what our Superintendents, Principals, and Coaches are looking for in terms of a positive, effective, safe program for trampoline. Affirmative action of the above proposals will establish certain guidelines toward reducing, if not eliminating all unnecessary accidents. The above improvements will establish visible corrections demanded by our insurance companies stabilize their risks.

## INTERNATIONAL COMPETITION

International competition is governed by the FIT which establishes their own rules for international events. Since our athletes involved in this type of competition are few in number, I suggest we concentrate on making trampoline safe for those where participation is the largest, physical education, high school competitive teams and back yards. Those improvements are bound to filter up through the ranks and ultimately force improvements in safety at the Professional and International level.

It is my hope that this article will aid in promoting thought and concern for the sport of trampolining, an activity loved by so many. I hope those persons in a position to make decisions relating to the future of trampolining will strive for eliminating injuries, rather than eliminating the sport.

# Teaching Them How!

## TUMBLING CLINIC

On March 5 and 6, 1977, a tumbling clinic was held at Cindy Kwiek's School of Gymnastics in Cicero, Illinois. Forty of Cindy Kwiek's students attended the clinic which was taught by Neil Godbey and Jack Castle. The clinic was divided into two groups, intermediate and advanced.

The team coaches, Mike Morano and Cindy Kwiek, were very pleased with the accomplishments of their students. Many members of the intermediate team perfected basic skills such as backs and flip-flop backs during the clinic. The advanced group concentrated on backs with a full twist and double full twist.

The highlight of the entire clinic was Nancy Quattrocki, who was a member of the 1976 U.S. World Tumbling Team. During the clinic she worked diligently on double backs. Neil Godbey and her coaches are very confident that Nancy will be doing a double back in competition in the near future.

Even though the students worked hard, everyone had fun and is looking forward to another clinic.

## TUMBLING CLINIC

Rockford, Illinois, was the location for a tumbling clinic sponsored by the Gymnastic Academy of Rockford. This brought coaches and tumblers to the Blackhawk Community Center for two days, February 5 and 6. Neil Godbey, Jack Castle, Jim Pozzani, and Terry Wight were the drawing features for the clinic of 80 athletes representing 7 teams.

Among the tumblers attending this clinic were: Nancy Quattrocki, silver medal winner at the World Championships in Tulsa, Lori Davidson, National Junior Olympic tumbling gold medalist, Kevin Ekberg and Carolyn Johnson, both World Age Group champions.

The Rockford Boys' Club Trampoline and Tumbling Team has been in competition for one year and already has national recognition. The team name is TnT (tumbling and trampoline) but any reference to dynamite would be a good analogy. The team spirit is enthusiastic as team members develop close friendships. Together they have brought home a first and third place team trophy. There are 25 members of which four are boys, ranging in age from 7 to 21. Of the four boys, two are on leave; Tom Wentland to the U.S. Army, and Terry

Wight to Southern Illinois University. Both fellows return as often as possible to join the team.

The Rockford Boys' Club is unique by being the only club having a co-ed program. The tumbling and trampoline program is also a first for boys' clubs across the country. This team is being observed by others hoping to follow their pattern.

Jim Manning, head coach, competed for Arizona State in trampoline, tumbling, gymnastics, and diving. He started the program three years ago with wrestling mats and a borrowed trampoline. Working together with the parents, the team now has 60 feet of tumbling mats, a mini-tramp and crashpad, three tramps, an overhead spotting belt for tramp and a traveling rig for tumbling. Three days a week, Jim works with his beginner class which numbers close to 90, and has a waiting list.

Bonnie Davidson has been with the team for over a year as assistant coach. She has coached the tumbling group, specializing in developing routines in both tumbling and trampoline. As an FIT judge in all three events, she can keep the team informed on all the latest rule changes. Lori Davidson, Bonnie's daughter is the National Junior Olympic gold medalist for the past two years.

Carolyn Johnson, age group world champion in tumbling and mini-tramp, was the number 5 girl at the National Junior Olympic competition in Memphis, Tennessee, and will be a contender for the top spot this year.

Kevin Ekberg, one of the top male tumblers in the country, (also an age group champ) is another example of the quality of athletes you will find on the Rockford Boys' Club team.



**TULSA TWISTERS**  
Tulsa, Oklahoma  
Coach: Pat Henderson

The Tulsa Twisters are a new tumbling and trampoline team being only 6 months old. The original team of girls only, combined gymnastics and tumbling and trampoline at the YMCA. Due to lack of space and workout time available we changed locations, and became known as the Tulsa Twisters Trampoline and Tumbling Team. With the addition of boys to the program we more than doubled the size of our team.

Several girls from the team competed at the 4th World Age Group Championships in Cedar Rapids, Iowa. Leigh Rouse placed 5th on Trampoline and 7th on Double-Mini.

Team members have been participating in many activities including USTA clinics, competitions from Amarillo, Texas, to Cleveland, Ohio, and Neil Godbey's Tumbling and Trampoline Camp.

The highlight of our year has been the Neil Godbey Tumbling Clinic hosted by the Tulsa Twisters held in January, 1977, with over 100 participants from Texas and Oklahoma.

We have held several tumbling and trampoline meets, two judges clinics, and are preparing to host the USTA Region III Championships and the Oklahoma Association Jr. Olympics.

Within the last 2 years the number of participants in this sport has tripled in the state of Oklahoma with more clubs forming every year.

The Tulsa Twisters Tumbling and Trampoline Team, coached by Pat Henderson, is still a young team with the competitors ranging in age from 3 to 14 years. We are looking forward to more competition and travel in the future.

**CINDY KWIEK GYMNASTICS**

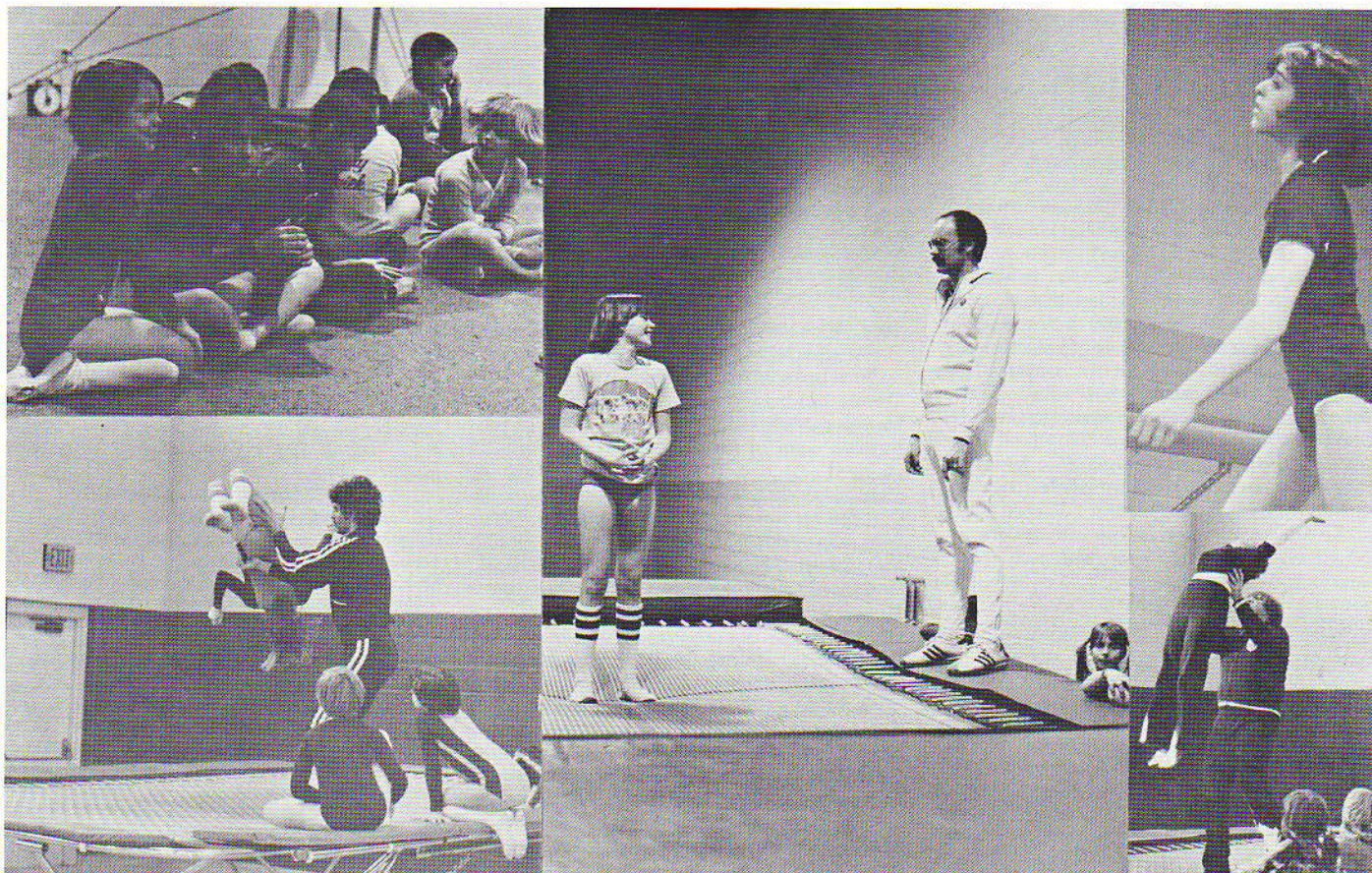
Cicero, Illinois, a suburb of Chicago, is the home of Cindy Kwiek School of Dance and Gymnastics. The school started as a dance studio six years ago, teaching ballet, tap, jazz and acrobatics. Three years ago, the school started a competitive tumbling team. The team is coached by Mike Morano and Cindy Kwiek. In a short length of time, the team members distinguished themselves as one of the best tumbling teams in the state of Illinois. The competitors are both boys and girls and range in age from 6 to 17. Cindy Kwiek's tumblers have won the following Team Championships in the last year: 1976 USGF Elite National Tumbling Championships; 1976-77 USGF Illinois State Championship; and the 1976 USGF Little Ten Tumbling Championship. In USTA competition, individual competitors have won the following awards in 1976 Grand Nationals: Boys 10 & under, Matt Minik 3rd place; Girls 10 & under, Tracy Kontur 5th place; Girls 11 & 12 Debbie Yergin 6th place; Girls 13 & 14 Pam McCurrie 2nd place and Dawn Pratl 5th place; Girls 15-18 Nancy Quattrocki 1st place. In the 4th International Age Group Championships: Girls 10 & under Tracy Kontur 5th place; Girls 11 & 12 Debbie Yergin 3rd place; Girls 13 & 14 Pam McCurrie 3rd place; and Girls 15-18 Nancy Quattrocki 1st place.

The short history of Cindy Kwiek's tumbling team, it even has a National Champion. Nancy Quattrocki, age 17, brought this honor to the club by becoming the 1976 AAU Senior National Tumbling Champion. member of the 1976 U.S. World Open Tumbling Team, Nancy placed 2nd in Tulsa, Oklahoma. She has won more individual honors than anyone in the club. Numerous tumbling championships such as winning the International Age Group Championships for 10 years in a row; USGF and USTA National Age Group Tumbling Championships; and the Illinois State Tumbling Championships are all part of her successful tumbling career.

Recently, Cindy Kwiek School of Dance and Gymnastics expanded their program to include girls gymnastics. The gymnastic coaching staff consists of George Crowley, Fred Dryanski, Jim Ernst, Mike Morano and Cindy Kwiek. The team has both Class III and II gymnasts. The Class III team has had an outstanding year in competition and is looking forward to a successful state meet.

All Practices are held at Cindy Kwiek Gymnasium. The gym is probably Chicagoland's newest, largest and best equipped private gym. The tumbling team works out three days a week; Wednesday, Friday and Saturdays. Tuesday, Thursday and Saturdays are reserved for gymnastic team workouts. Beginning classes are held before team practices and also on Mondays.

The tremendous success of Cindy Kwiek's tumbling and gymnastic team is attributed to the marvelous relationship between the coaching staff and the competitors. Everyone enjoys themselves but works diligently to improve.





## Future Champions In Action

**USTA 7th ANNUAL STATE CHAMPIONSHIPS**  
Feb. 26 & 27 1977

This is the oldest USTA Meet in the world. It began in March of 1971 with 4 teams and 96 competitors from Ohio. It has grown through the years to be a two day event with this year being the largest. The seven teams entered this year were: Willoughby Catts, Wickliffe Eagles, Bellefontaine Topps, Hamilton-Marilyn Dennis, Cincinnati-Pleasant Ridge, Toledo-Gymworld, Geneva Vikings. (Medals were awarded 1st-3rd. Ribbons were awarded through tenth places.)

The State Champions of the meet were:

### Trampoline

**Girls:** 10 & Under Tammy Booth (V), 11-12 Terri Abbott (V), 13-14 Cheryl Wade (V), 15-18 Aven Fairchild (C), 19 & Over Como Dubsky (V). **Boys:** 10 & Under Bob Dzomba (C), 11-12 John David Temnikar (V), 13-14 Ken Kovach (C), 15-18 Ron Seibert (V), 19 & Over Dave Krajec (C).

### Synchronized Trampoline

**Girls:** 12 & Under Borkowski & Harmon (C), 13 & Over Fairchild & Whippler (C). **Boys:** 12 & Under Dzomba & Weller (C), 13 & Over Hopkins & Seibert (V).

### Double Mini Tramp

**Girls:** 10 & Under Tammy Booth (V), 11-12 Karen

Harmon (C), 13-14 Cheryl Wade (V), 15-18 Beth Fairchild (C), 19 & Over Como Dubsky (V). **Boys:** 10 & Under Trent Weller (C), 11-12 John David Temnikar (V), 13-14 Jesse Hopkins (V), Ron Seibert (V), 19 & Over Matt Reese (V).

### Tumbling

**Girls:** 10 & Under Tammy Booth (V), 11-12 Tracey Long (H), 13-14 Lori Ziegler (C), 15-18 Theda Lucas (V), 19 & Over None. **Boys:** 10 & Under Eric Rodebaugh (T), 11-12 Tom Loe (T), 13-14 Mark Gilliam (T), 15-18 Ron Seibert (V), 19 & Over Jim Bertz (T).

### Team Awards

Mens Tumbling - Toledo Gymworld, Mens Trampoline - Geneva Vikings, Mens Double Mini Tramp - Geneva Vikings, Womens Tumbling - Willoughby Catts, Womens Trampoline - Willoughby Catts, Womens Double Mini Tramp - Geneva Vikings, Overall Team Championships - Geneva Vikings.

### SECOND ANNUAL NOVICE TUMBLING MEET

On February 13, 1977, Cindy Kwiek School of Gymnastics hosted the Second Annual Novice Tumbling Meet. The meet was held in Cindy Kwiek's Gym in Cicero, Illinois and had 157 competitors. The fifteen clubs attending the meet were as follows: St. Thecla Gymnastics, Chicago, Il.; Rose Myers Tumbling Studio, Peru, Il.; Mabel Jarrell School of Dance, Mendota, Il.; Batavia Park District, Batavia, Il.; Starke's Gymnastic Club, Cicero, Il.; Clinton Tumblettes, Clinton, Iowa; Peggy's Dance Studio, Oak Lawn, Il.; Patti's Mini-Gym, Kawenee, Il.; Todie's Tumblers, Park Forest, Il.; Indian Trail Jr. High School, Addison, Il.; House of Gymnastics, Mishawaka, Ind.; Bollingbrook Park District, Bollingbrook, Il.; Rockford Boy's Club, Rockford, Il.; Amy's Academy of Gymnastics, Galesburg, Il.; and Cindy Kwiek Gymnastics, Cicero, Il.

All competitors in the meet were beginning tumblers who were able to do a roundoff flip-flop but not more advanced than a roundoff

flip-flop back. All competitors had to have two passes with a minimum of three tricks per pass. The first pass had to be a backward pass and the second pass a mixed or front tumbling pass. Any competitor who could do alternates, bouncers, or any sort of twisting somersault was not permitted to compete. Awards were given to the top eight places.

The results of the meet were as follows:

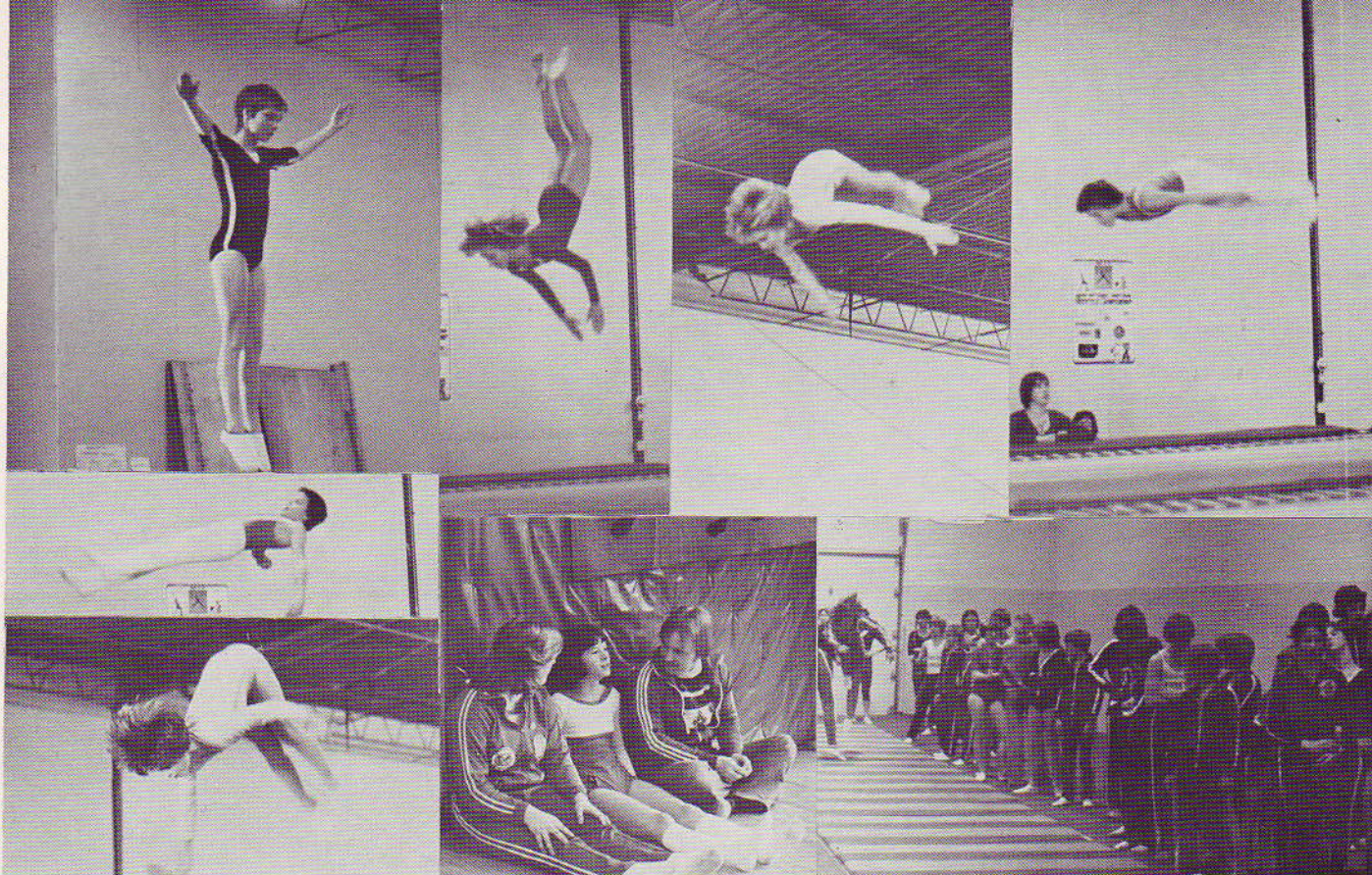
### Boys

**8 and Under:** 1. Edward Zeglis (Mabel Jarrell School of Dance), 2. Ronald Aman (Patti's Mini-Gym), 3. Randy Aman (Patti's Mini-Gym), 4. Jim Ledvina (Cindy Kwiek Gymnastics). **9 and 10:** 1. Dean Kazubowski (Patti's). **11 and 12:** 1. Tim Mills (Indian Trail Jr. High School), 2. Mike Amerlan (Indian Trail JHS), 3. Mike Balsis (Patti's), 4. Bob Dellert (Indian Trail JHS). **13 and Over:** 1. Chris Kidd (Patti's), 2. Brian Terlecki (Indian Trail JHS), 3. G.C. Creek (Indian Trail JHS), 4. John Terzich (Indian Trail JHS), 5. Lance Page (Indian Trail JHS), 6. Ken Judd (Indian Trail JHS), 7. Craig Amerlan (Indian Trail JHS), 8. Bart Gunderson (Indian Trail JHS).

### Girls

**8 and Under:** 1. Mary Ann Risky (Starke's Gymnastics), 2. Jacque Douglas (Clinton Gymnastics), 3. Jeannie Engel (Starke's) & Renee Irvine (Cindy Kwiek), 4. Lisa Manni (Mabel Jarrell), 5. Shelly Allison (Clinton), 6. Angie Palicka (Starke's), 7. Suzie Cannon (Starke's), 8. Heather Judd (Patti's). **9 and 10:** 1. Adrienne Fisher (Amy's Academy of Gymnastics), 2. Sherri Zeglis (Mabel Jarrell), 3. Tracy Sexton (Clinton), 4. Diane Morris (Clinton) & Gail Virzi (Mabel Jarrell), 5. Deanna Brouil (Peggy's Dance Studio), 6. Diane Petersen (Rockford Boys Club), 7. Lisa Skripek (Cindy Kwiek), 8. Cindy Jablonski (Cindy Kwiek). **11 and 12:** 1. Dana Campbell, 2. Carolyn Crabb (St. Thecla Gymnastics), 3. Maureen Mann (St. Thecla), 4. Patty McElmuel (Indian Trail JHS), 5. Michelle Bogolin (Patti's), 6. Lisa Calbutt (Rose Myers) & Laurie Caurarretta (Cindy Kwiek), 7. Maureen Fox (Cindy Kwiek), 8. Francine Fuscone (Indian Trail JHS) & Patty





Niemeyer (Todio's Tumblers). **13 and Over:** 1. Helen Cho (House of Gymnastics), 2. Jeannine Ropski (St. Thecla), 3. Denise Jeziorski (House of Gym.), 4. Kathy Mann (St. Thecla), 5. Carol Rasmussen (Batavia Pk. District) & Judy Varga (St. Thecla), 6. Liz Isbell (House of Gym.), 7. Barbara Graczyk (St. Thecla), 8. Gina Trimble (Indian Trail JHS).

#### NORTHWEST OPEN MEET

The Northwest Open Trampoline and Tumbling Meet was held March 5, 1977 in Eagan, Minn. This is an annual meet sponsored by the Gypsy Gymnasts Trampoline Team. The meet had a turnout of sixty competitors, many of them experiencing USTA competition for the first time.

A regional clinic was also recently held in this area which helped to acquaint many new people to the rebound sports of trampoline, tumbling and double mini-tramp. The USTA Region IV meet will be held April 3rd in Eagan, Minnesota and is expected to have the largest participation so far for a USTA meet in this region.

#### SCORES FOR THE NORTHWEST OPEN TUMBLING

**Girls 10 & Under:** Kelly McNamara 14.15, Hope Galbraith 12.65, Mary Anderson 11.05. **Girls 11-12:** Ann Eggert 14.0, Jodie Elsen 13.65, Cherie Swagger 4.25. **Girls 13-14:** Cindy Backman 21.70, Judy Jones 17.05, Donna Stoffel 16.85. **Girls 15 & Over:** Jean Petersen 17.35, Gay Florsheim 14.80. **Boys 13-14:** Chris Gailbraith 7.45. **Boys 15-18:** Joe Berens 21.25. **Boys 19 & Over:** Dave Marconett 18.30, Dave Kennedy 16.30.

#### DOUBLE MINI-TRAMP

**Girls 10 & Under:** Jamie Baldwin 11.6, Marni Miller 9.9, Michelle Miller 9.0. **Girls 11-12:** Nancy Holford 18.1, Lianne Morland 13.2, Tina Danielson 12.5. **Girls 13-14:** Cindy Backman 20.6, Beth Colford 20.4, Debbie Johnson 18.9. **Girls 15 & Over:** Teresa Schneider 22.5. **Boys 10 & Under:** Shawn Williams 11.4, Charlie Ratliff 7.6. **Boys 13-14:** Steph Hamilton 15.2. **Boys 19 & Over:** Dave Marconett 22.3, Dave Kennedy 21.5.

#### TRAMPOLINE

**Girls 10 & Under:** Jamie Baldwin 18.3, Marni Miller 16.2, Michelle Miller 14.4. **Girls 11-12:** Nancy Holford 23.8, Beth Colford 22.6, Tammy Thompson 18.6. **Girls 13-14:** Debbie Johnson 21.5, Colleen Hoy 17.9, Kaydene Kelly 16.6. **Girls 15 & Over:** Teresa Schneider 24.3, Teresa Sager 19.6, Connie Kupferschmidt 7.6. **Boys 10 & Under:** Shawn Williams 17.1, Charlie Ratliff 16.2. **Boys 13-14:** Steph Hamilton 17.5. **Boys 19 & Over:** Dave Marconett 23.7, Dave Kennedy 22.7, Larry Gleason 21.6.

#### SYNCHRO TRAMPOLINE

**Girls 11-12:** Forster-Lanz 15.8, Baldwin-Thompson 7.95, Swagger-Haggerty 3.1. **Girls 13-14:** Holford-Colford 21.65, Morland-Hoy 13.95. **Girls 15 & Over:** Johnson-Schneider 18.3, Sager-Kupferschmidt 16.0.

#### MIDWEST OPEN GYMNASTICS AND TRAMPOLINE CHAMPIONSHIPS by Jack B. Castle

A full house at New Trier West High School, Northfield, Illinois saw Don Zasadny perform an excellent trampoline routine at the Midwest Open Gymnastics and Trampoline Championships on November 27 at the Chicago suburb. Don received a performance score of 18.5 while performing a 9.6 difficulty for a total score of 28.1, easily outdistancing his nearest opponent Frank Kidder, Fremont Flairs, who scored 26.1 with an 8.8 difficulty.

The Midwest Open has been a traditional event, sponsored and organized by the Illinois High School Gymnastics Coaches Association and is held each year in the Chicago suburban area during the Thanksgiving weekend. The Chicago suburban area is an excellent supporter of trampoline and gymnastics, and consequently this competition which has traditionally hosted trampoline always provides a sellout crowd of several thousand.

Lately, however, the trampoline community has not fully supported this competition and consequently only 27 competitors were in attendance. In spite of the poor turnout, the competition was very good and we saw some of the old time bouncers such as Paul Kyprie from the University of Michigan who is working on his Phd. Paul made it to the finals but age showed its signs and Paul didn't finish his routine, and finished seventh. Homer Sardina drove all the way from sunny California to brave the the sub-freezing temperatures with four bouncers, with three of them qualifying for the finals. Frank Kidder placed second, Nathan Champion placed third, and Rich Baumann placed fifth. The Fremont Flairs are beginning to develop some top flight bouncers that may be challenging some positions on the next world team. Homer also tells us that he has some excellent women tumblers who will be at the Open Nationals in Salt Lake City in June.

In conclusion, the Midwest Open was a good competition but we need to promote more participation next year so that we can continue to be involved in this competition which has such excellent coverage.

Don Zasadny's winning routine: Rudy out tuck, half in half out, full in barani out, double back tuck, full in full out, barani out tuck, rudoif, barani out pike, full twist, rudy out pike.

#### RESULTS

1. Don Zasadny, Cedar Rapids, Ia. (Diff. 9.6) 28.1; 2. Frank Kidder, Fremont Flairs (8.8) 26.1; 3. Mickey Kallis, Univ. of Michigan (8.4) 24.7; 3. Nathan Champion, Fremont Flairs (9.2) 24.7; 5. Rich Baumann, Fremont Flairs (7.6) 24.1; 6. Newt Loken, Univ. of Michigan (6.8) 18.9; 7. Paul Kyprie, Univ. of Michigan (2.3) 4.9.

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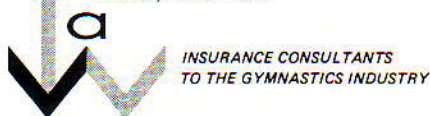
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## ANOTATED BIBLIOGRAPHY ON ACROBATIC LITERATURE



by Donald J. Heafner  
Lecturer, Dept. HPE, University of Hawaii,  
Honolulu, Hawaii

For safety reasons, the basics must be learned on lifting and balancing before attempting more advanced skills. Once learned, however, the cliché, "A picture is worth a thousand words" may apply. It is very important to learn those basics well before attempting a skill merely by looking at a picture of that skill.

This bibliography was compiled because written information is widely dispersed and not always generally available. Some of the books mentioned may be in libraries and that is about the only place to find old issues of such magazines as *Strength & Health* and *Athletic Journal*.

A bibliography on tumbling books is being compiled and will be appearing in a future issue of *AcroSport*. The author would be grateful to learn of other instructional references not covered in this collection.

**ADAGIO** by Charles Schroeder 1971. Regmar Publishing Co., St. Louis, Mo.

One of the best instructional books out on beginning to advanced adagio lifts. Covers safety, physiological aspects, principles of movement, organization, classical adagio and choreography. A must!! \$10.00.

**TEACHERS ACROBATIC AND ADAGIO MANUAL** by Del Wrights. Year of publication not known. Wehman Brothers Publ. & Distr., Hackensack, N.Y. 07601. \$5.00.

Excellent ideas on acrobatics, adagio, and contortion. Good acrobatic routines with tumbling and balancing; also comedy routines.

**MODERN HAND BALANCING** by Rusty Sellers. Year of publication not known. Sportshelf, P.O. Box 634, New Rochelle, N.Y. 10802. \$5.00.

Good basic instruction for learning handstands, levers, presses, 1-arms, block pressing, and basic partner balancing.  
**SPIRIT BOOK** by Linda Rae Chappell. 1976. Dynamics Cheerleaders Assoc., Box 11628, Kansas City, Missouri. 64138. \$8.00.

Covers all aspects of cheerleading; cheers, chants, squads, advisors, tryouts, splits and jumps, 2 to 10 person pyramids. A must for all cheerleaders...many good pyramids.

**ACROBATICS MADE EASY AND ADVANCED ACROBATICS AND TUMBLING** by James Rozannas. -1953. Chicago Photo Press, Inc. \$5.00.

Several hundred intermediate and advanced tumbling skills and interesting acrobatic variations.

**TUMBLING AND BALANCING FOR ALL** by George Szygula. -1957. Wm. C. Brown Co. Publishers, Dubuque, Iowa. \$6.50.

Excellent text on beginner through advanced tumbling and acrobatics. Good for acrobatics teachers.

**A MANUAL FOR TUMBLING AND APPARATUS STUNTS 5th edition**, by Otto Ryser. 1968. Wm. C. Brown Co. Publishers, Dubuque Iowa. \$4.95.

Many good preparatory skills and games for acrobatics, Good tumbling section; also basic balances and pyramid building.

**GYMNASTICS IN THE SCHOOLS** by James Bailey 1965. Allyn and Bacon, Inc., Boston, Mass. Price?

Very good beginner through advanced balancing skills, ladder exhibition work.

**A GUIDE TO GYMNASTICS** by Musker, Casady and Irwin. 1968. MacMillan Co., N.Y. Price ?

Good developmental exercises for children; beginning tumbling through somersaults also basic balancing and flexibility skills.

**EXHIBITION GYMNASTICS** by Judd, DeCarlo and Kern. 1969. Sportshelf, P.O. Box 634, New Rochelle, N.Y. 10803. \$15.00.

Covers the full scope of exhibition work: teaching, apparatus work, marching routines, Pyramid building, balancing acts, comedy routines and living stunts.

**GROUP ACROBATICS** by B.P. Korkin. 1970. Published in Moscow by the Soviet Ministry for Physical Culture and Sport.

Russian text with good line drawings illustrating beginner, intermediate and advanced acrobatic skills in throwing (pitches) and pyramid building. Two, three and four man balances.

### MAGAZINES

**ACROSPORTS** by Sundby Sports Publications, 410 Broadway, Santa Monica, CA. 90406. \$6.00/year.

Official publication of the U.S. Sports Acrobatics Federation. Dedicated to the promotion of sports acrobatics and trampolining and tumbling (also the official publication of the U.S. Trampoline and Tumbling Association). Covers instructional, history, clubs, individuals and international and national events.

**ACROBAT and ACROCHAT** by Glenn Sundby. March 1949 through December 1950. Limited number of back issues from Sundby Sports Publications, 410 Broadway, Santa Monica, CA. 90406.

The forerunner of *ACROSPORTS* magazine, these early publications were designed to popularize acrobatics in all forms; professionally by reviewing theater, clubs and circus acts, and for amateurs from different beaches, parks and gyms. Great historical and instructional material...excellent photographs.

**ACROBATICS MAGAZINE** by G. Gerald. 6 Elizabeth Way, Hanworth, Feltham, Middlesex, TW13 7PH, England. \$15.00/year.

Professional and amateur contortion, acrobatics and circus routines. Good pictures.

**WORLD ACROBATICS** by Ralph Samuels, 23 Victor Road, Brookvale, New South Wales 2100, Australia. U.S.A. Subscription Rate \$16.00/year.

Official journal of the Association of Acrobats. Professional Acrobats in all fields, good pictures, reviews of acts, some instructional articles.

### MORE BOOKS

**GYMNASTICS AND TUMBLING** by Price, Keeney, Giallombardo and Phillips. U.S. Naval Institute, Annapolis, Maryland. Reprinted by ARCO publishers.

A general text with good beginner to intermediate acrobatic skills and pyramid building.

**SPORTS ACROBATIC** by T. Mieczkowski. 1970. Published as number 6 in the series Biblioteczka Sportu Szkolnego of Sport I Turystyka, Warsaw, Poland.

Polish text with line drawings of beginner, intermediate and advanced acrobatic skills, including pyramids and throws.

**SPORTS ACROBATICS CODE OF POINTS 1977**. English translation and adaptation of IFSA Code of points prepared by Paula Boelsens and Bob Monahan. USSAF, P.O. Box 7, Santa Monica, CA. 90406. (Limited edition).

### ARTICLES

**THE ART OF LIFTING HUMAN WEIGHTS** by Sig Kein. 1945. *Strength & Health* (specific date not known).

Good instruction for the "1-arm support", the 1-arm press, the human clock, the 1-arm ball-up and the 2-arm press.

**THE ONE ARM HAND BALANCE** by Bob Jones. 1948. *Strength & Health* (June).

Excellent instruction and progressions for learning the 1-arm handstand.

**ONE ARM HAND BALANCE** by Bob Jones. 1948. *Strength & Health* (Aug.).

Further ideas and instruction for the 1-arm handstand with variations.

**MUSCLE BEACH OF THE EAST COAST** by Eby Hamilton. 1949. *Strength & Health*.

Five good balancing pictures and a short history of several active persons in balancing.

**BEGINNING HAND TO HAND BALANCING** by Bob Jones. 1952. *Strength & Health* (Sept.).

Good pointers for: the chin-up and press up from behind the back, sit up and get up, handstand on splits, and reverse hand to hand.

**HAND BALANCING IN PHYSICAL EDUCATION** by John Piscopo. 1959. *Athletic Journal* (Nov.).

Excellent progressions for handstanding on the ground, apparatus, and on partners.

**LIFTING PEOPLE IS FUN - IF YOU KNOW HOW** by John Grimek. 1960. *Strength & Health* (Mar.).

Instruction on the "human kettlebell lifts", the human clock and the 1-arm in the back.

**PRACTICE MAKES PERFECT IN ACRO BALANCING** by V.H. Krumdick. 1961. *Strength & Health* (June).

Many good general comments of basic balancing...good progressions and spotting. Instruction on the back bird, the one arm back, the high torch and arabesque.

**TWO WONDERFUL RUSSIAN GIRLS** by Bob Hoffman. 1963. *Strength & Health* (Aug.).

Twelve excellent pictures showing two Russian girls doing doubles balancing.

**CHEERLEADING AND FITNESS** by Lamar Bybee. 1975. *Strength & Health*.

Eight acrobatic skills that can also be used for cheerleading.  
**ARE YOU A HAND BALANCER?** by Bob Hoffman. *Strength & Health*.

How weight lifting can be combined with hand balancing; also the values of balancing. (Our date is missing—anyone knowing when this article appeared in *Strength & Health*, please let us know).

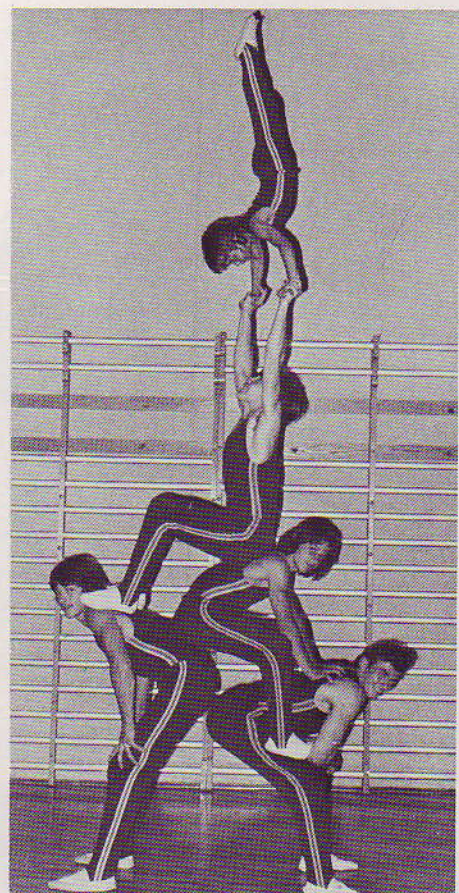
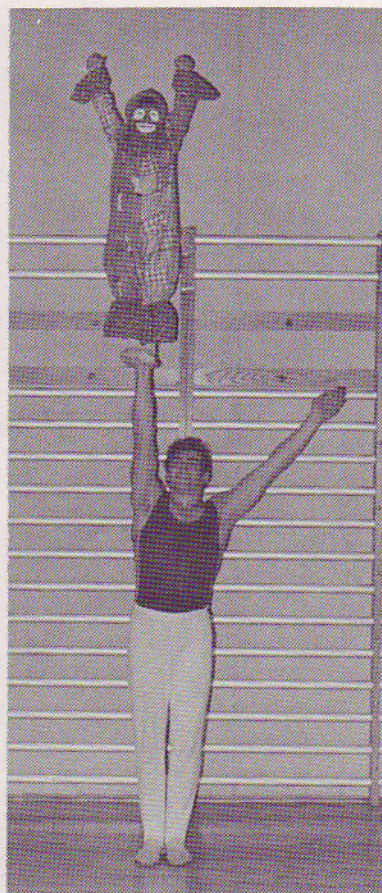
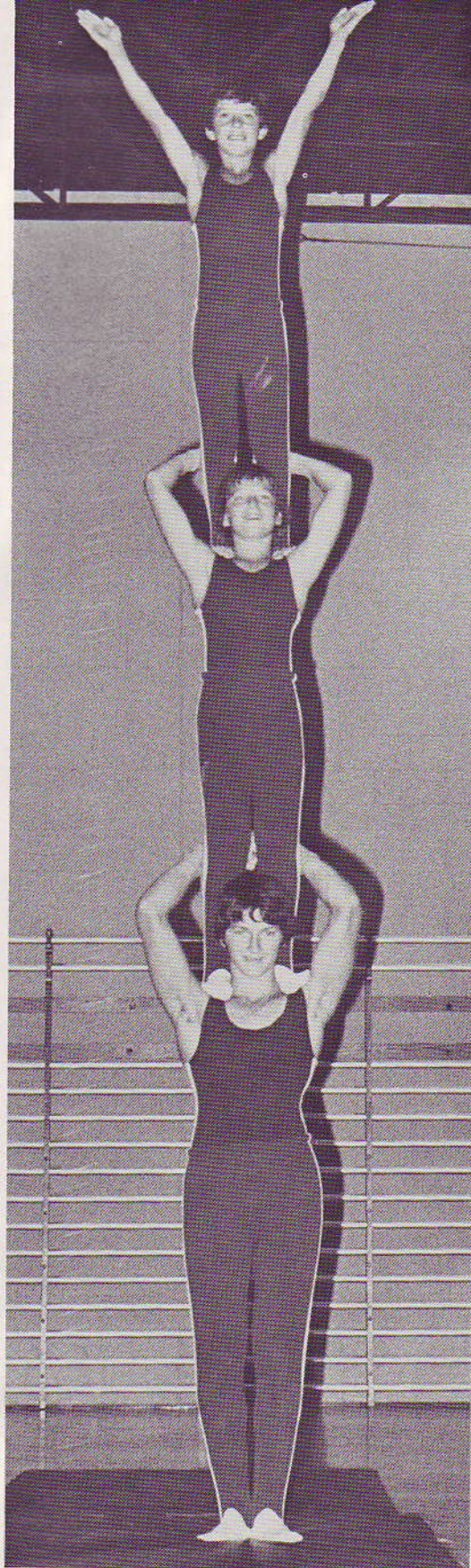
### OTHER

**ACROBATIC PYRAMIDS** by Gary Hutchinson. 7029 Huntley Rd., Columbus, Ohio. Fourteen pages of over 150 drawings of acrobatic balancing skills and pyramids from 2 to 10 persons.

**1976 USSR SPORTS ACROBATIC TEAM TOUR** Sundby Sports Publ., 410 Broadway, Santa Monica, CA. 90401. Good pictures and history of sports acrobatics, also with trampoline and spaceball.

**CHINESE ACROBATICS OF TAIWAN** from Michael Ries. 165 West 57th St., N.Y., N.Y. 10019. \$2.50. Good pictures and history of Chinese acrobatics.

**CHINESE ACROBATIC ARTS** from Kong Hwa Publ., Room 408, 10 Queen's Road, Hong Kong. \$2.00. Collection of photos that provide an introduction to Chinese acrobatic performances.



## AcroSnaps of "The Up Gyms"

Members of "The Voltigeurs" Sports Club -  
Saint-Hyacinthe, Quebec, Canada.

