They say she is strong-willed, determined, ambitious. She was Chinese national gymnastic coach. Now she is Australian. And Australian women's gymnastics coach. The secret of成功的 formula behind the success of Australian women's gymnastics is the intensive training and dedication of the individual gymnasts, as well as the coaching of Head Coach John Hourigan.

Two years ago she changed her name and place of birth to become the first woman to represent Australia in the 1996 Olympic Games. But her Olympic dreams were far from over. In 1998, at the age of 26, she won silver in the 9.30kg-class at the Commonwealth Games, and in 1999, she won bronze in the 9.90kg-class at the World Championships.

In 2000, she won gold in the 9.90kg-class at the Olympic Games, and in 2001, she won silver in the 9.90kg-class at the World Championships. She has won a total of six medals, including four golds, two silvers, and one bronze. Her achievements have made her a household name in Australia, and she is widely regarded as one of the country's most talented gymnasts.

JOANNA HUGHES

Joanna Hughes was a short woman after growing up in Australia. She is the only woman to have won both the women's and men's gymnastics titles at the Commonwealth Games. She also won gold in the team competition at the 1996 Olympic Games.

First hand experiences are always the best!

AME SCHOOLS students visit Wimpole Lakes...

It started at course negotiation time when some secondary school students said they wanted to do something different. So...

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