

Written by John Crumlish
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Australian gymnast **Michael Tone** told IG that, following a long absence from all-around competitions, his all-around finish at the recent Commonwealth Games marked a promising return and a solid step towards the Tokyo 2020 Olympic Games.

“I was quite pleased with my all-around performance, especially considering that I only started training all six events again within the last 18 months and this was my first all-around competition since 2013,” said Tone, who placed eighth all-around, fifth on high bar and seventh on pommel horse at the Games that his country hosted in Gold Coast from April 4-15. “I was also very happy receiving a solid score on pommel during the first two days to help the team score and my individual all-around.”

Tone credits his success in Gold Coast to the experience he has gained since making his international debut at the 2017 World Cup of Melbourne. He competed in four World Cup meets and the University Games last year, and made two finals at the World Cup of Melbourne in February.

“Those events helped me to fast-track learning the skills that are needed to compete at a high level, such as handling the pressure of an international competition while still being able to enjoy myself on the competition floor,” said Tone, who placed first on pommel horse and second on rings at the 2017 Australia Championships. “This, in addition to all the support I received from my coach, Sean Wilson, helped me to refine my gymnastics within the last 18 months.”

Tone said his training strategy between now and this fall’s World Championships in Doha, Qatar, will include a combination of increasing his difficulty and improving his execution, as well as a “major focus” on consistency.

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“There are several changes to my routines that I will be looking to implement for Worlds,” he said. “But the key areas for increasing my difficulty will be some additions to my pommel horse routine as well as upgrading my vault to a Dragulescu.”

With Doha serving as the first qualification meet for the 2020 Olympics, Tone said he has reasonable prospects for Tokyo.

“Tokyo 2020 has been a major goal of mine for a number of years, and I think I’m on the right track to making it a reality,” Tone told IG. “Individually, my best chance will be qualifying through one of the all-around positions with the hope to also take one of the three spots on pommel at next year’s Worlds. I know that my teammates have similar aspirations.”

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