



Gymnastics Victoria presents

2016 COACHING CONFERENCE



When: Saturday 30th and Sunday 31st of January

Where: Victorian High Performance Centre, Melbourne Polytechnic and selected Victorian clubs.

Who: Gymnastics Coaches or Judges who are current Technical Members

Cost: Will be on a per session basis:

- Coach Workshops up to 1.5 hours:
Early Bird: \$33 till January 15th
Standard Rate: \$45 from January 15th

The 2016 Coaches Conference will run over 2 days and will cover a variety of topics:

Day 1: New Initiative and Theory Based Workshops

- Introduction of new fun initiatives and programs available to run at your club. Workshops will also include dynamic sports psychology and injury management workshops, giving best practice coaching tips.

Day 2: Practical Based Workshops

- Recreation Stream: Including circuit ideas, fun, innovative & inclusive coaching techniques to raise the bar!
- Competitive Stream: Including multiple sport specific workshops to give you that competitive edge!

Attendees signing in will receive 1 updating point per hour (ie 3 hours = 3 updating points), as per Gymnastics Australia's Updating Policy for State Association run workshops.



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2016 COACHING CONFERENCE

DAY 1 – Saturday 30 January 2016 COACHING WORKSHOPS

Time	Workshop Name	Target Audience	Venue & Address	Price	Presenter	Enrol
9:00am – 10:30am	FreeG – Freestyle Gymnastics - Release Your Freedom Today! (Gymnastics Australia Workshop)	All coaches, GFA coaches	Wesley Gymnastics 577 St. Kilda Road, Melbourne, 3004	\$33	Brooke Kneebush	Enrol now!
10:45am – 12:15pm	TeamGym – Australia's Newest Team Competition - Tumbling, Single Mini-Tramp & Floor Display (Gymnastics Australia Workshop)	All coaches, GFA coaches	Wesley Gymnastics 577 St. Kilda Road, Melbourne, 3004	\$33	Brooke Kneebush	Enrol now!
12:45pm – 2:15pm	Move My Way – Learn about the newest and easiest way to incorporate women into gymnastics programs!	All coaches, GFA coaches	Wesley Gymnastics 577 St. Kilda Road, Melbourne, 3004	\$33	Rachel Clerck	Enrol now!
2:30pm – 4:00pm	Sport Psychology – Understanding and conquering the fear of going backwards	All coaches, competitive coaches	Melbourne Polytechnic	\$33	Michael Inglis	Enrol now!
4:15pm – 5:45pm	Injury Management – Stress fractures, how these occur and how to best treat.	All coaches, competitive coaches	Melbourne Polytechnic	\$33	Wendy Braybon	Enrol now!

DAY 2 – Sunday 31st January 2016 GYMNASTICS FOR ALL WORKSHOPS

Time	Workshop Name	Target Audience	Venue & Address	Price	Presenter	Enrol
9:00am – 10:30am	Starting to coach BabyGym	All coaches, GFA coaches	Wesley Gymnastics 577 St. Kilda Road, Melbourne, 3004	\$33	Alison Lyons	Enrol now!
10:45am – 12:15pm	Preparing your athletes for GYMSTAR	All coaches, competitive coaches	Wesley Gymnastics 577 St. Kilda Road, Melbourne, 3004	\$33	Tammy Robinson	Enrol now!
12:45pm – 2:15pm	Becoming the complete coach: Understanding how the brain, perception, the ego and intuition guide children.	All coaches, GFA coaches	Wesley Gymnastics 577 St. Kilda Road, Melbourne, 3004	\$33	Lucy Fyfield	Enrol now!
2:30pm – 4:00pm	Overview of the key childhood milestones in KinderGym and how to develop activities for fine motor skill formation	All coaches, KG coaches	Wesley Gymnastics 577 St. Kilda Road, Melbourne, 3004	\$33	Bianca South	Enrol now!
4:15pm – 5:45pm	Inclusion Workshop – Embedding inclusion in your coaching	All coaches	Wesley Gymnastics 577 St. Kilda Road, Melbourne, 3004	\$33	Kerry Tavrou	Enrol now!

DAY 2 – Sunday 31st January 2016 TRAMPOLINE GYMNASTICS

Time	Workshop Name	Target Audience	Venue & Address	Price	Presenter	Enrol
9:00am – 10:30am	Integrating Tumbling into other Gymsports – an introduction to Competitive Tumbling	All coaches	Cheltenham Youth Club 126 Woodlands Drive, Braeside 3195	\$33	Emma Carmody	Enrol now!
10:45am – 12:15pm	Double Mini Trampoline – An introduction to how to use it and progressing to competition	All coaches, TRP coaches	Cheltenham Youth Club 126 Woodlands Drive, Braeside 3195	\$33	Louisa Phillipson	Enrol now!
12:45pm – 2:15pm	Developing your knowledge into spotting sautots on a trampoline	All coaches, TRP coaches	Cheltenham Youth Club 126 Woodlands Drive, Braeside 3195	\$33	Sarah Hiesler	Enrol now!
2:30pm – 4:00pm	Developing aerial awareness by learning a multitude of trampoline skills that do not involve a full sault	All coaches, TRP coaches	Cheltenham Youth Club 126 Woodlands Drive, Braeside 3195	\$33	Mark Nimmervoll and Emily Irvine	Enrol now!
4:15pm – 5:45pm	Learning the important trampoline basics including safety and equipment checks	All coaches, TRP coaches	Cheltenham Youth Club 126 Woodlands Drive, Braeside 3195	\$33	Sarah Hiesler and Mark Nimmervoll	Enrol now!

DAY 2 – Sunday 31st January 2016 ACROBATICS GYMNASTICS

Time	Workshop Name	Target Audience	Venue & Address	Price	Presenter	Enrol
9:00am – 10:30am	Specifics and expectations of skills, individuals and artistry in Acrobatic gymnastics	ACRO Coaches and Judges for Level 1-3A	Eastern Gymnastics 21 Clarice Road, Box Hill South, 3128	\$33	Wendy Treble	Enrol now!
10:45am – 12:15pm	Mastering how to teach twisting in single and multiple sautots	All Coaches	Eastern Gymnastics 21 Clarice Road, Box Hill South, 3128	\$33	Stacey Taylor	Enrol now!
12:45pm – 2:15pm	ACRO Tariff Sheets – how to complete correctly using the CoP, ToD and ALP	ACRO Coach or Judge filling out required forms	Eastern Gymnastics 21 Clarice Road, Box Hill South, 3128	\$33	Wendy Treble	Enrol now!
2:30pm – 4:00pm	A review of how to select skills to meet value and rule requirements, and deductions if they are not met.	Any Coach or Judge that would like to understand the full CoP and Aus National Level system rules	Eastern Gymnastics 21 Clarice Road, Box Hill South, 3128	\$33	Wendy Treble	Enrol now!

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DAY 2 – Sunday 31st January 2016 RHYTHMIC GYMNASTICS

Time	Workshop Name	Target Audience	Venue & Address	Price	Presenter	Enrol
9:00am – 10:30am	Developing Aesthetic gymnastics - how to move from one formation to the next including subsets	All coaches, RG	Prahran RG	\$33	Tatiana Loukianenko	Enrol now!
10:45am – 12:15pm	Russian Masterclass Part 1: Learn the warm up techniques used in Russia	All coaches, RG, WAG	Prahran RG	\$33	Katrin Logachova	Enrol now!
12:45pm – 2:15pm	Russian Masterclass Part 2: Learn the body work techniques used in Russia	All coaches, RG, WAG	Prahran RG	\$33	Katrin Logachova	Enrol now!
2:30pm – 4:00pm	How to utilise Pilates for stretching, building strength and total body conditioning	All coaches	Prahran RG	\$33	Claire Nolan	Enrol now!

DAY 2 – Sunday 31st January 2016 WOMEN'S ARTISTIC GYMNASTICS

Time	Workshop Name	Target Audience	Venue & Address	Price	Presenter	Enrol
9:00am – 10:30am	Information Session on the future of Victorian WAG National Stream Gymnastics in 2016 and beyond.	WAG National stream coaches of limited and unlimited hours athletes	Women's High Performance Centre 41 Green Street (Corner Green & Thomas Street), Prahran, 3181	\$5	Helen Chamberlain	Enrol now!
10:45am – 12:15pm	Vaulting Master Class: Creating a powerful vault and transforming it into a Tsukahara or Yurchenko	All coaches, WAG Intermediate and above	Women's High Performance Centre 41 Green Street (Corner Green & Thomas Street), Prahran, 3181	\$33	Tim Robertson	Enrol now!
12:45pm – 2:15pm	Developing posture for strong beam connections . Preparing your athlete to achieve rock solid landings	All coaches, WAG Intermediate and above	Women's High Performance Centre 41 Green Street (Corner Green & Thomas Street), Prahran, 3181	\$33	Jackie Caldwell	Enrol now!
2:30pm – 4:00pm	Don't forget the basics when coaching higher levels! The handstand and round-off drills you need in your program.	All coaches, WAG Intermediate and above	Women's High Performance Centre 41 Green Street (Corner Green & Thomas Street), Prahran, 3181	\$33	David Hill	Enrol now!
4:15pm – 5:45pm	Essential Bar Skills: Prioritising and periodising the development of skills to maximise success in Limited Hours gymnasts	All coaches, WAG Advanced and above	Women's High Performance Centre 41 Green Street (Corner Green & Thomas Street), Prahran, 3181	\$33	David Hill	Enrol now!

DAY 2 – Sunday 31st January 2016 MEN'S ARTISTIC GYMNASTICS

Time	Workshop Name	Target Audience	Venue & Address	Price	Presenter	Enrol
9:00am – 10:30am	Keeping boys having fun and enjoying gymnastics training!	All coaches, MAG	Men's High Performance Centre 41 Green Street (Corner Green & Thomas Street), Prahran, 3181	\$33	David Hunsdale	Enrol now!
10:45am – 12:15pm	Developing basic skills and key areas for development levels 2-6	All coaches, MAG	Men's High Performance Centre 41 Green Street (Corner Green & Thomas Street), Prahran, 3181	\$33	David Hunsdale	Enrol now!
12:45pm – 2:15pm	Pommel Master class: Getting it right, physical preparation, drills and techniques	All coaches, MAG	Men's High Performance Centre 41 Green Street (Corner Green & Thomas Street), Prahran, 3181	\$33	David Hunsdale & Anthony Weston	Enrol now!
2:30pm – 4:00pm	Creating the ideal model – breaking down the essential skills levels 3-6	All coaches, MAG	Men's High Performance Centre 41 Green Street (Corner Green & Thomas Street), Prahran, 3181	\$33	Anthony Weston	Enrol now!
4:15pm – 5:45pm	Building strong bodies for the demands of elite gymnastics level 6 and above	All coaches, MAG Advanced	Men's High Performance Centre 41 Green Street (Corner Green & Thomas Street), Prahran, 3181	\$33	Anthony Weston	Enrol now!

DAY 2 – Sunday 31st January 2016 AEROBIC GYMNASTICS

Time	Workshop Name	Target Audience	Venue & Address	Price	Presenter	Enrol
9:00am – 10:30am	Maximising the quality of your coaching rather than just focusing on quantity- Classroom based	All Coaches, AERO	Wesley College 577 St. Kilda Road, Melbourne, 3004	\$33	Angela McMillan	Enrol now!
10:45am – 12:15pm	Valuable information on compulsories – Classroom based	All Coaches, AERO	Wesley College 577 St. Kilda Road, Melbourne, 3004	\$33	Angela McMillan	Enrol now!
12:45pm – 2:15pm	Open forum into what is currently working in Aerobics and discussion Q & A- Classroom based	All coaches, AERO	Wesley College 577 St. Kilda Road, Melbourne, 3004	\$33	Angela McMillan	Enrol now!