

Nakaran Jaikla



Nakaran Jaikla currently works for MLC Gymnastics as Dance Coordinator, teaching ballet and dance to athletes of all levels. Nakarin's work can be recognized in the posture and style of MLC gymnasts on the local, national, and international stages. Nakarin is a passionate performing artist himself and moved to Australia in 2006 to complete his qualification in Dance Teaching and Management.

Workshop

Developing a Successful Ballet Program (1 hour)

This workshop assists coaches to develop and implement ballet programs for all levels. Nakarin Jaikla explores annual planning and structure of ballet programs for gymnasts, and provides practical examples, technique tips, and gymnastics specific drills. The first 30 minutes of this workshop relates to the planning and development of a ballet program for gymnasts. The second 30 minutes provides practical ballet technique and advice.

Access this webinar using the [LMS](#).

