

## Scott Conway



Scott Conway is an experienced strength and conditioning coach with a wealth of experience working with gymnasts and other elite athletes from across the globe. Scott has worked with gymnasts for a number of years including in his positions at the Victorian Institute of Sport, Gymnastics Australia's National Centre of Excellence, and currently supports the high performance program at Atlas Gymnastics. Scott currently works as Head of Athletics and Strength and Conditioning at Melbourne Girls Grammar.

If you have any questions regarding S&C please contact Scott Conway on <mailto:scottconway333@gmail.com>

## Workshop

### **Strength and Conditioning: An introduction into the Theory, Concepts, & Applications to Gymnastics (1 hour)**

Strength and Conditioning expert Scott Conway explores the basics and theories behind a successful strength program. This workshop will assist coaches in planning and designing strength and conditioning programs to develop robust athletes.

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

