



Gymnastics Workshops **Monday 28th September 2015**

MLC Gymnastics 207 Barkers Road Kew, VIC 3101

MLC Gymnastics is part of the Intensive Sport Program within Methodist Ladies' College based in Melbourne. It is dedicated to providing an opportunity for all gymnasts to develop and fulfil their maximum potential by offering high quality programs within a developmental, supportive atmosphere.

The Gymnastics Education Workshops conducted at MLC Gymnastics are presented by highly experienced MLC coaches.

All workshops must be booked in advance. Payment can be made on the day.

This workshop is sanctioned by Gymnastics Victoria and will provide you with accreditation updating points.

SESSION	WORKSHOP TOPIC	TARGET GROUP	PRESENTER	COST
Monday 28 th Sept 11.00am - 1.00pm MLC Physical Education Building – Lecture Room	<u>Coaching Ideas for young gymnasts</u> Strategies to make training sessions more effective.	All Coaches	Charlotte Dolden <i>ADV Silver Coach, Bachelor of Recreation Management (Sport) major in Exercise and Health. Coached for over 10yrs mainly in the Junior Development area.</i>	\$30.00
Monday 28 th Sept 1.00pm - 3.00pm MLC Physical Education Building –Gym	<u>Strength Programs</u> Prioritising strength for athletes completing limited gymnastics hours. Looking at the key strength requirements of our sport and how to best prepare the athlete for skill learning and acquisition.	GFA & Limited hrs competitive gymnasts	Kirsten Norden <i>ADV Gym Coach, INT Judge, Bachelor of Exercise and Sports Science/Commerce(Sports Management), ASCA Level 1, Sports Power/Weightlifting Level 1</i> <i>Coached at MLC for 10 yrs. Currently coaching NLP 5&6.</i>	\$30.00



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MLC GYMNASTICS - WORKSHOPS 28th September 2015

Name: _____

Address: _____

Contact Number: _____ Email: _____

Club: _____ ID #: _____

Cardholder Name: _____

Method (*Please circle*): VISA M/Card AMEX Diners

Card Number: _____

Expiry Date: _____ CCV: _____ Amount: \$ _____

Signature: _____

*(Please indicate which
workshop/s you will be
attending)*

- Coaching ideas
- Strength Programs

For any further information please contact Leida O'Flynn in the MLC Gymnastics office on ph 9274 6410, fax 9274 8168 or oflynnle@mlc.vic.edu.au

*Please note: Surcharge 1.2% for VISA & Mastercard and 1.7% for AMEX & Diners.
Payments can be made by cheque (made payable to MLC Gymnastics Club). Direct Debit not available.*