



WEST REGIONAL **COACH** 2024 CONFERENCE

When: Sunday, 7th July 2024

Where: Stawell Gymnastics Centre
42 Sloane St, Stawell VIC 3380

Who: This conference is open to Coaches coaching at Clubs that are affiliated with Gymnastics Victoria or their relevant State or Territory Association.

Cost: Single session and full day passes available.
Standard Rate Single Session: \$35/session
Standard Rate Full Day: \$150 Full Day

Get ready for an action-packed day at the 2024 West Regional Coach Conference! Dive into a world of coaching excellence with a lineup of workshops covering a wide range of topics. This is a great opportunity for coaches of all levels from any state.

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for more info!**



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Session Schedule

2024 West Regional Coach Conference

Time	Workshop	Presenter
9:00 am - 10:30 am	Spotting techniques and drills for tumbling basics (Backflip, Handspring, Front and back Saltos)	Jeff Young
10:45 am - 12:15 pm	Effective strength and shaping programs for athletes training lower hours	Jeff Young
LUNCH		
12:45 pm - 2:15 pm	Identifying common errors in Level 1-3 skills and providing useful corrections	Nerida King
2:30 pm - 4:00 pm	Knowing when to progress or regress a skill to keep athletes challenged and engaged	Rowena Lynch
4:15 pm - 5:45 pm	Fun warm up games and ideas	Jenny Turnham

JEFF YOUNG



9:00am – 10:30am | **Spotting techniques and drills for tumbling basics (Backflip, Handspring, Front and back Saltos)**

10:45am - 12:15pm | **Effective strength and shaping programs for athletes training lower hours**

A former gymnast and elite circus artist, Jeff has been involved with the MAG High Performance Program since 2016 as a squad coach for junior athletes. He currently holds an Advanced Silver coaching accreditation in both Men's and Women's gymnastics. As an official, Jeff has represented Victoria nationally and represented Australia at the 2018 World Cup and 2020 Levels tour in Houston, TX.

Jeff's workshop will give tips on how to spot salto elements for gymnast of all ages and give progression drills for athletes approaching these skills. This course is targeted towards coaching with an Intermediate level (WAG, MAG, GFA, ACR TRP, TUM) or higher Coaching Accreditation.



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NERIDA KING



12:45 pm - 2:15 pm | Identifying common errors in Level 1-3 skills and providing useful corrections

Nerida King has over three decades of experience in gymnastics, spanning various disciplines such as Women's Artistic Gymnastics (WAG), Men's Artistic Gymnastics (MAG), Acrobatics (Acro), Gymstar, and Aerobics. Throughout her extensive involvement in the sport, she has taken on diverse roles within clubs, including event management, coach education, and coaching at Aerodynamix Gymnastics.

Additionally, Nerida holds qualifications as a Secondary Physical Education teacher and has accumulated a wealth of experience both inside and outside the classroom over the past 15 years.

Passionate about gymnastics in all its facets, Nerida is eager to impart her knowledge and insights with you during her workshop.



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ROWENA LYNCH



2:30pm – 4:00pm | Knowing when to progress or regress a skill to keep athletes challenged and engaged

Rowena has spent over 25 years in gymnastics as an administrator, coach, judge, educator, and coaching course presenter. She holds a Bachelor of Applied Science in Human Movement, with major studies in Sports Coaching. As a National Coaching Course Presenter for Gymnastics Australia and an Advanced Women's Artistic gymnastics coach, Rowena also holds additional qualifications in Men's gymnastics and Kindergym. She founded and led a successful regional gymnastics club, produced numerous champions, and has taught acrobatics to dancers and lectured at Victoria University and Federation University

This session will provide coaches with practical strategies to assess athlete readiness, ensuring they remain challenged and engaged without risking burnout or injury.



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JENNY TURNHAM



4:15 am – 5:45pm | **Fun warm-up Games and Ideas**

A dedicated facilitator of youth programs, Jenny specializes in re-engagement in education, workplace learning, and work experience. Her programs are tailored to meet individual needs, helping young people achieve exceptional results and build self-worth through essential skill development for transitioning from school. As an established Presenter and Assessor for Gymnastics Victoria, Jenny brings a wealth of experience and passion to supporting youth and adults in their personal and professional growth.

Coaches will gain creative, fun and engaging warm-up ideas to immediately implement into their lesson plans. Ideas are for athletes of all ages and levels.



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