



**Essendon Keilor**  
Gymnastics Academy

## Coach Education Workshop Series

**When:**

Workshops will be held of 17-21<sup>st</sup> of December- see timetable for details.

**Where:**

All workshops held at Essendon Keilor Gymnastics Academy 194-196 Roberts Road Airport West.

**Who:**

Workshops are open to all Coaches, Junior Coaches, Trainee coaches and Administrators. Two of the workshops are only open to EKGA staff. They are marked accordingly.

**How Much and What's included:**

1.5 hour Workshops are \$25.00 each (free for EKGA staff).

2 hour Workshops are \$30.00 (free for EKGA staff).

Self defence workshop \$35.00

Lunch and morning and afternoon tea are also included in the price

***1 updating point will be awarded per session.***

**How to book:**

Individuals and clubs should book online through <https://www.trybooking.com/ZEIB>



**Questions:**

Contact Shani or Elyse on 9336 4077 or email [events@ekga.com.au](mailto:events@ekga.com.au)



# Essendon Keilor

## Gymnastics Academy

### Timetable

	Topic	Time	Who for	Presenter	Cost
1	Advanced Coaching & Spotting workshop Level 5 plus - Bars	Monday 17 <sup>th</sup> of December 10am -12.00pm	WAG /MAG / Gymstar	Roberto Germani	\$30
2	Advanced Coaching and Spotting workshop Level 5 plus – Vault and Floor	Monday 17 <sup>th</sup> of December 12.30-2.30pm	WAG /MAG / Gymstar	Roberto Germani	\$30
3	How to include the trampoline and Double Mini Tramp in your gymnastics class – including how to use the harness.	Tuesday 18 <sup>th</sup> of December 9.30am-11.00am	WAG /MAG / Gymstar / Recreational EKGA COACHES ONLY	Christy Hemphill / Aaron Harvey	\$25
4	Communicating with parents – it’s not as scary as it looks. How it can actually make your job easier, safer and more fun!	Tuesday 18 <sup>th</sup> of December 11.15am-12.45pm	All	Kathleen Mather	\$25
5	Handspring flat backs – what do we want and how to make it awesome	Tuesday 18 <sup>th</sup> of December 1.15-2.45pm	WAG / MAG / Recreational / Gymstar	Shani Cashin	\$25
6	Advanced Tumbling and Spring Module (Module 1) <a href="#">Click here</a> for all the course details. Candidates should enrol and pay through the <a href="#">GA LMS portal</a> . Candidates will need to bring a gymnast with them to demonstrate their spotting technique. Must have completed the <a href="#">online Participation Module or online General Principles Course and the Spotting log book</a>	Wednesday December 19 <sup>th</sup> 9.30am -2.30pm	Intermediate coaches aged 17 years or older. Who has complete pre course requirements.	Hosted by Gv – Presenter Wendy Treble	\$25 for online \$90 for face to face
7	Women’s self defence workshop Learn to protect yourself!	Thursday 20 <sup>th</sup> of December 10.00am-11.15am 1.25 hours	Female coaches /Staff	Halls Taekwondo	\$35
8	Managing challenging behaviours of autism / children “on the spectrum” in a Gymnastics environment. Hosted by a consultant developmental psychologist who has developed this education workshop specifically for the gymnastics community.	Thursday 20 <sup>th</sup> of December 11.30am -1.30pm	ALL	Developmental Psychologist Meghan Wilson	FREE – funded by Sport and Recreation Victoria
9	Cartwheels - 101 ways to teach / improve or develop a cartwheel (including some handstand tips!)	Thursday 20 <sup>th</sup> of December 2.00-3.30pm	ALL	Madison Dundas	\$25
10	Casts & Back hip circles, long swings and toes shoot tips, tricks and KCP’s.	Friday 21 <sup>st</sup> of December 9.30-11.30am	WAG / MAG / Gymstar / Recreational classes	Elyse Cooke	\$25
11	Herdng cats- class management tips and tricks. How to teach little ones without losing your mind!	Friday 21 <sup>st</sup> of December 12.00-1.30pm	ALL	Christy Hemphill	\$25
12	EKGA Junior Coaches workshop	Friday December 21 <sup>st</sup> 1.45-3.45pm	EKGA JUNIOR COACHES ONLY	Shani Cashin	