

COACH



Gymnastics
Victoria

CONFERENCE 2025

Elevate Your Coaching Potential

Join us at the 2025 Coach Conference for a dynamic day of growth, learning, and inspiration!

This one-day event offers unique professional development opportunities tailored for coaches at all levels.

Dive into the world of coaching excellence with engaging workshops covering event and skill-specific master classes, sport psychology, injury prevention, and much more.

When: Sunday 19 January 2025

Where: Victorian State Gymnastics Centre, Melbourne Gymnastics Centre and Gymnastics Victoria Office

Who: This conference is open to all Gymnastics Victoria Members including Owners, Directors, Managers, Coaches and Judges

Cost: Single session and full day passes available.
Early Bird Single Session: \$40/session
Early Bird Full Day: \$190
Standard Rate Single Session: \$50/session
Standard Rate Full Day: \$240



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WAG GYM

State Gymnastics Centre, 41 Green St, Windsor VIC 3181



Long Term Athlete Development Presented by Crystal Yeo

9:00 am - 10:30am
MAG, WAG, Fundamentals and above

This workshop is dedicated to establishing strong foundations for lower-level and pre-squad athletes, focusing on essential skills that set the stage for long-term success. Participants will explore the critical role of teaching correct shapes and techniques in developing confident and capable athletes. The session will highlight how mastering these basics early on supports progression through higher levels while reducing the risk of injury and fostering consistency. **Shaping for Long Term Athlete Development** will be a key focus, providing coaches with practical insights and strategies to enhance training methods, ensuring their athletes are equipped for sustained growth.



Developing Perfect Circles David Hill

10:45 am - 12:15 pm
MAG, WAG, Intermediate and above

Ever wondered how to perfect circle skills on bars? Well, look no further because David will cover the fundamentals of developing circle skills on bars including Clear Hip, Giants, Toe and Stalder Circles. David will break down the techniques, discuss the physical preparation required and demonstrate drills and spotting techniques to give you the tools to support your athletes to develop perfect circle skills.



Developing Yurchenko & Tsukahara Vaults David Hill

12:45 PM - 2:15 PM
MAG, WAG, Advanced and above

This workshop will focus on the fundamentals of teaching Yurchenko and Tsukahara vaults. It will cover key starting points, essential physical preparation requirements, and drills to develop effective timers for both vaults. Led by David, the session will also explore the transition from timers to the full vault, including spotting techniques and identifying when an athlete is ready to progress. Coaches will gain valuable insights into safely and effectively guiding athletes through each stage of these advanced vaulting skills.

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Developing Advanced Beam Acro Skills Regan Molyneaux

2:30pm - 4:00pm
WAG, Intermediate and above

This workshop is tailored to help coaches elevate their expertise in teaching advanced Beam acro skills. Led by Regan, the session will feature practical drills and proven preparation techniques to refine and advance these skills. A strong emphasis will be placed on developing foundational techniques that support seamless skill progressions, providing athletes with a solid base for long-term success. Coaches will leave with actionable insights to enhance their training methods and guide their athletes to excel in Beam acrobatics.



Flip Forward Frenzy Lachlan Graham

4:15pm - 5:45pm
MAG, WAG, GFA, ACR, TUM, Advanced and above

In this workshop, you will learn how to master powerful forward tumbles. Lachlan will guide you through the fundamentals of key forward tumbling skills, including front handsprings, saltos, and layouts. He will also provide techniques for successfully linking multiple forward tumbling skills together, helping to build fluid, dynamic routines. Through practical drills and expert tips, you'll gain a deeper understanding of how to progress these skills while improving strength, technique, and confidence. This session is designed to help coaches develop a strong foundation for executing and connecting forward tumbles effectively.

MAG GYM

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Preventing & Managing Lower Back Injuries **Ali Murdoch**

9:00am - 10:30am
All Gymsports

In this workshop, Ali will explore the common causes of lower back pain and injuries in competitive gymnastics. She will discuss the key factors contributing to these injuries and provide strategies to help prevent them. Ali will also offer guidance on how to support athletes who experience lower back pain or injuries, focusing on rehabilitation techniques and how to manage recovery effectively. Coaches will learn how to implement preventative measures, and create safe training environments to reduce the risk of lower back injuries, ensuring athletes can perform at their best while minimising injury risks.



Developing Strong Level 1-3 Skills in ACR **Dylan Findley**

10:45am - 12:15pm
ACR

Building strong foundational skills is essential for athlete success. In this workshop, Dylan will focus on the development of Level 1-3 skills, offering strategies to effectively build these abilities. He will discuss the importance of ideal grip models and proper techniques for executing throws, ensuring athletes develop correct form from the start. Additionally, Dylan will cover spotting techniques during the skill development phase, emphasising safety and proper guidance. This session will equip coaches with practical tools to enhance their athletes' progress, helping them master fundamental skills while minimising injury risks and setting the stage for higher-level achievements.



Taking Inlocates & Dislocates to Giants (SR) **Dion Pocklington**

12:45pm - 2:15pm
MAG, Intermediate and above

In this workshop, Dion will cover how to progress Inlocates and Dislocates into Giants. The session will focus on the physical preparation, progressions, and effective spotting techniques needed to master these skills. Dion will also address common challenges, providing strategies to help prevent low lift deductions in levels 7 and 8 under. Coaches will learn practical drills and tips to improve athlete performance, while ensuring safety and proper technique throughout the progression. This hands-on workshop will equip participants with the tools to develop strong, clean Giants and refine skills while minimising deductions in high-level gymnastics.

MAG GYM

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Mastering Circles the 6 B's on Pommel Lachlan Graham

2:30pm - 4:00pm
MAG, Intermediate and above

Creating strong foundational skills is key to the long-term growth of athletes. In this workshop, Lachlan will guide coaches through **Introduction to Pommel**, focusing on **building circle numbers** and developing the **6 B's** of pommel work. He will provide practical drills to improve technique and highlight physical preparation and training techniques to build strong basic pommel skills. The session will emphasise the importance of solid fundamentals to ensure progress and reduce injury risk. Coaches will leave with a deeper understanding of pommel basics, equipped with tools and strategies to help their athletes develop strength, technique, and confidence for more advanced skills in pommel horse routines.

RG GYM

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Introducing Fundamental Aerobics **Sally Moore**

10:45am - 12:15pm
All Gymsports

Sally's workshop offers a comprehensive guide to introducing fundamental Aerobics into a recreational gymnastics program. Designed for coaches and program leaders, this session will delve into the essentials of entry-level Aerobics, showcasing what foundational skills look like and how to implement them effectively. Whether you're seeking to expand your program or establish strong foundations for aspiring athletes, this workshop provides the tools and insights you need to succeed. Join Sally to explore innovative ways to enrich your program and inspire participants with the dynamic world of Aerobics.



What Can We Learn from Olympic Diving? **Mat Helm**

12:45pm - 2:15pm
All Gymsports

Join diving expert Mat Helm for an innovative workshop exploring the artistry of diving saltos and their application in gymnastics. Coaches will gain insights into achieving the aesthetic and precision of diving saltos within a gymnastics setting. Mat will share practical drills, physical preparation techniques, and actionable strategies to adapt these skills effectively. Perfect for coaches seeking to enhance their athletes' salto execution, this workshop bridges the gap between two dynamic disciplines, offering new perspectives and training approaches to elevate performance.



Fundamental Conditioning for Skills **Mikhail Nazarev**

2:30pm - 4pm
AER

Join Mikhail for an action-packed workshop centered on essential drills and strength training to support skill development. This session will cover key elements such as push-up landings, basic body strength, butterfly twists, and high V positioning. With a focus on physical preparation and progressions, Mikhail will provide coaches with practical tools and strategies to enhance their athletes' conditioning programs. Attendees will leave inspired and equipped with fresh ideas and the confidence to build effective programs that strengthen foundational skills and foster athlete growth.

RG GYM

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Playing with Transitions **Mikhail Nazarev**

4:15pm - 5:45pm
AER

Join Mikhail for an inspiring workshop designed to spark creativity and innovation in transitions. This practical session will focus on refining and experimenting with smooth, effective transitions while building coaches' confidence to work hands-on with athletes. Mikhail will guide participants through techniques to elevate the artistry and flow of transitions, encouraging a fresh and dynamic approach to choreography and skill connections.

MELBOURNE GYMNASTICS CENTRE

74 Punt Road, Windsor, Vic 3181



GymStar Cosmos & Special Olympics Briannan DeJong

9:00am - 10:30am
MAG, WAG, GFA

This session is a practical guide to integrating GymStar Cosmos, a program designed for athletes with physical and intellectual disabilities, into their existing recreational and Gymstar programs and aims to equip coaches with the support to create an inclusive environment. The workshop will highlight the inclusive pathway that connects Gymstar Cosmos to the Special Olympics, ensuring athletes have a pathway to progress in their gymnastics. This session is ideal for those passionate about developing accessibility and inclusivity for athletes of all abilities.



Empowering Coaches to Adapt Gymnastics for Athletes for All Abilities Melissa Hughes

10:45am - 12:15pm
All Gymsports

This workshop will focus on working with athletes with a range of disabilities, including vision and hearing impairments, limb differences, and wheelchair athletes. Melissa will provide practical advice on inclusive coaching practices, offering strategies to support athletes with disabilities effectively. The session will cover adapting training methods, creating accessible environments, and fostering an inclusive atmosphere that encourages all athletes to thrive. Coaches will leave feeling empowered and confident, equipped with the tools and knowledge needed to create a supportive environment that ensures every athlete, regardless of ability, can participate and succeed in their sport.



Implementing Team Gym at Your Club Emma Carmody

12:45pm - 2:15pm
All Gymsports

Have you ever considered implementing a Team Gym program at your club? This workshop will guide you through the entire process of setting up a Team Gym program. Emma will cover the essentials, including what's involved in a Team Gym program, the necessary equipment and resources, and how to effectively run the program. Coaches will gain practical insights into organising and managing Team Gym, from team structure to training plans. By the end of the workshop, you'll be equipped with the knowledge and confidence to launch and maintain a successful Team Gym program at your club.

MELBOURNE GYMNASTICS CENTRE

74 Punt Road, Windsor, Vic 3181



Educating Our Caregiver Sue Westaway

2:30pm - 4pm
KG, GFA

In this workshop, coaches will learn how to educate parents on key movements and the reasoning behind them to ensure athletes get the most out of each class. Sue will also cover strategies for working with parents to maintain control and discipline, ensuring that kids stay engaged and focused. Additionally, the session will address how to support parents in helping their children move continuously through circuits, maximising both participation and skill development. Coaches will leave with practical tools to create a collaborative environment with parents, enhancing athlete progression and overall class efficiency.



Cross Patterning, Bilateral Coordination & Equipment Brainstorming Sue Westaway

4:15pm - 5:45pm
KG, GFA

Coaches will leave this workshop with a wealth of creative ideas for utilising equipment in new ways. Sue will discuss the importance of bilateral coordination and cross patterning, explaining their benefits for athletes' development. She will also provide guidance on how to introduce these concepts to parents, ensuring they understand their significance. Additionally, Sue will share strategies for involving parents in the learning process, enhancing the overall benefits for athletes. Coaches will gain practical tools to incorporate these techniques into training sessions, fostering improved movement skills and stronger collaboration between coaches and parents for the athletes' growth.

GYMNASTICS VICTORIA OFFICE

Building G/158 High St, Prahran VIC 3181



National High Performance Strategy Jarrod Herriot

**10am - 11:30am
TRP, TUM**

This workshop will focus on the Gymnastics Australia High Performance Strategy for TRP/TUM for 2025-2028. Jarrod will guide coaches through the key elements of the strategy, explaining its goals and vision. Coaches will learn how Victoria fits within the broader national framework and how they can align their coaching practices to support this strategy. The session will provide practical insights on how to adapt training, techniques, and athlete development to meet high-performance standards. Coaches will leave with a clear understanding of how to contribute to and implement the strategy, enhancing their athletes' potential on the national stage.



Working with Parents in Competitive Gymnastics Harriet Jones

**12:45pm - 2:15pm
All Gymsports**

Parents play a vital role in the Competitive Gymnastics pathway. This workshop will equip coaches with the tools to establish clear boundaries between the roles of parents and coaches, fostering positive and supportive relationships. Coaches will learn effective communication strategies to engage parents in their child's gymnastics journey while addressing their concerns. Additionally, the workshop will cover how to manage challenging parent behavior, ensuring a collaborative and respectful environment. By the end of the session, coaches will feel confident in creating healthy, productive relationships with parents, promoting the well-being and success of athletes in the competitive gymnastics program.



TRP/TUM Code of Points Updates Jed Spear

**2:30pm - 4:00pm
TRP, TUM**

As we move into the next Olympic Cycle, this workshop will focus on the real interpretations of the Code of Points 2025-2028 update. Coaches will explore the finer details of the Code, helping them better prepare their athletes for upcoming competitions. The session will cover specific movements, body shapes, and technical elements that impact performance. Designed for both experienced and new coaches, this workshop will enhance knowledge of the updated Code and provide practical strategies for applying these changes in training. Coaches will leave with a deeper understanding of the Code and how to implement it effectively with their athletes.

GYMNASTICS VICTORIA OFFICE

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A Practical Workshop Demonstrating Positive Psychology in Coaching Michelle Pain

**4:15pm - 5:45pm
All Gymsports**

In this workshop, you will learn how to teach "psychological flexibility" to help gymnasts manage stress during competition or injury. The session will cover strategies for coaching perfectionists, helping them overcome mental barriers and perform under pressure. Coaches will also learn how to guide gymnasts in creating their own personalised Competition Day routine, fostering confidence and focus. By incorporating mental skills training, this workshop aims to empower coaches with tools to enhance athletes' mental resilience, allowing them to thrive in challenging situations and perform at their best, both mentally and physically, during competition.

GYMNASTICS VICTORIA

2025 COACH CONFERENCE SCHEDULE

Session 1 From 9:00 am	Session 2 From 10:45 am	Session 3 From 12:45 pm	Session 4 From 2:30 pm	Session 5 From 4:15 pm
<p>1A</p> <p>Long Term Athlete Development by Crystal Yeo</p> <p>Location: WAG Gym @ State Gymnastics Centre</p>	<p>2A</p> <p>Developing Perfect Circles by David Hill</p> <p>Location: WAG Gym @ State Gymnastics Centre</p>	<p>3A</p> <p>Developing Yurchenko & Tsukahara Vaults by David Hill</p> <p>Location: WAG Gym @ State Gymnastics Centre</p>	<p>4A</p> <p>Developing Advanced Beam Acro Skills by Regan Molyneaux</p> <p>Location: WAG Gym @ State Gymnastics Centre</p>	<p>5A</p> <p>Flip Forward Frenzy by Lachlan Graham</p> <p>Location: WAG Gym @ State Gymnastics Centre</p>
<p>1B</p> <p>Preventing & Managing Lower Back Injuries by Ali Murdoch</p> <p>Location: MAG Gym @ State Gymnastics Centre</p>	<p>2B</p> <p>Developing Strong Level 1-3 Skills in ACR by Dylan Findlay</p> <p>Location: MAG Gym @ State Gymnastics Centre</p>	<p>3B</p> <p>Taking Inlocates & Dislocated to Giants by Dion Pocklington</p> <p>Location: MAG Gym @ State Gymnastics Centre</p>	<p>4B</p> <p>Mastering Circles the 6 B's on Pommel by Lachlan Graham</p> <p>Location : MAG Gym @ State Gymnastics Centre</p>	
	<p>2C</p> <p>Introducing Fundamental Aerobics by Sally Moore</p> <p>Location: Rhythmic Gym @ State Gymnastics Centre</p>	<p>3C</p> <p>What can we learn from Olympic Diving? by Mat Helm</p> <p>Location: Rhythmic Gym @ State Gymnastics Centre</p>	<p>4C</p> <p>Fundamental Conditioning for Skills by Mikhail Nazarev</p> <p>Location: Rhythmic Gym @ State Gymnastics Centre</p>	<p>5C</p> <p>Playing with Transitions by Mikhail Nazarev</p> <p>Location: Rhythmic Gym @ State Gymnastics Centre</p>
<p>1D</p> <p>GymStar Cosmos & Special Olympics by Briannan DeJong</p> <p>Location: Melbourne Gymnastics Centre - Windsor</p>	<p>2D</p> <p>Empowering Coaches to Adapt Gymnastics for Athletes for all Abilities by Melissa Hughes</p> <p>Location: Melbourne Gymnastics Centre - Windsor</p>	<p>3D</p> <p>Implementing Team Gym at Your Club by Emma Carmody</p> <p>Location: Melbourne Gymnastics Centre - Windsor</p>	<p>4D</p> <p>Educating Our Caregiver by Sue Westaway</p> <p>Location: Melbourne Gymnastics Centre - Windsor</p>	<p>5D</p> <p>Cross Patterning, Bilateral Coordination & Equipment Brainstorming by Sue Westaway</p> <p>Location: Melbourne Gymnastics Centre - Windsor</p>
<p>1E</p> <p>FROM 10AM - 11:30AM</p> <p>TRP/TUM National High Performance Strategy by Jarrod Herriot</p> <p>Location: GV Education Suite @ GV Office</p>		<p>3E</p> <p>Working with Parents in Competitive Gymnastics by Harriet Jones</p> <p>Location: GV Education Suite @ GV Office</p>	<p>4E</p> <p>TRP/TUM Code of Points Update by Jed Spear</p> <p>Location: GV Education Suite @ GV Office</p>	<p>5E</p> <p>A Practical Workshop Demonstrating Positive Psychology in Coaching by Michelle Pain</p> <p>Location: GV Education Suite @ GV Office</p>