



**Gymnastics**  
Victoria



# COACH 2024 CONFERENCE

**When:** Sunday 21st January, 2024

**Where:** Victorian State Gymnastics Centre and Melbourne Gymnastics Centre

**Who:** Gymnastics Coaches or Judges who are current technical members

**Cost:** Single session and full day passes available.  
Early Bird Single Session: \$40/session  
Early Bird Full Day: \$180  
Standard Rate Single Session: \$50/session  
Standard Rate Full Day: \$230

Get ready for an action-packed day at the 2024 Coach Conference! This one-day event will take place across two fantastic venues. Dive into a world of coaching excellence with a lineup of workshops covering a wide range of topics, including event/skill-specific master classes, sport psychology, the art of strength training, inclusion seminars and more. This is a great opportunity for coaches of all levels.

[vic.gymnastics.org.au](http://vic.gymnastics.org.au)

## Women's Artistic Gymnastics Gym

### State Gymnastics Centre

Upstairs - 41 Green St, Windsor VIC 3181



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Time	Workshop	Target Audience	Presenter
9:00 am - 10:30 am	Tumbling and Twisting Progressions	WAG, MAG, ACRO, TUM - Advanced and above	David Hill
10:45 am - 12:15 pm	Uneven Bars Transitions: Hiccups, Paks, Shootover	WAG - Advanced and above	David Hill
LUNCH			
12:45 pm - 2:15 pm	Building Strong Acrobatics on Beam	WAG - All Levels	Tracey Penaluna
2:30 pm - 4:00 pm	Swings and Circles on bars: Where do you start?	WAG, MAG - All levels	Tracey Penaluna
4:15 pm - 5:45 pm	Yurchenko and Tsuk Vaults	WAG, MAG - Advanced and above	Dion Pocklington

## Men's Artistic Gymnastics Gym

### State Gymnastics Centre

Main Level - 41 Green St, Windsor VIC 3181

Time	Workshop	Target Audience	Presenter
9:00 am - 10:30 am	N/A	N/A	N/A
10:45 am - 12:15 pm	Pommels Basics and Progressions	MAG - All Levels	Anthony Weston
LUNCH			
12:45 pm - 2:15 pm	Strength Training for Improved Gymnastics Resilience	ALL GYM SPORTS	Martin Kurz
2:30 pm - 4:00 pm	Rings and Parallel Bars Side Stations and Drills	MAG/Gymstar - All Levels	Jeff Young
4:15 pm - 5:45 pm	Drills for teaching skills to older gymnasts and Adults	ALL GYMSPORTS	Ally Walker

## Rhythmic Gymnastics Gym

### State Gymnastics Centre

Main Level - 41 Green St, Windsor VIC 3181



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Time	Workshop	Target Audience	Presenter
9:00 am - 10:30 am	How to incorporate Artistry and Musicality into Routines and Athletes	RG, ACR, AER, WAG	Lani Dejong
10:45 am - 12:15 pm	Clinical Pilates and Injury Prevention in Gymnastics	ALL GYM SPORTS	Cathrine King
LUNCH			
12:45 pm - 2:15 pm	Mindful Flexibility: Improving General Mobility, gymnastics specific warm-up and cool down	ALL GYM SPORTS	Catie Cameron-Martin
2:30 pm - 4:00 pm	N/A	N/A	N/A
4:15 pm - 5:45 pm	Preparing Gymnasts for Competition using Sport Psychology Techniques	ALL GYM SPORTS	Michelle Pain

## Melbourne Gymnastics Centre - Windsor

74 Punt Rd, Windsor VIC 3181

Time	Workshop	Target Audience	Presenter
9:00 am - 10:30 am	Introducing Acrobatic Gymnastics into your Recreational program	ACR, GFA	Jodi Harris
10:45 am - 12:15 pm	Inclusive Participation and Support Strategies for Neurodiverse Athletes in Gymnastics	KG, GFA	Melissa Hughes
LUNCH			
12:45 pm - 2:15 pm	Risky Play : How letting kids play with Risk keeps them Safe	KG, GFA	Sue Westaway
2:30 pm - 4:00 pm	Gender Equality in Early Years - Practices & Programming for Kinder Gym	KG, GFA	April Wilson
4:15 pm - 5:45 pm	The Positive Impact that Gymnastics has on Children's Motor Skill Development	KG, GFA	Robyn Papworth