

2017 GIPPSLAND REGIONAL CONGRESS

SUNDAY 26th of MARCH.

VENUE: Maffra Gymnastics Club,
Maffra Sports Complex - Morison Street Maffra.

Registration: From 8.30am. COST - \$25.00 per coach (Registered Regional Clubs) for the day (No per session fees)

Non Gippsland Regional Club coaches \$60.00 for the day. (No per session fee). **FIRST CLINICS will COMMENCE at 8.50am Sharp.**

CLINIC 1:

8.50am to 10.00am

David Hill

VAULT Level 3 to 5 WAG.

Level 2 to 5 MAG.

CLINIC 2:

8.50am to 10.00am

Sue Westaway

Kinder Gym Ideas/Circuits.

GG

10.00am to 10.10am Break.

CLINIC 3:

10.10am to 11.20am

David Hill

BARS Circle Skills MAG/WAG.

Clear Hip - to H'Stand

Prep for Giants.

CLINIC 4:

10.10am to 11.20am

Sue Westaway

Beginner/Rec Gym Circuits.

Fun Ideas, use what you have

(Equip) MAG/WAG/GG

11.20am to 11.50am LUNCH (30minutes)

CLINIC 5:

11.50am to 1pm

David Hill

VAULT Level 6 + MAG/WAG

Handspring - Lead up & drills

for Tsukahara.

CLINIC 6:

11.50am to 1.00pm

Arlene Hunsdale

BEAM - Turns, Leaps,

Handstand, progressions.

Drills to assist WAG

1.00pm to 1.10pm Break.

CLINIC 7:

1.10pm to 2.20pm

Arlene Hunsdale

FLOOR General Leaps,

Handstands, Turns,

Cartwheels.

CLINIC 8:

1.10pm to 2.20pm

Alistair Edgar

Pommels - Circle

Use of Mushroom & Buck.

2.20pm to 2.30pm Break.

CLINIC 9:
2.30pm to 3.40pm
Arlene Hunsdale
FLOOR Handspring
Front & Back -- +
Connection to salto's.

CLINIC 10:
2.30pm to 3.40pm
Alistair Edgar
Rings.

Clubs are asked to bring a gymnast with them to assist.

Please notify Gordon as soon as possible re- number of coaches attending.