



Webinar program

The Webinar Series is a pilot program developed as part of the suite of new professional development opportunities on offer from Gymnastics Australia for accredited coaches. This online program will be piloted in March and April 2016 and is targeted at providing opportunities for Advanced, Advanced Silver and High Performance coaches to enhance their coaching practices. This series will be available throughout the year.



The coach will be able to purchase a place on the course through the Gymnastics Australia Learning Management System (LMS) and will be provided with an access code to dial into the webinar via GoTo Meeting.

Target group

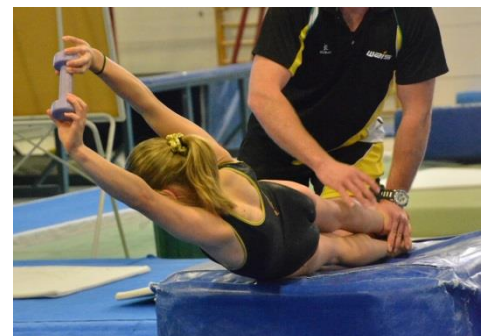
This program is designed for Advanced, Advanced Silver and High Performance coaches.

Program details

- **What** – The '*Athlete development series*'
 - Webinar #1: Physical preparation for young gymnasts – Part 1
 - Webinar #2: Physical preparation for young gymnasts – Part 2

Webinar #1 and #2 will look at how to implement principles of strength and conditioning within your training program.

- **Who:** Dee Jennings – Dee has a PhD in strength and conditioning and has a wealth of knowledge to share with gymnastics coaches. Dee will lead both pilot webinars.
- **When**
 - Webinar #1: Wednesday March 23rd - 1:30 – 2:30 pm AEST
 - Webinar #2: Wednesday April 27th - 1:30 – 2:30 pm AEST
- **Cost** – \$10 per webinar
- **Where** – The webinar will be delivered via GoTo Meeting. Log in access is provided upon purchase of the webinar.
- **How to purchase:** access to the webinar is via the [LMS](#). The coach must have an LMS login and be an accredited coach with Gymnastics Australia.





Webinar content

Key components discussed will be:

Webinar #1: Wednesday March 23rd - 1:30 – 2:30 pm AEST

Content

- Jump – Land technique
 - Developing movement
 - Double and single leg landing strategies
 - Double and single leg jumping mechanics
 - Key teaching points – what to look for
- Basic stability
 - “Shaping” versus Function of body weight movements
 - Upper and lower body stability exercises
- To gain a better understanding of:
 - *how to apply strength and conditioning principles to gymnastics training plans*
 - *effective, physical preparation programs relevant to ability and age.*



Webinar #2: Wednesday April 27th - 1:30 – 2:30 pm AEST

Content

- Exercise progressions
 - Progression from General to specific
 - Progression from Sub Junior to Senior athletes
- Physical literacy
 - Building an athlete
 - Jump-land
 - Push-Pull
 - Focussing on the quality of movement
 - Building resilient gymnasts
- To gain a better understanding of:
 - *how to apply strength and conditioning principles to gymnastics training plans*
 - *effective, physical preparation programs relevant to ability and age.*