



Gymnastics Victoria – FreeG Course

Thank you for your interest in the FreeG program. There are 2 courses available:

Course: Intermediate and Advanced FreeG

Date: Sunday 26th February 2017

Time: 9:30am – 2.00pm (Intermediate) 9.30am – 4.00pm (Advanced) participants will be asked to arrive at 9:15am

Venue: BUGS Gymnastics, 76 Highbury Road, Burwood, Vic 3125

Presenter: Tim Robertson, Peninsula Gymnastics

Pre Requisite: Current Technical Member of Gymnastics Australia and accreditations as detailed below

Cost: Intermediate \$75 Advanced \$110

FreeG Intermediate

The Intermediate course is 4 hours. The course includes the philosophy of FreeG and practical activities on Floor, Wall, Bars and Vault. Skills and teaching techniques are discussed including pre-requisites, drills and fixing common errors. There are tips and suggestions for class management, risk mitigation and injury prevention.

Pre requisites Intermediate

Beginner, Intermediate, Advanced, Advanced Silver or High Performance Coaching Accreditation in any Gymsport or Exemption in LMS. A Beginner coach who attends must continue to coach under supervision.

FreeG Advanced

This is a 2 hour add on to the FreeG Intermediate (6 hours total). The course includes safe coaching techniques, prevailing body actions and progressions to enhance performance.

Pre requisites Advanced

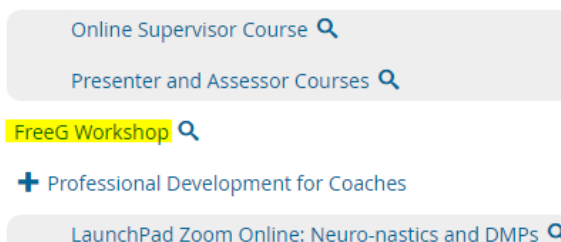
Intermediate coach, who have completed the Module 1 Face to Face, Advanced, Advanced Silver or High Performance Coaching Accreditation or Exemption in LMS.

Course Registration

To book onto the course log on to Gymnastics Australia Learning Management System, [click here](#).

Follow the instructions below:

Coaches can either search using the black box at the top using the term 'VIC FreeG' or click the arrow to the right of the search box, go to 'Browse Catalog' and select the 'FreeG Workshop' option.



Select the course:

VIC - FreeG Workshop: Intermediate

VIC - FreeG Workshop: Advanced

Coaches with new LMS accounts or requiring Exemptions:

If there is someone with a new account or who does not have an accreditation in the pre requisite list and cannot access the course, please contact rclerck@gymnasticsvictoria.org.au T: 03 9021 8482
For more information on FreeG visit www.freeg.org.au