

## **2016 GIPPSLAND REGIONAL CONGRESS**

**SUNDAY 17<sup>th</sup> of April.**

**VENUE: Morwell Academy of Gymnastics  
Princes Drive – Morwell.**

**Registration: From 9.00am. COST - \$20.00 per coach (Registered Regional Clubs) for the day (No per session fees)**

**Non Gippsland Regional Club coaches \$50.00 for the day. (No per session fee).**

**CLINIC 1 - 9.00am to 10.15am (David Hill - Eclipse)  
Development of "Good Core Strength" &  
Body tension, along with Drills to develop "GOOD"  
Handstands. (The Importance of)  
MAG/WAG.**

**10.15am to 10.25am Break.**

**CLINIC 2 - 10.25am to 11.40am (David Hill)  
Vault skills Level 4 – 5 Flatbacks,  
Level 6 + Hand Spring.  
To the future drills for Twists & Tzuku.  
MAG/WAG.**

**11.40am to 12.15pm LUNCH (1/2 an hour).**

**CLINIC 3 - 12.15pm to 1.30pm (David Hill).  
Drills for both front & back Handsprings/Flysprings  
Drills for intro to front/back salto's  
Lead ups drills required for strong basics.  
MAG/WAG**

**1.30pm to 1.40pm Break.**

**CLINIC 4 - 1.40pm to 3.35pm. (2 Hours)  
Floor Choreography & Skills of Level 4 to 6 Routines –  
What to look at & a Judges perspective  
(Choreographer/Coach:- Arlene Hunsdale – Waverley)  
(Judge:- Sue Cowdell – State Judging Co-Ordinator)  
WAG**

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

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