

2024

COACH CONFERENCE



4B: Rings and P-Bars side stations and drills with Jeff Young

A former gymnast and elite circus artist, Jeff has been involved with the MAG High Performance Program since 2016 as a squad coach for junior athletes. He currently holds an Advanced Silver coaching accreditation in both Men's and Women's gymnastics. As an official, Jeff has represented Victoria nationally and represented Australia at the 2018 World Cup and 2020 Levels tour in Houston, TX.

Jeff's workshop will give suggestions on how to keep athletes engaged and refine their technique in between turns on rings and P-Bars. He will also demonstrate how to use the equipment and space around you to maximize training time.

- MAG GYM STATE GYMNASTICS CENTRE



21 January - Session 4B
From 2:30 PM - 4:00 PM