

GymSchool 2017 Time Table (updated 5/11/16)

Saturday January 14, 2017

Time	WAG Junior Advanced Coach	MAG Junior Advanced Coach	WAG Junior Coach	MAG Junior Coach	RG Junior Coach	TRA Junior	RG Elementary Coach
8.00-8.30	Arrival/Registration						
8.40-9.00 am	Welcome and Introduction						
Room	Blue Floor Small Gym						
9.00-10.30 am	Bars (Part 1)	Bars (Part 1)	Handstand Extension Skills	Handstand Extension Skills	Physical Preparation	Physical preparation - conditioning for TRA	Understanding & Teaching Skills/Dance Prep
Presenter	Terry Walker	Terry Walker	Alexandra Koudinova	Alexandra Koudinova	Erica Thorby	Jarrold Herriot	TBA
10.30-10.45 am	Break						
10.45-12.15	Floor Acro (part 1)	Floor Acro (part 1)	Floor Leaps, Jumps and Turns	P Bars	Dance Preparation	Coaching to the COP and Routine construction	Leaps & Jump/Rope
Presenter	Mike Weinstock	Mike Weinstock	Alexandra Koudinova	TBA	Erica Thorby	Jarrold Herriot	TBA
12.15-1.00 pm	Break						
1.00-2.15 pm	Floor Acro (part 2)	Floor Acro (part2)	Beam Part 1	Rings	Leaps and Jumps	TRA 1 - Twisting	Balances/Clubs
Presenter	Mike Weinstock	Mike Weinstock	Alexandra Koudinova	TBA	Erica Thorby	Jarrold Herriot	TBA
2.15-3.30 pm	Vault	Vault	Beam Part 2	Pommel	Hoop	TRA 2 - Saltos forward	Rotations/ribbon
Presenter	Terry Walker	Terry Walker	Alexandra Koudinova	Mike Weinstock	Erica Thorby	TBA	TBA
3.30-3.45 pm	Break						
3.45-5.00 pm	Floor Cheorgraphy and artistry	Rings	Bars 1	Bars 1	Rope	TRA Salto Backward	Physical Preparation
Presenter	Mary Wright & Michele Hawke	Mike Weinstock	Flaminio Oliveira	Flaminio Oliveira	Erica Thorby	TBA	TBA

5.00-6.00 pm	WAG Programme Update	MAG Programme Update	WAG Programme Update	MAG Programme Update
Presenter	Michele Hawke	Gareth Brettell	Michele Hawke	Gareth Brettell

Sunday January 15, 2017

Time	WAG Junior Advanced Coach	MAG Junior Advanced Coach	WAG Junior Coach	MAG Junior Coach	RG Junior Coach	TRA Junior Coach	RG Elementary	AER Elementary
8.30-9.00 am	Arrival/Registration							
Room	Mezzanine							
9.00-10.30 am	Turns, Leaps and jumps	P-bars	Floor Acro 1	Floor Acro 1	Balances/Ball/Clubs	TRA Twisting elements	Acro Elements/Routine construction	Physical Preparation
Presenter	Alexandra Koudinova	Mike Weinstock	Terry Walker	Terry Walker	Erica Thorby	TBA	TBA	Bronte Collucio
10.30-10.45 am	Break							
10.45 am - 12.15 pm	Beam	Pommel	Floor Acro 2	Floor Acro 2	Rotation/Ribbon	DMT 1	Ball/Hoop	Understanding & Teaching Skills/Basic Steps
Presenter	Alexandra Koudinova	Mike Weinstock	Terry Walker	Terry Walker	Erica Thorby	TBA	TBA	Bronte Collucio
12.15-1.00 pm	Break							
1.00-2.30 pm	Injury Rehabilitaton & Prevention	Injury Rehabilitaton & Prevention	Bars 2	Bars 2	Multiples	DMT 2	Planning/Competition Strategies	Dynamic & Static Strength
Presenter	TBA	TBA	Mike Weinstock	Mike Weinstock	Erica Thorby		TBA	
Room								
2.30-3.45 pm	Mental Skills Training	Mental Skills Training	Vault	Vault	Sport Psychology	Sport Psychology		Power & Flexibility
Presenter	TBC	TBC	Mike Weinstock	Mike Weinstock	Mary Wright	Mary Wright		
3.45-4.00 pm	Break							
4.00-5.15 pm	Bars Part 2	Bars Part 2	Athlete preparation	Athlete Preparation	Constructing routines	TRA wrap up		Planning & Competiton Requirements
Presenter	Terry Walker	Terry Walker	Alexndra Koudinova	Alexandra Koudinova	Erica Thorby			
Room								
5.15-5.30 pm	Closing Words							Closing Words