

GymSchool 2019 Time Table - Coaching Workshops (Updated 29/10/18)

Saturday January 12, 2019

Time	Workshops				
8.00-8.30	Arrival/Registration				
8.40-9.00am	Welcome and Introduction				
Workshop 1: 9.00-10.30 am	Close Bar Skills (1A)	Using air tracks for physical prep and basic drills (1B)	Handstand Extension Skills (1C)	Physical preparation - conditioning for TRA (1D)	Physical preparation and whip backs (1E)
Presenter	Mike Hunger	Hannah Prout	Alexandra Koudinova	Jarrold Herriot	Wei Jun Lee
Details	Clear hips, stoop ons and staldler elements to handstand (JA Module)	Maximising air tracks to use for basic and preparation drills	Nailing the Handstand, plus extensions - pivots, presses (J module)	Conditioning the body with a focus on core body stability (J Module)	Physical preparation for TUM athletes and reviewing whip backs
10.30-10.45am	Morning Tea Break				
Workshop 2: 10.45am -12.15pm	Shoot 1/2 to handstand (2A)	Learning tsuks, and drills for hspring front & yurchenko (2B)	Floor leaps and pivots (2C)	Spotting skills for trampoline (2D)	Front and back saltos (2E)
Presenter	Mike Hunger	Adrian Coman	Alexandra Koudinova	Jarrold Herriot	Wei Jun Lee
Details	Shoot 1/2 turn to handstand on uneven bars drills and spotting from beginning to end	Tsukahara and drills towards handspring front (JA Module)	Floor dance preparation including pivots, leaps and jumps (J module)	Spotting skills for TRA and DMT - come with things we can help you with at any level	Front and back saltos (all positions) for TUM athletes (J module)
12.15-1.00pm	Lunch Break				
Workshop 3: 1.00-2.15pm	Periodisation (3A)	Kips, casts and circles (3B)	Floor tumbling backward twists (3C)	TRA Forward somersaults (3D)	Front saltos with twists (3E)
Presenter	TBC	Adrian Coman	Mike Hunger	TBC	Wei Jun Lee
Details	With the change of national calendar approaching in 2020, lets look at ideas to help you plan successfully	Developing kips, casting to handstand and circle elements to support	Learning backward saltos with twists for artistic tumbling	Forward somersault elements on trampoline (J module)	TUM Front saltos with 1/2 and full twist (J module)
Workshop 4: 2.15-3.30pm	Acro elements for AER (4A)	Keeping kids motivated (4B)	Beam artistry (4C)	TRA - Somersaults 2 (4D)	Back saltos with twists (4E)
Presenter	TBC	Mike Hunger	Alexandra Koudinova	Jarrold Herriot	Wei Jun Lee
Details	Acrobatic elements with flight for AER routines (J module)	Building self motivation/work ethic/gym atmosphere	Beam Artistry and dance through beam complex, basics and developing jumps (J module)	Backward somersaults on trampoline (J module)	TUM Back saltos with 1/2 and full twist (J module)
3.30-3.45pm	Afternoon Tea Break				
Workshop 5: 3.45-5.00pm	Floor artistry (5A)	Double backs (5B)	Beam acro (5C)	Trampoline twisting somersaults (5D)	TUM combinations and planning (5E)
Presenter	Hannah Prout	Mike Hunger	TBC	Jarrold Herriot	Wei Jun Lee
Details	Looking at dance and expression in floor routines and movement to music (JA module)	Progressions and spotting of double backs for artistic tumbling	Walkovers, flics and dismounts for intermediate level gymnasts (J module)	TRA Twisting somersaults with single somersaults	TUM combinations and planning for routines (J module)

Key: J module = Junior Coach Module; JA module = Junior Advanced Module

* Minimum numbers will be required for workshops outside of course modules to run

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Sunday January 13, 2019

Time	Workshops				
8.30-9.00am	Arrival/Registration				
Room	Mezzanine				
Workshop 6: 9.00-10.30am	Drills and activities for leaps and jumps (6A)	Jaegers (6B)	Round offs, flics and handsprings (6C)	RG Basic Body Technique (6D)	DMT take-offs and mounts (6E)
Presenter	Alexandra Kouidinova	Mike Hunger	Adrian Coman	TBC	TBC
Details	Great activities and drills focusing on B/C level leaps and jumps for intermediate/senior gymnasts (JA module)	Drills, progressions and spotting for Jaegers on bars	Refining technique and increasing power (J module)	Understand body technical requirements of skills	Learning the importance of take offs and mounts and basic somersaults (J module)
10.30-10.45am	Morning Tea Break				
Workshop 7: 10.45 am - 12.15pm	Beam flight acro elements (7A)	Spotting with large groups (7B)	Tumbling saltos for artistic tumbling (7C)	RG Dance expression (7D)	DMT Dismounts and combinations (7E)
Presenter	Alexandra Kouidinova	Mike Hunger	Adrian Coman	TBC	TBC
Details	Flics, handsprings, round offs dismounts (JA module)	Looking at ways to manage large groups in the gym and circuits to keep kids on task	Backward and forward saltos and whip backs on the floor (J module)	Dance steps and musicality	Salto dismounts and DMT combinations (J module)
12.15-1.00 pm	Lunch Break				
Workshop 8: 1.00-2.15pm	Mental Skills Training (8A)	Powerful vaults (8B)	Getting swings going (8C)	Developing active flexibility (8D)	WAG Helpdesk (8E)
Presenter	Dan Stamp	Mike Hunger	Adrian Coman	TBC	Hannah Prout
Details	Helping athletes develop a growth mind-set and perform well under pressure (J and JA module)	Turning tuck tsuks and yurchenkos into layouts	Swinging in loops and gloves, learning basics of the flyaway (J module)	Dynamic and static stretching ideas without overstretching	Refining the WAG STEP 1-4 routines and helping you with individual needs
Workshop 9: 2.15-3.30pm	Coping with stress (9A)	Vault - handsprings (9B)	Turning giants and double flyaways (9C)	Artistry - developing a character (9D)	TRA Routine Development (9E)
Presenter	Dan Stamp	TBC	Mike Hunger	TBC	TBC
Details	Looking at coping mechanisms for yourself as a coach and for your athletes	Techniques, circuits and activities to build amazing handspring vaults (J module)	Giants with turns and double flyaway dismounts (JA module)	Character of routines (choreography that tells a story or holds a clearly defined character throughout the performance)	Routine composition and competition preparation for trampoline athletes (J module)
3.30-3.45pm	Break				
Workshop 10: 3.45-5.00pm	Air sense (10A)	Injury prevention - profiling (10B)	Physical Preparation (10C)	RG Routine Helpdesk (10D)	
Presenter	Mike Hunger	Hayley Glasgow	Hannah Prout	TBC	
Details	Developing air sense and using trampolines more effectively	Profiling to identify imbalances and strengthening core areas (J and JA module)	Physical preparatiton (conditioning) for intermediate level athletes (J module)	Individual requests to aid in understanding RG marking of routines	

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