Coach Connect CONFERENCE 2024

Auckland
16-17 November

Christchurch
23-24 November

Mana Whakatipu

Gymnastics NEW ZEALAND

Coach Connect CONFERENCE 2024

The Coach Connect Conference is an opportunity for all coaches (aged 17+) to come together, to connect, grow and learn.

The theme for the 2024 conference is Mana Whakatipu - “an acquired leadership, to increase skill with the wisdom, knowledge and leadership talent to grow others”.

The conference will consist of a series of workshops that reflect the four learning pillars, introduction to new programmes, new and inspiring concepts, and some reflection time for you, the coach. Please see the Coach Development Framework for more information about learning pillars and coaching communities.

Built into the timetable will be time for reflection and connection.

Please read the document for a list of workshops we wish to offer, draft timetables and some frequently asked questions.

Mana Whakatipu

Key Information

Auckland 16-17 November:

Pulman Recreation Centre (home of Counties Manukau Gymnastics)
90 Walters Road, Takanini
Saturday 11:30am - 6:00pm
Sunday 8:00am - 4:00pm

Christchurch 23-24 November:

Christchurch School of Gymnastics
Mark Treffers Drive, North New Brighton
Saturday 12:00pm - 6:30pm
Sunday 8:00am - 4:00pm

Cost:

- Full Conference: $250 incl GST (includes 7 workshops, catering)
- Single Day - Saturday: $120 incl GST (includes 3 workshops and daily catering)
- Single Day - Sunday: $160 incl GST (includes 4 workshops and daily catering)
- Individual Workshop: $45 incl GST per workshop (no catering)

Club Special

5 coaches for full weekend $1125 incl GST

Closing Date: Wednesday 16th October

Terms and Conditions

- Upon registration, coaches will be emailed a link to register for specific workshops.
- Full conference tickets are to be used for one coach only - there is no transferring between coaches.
- There will be minimum and maximum numbers on some workshops - we will be in contact if you need to choose an alternative.
- Workshops are designed for three main coaching community bands:
  - All coaches
  - Foundation and Emergent Coaches
  - Development and Senior

Contact Us: amy.nield@gymnasticsnz.com

Workshop Details

Below is the list of workshops that we are looking to offer at the 2024 Coach Connect Conference - Mana Whakatipu.

Workshops will be confirmed after closing dates when we are able to confirm minimum numbers.

All Coach Communities

Workshop	Description	Facilitator - North	Facilitator - South	Target Coaching Community /Code
Why Do You Coach?	Looking at why you coach, what you love about it and how you can make it work for you! An interactive session with our superstar coach Angie Dougal looking at her coaching why and building your own coaching philosophy.	Angie Dougal - FIG Expert	Angie Dougal - FIG Expert	ALL coaching communities
Understanding the Gymnasts you Coach	A session to breakdown common age and stage development traits (physical and emotional) and how best to communicate and engage with each group.	Glen Fyall (University of Canterbury)	Glen Fyall (University of Canterbury)	ALL coaching communities
Coach Reflection/ Spotlight	A session for you the coach to take some time to reset, reflect and evaluate - a link to Te Whare Tapa Wha and looking inward to build strong walls to be the best version of yourself.	Supported by Sport Chaplaincy NZ	Supported by Sport Chaplaincy NZ	ALL coaching communities
Music and Artistry	How to listen to music, understand its beats, tempo, phrases and power - how you can link this to artistry and using music to enhance your coaching.	Tammy Johnson - FIG Expert	Erica Thorby	All coaching communities - specifically WAG, AER, RG and TMG codes

Workshop Details

Below is the list of workshops that we are looking to offer at the 2024 Coach Connect Conference - Mana Whakatipu.

Workshops will be confirmed after closing dates when we are able to confirm numbers.

Foundation and Emergent Coach Communities

Workshop	Description	Facilitator - North	Facilitator - South	Target Coaching Community
Energise Your Pre-School Programme	Why and how we teach Pre-School Gymnastics for a fun, productive and enjoyable session - the link between FMPs and key values of pre-school gymnastics.	Facilitators to be confirmed	Kendra Street	Foundation Coach Community
Disability and Inclusion	A double workshop looking at how to cater to children with a variety of disabilities.	Catherine Takle with support from Halberg	Georgina Ewers With support from Halberg	Foundation/ Emergent Coach Community
Spotting Skills for Foundation /Emergent Coaches	When, Where, How and Why we should be spotting skills at a Foundation/Emergent Coach Community Level.	Aylia Hamilton-Bannis	Aylia Hamilton-Bannis	Foundation/ Emergent Coach Community
Term and Lesson Planning for Engaging and Creative Sessions	Term and Lesson Planning and Skill breakdown - a look at some creative ways to utilise equipment and space within a GfA programme - how can you keep your programmes engaging and retain gymnasts?	Aylia Hamilton-Bannis	Aylia Hamilton-Bannis	Foundation/ Emergent Coach Community
GfA Choreography and Warm Up	Struggling to choreograph at a GfA level? Floor routines, end of year performances, Team Gym, Ideas for a competition warm-up? - This workshop will give you some great (and easy) tips and tricks.	Erica Young	Erica Thorby	Foundation/ Emergent Coach Community
101 Skills to do on a Trampoline (that are not flipping)	What else can you do on a trampoline - how can you incorporate a trampoline as a fun station in your classes as a springboard to a trampoline programme?	Jodie Allely	Nicci Glanville	Foundation/ Emergent Coach Community

Workshop Details

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Workshops will be confirmed after closing dates when we are able to confirm numbers.

Emergent Coach Communities and above

Workshop	Description	Facilitator - North	Facilitator - South	Target Coaching Community/ Code
WAG Workshops	Two workshops to go through the new routines developed by the WAG TC, with specifics on the choreography.	Leanne Olsen	Leanne Olsen	Emergent Coach Community and above (WAG)
TRA Workshop	Creating a competitive trampoline programme that builds skills to grow strong gymnasts.	Angie Dougal - FIG Expert	Angie Dougal - FIG Expert	Emergent Coach Community and above (TRA)

Development Coach Communities and above

Workshop	Description	Facilitator - North	Facilitator - South	Target Coaching Community/ Code
MAG Workshops	Two workshops: * Supplementary Skills for levels 4-6 with a focus on quality movement *Engagement for retaining gymnasts at drop off - how to engage with boys, impact of puberty on growth and development.	David Phillips (with support from other MAG coaches)	David Phillips (with support from other MAG coaches)	Developing Coach Community and above (MAG)
RG Workshop	How to choreograph routines for maximum impact with the new code.	Erica Thorby	Erica Thorby	Developing Coach Community and above (RG)

Workshop Details

Below is the list of workshops that we are looking to offer at the 2024 Coach Connect Conference - Mana Whakatipu.

Workshops will be confirmed after closing dates when we are able to confirm numbers.

Development Coach Communities and above

Workshop	Description	Facilitator - North	Facilitator - South	Target Coaching Community/ Code
Common Gymnastic Injuries	An interactive look at common gymnastics injuries, the cause of these and how you as a coach can prevent and rehabilitate them.	Emma Radford, Aleisha Haworth (Physio Specialists)	Alisha Haworth, Mike Stevenson (Physio Specialists)	Developing Coach Community and above. (All codes)
Skill Specific Conditioning	How to create conditioning sessions that are fun AND specific to the skills your gymnasts are building - a focus on power, strength, speed and flexibility.	Facilitators to be confirmed	Facilitators to be confirmed	Developing Coach Community and above. (All codes)
Building a Growth Mindset	How to unlock the potential of your gymnasts through a growth mindset approach, a look at managing emotions and encouraging open conversations.	Amanda Johanson - Headstrong Consulting (virtual)	Amanda Johanson - Headstrong Consulting	Developing Coach Community and above. (All codes)
Coaching Girls - A Holistic View of Balanced Female Health	Creating healthy girls from a holistic view - what are the elements of female wellbeing that need to be balanced to ensure our young women are healthy in body, mind and spirit. (This will include training hours, pelvic floor health, menstruation, sleep, recovery and nutrition).	Kylie Cox (Healthy Athlete Project) Bec Dodson (Leto Women's Health)	Kylie Cox (Healthy Athlete Project) Niamh Clerkin (Leto Women's Health)	Developing Coach Community and above. (All codes)

Mana Whakatipu - "an acquired leadership, to increase skill with the wisdom, knowledge and leadership talent to grow others"

Auckland Timetable Saturday - Draft

Time	Activity	Workshop Title	Presenter
11:30am	Registration/Lunch		
12:15pm	Welcome		
12:30pm	Workshop 1 - All (60 mins)	Why do you Coach? A reflection on your personal Coaching Philosophy.	Angie Dougal
1:30pm	Workshop 2 (90 mins)	WAG Workshop 1	Leanne Olsen
		MAG Workshop 1	David Phillips
		TRA/TUM Workshop	Angie Dougal
		RG Workshop	Erica Thorby
		Spotting Skills (Emergent Level)	Aylia Hamilton-Bannis
3:00pm	Afternoon Tea (30 mins)		
3:30pm	Workshop 3 (90 mins)	Musicality and Artistry	Tammy Johnson, Erica Thorby
		Refresh your PreSchool Programme	TBC
		Injury Prevention	Alisha Haworth, Emma Radford (physio specialists)
		101 Skills to do on a Trampoline	Jodie Allely
5:00pm	30 minute breakout sessions	Performance Pathways Training Guidelines Core Knowledge Coaching at World Cup Events Balance is Better Coaching for Impact CDF report from pilot clubs International Gymnastics Camp	Various Presenters
5:30pm	Wrap Up and Reflection		

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Auckland Timetable Sunday - Draft

Time	Activity	Workshop Title	Presenter
8:00am	Registration		
8:15am	Welcome - Day 1 Reflection		
8:45am	Workshop 4 (90 mins)	Understanding the Gymnasts You Coach	Glenn Fyall
10:15am	Morning Tea (15 mins)		
10:45am	Workshop 5 (90 mins)	WAG Workshop 2	Leanne Olsen
		MAG Workshop 2	David Phillips
		Skill Specific Conditioning for power, flexibility, strength and speed	TBC
		Lesson Planning and Skill Breakdown	Aylia Hamilton-Bannis
12:15pm	Lunch		
12:45pm	Workshop 6 (90 mins)	Disability and Inclusion 1	Catherine Takle with Support by Halberg
		Training the Brain - Creating a Safe Psychological Space and Growth Mindset	Amanda Johanson (virtual)
		GfA Choreography	Erica Young
		Coach Reflection/Spotlight	Supported by Sport Chaplaincy NZ
2:15pm	Workshop 7 (90 mins)	Disability and Inclusion 2	Catherine Takle with Support by Halberg
		Coaching Girls - A holistic approach to balanced female wellness	Kylie Cox, Rebecca Dodson
		Coach Reflection/Spotlight	Supported by Sport Chaplaincy NZ
3:45pm	Wrap Up		

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Christchurch Timetable Saturday - Draft

Time	Activity	Workshop Title	Presenter
12:00pm	Registration/Lunch		
12:45pm	Welcome		
1:00pm	Workshop 1 - All (60 mins)	Why do you Coach? An reflection on your personal Coaching Philosophy.	Angie Dougal
2:00pm	Workshop 2 (90 mins)	WAG Workshop 1*	Leanne Olsen
		MAG Workshop 1	David Phillips
		TRA/TUM Workshop	Angie Dougal
		RG Workshop	Erica Thorby
		Spotting Skills (Emergent Level)	Aylia Hamilton-Bannis
3:30pm	Afternoon Tea (30 mins)		
4:00pm	Workshop 3 (90 mins)	WAG Workshop 2*	Leanne Olsen
		MAG Workshop 2	David Phillips
		Lesson Planning and Skill Breakdown	Aylia Hamilton-Bannis
		101 Skills to do on a Trampoline	Nicci Glanville, Kendra Street
5:30pm	30 minute breakout sessions	Performance Pathways Training Guidelines Core Knowledge Coaching at World Cup Events Balance is Better Coaching for Impact CDF report from pilot clubs International Gymnastics Camp	Various Presenters
6:00pm	Wrap Up and Reflection		

*Please note : we are happy for youth coaches to attend these WAG workshops if they will also be attending the Youth Coach Connect

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Christchurch Timetable Sunday - Draft

Time	Activity	Workshop Title	Presenter
8:00am	Registration		
8:15am	Welcome - Day 1 Reflection		
8:45am	Workshop 4 (90 mins)	Understanding the Gymnasts You Coach	Glenn Fyall
10:15am	Morning Tea (15 mins)		
10:45am	Workshop 5 (90 mins)	Refresh your PreSchool Programme	Kendra Street
		Musicality and Artisty	Erica Thorby
		Skill Specific Conditioning for power, flexibility, strength and speed	TBC
		Training the Brain - Creating a Safe Psychological Space and a Growth Mindset	Amanda Johanson
12:15pm	Lunch		
12:45pm	Workshop 6 (90 mins)	Disability and Inclusion 1	Georgina Ewers with Support by Halberg
		Injury Prevention	Alisha Haworth, Mike Stevenson
		GfA Choreography	Erica Thorby
		Coach Reflection/Spotlight	Supported by Sport Chaplaincy NZ
2:15pm	Workshop 8 (90 mins)	Disability and Inclusion 2	Georgina Ewers with Support by Halberg
		Coaching Girls - A holistic approach to balanced female wellness	Kylie Cox, Niamh Clerkin
		Coach Reflection/Spotlight	Supported by Sport Chaplaincy NZ
3:45pm	Wrap Up		

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Frequently Asked Questions

How do I register?

- Clubs need to register participants via club portal - you will simply register - North OR South Island Conference.
  - Once a coach is registered they will then receive an email with a link to build their timetable.
  - Through the link coaches will choose the following:
    - Full day/single day (Saturday or Sunday) or workshop(s).
    - Which workshop you wish to attend in each session - you will get the option to pick one workshop per session and build a personalised timetable.

This conference looks fun - do I receive any qualification for attending?

- The conference offers all coaches an opportunity to upskill in chosen areas of coaching - there is no formal qualification to be attained.

How do I get to the Venue?

- Participants will need to find their own transport to/from the conference.

Where can I stay?

- Participants will need to find their own accommodation over the duration of the conference.

What is included in my conference ticket?

- Coaches attending the full conference will receive the following:
  - All 7 workshops - once you register for the conference you will be sent a link to build your own timetable.
  - Lunch and afternoon tea on Saturday, Morning tea and lunch on Sunday.
- Coaches attending one day will receive the following:
  - Saturday - 3 workshops - lunch and afternoon tea.
  - Sunday - 4 workshops - morning tea and lunch.
- Workshop - a workshop ticket will only grant you access to your workshop - there is no catering provided.

What if my workshop is cancelled or full?

- If your workshop needs to be cancelled or is full we will contact you to select a different workshop.

The workshop I want to attend has a coaching requirement that I have not completed, can I still attend?

- If you are working towards the coaching requirement (have done pre-course work, or practical workshop) then you are able to attend the workshop. Please contact us if you need clarification.

What about my dietary requirements?

- Any dietary requirements can be requested when you build your own timetable.

Last time there was a dinner, is there still an option for dinner?

- There is no formal conference dinner, however we are looking to organise a dinner out for participants for those that wish to join us.

Contact Us: amy.nield@gymnasticsnz.com