

# Coach Connect 2024 - Mana Whakatipu



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**Christchurch 23-24 November:**

Christchurch School of Gymnastics

**Closing Date:** Wednesday 16th October

## Saturday 23 November:

Time	Activity	Workshop Title	Presenter
12:00pm	Registration/Lunch		
12:45pm	Welcome		
1:00pm	Workshop 1 (60 mins)	Why do you Coach? A reflection on your personal Coaching Philosophy. (Compulsory Workshop)	Angie Dougal
2:00pm	Workshop 2 (90 mins)	WAG Workshop 1 - an overview of the new WAG routines for 2025 (part 1 of a 2 part workshop). Floor Choreography	Leanne Olsen
		MAG Workshop - supplementary skills for Levels 4-6 with a focus on quality movement, engagement for retaining gymnasts at drop off - how to engage with boys, the impact of puberty on growth and development.	Toby Levine
		TRA/TUM Workshop - creating a competitive trampoline programme that builds skills to grow strong gymnasts.	Angie Dougal
		RG Workshop - How to choreograph routines for maximum impact within the new code of points.	Erica Thorby
		Spotting Skills (Foundation/Emergent Level) - When, Where, How and Why we should be spotting skills.	Aylia Hamilton-Bannis
3:30pm	Afternoon Tea (30 mins)		
4:00pm	Workshop 3 (90 mins)	WAG Workshop 2 - an overview of the new WAG routines for 2025 (part 2 of a 2 part workshop).	Leanne Olsen
		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
		101 Skills to do on a Trampoline - 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?	Nicci Glanville, Kendra Street
5:30pm	(30 minutes)	Break Out Sessions - A range of sessions and topics for coaches to attend and learn more about - details will be given on the day.	Various Presenters
6:00pm	Wrap Up and Reflection		

## Sunday 24 November:

Time	Activity	Workshop Title	Presenter
8:00am	Registration - Welcome, Day 1 Reflection		
8:45am	Workshop 4 (90 mins)	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. (Compulsory Workshop)	Glenn Fyall
10:15am	Morning Tea (15 mins)		
10:45am	Workshop 5 (90 mins)	Musicality and Artistry - How to listen to music, understand its beats, tempo, phrases and power - how can you link this to artistry and use music to enhance your coaching.	Erica Thorby
		Energise your PreSchool Programme - why and how we teach Preschool Gymnastics for a fun, productive and enjoyable sessions - linking FMP's and values of pre-school gymnastics.	Kendra Street
		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
		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.	Toby Levine
12:15pm	Lunch		
12:45pm	Workshop 6 (90 mins)	Disability and Inclusion 1 - a double workshop looking at how to cater to children with a variety of disabilities.	Georgia Ewers Assisted by Halberg
		Common Gymnastics Injuries - An interactive look at common gymnastics injuries, the cause of these injuries and how you as a coach can prevent and rehabilitate them.	Aliesha Haworth, Mike Stevenson
		GfA Choreography - 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 tips and tricks.	Erica Thorby
2:15pm	Workshop 7 (90 mins)	Disability and Inclusion 2 - as above	As above
		Coaching Girls - A holistic approach to balanced female wellness - 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, Niamh Clerkin
		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.	Amy Nield assisted by Sports Chaplaincy NZ
3:45pm	Wrap Up		