



GFA Competitive Planning

03 May 2026, 4 pm - 5:30 pm

Online - Meeting Link Shared After Closing Date

What to Expect

This online Competitive GFA / Excel Pathways Planning Webinar is designed for coaches who are new to competitive planning, as well as those looking to refine and strengthen their existing planning skills. The session is particularly relevant for coaches working within the GFA and Excel Pathways, but all coaches are welcome. This practical, hands-on webinar will guide coaches step by step through effective competitive planning, with opportunities to apply concepts directly to their own athletes and programmes.

Emily Houghton- Capital Gymnastics Club

Emily Houghton brings a wealth of experience across the GFA and Excel pathways. As a member of the Sport Development Committee, Emily has played a key role in shaping pathway development, including the creation of the Excel Programme in Wellington, which has grown into a major competitive pathway with participation surpassing Artistic WAG competitions.

With extensive experience as a coach across both pathways, combined with personal experience as a gymnast, Emily offers deep practical insight, real-world knowledge, and a strong understanding of athlete development within competitive GFA.

Workshop Details

Date: 03 May 2026

Time: 4:00 pm – 5:30 pm

Location: Online

Price: \$36.50

Registrations close 15 April