



# GFA Skill Development

07 June 2026, 9:30 am - 12:30 pm

## Gymnastics Nelson

### What to Expect

This practical workshop is designed for coaches working within the GFA and/or recreation pathway who want to build confidence and capability in developing key gymnastics skills.

The session will focus on how to effectively break skills down into manageable progressions, how to teach and develop these skills with gymnasts, and how to apply appropriate spotting techniques to support safe and successful learning.

Coaches will gain hands-on insight into skill development, helping them better support gymnast progression while creating a positive and engaging learning environment.

This workshop aims to build coach confidence and competence in the GFA and recreational space, equipping coaches with practical strategies they can apply immediately in their sessions.

### Rachel Harvey - Gymnastics Nelson

Rachel brings a wealth of experience across multiple gymnastics codes, including Women's Artistic (WAG), Aerobics (AER), and early years programmes such as PlayGym and preschool.

With experience spanning both foundational and performance pathways, Rachel has a strong understanding of how skills are developed at every stage of a gymnast's journey. As a judge as well as a coach, she offers a well-rounded perspective on technique, progression, and execution.

Rachel's broad background allows her to connect with coaches across a wide range of contexts, tailoring her knowledge to suit different coaching needs. She brings practical, real-world insight into skill development, helping coaches feel more confident in how they break down, teach, and support skills within the GFA and recreational environment.

### Workshop Details

Date: 07 June 2026

Time: 9:30 am – 12:30 pm

Location: Gymnastics Nelson

Price: \$46.50

Registrations close 20 May

