



Skill Development

01 November 2026, 9:30 am - 1:30 pm

Harbour City Gymnastics Club

What to Expect

This practical workshop is designed for coaches who want to build confidence and capability in developing key gymnastics skills.

The session will focus on how to effectively break skills down into clear, 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 strengthen coaches' confidence and competence, equipping them with practical strategies they can apply immediately in their sessions.

Myles Smith - Harbour City Gymnastics Club

Myles brings extensive experience as both a high-level judge and coach, working with athletes across multiple gymnastics codes, including Women's Artistic (WAG), GFA, and TeamGym.

With involvement spanning a range of environments and stages of development, Myles has a strong understanding of how skills progress from foundational through to more advanced levels. His dual perspective as a judge and coach provides valuable insight into technique, progression, and execution.

Myles' broad background allows him to connect with coaches across diverse contexts, adapting his knowledge to suit different coaching needs. He brings practical, real-world insight into skill development, helping coaches feel more confident in how they break down, teach, and support skills in their sessions.

Workshop Details

Date: 01 November 2026

Time: 9:30 am – 1:30 pm

Location: Harbour City Gymnastic Club

Price: \$46.50

Registrations close 14 October

