

# Coach Development Opportunity

## Recreation in Action

### Workshop Details

29 November 2026

2 pm - 6 pm

Manawatu Gymsports Incorporated - Manawatu

Price: \$46.50



### What to Expect

Coach or programme manager, come along and learn new ways to get the most out of your recreation class and/or programme.

Coaches will walk away with:

- Practical tools/strategies to engage gymnasts
- Ways to manage mixed-ability classes (multiple levels in one class or physical abilities rates and how to manage those moving at a different rate)
- List of some games and how to adapt them to your needs
- A selection of fun drills and activities to make the session fun and engaging
- Ideas on how cross-coding can be applied to all rec codes - AER, RG, TG, TUM, etc

You will leave with practical strategies, fresh ideas, and the confidence to apply them immediately in your sessions.

### Facilitator - Alanah McLeod

Alanah brings over eight years of recreation coaching experience and holds qualifications in Artistic Gymnastics, TeamGym, Parkour, and Aerobics. She co-created and delivered GNZ's Interactive Class Management workshops nationwide in 2025, combining practical coaching expertise with engaging, coach-focused facilitation.

Registrations close 04 November

