



Cross Code Tumbling- Wellington

08 November 2026, 2 pm - 6 pm

Hutt Valley Gymnastics Club

What to Expect

This is your chance to get hands-on and level up your coaching. Based on last year's feedback, we're back again — this time with a focused dive into developing Elementary and Junior tumbling skills for Artistic Gymnastics and TeamGym. You'll work on key skills, including round-offs, handsprings, flic flacs, and how to connect them to create strong foundations for tumbling.

Coaches will walk away with:

- The ability to break down key tumbling skills using clear progressions and targeted drills
- A wider range of practical drill ideas to support technique and consistency
- Increased confidence through guided, hands-on spotting practice
- Real experience applying skills in a supportive, coach-focused learning environment

You'll leave with practical strategies, fresh ideas, and the confidence to apply them immediately in your sessions. Spots will fill quickly — don't miss out.

Myles Glass - Harbour City Gymnastics Club

Myles brings extensive experience as both a high-level judge and coach, working across WAG, GFA, and TeamGym. His background across multiple environments gives him a strong understanding of how skills develop from foundation through to advanced levels.

- Combines a dual perspective on technique, execution, and progression
- Understands skill development across all stages, from foundational to advanced
- Connects with coaches across varied contexts and adapts to different needs
- Brings practical, real-world insight into skill breakdown and delivery
- Supports coaches to build confidence in how they teach, progress, and support athletes

Workshop Details

Date: 08 November 2026

Time: 2 pm - 6 pm

Location: Hutt Valley gymnastics Club

Price: \$46.50

Registrations close 14 October

