

Coach Development Opportunity

Cross Code Tumbling

Workshop Details

08 November 2026

2 pm - 6 pm

Hutt Valley Gymnastics Club - Wellington

Price: \$46.50



What to Expect

This is your chance to get hands-on and level up your coaching. Based on last year's feedback, we are back again — this time with a focused dive into developing Elementary and Junior tumbling skills for Artistic Gymnastics and TeamGym. You will 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

Facilitator - Myles Glass

Myles brings extensive experience as both a coach and judge across WAG, GFA, and TeamGym. His broad background provides valuable insight into skill development from foundation through to advanced levels, helping coaches build confidence in skill progression, delivery, and athlete development.

Registrations close 14 October