

Coach Development Opportunity

Recreation Elevated

Workshop Details

08 November 2026

9 am - 4 pm

Impact Gymnastics Academy - Bay of Plenty

Price: \$65

BOP Clubs: \$32.50 due to regional funding



What to Expect

Take your recreation coaching to the next level. This immersive workshop explores advanced recreation programming, routine development and management, and effective skill breakdowns to support gymnast progression.

Coaches will walk away with:

- Tools to design engaging, progressive recreation programmes.
- Strategies for routine planning, creation, and management.
- Practical skill breakdowns and progressions for GFA development.
- Ideas to challenge, engage, and retain advanced recreation gymnasts.

Leave with practical resources, fresh ideas, and ready-to-use strategies to elevate your programme and coaching impact.

Facilitator - Emily Houghton (Wellington)

Emily Houghton is a Wellington-based coach and judge with extensive experience in both recreation and competitive gymnastics. A leader in the high-level recreation space, Emily was instrumental in establishing the Excel programme in the lower North Island, which has grown to rival traditional competitive participation numbers.

Emily also contributes to national discussions on recreation pathways as part of a working group exploring the future of competitive recreation within Gymnastics New Zealand. Her expertise in programme design, routine development, and athlete progression makes her the ideal facilitator for Recreation Elevated.

Registrations close 21 October

