
Coaching Professional Development Opportunity

Gymnastics Newfoundland & Labrador (GNL) is very pleased to offer Gymnastics Coaches within the Province a great opportunity for professional development.

The focus of this Symposium weekend is to provide opportunities for Recreational and Competitive coaches to build and expand on their current knowledge and respect the principles of LTAD.

Each session is broken down into Recreational and Competitive components however coaches are not restricted to just attend one specific component, coaches can register for a recreational component for one session and then a competitive component in the next session. There will also be some open sessions which are appropriate for any level of coach.

It is GNL's goal to help coaches move towards the Canadian Sport 4 Life - Long Term Athlete Development goals of:
Enhanced Participation
Enhanced Excellence
Enhanced Capacity
Enhanced Interaction

GNL would like to extend thanks to:
Cygnus Gymnastics Training Centre, Campia
Gymnastics Club & Dominion Memorial Market for allowing us to use their facilities to host this event.

*Gymnastics
The Ultimate Human Movement Experience*

Accommodations

Gymnastics Newfoundland & Labrador has blocked rooms at Hillview Terrace Suites, just off of Torbay Road.

Clubs needing accommodations for the weekend can call and book rooms under the Associations Name (GNL).

Dates for the block is from October 8th-10th, 2010.

Rooms will only be held under this block until September 8th.

Rooms are 2 bedroom (\$99.00/night) and 3 bedroom (\$157.00/night); 2 bedrooms can accommodate 4 people and 3 bedroom can accommodate 6 people.

Hillview Terrace Suites
3 Wadland Crescent
St. John's, NL
A1A 2J5
(888) 754-9822

Funding Opportunity

Coaches attending this Symposium may apply for funding through the NL Coaching Council:

http://www.sportnl.ca/programs/nl_coaching_council/Application%202009.pdf

Symposium Locations

Competitive Sessions:	Cygnus Gymnastics Training Centre
Open Sessions:	Dominion Memorial Market Community Room
Recreation Sessions:	Campia Gymnastics Club



2nd Annual NL Coaching Symposium

Presented by:



“Gymnastics for All”

*“The Ultimate Human
Movement Experience”*

Tel: (709) 576-0146

Symposium Information

- GNL is offering a 3 day symposium with sessions available for all levels of coaches - Recreational and Competitive.
- Recreational Sessions are geared towards the LTAD stages of Fundamentals (Fun & Fitness), Learning to Train (Building the Skills) & Active for Life.
- Competitive Sessions are geared towards the LTAD stages of Training to Train (Specialization) & Training to Compete (Becoming a Consistent Competitor).

We are pleased to have the following Special Guest Clinicians join us for this Coaching development opportunity

Sabrina Schilling (Clinician for Recreation Sessions)

- Coach with North Edmonton Gymnastics Club for 8 years
- Experience with Recreational, Pre-Competitive & Competitive Programs
- Experience coaching athletes from 3-75+ years of age
- Contributed to the improvement & revision of the National CanGym Program

Craig Smith (Clinician for Competitive Sessions)

- Level 4 Coach through NCCP
- Coaching Techniques for Gymnastics Diploma from Seneca College.
- Head Coach of Gymnastics Mississauga, ON
- Coach of the 2003 CWG Gold Medal Team
- Coached athletes who competed at World Championships, Pan Am Games, Commonwealth Games & Australian Youth Olympic Festival

Lori Warford-Woolgar (Clinician for the Nutrition Session)

- Registered Dietitian with a Graduate Degree in Nutrition
- Over 10 years experience
- Additional information on www.whatsyourstrategy.ca

Heather Rowsell (Clinician for the Special Needs Session)

- Instructional Support Teacher with ESDNL (Primary/Elementary)
- 6 years experience teaching special needs children
- Currently working on Masters in Counseling Psychology

Event Schedule

Friday October 8th

Competitive Session #1 (5:00pm - 7:00pm)
General & Apparatus Specific Conditioning

Recreation Session #1 (5:00pm - 7:00pm)
CanGym Level 1-4 Skills (Coaching Beginners)

Competitive Session #2 (7:00pm - 9:00pm)
Training Power/ Speed-Strength

Saturday October 9th

Recreation Session #2 (9:00am - 12:00pm)
CanGym Levels 5+ (Beyond the Basics)

Competitive Session #3 (9:00am - 12:00pm)
Pirouetting on Bars (Blind Change & Turning Giants)

Recreation Session #3 (1:00pm - 3:00pm)
Recreational Displays & Demonstrations

Competitive Session #4 (1:00pm - 3:00pm)
Bars - Stalder, Endo & Pike Circles

Recreation Session #4 (3:00pm - 5:00pm)
Stunting for Recreational Displays

Competitive Session #5 (3:00pm - 5:00pm)
Yurchenko Entry Vaults

Open Session #1 (3:00pm - 5:00pm)
Nutrition for Athletes

Sunday October 10th

Recreation Session #5 (9:30am - 11:30am)
Gymnastics for Teens & Mature Individuals

Competitive Session #6 (9:00am - 12:00pm)
Body Alignment, Shaping & Form

Recreation Session #6 (1:00pm - 3:00pm)
Games for Pre School & Beginner Rec Classes

Open Session #2 (1:00pm - 3:00pm)
Working with Children with Special Needs

Registration Form

(Due Sept 30/2009)

*Note: Clubs can bring an athlete with them for practical training during Competitive Sessions as well as Recreational Sessions #2, 3 & 4. (Please fill in a registration form for the athlete - note sessions they will be attending).

Sign up for:

	Time	Date
<input type="checkbox"/> Competitive Session #1	5:00	Oct 8
<input type="checkbox"/> Competitive Session #2	7:00	Oct 8
<input type="checkbox"/> Competitive Session #3	9:00	Oct 9
<input type="checkbox"/> Competitive Session #4	1:00	Oct 9
<input type="checkbox"/> Competitive Session #5	3:00	Oct 9
<input type="checkbox"/> Competitive Session #6	9:00	Oct 10
<input type="checkbox"/> Recreation Session #1	5:00	Oct 8
<input type="checkbox"/> Recreation Session #2	9:00	Oct 9
<input type="checkbox"/> Recreation Session #3	1:00	Oct 9
<input type="checkbox"/> Recreation Session #4	3:00	Oct 9
<input type="checkbox"/> Recreation Session #5	9:30	Oct 10
<input type="checkbox"/> Recreation Session #6	1:00	Oct 10
<input type="checkbox"/> Open Sessions (Please Indicate) _____, _____		

Name _____

Address _____

E-Mail _____

Phone _____



Gymnastics Newfoundland & Labrador

Phone: 709-576-0146 Fax: 709-576-9372
Email: gymnastics@sportnl.ca