

PERFORMANCE PATHWAY DAY – PREPARING FUTURE CHAMPIONS

SAVE THE DATE

MONDAY 16 FEBRUARY 2015

Europa Centre, Vimy Way, Off Maiden Lane, Crayford, Kent, DA1 4FA

British Gymnastics and **London Gymnastics**, are pleased to announce this 'must attend' coach education day.

Our first ever multi-discipline event, the day will feature a star studded line up of expert tutors, this promises to be one of the best coach education day's in 2015.

CONFIRMED TUTORS INCLUDE:

- **Adam Folwell (Women's Artistic)** - GB National Development Coach, and former coach to Great Britain Olympian Marissa King
- **Imogen Cairns (Women's Artistic)** - 2 time Olympian, and 5 times Commonwealth medallist
- **Sam Hunter (Men's Artistic)** – 2012 British All Around Champion, British Gymnastics National Elite Development Coach
- **Ventsi Genov (Acrobatic Gymnastics)** - London Regional coach and International Performance Coach. Coach to Bromley Valley Men's 4 World Champions
- **Rochelle Douglas (Women's Artistic)** - Former GB International Gymnast. Coach to Catherine Lyons, Junior European Floor Champion 2014

WHY ATTEND?

Targeted at Level 1 and Level 2 coaches from Women's and Men's Artistic, Acro and Gymnastics for All, this is a great chance to learn how to prepare the gymnasts of the future. In a friendly and interactive format, we will have both practical and classroom based activities, delivered with enthusiasm and inspiration from our experienced former gymnasts and coaches.

Imogen Cairns will kick things off with a warm-up session that even top coaches will be envious of. Our whole coaching team will leave you with invaluable tips, tricks and ideas to take back to your own club.

And if you're a Level 3 coach or above, we would love you to come along and help share your expertise.

Registrations will be limited and will open very soon. Look out for more information via London Gymnastics Website, Facebook and e-mail newsletter.

WORKING TOGETHER FOR A BRIGHTER FUTURE

