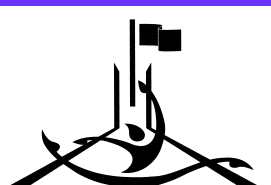


Technical Workshop



Gymnastics
Australian Capital Territory



CANBERRA CITY
GYMNASTICS

**MAG & WAG
Coaches, Judges,
Athletes**

Date: Thursday 24th April 2008

Topic: **Rings** – basic swing with beat, inverted hang (body position), dorsal (body position) & dismounts.

Floor/Beam – Leaps & Turns

Time: 4.00 – 5.30pm

Where: CCGC
(Cnr College & Chandler Sts Belconnen)

Presenters: Rings – Li Min
(WVGC MAG Head Coach)

Floor/Beam – Peggy Liddick
(Australian WAG National Coach)

RSVP: 20/04/08
Please call the CCGC office on
6251 1131.