



Gymnastics  
Australian Capital Territory

## 2010 Men's Gymnastics Coaches/Judges Updating Workshop

**WHEN:** Sunday 31<sup>st</sup> January

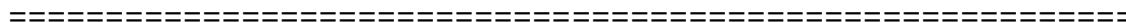
**Time:** 9:00am – 3:30pm

**Venue:** Woden Valley Gym Club  
Mulley Street Holder

**Cost:** There is no cost to GACT members or participants

**Closing**

**Date:** **Wednesday 27<sup>th</sup> January**  
*(Please return application form to your club or email to GACT)*



**Details 9:00am – 10:30am**

- Kath Graham, Bob Morton, David Norgate
  - Changes to the National Levels Compulsory Routines
  - Changes to the National Levels Optional Routines

**10:40am – 12.10pm**

- Zou Li Min
  - Rings – Basic Swings, Inlocates and Dislocates

**12.10 – 12.45 Lunch**

**12:45pm – 2.30pm**

- Dimitri
  - Parallel Bars – Glide Swings, Piked Inverted Swings
  - Underarm and Support Swings

**2:30pm – 4.00pm**

- Zou Li Min, Qiang
  - Pommel – Double Leg Circles Mushroom and Pommel

**(Updating points will be awarded for this workshop)**

**Gymnastics ACT**  
**MG Workshop – January 2010**

**APPLICATION FORM**

Name..... Phone no.....

Address.....

Club..... D.O.B.....

Email:.....

**Please indicate with a ✓ the workshop session(s) you will be attending**

- 9:00am – 10:30am**
  - Changes to the National Levels Compulsory Routines
  - Changes to the National Levels Optional Routines
  
- 10:40am – 12.10pm**
  - Rings – Basic Swings, Inlocates and Dislocates
  
- 12:45pm – 2:30pm**
  - Parallel Bars – Glide Swings, Piked Inverted Swings
  - Underarm and Support Swings
  
- 2:30pm – 4.00pm**
  - Pommel – Double Leg Circles Mushroom and Pommel

**The application form must be returned to Your Club by Wednesday 27<sup>th</sup> January**