



Women's Artistic & Regional Level WORKSHOP

10am on 29 MAY 2022



CROYDON GYMNASTICS CLUB
46 - 48 Croydon Road, Caterham, Surrey CR3 6QB

The workshop day is aimed at coaches who are working with gymnasts at club and regional level, the day will not consider Compulsory or National Grades.

The day will take the form of five topic stations:

- **Upstarts and progressions for upstarts.**
- **Backwards tumbling and the progressions and preps from round off through to tuck back somersault.**
- **Beam routine configuration.**
- **Dance and a judging consultation specifically aimed at zinc and copper rules.**

It is intended that all stations are working at the same time and the coaches will rotate around the various stations in order.

There is no limit on the number of coaches that can come from one club, gymnasts are limited to no more than two per coach or a total of 4 per club if multiple coaches are going to attend.

Lasting approximately 5 hours

(Obviously if we get millions we will have to work on a first come first served basis)

The event is free of charge.

Book your place at info@croydongymnastics.org

Best transport link is to Caterham railway station. Parking is available in the area, however there is an event also taking place on the high street so parking details will follow.