

2020 Rhythmic Gymnastics Coaching Workshop Series with **Silviya Miteva**

Do not miss the amazing opportunity to join us for a series of workshops in Central London led by the **London 2012 Olympic Finalist, FIG Judge and FIG Rhythmic Expert Silviya Miteva.**

There will be a total of three full-day workshops (9am-5pm) throughout 2020, which will focus on the following key areas:

Day 1: 21 Feb 2020

- Exercises for Warm Up per age group
- Physical Conditioning (Part 1)
- Enhancing Balancing skills (Part 1)
- Deep dive into Rope Technique
- Deep dive into Hoop Technique

Day 2: 25 May 2020

- Physical Conditioning (Part 2)
- Enhancing Balancing skills (Part 2)
- Introduction to Rotations (Part 1)
- Jumps and Leaps Technique (Part 1)
- Deep dive into Ball Technique
- Deep dive into Clubs Technique

Day 3: 26 October 2020

- Acrobatic Elements
- Introduction to Rotations (Part 2)
- Jumps and Leaps Technique (Part 2)
- Construction of Rhythmic Routine
- Deep dive into Ribbon Technique
- Planning and Analysis



£45

per day

The price of the workshops includes lunch. You can sign up for one, two or all three sessions. Coaches, judges and junior/senior gymnasts are all invited!

GYMNET ENTRY

To enter this workshop, your club will have to nominate you via GYMNET. Registration deadline and links below:

Day 1: register by 17 Feb 2020 ([click here](#))

Day 2: register by 30 Apr 2020 ([click here](#))

Day 3: register by 15 Sep 2020 ([click here](#))

This is a brilliant opportunity for coaches of all levels to improve their knowledge and practice their skills alongside a World class coach! Places fill up quickly so book early to avoid disappointment!