

Meet two more of the presenters, who will be sharing their knowledge with us at the Congress...



James Coomber

Wednesday, 7 December 2011

James Coomber

I have been involved within the sport of trampolining for 25 years and coaching for 14. In this 14 years I have coached several differing groups ranging from Recreational to Squad to Elite Squad. I also worked within Private Lessons, tailoring structured lessons specifically for individuals including squad members and differing families and even stunt men and women looking to advance their skills. I was highly involved within our special needs and disabilities programme coaching and working with differing levels of disability and autism, finding new challenges every day. I was proud to say I was personal coach to Victoria Loftus - Great Britain Disabilities Squad Member, Victoria was completely deaf with severe learning difficulties. I was a qualified mentor and guided several people through their coaching courses and questions throughout their development. I am very proud to say that in the last year I hosted my very own Regional Squad session that involved 70 people from my region and helped develop their abilities and also that of their coaches that also attended. I have learnt so much along the way and feel my strengths lie in the coaching of personalities and progressing into squad coaching. I have experienced so many differing people and characters along my journey and learnt from them all. Coaching is so much more than what happens on the trampoline and the more people understand the better coaches they become. As a coach I feel you are always learning and throughout your coaching life you should be like a sponge and take in all that you can.

James will be presenting within the Trampoline component of the Congress...

Topics:

Making the Change Part 1 - A mixture of theory with some practical sections, detailing the change from recreational coach to squad coach, and all it entail

Making the Change Part 2

Linking Somersaults - Practical sessions giving useful tips and ways of handling good linking of somersaults

Drills, Drills, Drills - Practical and theory session revolving around the importance of drilling and good spacial awareness within the sport

Suimai Hare

Suimai has been working at Gymnastics Australia for the last 9 years. During this time she has worked in various areas of the Organisation and is now currently the Membership Administrator. Suimai has an excellent knowledge of the iMIS database and administrative procedures and coordinates the Technical Member renewal process and education administration including the administration of Gymnastics Tasmania in events and education.

Suimai will be presenting within the Club Admin / Development component of the Congress...

Topics:

Gymnastics IT navigating the GT and GA websites. Gymnastics On-Line IMIS

A Better Understanding - Gymnastics Tasmania registration, insurance and club affiliation