

## Article on Stretching from Gymnastics Australia

*GA Education Team, Thursday, 24 November 2011*

The Education Team take time out to offer some helpful guidelines on stretching...

As all coaches know, stretching and flexibility training is a key part of any gymnastics program. Different Gymsports require varying levels of flexibility to complete their skills and this should be taken into consideration when planning a stretching program.

Please take the time to read the attached Stretching Guidelines article for information and advice on appropriate stretching and stretching techniques.

Other Links

[Stretching Guidelines](#)