

Tasmanian MAG Clinic with John Curtin



MAG Level 7+ with John Curtin

Kodee Voss, Wednesday, 2 November 2011

Over the weekend (29th & 30th of October) the Channel Court State Gymnastics Centre, home gym of Kingborough Sports Centre Gymnastics hosted a clinic for MAG athletes in levels 3-9.

The first session run on the Saturday night, was for gymnasts in levels 7-9. There were 6 athletes in total at this session. John Curtin did the warm up and stretches with the boys showing them all up, when performing his splits. John reminded the boys how important it is to be flexible and encouraged them all to improve theirs. The boys moved to areas they wanted to improve on and John gave tips and drills on how to improve their skills.

Sunday was the second session. This session was for gymnasts in levels 3-5 and was run over 5 hours. John once again warmed up with the boys but he was happy to see that this group of boys were more flexible than the group he worked with the night before. John spent some time explaining each activity and why it was important for the boys to perform each task accurately.

Overall there were a total of 23 boys and 9 coaches attending the clinic from Kingborough Sports centre Gymnastics, Hobart Gymnastics Academy, Devonport Gymnastics and Launceston PCYC. Everyone attending got a lot out of it and we are all very grateful that John made the effort to come and do the clinic with us!



MAG Level 7+



MAG Level 3-5 Stretching
with John



MAG Level 3-5