

Meet one more of our Presenters for the 2012 Tasmanian Congress



Bridget Thompson

Wednesday, 11 January 2012

Bridget Thomson

Bridget has been involved in Rhythmic gymnastics continuously over the past 35 years. In that time she has been a Gymnast, Coach, Judge and Administrator.

Starting as a junior gymnast in the 70's, she worked her way through to state and national representation. Coaching was the seamless next step and in the final years of school Bridget established the Carey Gym Club which she continues to run today.

Bridget is currently the RG technical director in Victoria and consults to both Gymnastics Victoria and Gymnastics Australia in the area of strategic planning.

Bridget will be presenting within the Rhythmic component of the Congress...

Topics:

Introducing Flexibility programs (suitable for all gymsports)

Coaching RG - Levels 1-3

Extended RG skills for levels 4+ (focussing on bonus)

Choreographing a display with handheld apparatus (also suitable for GFA)