

Introducing Michelle De Highden



EXCELSPORTSTECH
CONSULTING

Wednesday, 28 November 2012

Find out more about one of the 2013 Congress Presenters...

coming to Tasmania to share her knowledge and experience within the four sessions of Congress and throughout the State Clinics.

The topics Michelle will present are:

Time	WAG Session
10:30-12:00	The WAG National Physical Testing Program. What is it? How can I use it to help my gymnasts?
12:15 - 1:30	Developing strong body alignment: Reducing judging execution deductions (level 4-6)
2:00- 3:30	Developing beam confidence: How do I do this effectively in 3 x 30 minute sessions a week on beam?
3:45- 5:15	Development of front and back twisting on floor. When and how do I start to get the best full twist?

You can register for Michelle's sessions by completing the 2013 Congress Registration Form and sending it via email to gymtas@gymnastics.org.au or via mail to 32 Cleeland Rd Oakleigh South, VIC 3167

Other Links

[Congress Information and Registration Form \(PDF Version\)](#)

[Congress Information and Registration Form \(Word Version\)](#)