

Flying High in Tasmania



Apex & Launceston Elite Squad with Elliot

Apex Trampoline, Monday, 24 September 2012

WA Coach, Elliot Stratton visits Hobart

Over 30 Tasmanian Trampoline Gymnasts took part in a day of training with former UK representative and WA Coach, Elliot Stratton. Elliot is the current Junior Development Coach at the High Flyers Trampoline & Gymnastics Club in Perth, Western Australia and will also compete at the upcoming Indo-Pacific Championships being held at Sydney Olympic Park next month, as a guest competitor.

Elliot ran two sessions, with the first being held at Apex Trampoline Club and the second being held at the State Gymnastics Centre in Kingborough. In the first session Elliot worked with the Tasmanian contingent of the Australian Team, as well as the Apex Elite Squad focusing predominantly on competition preparation ahead of the Indo-Pacific Championships. In the afternoon session, twenty-five trampolinists from Levels 4-7, took part in a 3-hour training focusing on performance and technique, as well as skill development, and strength and conditioning.

On behalf of Trampoline in Tasmania, Apex Trampoline Club would like to thank Elliot for his continual support and look forward to next time he visits the state.



Kingborough session



Apex Session



Strength and conditioning