

Vaulting Coaches update with Darryn Fedricks (CE) & Train the coach Vaulting Clinic with Daniel Kaiser

Dates: 2nd and 3rd April 2016

Venue: 511 Hoya Road, Teviotville Qld

Contact: Darryn Fedrick

Phone: 0754635267 Email: dmfedrick@optusnet.com.au

Cost: \$175 for weekend or
\$50 just the coaches update

Times: 9.00am to 5.00pm each day

Lunch and morning/afternoon tea provided

Note may have a Saturday night social (Pub Dinner) at own cost,

Compulsory sections as per EA requirements for coach's update will be presented by Darryn Fedrick EA NCAS Lv2 Vaulting Coach & EA NCAS Coach Educator

Coach development will be conducted by Daniel Kaiser (Germany) topics to include

- Athlete development from beginner to National Level
- Building blocks coaches need to develop for a successful athlete
- How a coach can help develop the vaulters physically and mentally to successfully move up the ranks
- How to develop correct compulsory exercises for the vaulters
- Building blocks to better compulsories
- What makes a good freestyle
- How the train a freestyle