

Guam gymnastics coach tours down under

Pacific Daily News Published 3:21 p.m. ChT June 21, 2017



(Photo: Courtesy of Island Twisters Guam Gymnastics)

The sport of gymnastics on Guam has had a recent boost to its campaign toward International Competition.

Island Twisters Guam Gymnastics Coach Monique Williams-Duenas has just returned from an Australian visit including an International Gymnastics Federation (FIG) Coaching Camp and Immersion Tour.

In an Oceania Gymnastics first, coaches from nine countries were represented at the FIG Age Group Camp at the Australian Institute of Sport (AIS) in Canberra. This opportunity was funded by the FIG with coaches staying in residence at the AIS. The AIS is renowned for producing world, Olympic and Paralympic champions by combining high-performance expertise with world-class facilities and cutting-edge sports science and sports medicine services.

The three-day camp was facilitated by lead presenter Dr. Hardy Fink of Canada, who is the director of education and academy programs for FIG, former GIG Technical Committee Chair, and has also been a FIG Judge for over 45 years.



Island Twisters Guam Gymnastics gymnast (Photo: Courtesy of Island Twisters Guam Gymnastics)

Fifteen Oceania coaches then traveled to Melbourne to take part in an immersion tour visiting gymnastics clubs, participating in coach workshops and attending National Championships.

Coach Monique's immersion experience included shadow coaching at Waverley Gymnastics Centre – home of Australia's single Women's Artistic athlete at the Rio Olympic Games Larissa Miller and seeing Australia's senior International gymnasts compete at National Championships.

Upon her return to Guam Coach Monique commented "I have years worth of strategy and progressions to try." She can't wait to share her learnings with other coaches here on Guam and implement the drills and exercises in training with her gymnasts.

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