

Gymnastics federation holds workshop

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(Photo: Courtesy of Guam Gymnastics Federation)

The Guam Gymnastics Federation hosted its first coaching techniques workshop at the Island Twisters gym Aug. 6, according to a news release.

The workshop focused on the importance of athlete-focused training, emphasizing correct techniques for teaching skills common in both gymnastics and dance, and on taking a proactive approach to injury prevention.

The workshop also covered how to avoid and rehabilitate injuries.

Dance and gymnastics organizations from around the island attended the workshop.

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Monique Williams-Duenas, Island Twisters gymnastics coach, taught the workshop. Williams-Duenas attended an age group camp hosted by the International Federation of Gymnastics in Australia in May, which covered the workshop topics.

The Guam Gymnastics Federation has plans to offer another workshop later this year.

Information was provided in a press release.