

Twisters' coach ready to share

Pacific Daily News, news@guampdn.com Published 5:54 p.m. ChT July 28, 2017 | Updated 3:21 p.m. ChT July 30, 2017



(Photo: Courtesy of Melinda and Derrick Hea)

Coaches from all gymnastics and dance clubs on Guam are invited to the Guam Gymnastics Federation's first workshop on Sunday, August 6th, from 1:00 p.m. to 3:00 p.m. at the Island Twisters Gymnastics Club in Tamuning Industrial Park.

Monique Williams-Duenas, an experienced gymnastics coach at Island Twisters Gymnastics Club, attended the Australian May FIG Age Group Camp courtesy of Gymnastics Australia. She will share the knowledge gained from this valuable workshop with dance and gymnastics coaches here.

"The GGF encourages all dance and gymnastics coaches to attend this valuable workshop. We want to share the knowledge she gained," said Jayne Flores, GGF president.

Flores said that interested gyms or clubs should bring a top athlete in order to practice the coaching techniques that will be demonstrated.

Flores said that Australia's gymnastic organization, seeking to build its Oceania membership, had approached Guam and invited federation representatives to attend a coaching clinic. Flores replied that since Island Twisters was not Guam's official gymnastics federation, she they could not accept the generous offer.

Australia wanted to welcome Guam anyway, said Flores, and offered to pay for one coach's travel and expenses.

"Monique's been back since May, and she's got all this knowledge. We're just trying to do what's best for everybody, and we just want to share," said Flores.

Meanwhile, she said, the Guam Gymnastics Federation has already filed an application with the Guam National Olympic Committee, and awaits their decision to be a recognized federation and part of the two dozen sports federations that make up Guam's most influential sports body.

Workshop topics will include: The importance of athlete-focused training; emphasis on skills common in both gymnastics and dance, leaps, jumps, turns, and take off and landing shapes; a proactive approach to injury prevention; and tendency toward overuse injuries and how to avoid and rehabilitate them.

You may register for this free workshop by calling Jayne Flores, GGF President, at 483-6409, or by emailing your attendance confirmation to guamgymnastics@gmail.com (mailto:guamgymnastics@gmail.com). The deadline is Friday, August 4.

Information was provided in a press release.

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