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Williams-Duenas to offer free dance, gymnastics coaches workshop

Daily Post Staff Jul 28, 2017 Updated 15 hrs ago



WORKSHOP OFFERED: Island Twisters with Monique Williams-Duenas will be offering a free coaches workshop on Aug. 6 from 1 to 3 p.m. at its training facility in the Tamuning Industrial Park. Photo courtesy of Island Twisters Guam

On Aug. 6, Island Twisters Gymnastics Club will be offering a free dance and gymnastics workshop from 1 to 3 p.m. for all coaches who are interested in raising their instructional expertise to the next level.

According to a press release, the one-day, two-hour course will be held at their training center in the 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, and will share the knowledge she gained from this valuable workshop.

In order for the instruction to be effective, Williams-Duenas and Island Twisters are asking that each coach bring a top-level athlete from their school for demonstration purposes.

The following will be covered in the workshop:

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

Register for this free workshop by calling Jayne Flores, GGF president, at 483-6409, or by emailing attendance confirmation to guamgymnastics@gmail.com by Aug. 4.

