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Gymnastics workshop opens door to new techniques

Daily Post Staff Aug 10, 2017



DEMONSTRATION: Monique Williams Duenas, a coach at Island Twisters Gymnastics Club, helps Jennilyn Castillo, 16, from the SSSH Cheerleading squad, as she demonstrates a "bridge rock" to increase an athlete's shoulder flexibility, during the Guam Gymnastics Federation's first Coaching Techniques workshop on Sunday, Aug. 7, 2017, at Island Twisters in Tamuning. Courtesy photo

Several dozen aspiring gymnasts and coaches took advantage of a two-hour session offered last weekend by the Guam Gymnastics Federation, according to a press release. A boost to help the island's growing gymnastics scene, the session, which was led by Coach Monique Williams-Duenas, focused on coaching techniques and athlete-focused training.

Williams-Duenas, an experienced coach with the Island Twisters Gymnastics Club, recently attended the Australian May Fig Age Group Camp, a sport-specific training camp aimed at a collective sharing of various coaching trends and techniques.

During the last weekend's session at Island Twisters, she brought over that knowledge to share with the attendees, which included coaches and athletes from several island studios and dance clubs, including Island Twisters, DanzJazz, Guam Allied Dance Force, BodyArts, Fusion Dance Center, and the SSSH Cheerleading squad, FBLG Dance, and Benavente Middle School.

Williams-Duenas focused the workshop 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. She also spoke about the tendency toward overuse injuries and how to avoid and rehabilitate them.

GGF plans to offer another workshop later in the year for both instructors and students.

Information was provided in a press release.