

# **Elite gymnast to inspire coaches in gymnastics conditioning workshop**

**A sports' coaching CPD workshop, 'How to utilise gymnastics conditioning in sports training sessions' is being held at Edinburgh Leisure's Ainslie Park Leisure Centre on 31 March 2019 from 7.00pm – 9.00pm.**

Led by elite level Scottish gymnast Shannon Archer, who has over ten years' experience competing at national and international level, the theory and practical based workshop will give participants the opportunity to experience basic gymnastics-based movements and gain an understanding of how this can be incorporated into their regular sessions to improve athletic performance.



Gymnastics is a sport that embraces exercises requiring balance, strength, flexibility, agility, coordination and endurance, which makes it a valuable supplementary training option for athletes in a range of different sports to enhance their athletic performance.

Open to sports coaches in any discipline, sports coaching or sports science students, fitness and physical activity professionals, PE teachers or those involved in school sport, attendees must be 16 years and older to attend. As the seminar combines theory and practical elements, it is advised to wear appropriate clothing for physical activity.

The workshop costs £15 to attend and can be bought through:  
<https://www.tickettailor.com/events/edinburghleisure/238949/sport@edinburghleisure.co.uk>



Shannon Archer gymnast