

# GWA CONFERENCE 2010 SURVEY REPORT

Gymnastics WA Conference for 2010 was held 16<sup>th</sup>, 17<sup>th</sup> & 18<sup>th</sup> January 2010 with over 170 attendees, attending over 30 workshops.

The conference planning went smoothly, it was exciting to organise such a successful conference. For 2011 I will be aiming to have the program out earlier this year, to give people more time before our office closes.

The event ran well with GWA having access to two venues, with Sam Williams being stationed at the Department of Sport and Recreation (DSR) and myself at GWA State Gymnastics Centre (SGC). Having both venues gave us the opportunity to offer more workshops. However feedback from the attendees was that they would like more time in between workshops to make it easier to get from one venue to the next.

As the conference was held in the middle of summer and the weather averaging 40 degrees over the three days, the SGC was very hot as the venue is not air conditioned. The presenters coped well with the heat, still being able to produce quality workshops for the attendees. GWA had brilliant feedback for the majority of the presenters, comments included:

*'The presenters were so knowledgeable, motivational and experienced'.*

*'We are extremely lucky to have such highly experienced coaches/mentors in WA who offered their time to provide continuous professional development opportunities for the gymnastics community'.*

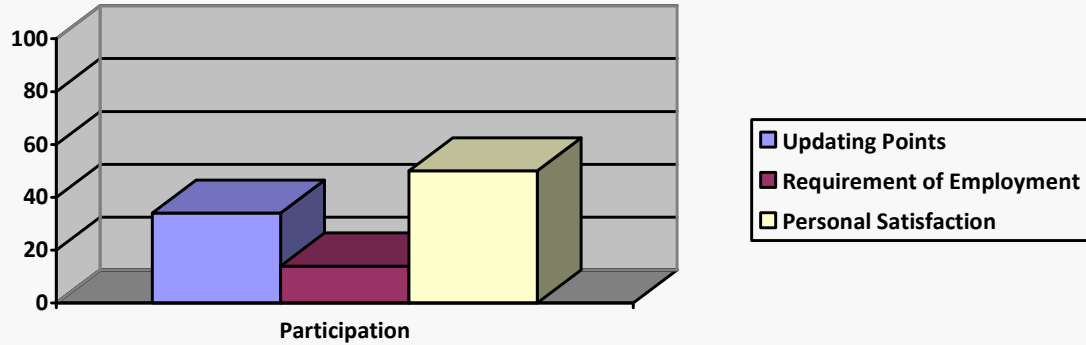
## Recommendations:

- The individual workshops be half an hour longer
- More time allocated between workshops
- More hands on workshops with handouts
- Lunch provided which provides network opportunities

## Why were you participating in the workshop?

Response	Number	Percentage
Updating Points	58	34%
Requirement of Employment	25	14%
Personal Satisfaction	85	50%

With over 175 workshop evaluation forms collected after the individual workshops, we were able to determine why the candidates were attending the conference, with half of the participants enrolled in the Conference for personal satisfaction, 34% enrolled for updating points and 14% enrolled as it was a requirement of their employment.



## Workshops

Workshop Name	Presenters	Attendees	Feedback Forms
Getting the most out of GA Resources	Bond Larkin	9	6
Nutrition in Health and Performance in Gymnastics	Bethanie Allanson	5	2
Future of Salto's	Derek May	25	4
Getting the most out of our Routines	Martine George	16	0
Icing on the Cake – Why some clubs make it big	Bond Larkin	13	4
Successful Tumbling on Beam	Martine George	22	7
No Longer A Dream	Bond Larkin	8	3
The Art of Artistry	Krasi Yurukova	8	4
Lifts, Balances and Dance	Ivan Salmin	11	3
Release & Catch	Peter Abbott	25	4
Doing it Right	Joanne Norcott	18	11
Salto Bridging Workshop	Igor Bepalov	25	12
Floor: Level 2 Coaching Course Part 3	Carly Brockis	12	5
GymMix in Action	Bond Larkin	10	5
Posture Impact	Joanne Norcott	24	14
GymAbility – GymMix	Bond Larkin	11	6
Safe Clubs 4 Kids	Sam Williams	17	9
Prepare your Athlete's Body for the Demands of your Sport	Bond Larkin	25	9
Vault: Level 2 Coaching Course Part 3	Igor Bepalov	13	7
Leaps, Jumps and Pivots on Beam	Carly Brockis	22	8
Mastering Handstands	Bond Larkin	25	8
Spinning in Motion	Peter Abbott	25	0
How to Keep Kids in the Gym	Derek May	18	9
Bouncing into First Place	Elliott Stratton	14	0
Strength & Power for High Level Athletes	Trudi Nurse	25	18
AeroSkools and Team Cheer	Briony Keenan	8	1
Mentoring Course	Alida Scott	20	8
Learn about Sport Aerobic Elements	Trudi Nurse	7	3
Talent Identification and High Performance Development	Joanne Richards	16	0
Bar Skill Development	Joanne Richards	15	0
Successfully Incorporating Acrobatic Equipment	Joanne Richards	17	0
Behind the Athletes Eyes	Derek May	17	6

### What was your interest level in the workshop?

Response	Number	Percentage
Poor	0	0%
Fair	2	1%
Good	74	41%
Excellent	102	57%

The 2010 GWA Conference was very successful, with 57% of attendees reporting the conference content was excellent and 41% rated it as good.

### What would you rate the training resources in the workshop?

Response	Number	Percentage
Poor	0	0%
Fair	1	0%
Good	86	48%
Excellent	90	50%

The training resources were well rated with a 50% excellent and 48% good.

### How would you rate the visual aids in the workshop?

Response	Number	Percentage
Poor	0	0%
Fair	2	1%
Good	78	45%
Excellent	91	53%

Visual aids which were used at the conference have been rated 53% excellent and 45% good.

### How did you find the group interaction and participation in the workshop?

Response	Number	Percentage
Poor	0	0%
Fair	6	3%
Good	75	42%
Excellent	94	53%

Group interactions and participation of the workshops were well addressed with 53% excellent and 42% good.

### How would you rate the quality of feedback throughout the workshop?

Response	Number	Percentage
Poor	0	0%
Fair	2	1%
Good	71	40%
Excellent	101	58%

The quality of feedback throughout the workshops from the presenters was 58% excellent and 40% good.

### How did you find the presenters knowledge of content throughout the workshop?

Response	Number	Percentage
Poor	0	0%
Fair	0	0%
Good	52	30%
Excellent	121	69%

The attendees found the presenters knowledge of content throughout the workshops 69% excellent and 30% good.

### How would you rate the presenters approach to the group throughout the workshops?

Response	Number	Percentage
Poor	0	0%
Fair	1	0%
Good	56	31%
Excellent	119	67%

The attendees thought the presenters at the conference were well prepared, had good to excellent approach , were motivating and displayed a high level of experience and knowledge with 67% excellent and 31% good.

### What was the best aspect of the workshops for you?

Informative/Ideas/Hands On Experience x 94  
 Presenter Knowledge/Passion/Motivational x 29

### What aspect of the workshops would you like to see changed?

Workshops Longer x 7  
 More Hands On x 7  
 More Handouts/Taped x 6  
 Venue to Hot x 10