

LEADING PCYC NSW GYMNASTICS COACHES EMBARK ON EUROPEAN DEVELOPMENT TOUR

On June 25, 12 leading PCYC NSW Gymnastics coaches from clubs in Port Macquarie, Taree, Cessnock, and Glebe will travel to Italy and Denmark for a European Development Tour.

It's a two-week, more than 20,000-kilometre journey, aimed at learning new coaching techniques from some of the world's best.

PCYC NSW Gymnastics Manager, Justin Hayes said "Opportunities like these ensure our coaches remain at the forefront of global gymnastics innovation. By embracing non-traditional programs, we empower gymnasts to stay active well into their teenage years and adulthood."

The PCYC Gymnastics coaches will also share insights of their own, running gymnastics workshops and performing for more than 5,000 people at highly regarded events like Festival Del Sole in Riccione, Italy, and DGI Landsstaevne in Vejle, Denmark.

The trip is invaluable for young coaches like 16-year-old Pippa Rogers from Taree, who has been involved with PCYC gymnastics programs for 13 years. "My time with PCYC has helped me understand who I am as a person. I started as an assistant coach at 12-years-old, I learned more skills in a safe environment, where I didn't feel judged."

"This upcoming development tour is pretty amazing, I don't hear many people my age being able to experience something like this. It will let me open up to see another side like how other people coach in other countries and what their view is on gymnastics." said Pippa.

Chaperone and parent, Sally-Anne Rogers said she's seen a world of difference in her daughter's character and confidence since Pippa joined PCYC. "The experiences, the community participation and connection to something else other than family and school is really extraordinary - I think that's what builds resilience in children and definitely in Pippa."

The group will return to Australia on July 10, while PCYC Taree's Ffion Davy will stay in Denmark, studying on scholarship at the Ollerup Academy of Physical Education as part of PCYC's Coach Exchange Program.

“Attending this prestigious school is a life-changing opportunity, and we’re excited to welcome the Danish students to Australia this August,” said Justin Hayes.

“As part of their experience, they’ll be volunteering at several of our Clubs - sharing their passion while gaining invaluable international exposure.”

To request an interview, case study, or further imagery/assets to support your story – please contact PR and Communications Specialist, Amber Griffin.

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About PCYC NSW

PCYC is a leading Australian youth charity dedicated to empowering young people and building stronger, healthier communities. Established in 1937, PCYC provides a wide range of youth programs, including sports, recreation, education, and personal development opportunities, with a focus on creating safe spaces where young people can thrive.