



2027 Acrobatics Continental Training Camp

Information Pack

Version 1.1 – current as 21.10.26



General Information

Dates: 10-14th January 2027

Location: Robertson Gymnastics Academy, Tingalpa Brisbane

Organisers: Oceania Gymnastics

Event Information

Welcome to the **Oceania Gymnastics Continental Training Camp**, a premier high-performance event uniting the region's finest Acrobatic talent. This camp serves as a vital pathway for both **Emerging & Elite** athletes and coaches, providing a collaborative environment to elevate performance standards, build regional capability, and foster international connections across Oceania.

Designed to enhance technical expertise, artistry, and safety practices in acrobatics, this elite gathering brings together international speakers and expert technical coaches. Whether you are transitioning through the development ranks or preparing for senior international representation, this camp offers an unparalleled opportunity to refine your skills and grow alongside the best in our sport.

Training Venue

Robertson Gymnastics Academy

33 Proprietary St, Tingalpa QLD 4173, Australia

Website: <https://academy.robertsongymnastics.com.au/>

Dates

10th Jan Travel Day

11th – 14th Jan Training Camp

14th Jan Travel Day

Schedule

Prior to arrival a schedule will be provided for all coaches and athletes. A final copy will be provided in your handbook which you will collect during registration and induction.

Each day will include 2-3 training sessions, athlete & coach education sessions plus other various activities.

Flight schedule is provided below.

Expert Coaches

Daniel Cook

Daniel is a former senior Great Britain national team gymnast turned coach and coach educator.

After achieving the titles of British Champion, World Cup Champion and World Championship silver medalist as a gymnast, Daniel soon turned to coaching to support the next generation of gymnasts. As one of the head coaches at Heathrow gymnastics club for 9 years, Daniel coached many gymnasts to become British champions and national team members across all categories and age groups. Daniel in particular became an expert in building solid foundations in gymnasts from the beginning, helping them to develop long, successful and enjoyable careers at elite and international standard.



Daniel now travels the world working to empower and support gymnasts and coaches with the tools, techniques and philosophies for success in acrobatic gymnastics. Having supported hundreds of coaches and gymnasts from 15 countries, Daniel brings a wealth of tried, tested and trusted experience and knowledge.



Yuriy Stepchenko

Co-Founder and Director of Robertson Gymnastics, a multi-disciplinary gymnastics club based in Brisbane, Queensland. Yuriy holds a Bachelor of Physical Education, specialising in Gymnastics. He also holds a multitude of gymnastics qualifications, including a High Performance Accreditation in Acrobatic Gymnastics within Australia. As an athlete, he competed at the highest level internationally, becoming a multiple-time Acrobatic Gymnastics World and European Champion. I

competed in a Men's Pair with my acrobatic partner, Gennadiy, for 18 consecutive years.

His involvement in the sport has also extended well beyond his competitive career. In 1998, he became the inaugural President of the Acrobatic Gymnastics FIG Technical Committee, following the integration of the International Federation of Sports Acrobatics under the World Gymnastics (WG). He subsequently served as a WG judge from 1998 to 2020 and has been a FIG Academy presenter since 2007. He also was the Head Coach of multiple Australian Acrobatic Gymnastics Teams.

Debbs Van Hagen

Debbs van Hagen is a highly experienced Australian gymnastics coach, judge and sports administrator based in Perth, Western Australia. Known for her enthusiasm and commitment to the sport, she serves as Technical Director of the Acrobatic Gymnastics National Commission for Gymnastics Australia and chairs the WA Technical Working Group.



In 2025, Debbs was appointed Technical Director of the Acrobatic National Gymsport Commission, building on her earlier contribution as Education Officer on the Acrobatic National Commission. Her leadership reflects a long-standing commitment to supporting coaches, judges and athletes at every level. She holds Advanced Silver coaching accreditations in men's gymnastics, women's gymnastics, aerobics and general gymnastics, and is also a FIG Level 2 acrobatics coach.

Debbs is a FIG-accredited international acrobatics judge (Brevet 3), an aerobics judge (Brevet 4) and a national-level course presenter. She enjoys sharing her knowledge and helping others feel confident in their own development.

At the heart of her work is a genuine passion for making acrobatics more accessible and welcoming, while encouraging people from across the broader community to get involved. Her career highlights include representing Australia as a judge at the 2024 Junior World Acrobatic Championships and at several World Cup events, as well as representing Australia as a coach at two World Cups in 2026.

Expert Presenters – Coach/ Athlete Education Program

To support the holistic development of athletes and coaches, Oceania Gymnastics has engaged a range of expert presenters who are leading practitioners in their field, to facilitate a range of professional/ personal development and educational learning opportunities that will complement the technical aspects of the Training camp. This has been identified as a point of difference in regular programs not often addressed.

Topic	Description
Welcome & Intro	Player introductions, staff introductions & their roles, outline of the daily program for the camp, types of sessions during the camp
Induction	Sleep diaries for each player, Codes of conduct, Expectations & Hopes of the camp, One on one with camp director/ head coach to discuss camp goals
Screening	Each player was involved in a medical history report, musculoskeletal screening & injury assessment by the physio, including a wellbeing survey
Holistic Athlete Wellbeing	Discussed the 8 performance and wellbeing domains of the athlete performance model
Mental Skills	Discussed the 10 mental skills, their application to sport, mental skills survey
Athlete Leadership	Discussed the alignment of high performance sport to leadership, living our values
Team building	Athletes participated in a group team building activity
Values & Strengths	Identified our strengths, how to use them and how to promote using strengths with our partner
Nutrition & Hydration	Discussed guidelines on nutrition & hydration practises, how to adopt hydration strategies, measure hydration/ rehydration technique, nutrition pre, during & post
Performance Routines	Developed a personal performance routine using template to apply for the games the following day
Leadership	Discussed the leadership model, what are attributes of good leaders, what is servant leadership, being ambassadors for their sport & country
Individual Athlete Performance Plan	What is a IAPP, how to use an IAPP for each player and overview of the template
Wellbeing	What is Holistic wellbeing, what are the wellbeing domains and how to create a wellbeing plan
Player reviews	Review and feedback to the player on their development through the camp, their goals, focus areas to work on, next steps/ plan
Team building	Athletes participated in a group team building activity
Gratitude	Discussed what is gratitude, what are gratitude letters and providing a template for the players to write their own gratitude letter to someone
Sleep optimisation	How to review sleep diary, create a sleep optimisation plan and some guidelines on sleep
Team Dynamics	Interactive and experiential session designed to bridge the gap between talent and collective success, covering how behaviours influence communication, pressure and goals
Review	Every morning after breakfast, each player was involved in a review session that covered the topics/ sessions from the previous days to discuss key takeaways and learnings
Reflection	Every night players were encouraged to complete their own reflections from the days activities and sessions to reflect on what they learned and how they could be better

Categories of athletes

The following categories are welcome to register to attend.

- Pre-Youth
- Juniors
- Youth
- Senior

NOTE: This camp is designed to support all partnership types - Men's, Women's and Mixed Pairs, Trios and Fours.

Coaches

Coaches of any level are welcome to participate in the camp.

Advanced to HP Coaches - Coaches who have athletes in the camp, will be fully immersed and integrated into all camp programs and activities, in addition to the technical sessions coaching on the floor with their athletes.

Emerging Coaches - Other coaches under the fundamental and intermediate levels who wish to attend, with a focus on their professional development and learning, are also welcome to attend and should not miss the opportunity to learn from world leading experts.

Judges

Opportunities for judges to be involved in the program is being developed with professional development sessions integrated into the camp. Please contact OGU for more information or to express your interest.

Flights

All athletes and coaches are responsible for organising and purchasing their own flights to and from Brisbane. This applies to both domestic travel within Australia and international travel from other countries.

Participants must ensure their travel plans align with the official camp schedule and the airport transfers

The below flights are the required flights to be booked should you wish to be included in the pre-arranged airport shuttles organised by OGU. Any location not covered in this list, please discuss with OGU prior to making any booking.

Arriving							
	Flight	Depart	Date	Time	Land	Date	Time
Aus	JQ566	Melbourne	Sun 10th Jan	2:05pm	Brisbane	Sun 10th Jan	3:20pm
	VA331	Melbourne	Sun 10th Jan	2:10pm	Brisbane	Sun 10th Jan	3:20pm
	JQ816	Sydney	Sun 10th Jan	1:50pm	Brisbane	Sun 10th Jan	2:20pm
	QF532	Sydney	Sun 10th Jan	2pm	Brisbane	Sun 10th Jan	2:35pm
	VA463	Perth	Sun 10th Jan	6am	Brisbane	Sun 10th Jan	12:35pm
	QF932	Perth	Sun 10th Jan	6am	Brisbane	Sun 10th Jan	12:35pm
	VA1395	Adelaide	Sun 10th Jan	12:45pm	Brisbane	Sun 10th Jan	2:45pm
	QF1278	Adelaide	Sun 10th Jan	1:20pm	Brisbane	Sun 10th Jan	3:20pm
Departing							
	Flight	Depart	Date	Time	Land	Date	Time
	QF637	Brisbane	Thurs 14th Jan	6:20pm	Melbourne	Thurs 14th Ja	9:50pm
	VA352	Brisbane	Thurs 14th Jan	6:55pm	Melbourne	Thurs 14th Ja	10:15pm
	JQ825	Brisbane	Thurs 14th Jan	6:40pm	Sydney	Thurs 14th Ja	9:15pm
	QF557	Brisbane	Thurs 14th Jan	6:55pm	Sydney	Thurs 14th Ja	9:30pm
	QF941	Brisbane	Thurs 14th Jan	6:45pm	Perth	Thurs 14th Ja	10:10pm
	JQ964	Brisbane	Thurs 14th Jan	7pm	Perth	Thurs 14th Ja	10:20pm
	JQ802	Brisbane	Thurs 14th Jan	6:30pm	Adelaide	Thurs 14th Ja	9:45pm
	VA1404	Brisbane	Thurs 14th Jan	7:15pm	Adelaide	Thurs 14th Ja	10:30pm

Airport transfers

OGU will provide one scheduled airport transfer for each group. Participants must ensure their flights arrive before the designated transfer time.

Arrivals into Brisbane:

- Group 1 – 3pm Sun 10th Jan
- Group 2 – 345pm Sun 10th Jan

Departure from Brisbane:

- Group 1 – 5pm Thurs 14th Jan

Accommodation

All bookings & payments are made through OGU, as the following hotels

1. Quest Apartments <https://www.questapartments.com.au/properties/qld/cannon-hill/quest-cannon-hill>

Coaches can request and pay for either a single room or twin share.
Athletes will be in twin share rooms

Room allocations & Bookings

- Please note that all participants under the age of 12 at the time of the camp MUST accommodate with a parent/guardian in the accommodation
- Participants aged between 12 and 14 MUST select to be accommodated in a triple room.
- Participants over 15 years of age may select this option; however, priority for this type of room will be given to younger participants. Participants will be contacted if a triple room option is not available to organise twin share.
- Participants over the age of 18 may only accommodate with other participants over the age of 18.
- All athletes under 18 years of age will be allocated a chaperone, who will be responsible for their wellbeing for the duration of the camp. Parents will be put in contact with their child's chaperone prior to the camp.
- Athletes under 18 years of age are not permitted to leave the accommodation outside of training without their chaperone or parent. Parental consent must be provided.
- Athletes over 18 years of age can be independent for the duration of the camp and will be allocated a Wellbeing Officer should they require support.

Meals & catering

Nutrition and hydration form a very important part of recovery and regeneration to perform at your best. Therefore meals are designed with healthy options in mind. Allocated meals are included in your camp registration package. All participants are expected to bring their own labelled water bottle which can be refilled at the hotel or training venue daily.

Residential participants

- Breakfast & dinner is included in the accommodation and will be served at the hotel each day as a group with all residential participants
- Lunch will be provided at the training venue.

Non-residential participants

- Lunch will be provided at the training venue.

IMPORTANT: Should you have any allergies or special dietary requirements, please advise our OGU Team member Josie (josie@oceaniagymnastics.org) by email.

Recovery snacks – some will be provided at the training venue but it is suggested participants bring their own. NO items that contains NUTS please.

What to Bring

All participants are requested to bring the following items to the camp:

- Training gear for all training sessions
- 1 bathers for water recovery sessions;
- Freezer bags for ice recovery
- Personal medications
- ***Tape for any strapping the athlete requires.*** If you have a pre-existing injury that requires taping, please bring enough tape for up to 5 training sessions
- A tennis ball / massage stick / spikey ball / foam roller (for recovery);
- A water bottle (clearly named) is essential;
- A light spray jacket/raincoat in case of inclement weather;
- A pair of runners (sneakers);
- Notebook and pen for education information sessions;
- 2 towels, one for training and a spare bath towel for pool recovery use;
- Toiletries;
- One set of casual clothes including a Tracksuit or a 'Hoodie' and Track pants;

Athlete Safety

The OGU takes the safety of athletes and everyone very seriously. All presenters, staff and chaperones have undergone integrity checks with their National Federation including the requirement to hold a Working with Children Check/ Police Check. Our Child Safe Policy can be viewed on our website. Parents are welcome to contact Alice Stooke, secretarygeneral@oceaniagymnastics.org, should they have any questions.

Medical information/ Devices

For all athletes who carries medical devices such as an EpiPen, inhaler, diabetes lancet and/or sugar for diabetes, please ensure these always remain in the athlete's bag and this bag is clearly labelled with the athletes first and last name. Coaches/Managers will advise a location for these bags to be kept when training for quick access.

Australian participants are required to show proof of Medicare coverage before collecting their accreditation for the camp. NZ/ Pacific participants are required to show adequate travel insurance, that covers participation in 'Gymnastics' before collecting their accreditation for the camp. Failure to have suitable travel insurance or Medicare coverage will result in the delegate being unable to participate in the training camp.

Registration Packages

Note: All registration fees DO NOT include international or domestic flights. This is to be booked personally by each individual

Coaches		
	Non-Residential	\$600AUD
	Residential (5 nights - single)	\$2000AUD
	Residential (5 nights – twin share)	\$1440AUD
Athletes		
	Non-Residential	\$880 AUD
	Athlete Residential (5 nights - Twin or group share)	\$1720AUD

Registration and full payment is due to OGU by 10th December 4pm AEST

What is included:

Residential (athlete/ coach staying in team Hotel)

- Camp registration
- Access to all technical training sessions
- Access to all education & development sessions
- Athlete performance profile report
- Camp handbook
- Camp shirt
- 3 meals per day
- Accommodation (single or shared)
- Airport pick up/ drop off

Non-Residential (athlete/ coach staying in own accommodation/ home)

- Camp registration
- Access to all technical training sessions
- Access to all education & development sessions
- Athlete performance profile report
- Camp handbook
- Camp shirt
- Lunches daily

Terms & Conditions

1. Refunds of the camp fee paid for medical reasons (a medical certificate MUST be provided) are available up to December 18th 2026. A 15% administrative fee will be retained.
2. All delegates will be required to complete a delegate information and acceptance form, to be sent after registrations close. This form must be completed by the provided due date to attend the camp.

Registration Link

[Link to Registrations](#)

Contacts

For any further information please contact us for support:

Josie Ryland (Fiji), OGU Development Support/ Camp Coordinator

Email: <mailto:josie@oceaniagymnastics.org> or Whatsapp: +6792910232

Aaron Alsop (Samoa), OGU Development Manager/ Camp Lead

Email: developmentmanager@oceaniagymnastics.org WhatsApp: +6857251391

Dr. Debbs van Hagen (AUS), OGU TD ACR

Email: debbsvanhagen@hotmail.com Whatsapp: +61 421 856 506

A group communication group will be established for all athletes' parents and coaches prior to camp.

Also please check social media and website pages for regular updates