



Eskilstuna GF invites to; WAG - Coaching Concept 16-18 Januari 2026



Build your gymnastics business from the ground up all the way to the top!

Welcome to EGF Coaching Concept part 1 – an inspiring training with Helena and Sebastian Melander, the creators behind Eskilstuna Gymnastics Association's successful training philosophy.

For many years, Helena and Sebastian have built a training concept that has taken gymnasts all the way from children's gymnastics to international elite level. With passion, knowledge and long experience, they have developed a unique system for how to train and lead gymnasts – from the first somersault to a high international level.

Through their training and leadership, they have been behind, among other things:

RM in Sight – a federation project to ensure more gymnasts reach National Competition Level

The Swedish National Competition program – The Swedish Gymnastics Federation's competition system in WAG from level 1-10.

Gibbon – a unique children's gymnastics concept based on Artistic Gymnastics

Stars Series – Recreational competition programs used throughout Central Sweden

EGF Coaching Concept – the training steps that lead to international level

Since its inception in 2004, EGF's gymnasts have delivered over 50 World Cup finals led by the coaches Helena & Sebastian. European Championship medals, World Championship finals and participation in three Olympic Games. A new generation is now continuing to take its place on the European stage – a proof that a strong foundation yields sustainable results over time.

What is The Coaching Concept?

The training consists of four steps, where Part 1 focuses on laying the right foundation – both for you as a coach and for your gymnasts.

Whether you work with beginners, intermediate or elite, you will get tools to create a clear common thread in your training.

Practical information

Date: Friday 16th, 10.00 – Sunday 18th, 13.00 January 2025

Location: Vilstahallen, Vasavägen 80, Eskilstuna

Trainers: Helena & Sebastian Melander

Cost:

Course only: 2,500 SEK/ person
(Including course materials, fruit and coffee)

Course and food package: 3,075 SEK/ person
(Including course materials, breakfast, lunch, dinner, fruit and coffee)

Course board and accommodation: 3,975 SEK/ person
(Including course materials, breakfast, lunch, dinner, fruit/ coffee and accommodation 2 nights in a 2-bed room. Other arrangements available).

Tip!

Even if you currently work with older gymnasts than the lowest/youngest level, we recommend jumping on already at step 1.



The EGF Coaching Concept is further offered in 3 additional parts that gradually take you as a coach and your gymnasts from the ground up and all the way up to the elite level.

Registration > Latest 7th of January 2026 to:
info@eskilstunagf.se

Course content:

Course 1 – Laying the foundation right **You will learn:**

- ✓ How to start a new group in the best way.
- ✓ Your responsibility as a coach and how to set goals for development.
- ✓ Communication with parents and the association.
- ✓ Training planning and structure in the first years.
- ✓ Pedagogy, leadership and movement training
- ✓ Technique and methodology on all four apparatus and the trampoline.
- ✓ Physical preparation and warm-up
- ✓ How to prepare the gymnast for the next development phase

Course 2 - **You will learn:**

- Training plan, training planning in the most important motor development phase.
- Communication with parents and the association in the new training phase.
- The importance of long-term leadership, laying the foundation for a gymnast's development both mentally and physically.
- Technique and methodology for continued basic training in all four apparatus, trampoline and movement training.
- Laying the right foundation for the more difficult exercises.
- We will also talk about motivation, joy, intermediate goals and mental focus.

Course 3 – **You will learn:**

- Training set-up & training planning that leads to the junior national team.
- Motivation, interim goals and mental training.
- Communication with parents and the association in the new training phase.
- Training girls in puberty and providing the right tools for mental and physical development.
- Technique and methodology for all four tools, as well as trampoline and movement training. Adapted training during growth periods.
- At this meeting we will also talk about the most common injuries and injury prevention training.

Course 4 - **You will learn:**

- Training plans to reach national and international level. Championship planning and peak form.
- Training planning, intermediate goals and main goals for junior and senior gymnasts.
- Technique & methodology for national and international training and competition level for all four apparatus as well as trampoline and movement training.
- How we keep gymnasts physically and mentally strong, i.e. to perform when it matters, and the adaptation to training "adult" elite athletes.

Accommodation:

- Accommodation at Vilsta Sporthotell in a multi-bedroom or cabin (single room for an additional 375 SEK/night). Vilsta Sporthotell located in a scenic outdoor recreation area, 100 m from the training hall. A bus, right next to the hotel, takes you directly to Eskilstuna C. <https://www.vilstasportshotell.se/>
- Accommodation is booked when registering. The cost of accommodation and course is separated and presented upon order confirmation. The course is paid in advance to the club and accommodation in connection with check-in directly to the hotel. (Cancellation without charge by 10/1 2026).

Take the opportunity to be inspired, develop and build your coaching role with the help of experience, passion and knowledge from Sweden's most successful coaches.

Welcome to Eskilstuna!