



MELBOURNE
GYMNASTICS
CENTRE



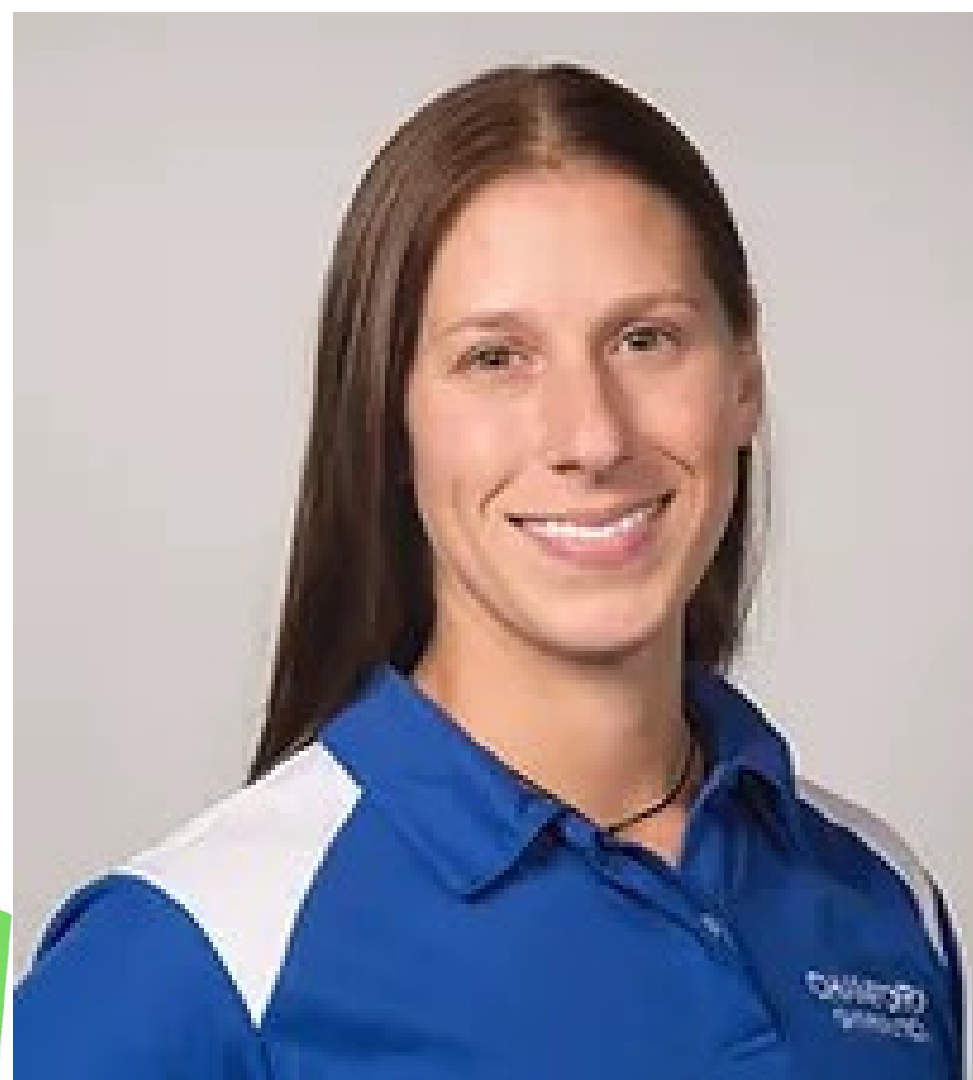
GYMSTAR
GYMNASTICS



Gymstar Camp

Liz Kajko

**WAG Advanced Silver
& Head Coach Chamford Gymnastics**



Liz is an Advanced Silver coach and the Head Coach at Chamford Gymnastics. She moved to Australia in 2010 after coaching in the USA and Singapore. She has worked in all levels of gymnastics including junior gym, recreational, competitive, and adults.



Liz loves gymnastics and believes there is so much more to learn from the sport other than just the skills. Dedication, resilience and determination are life skills that athletes build everyday inside the gym.

As well as coaching, Liz judges at both WAG and Gymstar events. She's looking forward to developing backwards tumbling with the athletes at Gymstar Camp.

**BACKWARD TUMBLING
SPECIALIST GUEST COACH**

