

Garcia brings Gyrotonic to town

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Adolfo Garcia takes emerging junior tennis player Jason Stewart through a session on the Gyrotonic training system. Nev Madsen

NEVER before have people been as motivated – or had the opportunity – to gain an edge on the sporting field. Advances in science, technology and communications have allowed athletes of all levels of ability to take advantage of the developments available. In the competition arena, careers and futures can be defined by millimetres or fractions of a second. Former tennis professional Adolfo Garcia is heavily involved in the welfare and training of athletes and he is literally putting his money where his mouth is in regard to aiding their development. Garcia recently moved to Toowoomba with the aim of introducing the region’s athletes to Gyrotonic as a licensed trainer.

“Sport has, from what I can understand, been struggling to produce elite athletes that stay in Toowoomba because facilities and quality programs are not here to service their needs,” Garcia said. “I’m sure there are two sides to every story. “But I’m sure there is a massive difference that I can bring – be part of a change – and certainly help to keep athletes happy, healthy and progressing on towards their dreams without injury.” Gyrotonic exercises employ movements found in traditional gym work, swimming, yoga, gymnastics, and tai chi using specialised equipment. The system is intended to improve flexibility and balance as well as muscle strength and to increase overall flexibility, stability and mobility in joints. “It teaches muscles to stay loose,” Garcia said. “It re-patterns the muscles, forcing them to keep flowing and helping avoid injuries.”

Garcia worked as a tennis professional on the Gold Coast before learning about Gyrotonic training. “There are lots of things developing with Gyrotonic in Toowoomba,” Garcia said. “It’s gaining momentum and there is a strong move to have a training tower set up at the USQ.” The training system is currently located at Fast Train in Ruthven Street. “It’s in the early stages but I’ve also been working with a lot of people in tennis like Stephen Murphy and Richard Toyne about Gyrotonic training methods,” Garcia said. “Gyrotonic has found its way into many other sports like baseball, swimming and triathlon. “It’s been well received.”