

## GymSTART Introductory Module

### Developing Participation

This introductory module to our GymSTART coach education programme will qualify candidates to assist with the coaching of fundamental gymnastics skills and activities within a club setting. It is a great way to get interested parents, volunteers or current/ past gymnasts involved and taking their first step towards coaching gymnastics within their club.

The module is based around our GymSTART Awards Scheme (Floor Awards and Apparatus & Group Awards) which encourages coaching gymnastics within a fun environment, while supporting gymnasts in the progressive development of new skills at various levels.

Candidates will participate in a variety of activities aiming to develop some of the 'how to' and 'what to' coach skills such as:

- planning and leading a fun, motivating and interesting warm ups
- organising and overseeing a group
- different methods of communication, coaching styles and gymnast learning abilities
- how to breakdown and build up fundamental gymnastic skills

### Who is this Aimed at?

The module is aimed at parents, volunteers, gymnasts or older participants that are interested in getting involved with a club - anyone with an interest in starting their journey to coaching gymnastics. It is a great way to get involved with coaching gymnastics, even if you are new to the sport.

### Pre Requisites:

Candidates must be at least **14 years old** on the first day of the course and current members of Gymnastics Ireland registered club

### What To Expect:

An informative course based on a structured approach to skill and physical development

### Delivery Method:

Six hours- classroom and practical based.

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## **Do I Need To Bring Participants?**

No participants are required. Candidates will physically take part in the activities themselves so will be required to wear appropriate clothing.

## **Do I Need To Find A Mentor?**

No mentor is required.

## **What Resources Are Included?**

Module specific resource pack

Each candidate will receive a set of Floor Awards and Apparatus & Group Awards which they can then use to assist in the delivery of recreational and fun gymnastics. This is done through detailed work cards/ posters, which include exciting activities and exercises to follow.

## **Qualification:**

All candidates will be issued with a Certificate of Attendance at the end of the module. This is not an official coaching qualification but rather a continuous professional learning and development certification, which allows candidates to assist in the coaching of skills and activities within the GymSTART Award Scheme.

The GymSTART Introductory Module is the first step on our coaching programme and can be used as a stepping stone towards attending a GymSTART Level 1 Coaching Course or a Level 1 Coaching Course in any specific discipline.

## **Price:**

€85 for Gymnastics Ireland members

## **Syllabus:**

- Warm-up Activities - based around Fundamental Movement Skills
- Basic gymnastic shapes and body awareness
- Flexibility and Posture
- Basic age-appropriate strength exercises
- Jumping and Landing

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- Balancing - up to and including handstand
- Cartwheels
- Rolling
- Partner work - acrobatics
- Use of various apparatus including: bench/beam, springboard/ vault, plus Rhythmic Hand Apparatus e.g. hoop, ribbon, rope.

## Outcomes:

By the end of the course the learner will be able to:

- Assist with the teaching of skills and activities within the GymSTART awards scheme (Floor Awards and Apparatus & Group Awards)
- Tailor the material to be suitable for any age group, provide stimulating, challenging sessions and essentially make sessions FUN!

## Booking Procedure:

To book online visit <http://store.gymnasticsireland.com/coaching-courses/> or **click here**. Participants will be contacted with confirmation of a place once payment has been made followed by an email prior to the module start date with details on timetables etc.

PLEASE NOTE: As part of the membership benefits, coaches are provided with personal accident insurance cover in relation to participation in Gymnastics Ireland activities. If you would like to enquire about becoming a member by registering a club, contact our office on 01 625 1125, or visit our website: [www.gymnasticsireland.com](http://www.gymnasticsireland.com)