

GymSTART Level 1 Coaching Course

Developing Participation

This course introduces the coach to each of the various gymnastics disciplines and provides coaches with a Sport Ireland Coaching approved coaching qualification. The course is ideal for interested individuals to coach at participation based levels as it provides a perfect introduction to basic coaching theory and the fundamental practical skills of all the gymnastic disciplines.

Course Duration:

14 hours – covered over 2 days

Course Pre-Requisites:

Coaches must be over 16 years old and hold a current membership with a Gymnastics Ireland registered club. The majority of the course will be practical based sessions and coaches booking on the course must be able to provide their own GI registered club gymnasts.

Who is it for?

The course is aimed at coaches (aged 16 and above) and designed to educate & facilitate these individuals that are currently working at the grass roots/participation levels of our sport. The course will introduce skills across all disciplines and can help current coaches to refresh, or extend their knowledge of coaching. The course is the first step on the GymSTART coaching pathway which will then lead on to a GymSTART Level 2 coaching course. Coaches can also transfer into a discipline specific coaching course at Level 1 or Level 2 where appropriate.

To view details on how a GymSTART Level 1 qualification can allow coaches transfer to a discipline specific coaching course please click on the following link for the:

[Gymnastics Ireland – Coaching Policy under the heading - Appendix 1 - Discipline Transfer Matrix Cycle 4 \(2017 – 2020\)](#)

Disabilities:

Where possible, the skills will include ideas and tasks highlighting how to include children with disabilities. Please contact Aimi Baker, Participation Manager Aimi@gymnasticsireland.com to discuss further and on information and coach education in relation to specific disability awareness workshops and modules.

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What level are the skills aimed at?

Gymnasts/ pupils/ students (that have done some form of gymnastics before), and are suitable for any age group (from 5 years to adult).

Course Syllabus:

The course will introduce some key aspects of coaching theory and practical session covering various disciplines:

- Theory: Fundamental movement skills, long term gymnast development, the role of the coach and safety in gymnastics
- Warm-ups: What and how to deliver different types of warm up activities
- Floor Elements: shapes, posture, body tension, rolling, balancing, jump and landing, and flexibility skills.
- Balance on a Bench/Beam: dismounts, jumps and turns
- Using the Bar: pull up, back hip circle, basic cast, $\frac{3}{4}$ forward hip circle
- Soft Vault: landings, hurdle step prep, running, hurdle step, squat on, straddle on
- Rhythmic: rotations, swings, skipping, balance with the rope, ball techniques, swings, throwing and catching, bouncing, rolling, balance with the ball
- Acrobatics: counter balancing, counter balance kneeling, supported handstand, one foot stand on knee, supported front angle, leap frog, straight jump on wrists, supported star jump
- Trampoline/Trampette: jumps and turns, seat landing, seat bouncing to feet

Pre-course task: N/A

Course Assessment:

No formal assessment. Full attendance is compulsory to gain certification.

Course Certification:

Please note that as a member of a Gymnastics Ireland registered club, coaches must have completed vetting procedures (Garda/AccessNI vetting through Gymnastics Ireland) and completed Irish Sports Council or SportNI Child Protection Awareness/Safeguarding Workshop. Coach certification for coaches who complete this course will not be issued by Gymnastics Ireland until proof of completing both is provided by the candidate.

All coaches will receive a Gymnastics Ireland, GymSTART Level 1 qualification approved by Sport Ireland Coaching. Coaches are certified to coach in a GI registered club under the guidance of a Level 2 coach.

Course Fee: €200

All fees must be paid to Gymnastics Ireland in full prior to the commencement of the Course.

Booking Procedure:

To book online visit <http://store.gymnasticsireland.com/coaching-courses/> or click here.

Coaches will be contacted with confirmation of your place once payment has been made followed by an email prior to your course 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