

## GymSTART Level 2 Coaching Course

### Developing the Gymnast

The GymSTART Level 2 coaching course has been designed to further develop upon the skills covered on the GymsSTART Level 1 syllabus. The course also provides coaches with the perfect qualification to start up & run their own club with the emphasis on building a sound participation programme that in time can develop towards performance-based pathways.

The syllabus therefore reflects the developmental needs of pre-pubertal children (age 8 – 11 years) and older gymnasts who may still wish to participate in structured recreational gymnastic activities.

All coaches as part of their duty of care towards their gymnasts must pay due regard to the age, stage of maturation, ability and readiness to participate. The underpinning knowledge contained within the Common Core and Sport Specific theory sections of the course must permeate the practical teaching and reference to the underpinning principles must be made.

The GymSTART Level 2 Coach must demonstrate competence at developing the listed skills and techniques through recommended procedures including, pre-requisite skills, physical preparation, safe and effective progressions and supporting techniques and use of training aids where appropriate.

### Course Duration:

- 34 hours – covered over 5 days
- Day 1 consists of classroom based coaching theory
- Days 2, 3 and 4 consists of sports specific theory and practical skills
- Day 5 will consist of both practical and theory assessments

### Course Pre-Requisites:

- Coaches must be over 18 and current members of a Gymnastics Ireland registered club.
- You must have completed vetting procedures (Garda/AccessNI vetting through Gymnastics Ireland) and completed Irish Sports Council or SportNI Child Protection Awareness/Safeguarding Workshop.
- Coaches must have completed a Level 1 GymSTART course or any level of a discipline specific coaching qualification

### Who is it for?

The course is aimed at coaches that are currently coaching in a gymnastics club setting. It is designed to educate & facilitate these coaches that are currently coaching gymnasts at both recreational and competitive levels of gymnastics. The course will cover skills across artistic, acrobatic and rhythmic disciplines and can help current coaches to refresh, or extend their knowledge from attending a previous Level 1 GymSTART course or any discipline specific courses. The course is also designed as a step towards entry into a discipline specific coaching course at Levels 1 and 2 depending on the discipline.

To view details on how a GymSTART Level 2 qualification can allow you 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](mailto:Aimi@gymnasticsireland.com) to discuss further and on information and coach education in relation to specific disability awareness workshops and modules.

## What Level Are The Skills Aimed At?

The skills are applicable to gymnasts that are currently participating in a gymnastics club and are suitable for age groups (from 8 years to adult).

## Course Content:

The course will cover the key aspects of coaching theory and practical sessions covering artistic, acrobatic and rhythmic disciplines:

- Long Term Gymnast Development, Role of the Club Coach, Coaching Styles and Communication, Health and Safety, Integration and Inclusion, Coaching Methods, Planning, Preparing, Conducting and Evaluating Coaching Sessions, Diet and Nutrition, Development of young Gymnasts
- Physical Preparation
- Biomechanics
- Dance and Choreography
- **Acrobatics:** Trio Split Scale, Standing on Hands, Standing on Shoulders, Pair - Supported Handstand on Knee, Trio - Supported Handstand on Knees, Pair - Supported Shoulder Balance, Trio Basic Bunk Beds – Standing on Knees Supported Base, Trio Log Overhead, Round-off To Log, Pair – Round Off Supported Straight Jump
- **Floor Elements:** Walkover Forwards & Backwards, Forward Tumbling Saltos, Hand spring to Two Feet Landing, Floor-Backward Tumbling - Flic to Two Feet, Backward Motion Preparation for Flic, Support for First Half Flic, Support Preparation for Flic, Spotted Flic on an Inclined Module, Pre –Requisites and Progressions for a Round off, Round off with Emphasis on the Korbet Phase to Optimise Backward Momentum, Step to Round off, Forward Run to Hurdle Step Round off
- **Beam:** Step with Leg Bend and Lift, Walk Leg Raise Forwards, Walk Rear Leg Raises, Side Walk Leg Raises, Straight 180 Jump, Handspring (off end) dismount, Round Off (off end) dismount
- **Rhythmic:** Hoop - Rotation around Body Parts, Boomerang Roll, Rolling Down the Back, Rolling Across the Arms & Chest, Flip Toss with Rotation, Leap/Jump with the Rope - Cat Leap through Rope, Leap/Jump with Ball, Acrobatic Element with Ball - Throw with a Shoulder or Forward Roll, Hoop - Swing to Toss and Catch, Acrobatic Element with Hoop - Rolling with Split Leap
- **Vault:** Handspring to Flat Back Landing, Handspring, ½ Turn onto Raised Landing, Round off Rebound Jump • **Bars:** Basic Swing with Shape Changes, Swing Preparations, Gloves and Loops, Upward Hip Circle, Basic Cast, Static Backward Hip Circle, Undershoot Dismount

## Post-course task:

Coaches will be required to fill in a coaching logbook under the guidance of a mentor coach where they will be required to record and log hours of coaching practice in their gym.

## Course Assessments:

Post course contact days, coaches will be required to undertake a 60 minute practical assessment based on practical skills covered on Days 2, 3 and 4. This will be followed by 2 – 30 minute theory papers (based on the coaching resources provided) covering areas on coaching theory and sports specific theory.

## Course Certification:

All coaches will receive a Gymnastics Ireland, GymSTART Level 2 qualification approved by Sport Ireland Coaching once they have passed the practical assessment, theory papers and completed logbook.

## Course Fee: €430

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

## Booking Procedure:

To book online **click here** to visit the Gymnastics Ireland store.

You 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](http://www.gymnasticsireland.com)