

# GYMEDGE

## SPORTS COACH DEVELOPMENT PROGRAMME

**GymEDGE is a sports coach development programme that uses core fundamental gymnastics skills and training techniques to build the complete athlete or player.**

### TESTIMONIAL

**Des Ryan** - Head of Sports, Medicine & Athletic Development of Arsenal Football (Former I.R.F.U Fitness Education Manager)

“The I.R.F.U. fitness department joined forces with Gymnastics Ireland to complete a 6 week project aimed at improving fundamental movement skills in young players.

The players found it very enjoyable and challenging. They were taken through different exercises aimed at developing fundamental movement skills (Jump, Land, Roll, Balance etc) which will in turn be beneficial to many sports including rugby.

This project is part of an on-going programme of development that places emphasis on the Fundamental movement Skills.

In this particular project we are looking at fun and novel ways of improving young players ‘ground mobility’ through Gymnastics. The aim being to evaluate this 6 week programme on its effects on falling, moving on the ground, getting up and being at all times mobile ‘off the feet’.

This will hopefully result in an improvement in balance, co ordination and movement skills in the young players which will in turn help the player perform better on the rugby pitch and during other sports. The project was made possible through the help of Tommy Craddock (P.E. teacher Sligo

Grammar school) who organised the young players, facilities and class time.

The I.R.F.U. would like to help investigate this and increase the knowledge in this area through this and other projects. This project is part of the I.R.F.U. continued investigation into the best methods to develop all players in the long term development pathway.”



L-R: Des Ryan (IRFU), Aimi Baker(Gymnastics Ireland) and Tommy Craddock (Sligo Grammar School P.E. Teacher)

**In partnership with**



**Supported by**



**For more information & booking enquiries:**

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

[ask@gymnasticsireland.com](mailto:ask@gymnasticsireland.com)

**01 6251125**

# USING GYMNASTICS TO BUILD THE COMPLETE ATHLETE

*Sport Starts Here.*  
[www.gymnasticsireland.com](http://www.gymnasticsireland.com)

**GYMNASTICS**  
**IRELAND**