

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.

Testimonials

"After years of working with children, university students and elite performers in a range of physical activity/sporting roles, I have come to recognise that, the fundamental movements that we teach in gymnastics are at the heart of most great sports performances! Gymnastics provides the perfect platform to help performers learn, build, develop or perfect a whole range of skills and attributes which will benefit them no matter what sport they play. Arguably, no other sport can offer that."

Professor Marie Murphy
Ulster Sports Academy
University of Ulster

"Gymnastics is a foundation sport for all other sports."

Dr Istvan Bayli
Expert in Long Term Athlete Development

"It is well appreciated that gymnastics is a close relation to all sports and helps develop movement skills. The IRFU would like to help investigate this and increase the knowledge in this area."

Des Ryan
IRFU Fitness Education Manager

"Gymnastics provides a great foundation for developing balance, coordination, spatial awareness and agility needed in all sports including rugby. Good athletic movement and body management skills are vital for developing skilful rugby players. As a parent I sent my children to gymnastics to develop these basic skills and provide the foundation for the other sports they would take up later on."

David Humphries MBE
Operations Director
Ulster Rugby
Irish International Rugby player 1996-2006

"It would be a huge advantage for all our young cricketers to have taken part in Gymnastics activity at a young age, as this would give them the key

movement and balance skills that underpin our sport."

Peter Ackerley
Head of Development
British Cricket

"I believe that well taught gymnastics activities provide wonderful and unique opportunities to develop movement confidence and skill in a way that helps performers achieve their potential, in a huge range of sports and physical activities and gymnastics can compliment other training to give elite performers an 'edge' over their rivals."

Sinead Connolly
Ulster Sports Academy
University of Ulster

"Swim Ireland runs its own coach education licensing and continuous professional development (CPD) system, we see the GymEDGE programme as playing a crucial role in the CPD of our coaches."

Charlotte Parker
Director of Education
& Development
Swim Ireland

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