

## Level 2 Rhythmic Gymnastics

### Developing Performance:

A level 2 qualification is the second stage of the coaching pathway for this discipline. As a level 2 coach you will be able to work independently to help participants develop their skills, flexibility and co-ordination. You are able to lead your own sessions, mentor and oversee fellow coaches, and open your own club. You can also help participants develop the skills required to compete in competitions.

### Course Duration:

Day 1 – Generic  
Days 2 & 3 – Sports Specific  
Day 4 - Sports Specific, in course assessment & course re-cap  
Day 5 – Generic  
Day 6 – L2 Assessment for both Theory & Practical

### Course Pre-Requisites:

Candidates must be over 18 and hold a current Gymnastics Ireland membership. Candidates must also hold any of the following qualifications from these previous or current coaching cycles to attend:

Cycle 1 – Introductory Level Rhythmic  
Cycle 2 – Apprentice or Club Coach Level GymSTART  
Cycle 3 (2013 – 2016) – GymSTART Level 1 or Level 2

### Who is it for?

The course is aimed at coaches working in a gymnastics club, aged 18 or above. It is designed to educate & facilitate coaches to assume responsibility for an individual, group, class or club when coaching skills within the syllabus.

### What level are the skills aimed at?

The skills covered are specific to coaching Rhythmic within a club setting (see course syllabus).

### Course Documents:

Please ensure you have read the learner agreement before booking on a course. You must meet all terms in this agreement and the terms and conditions highlighted in the coaching policy.

Learner Agreement – [Click here](#)

Coaching Policy – [Click here](#)

### Course Certification:

All candidates will receive a Gymnastics Ireland, Rhythmic Level 2 qualification awarded by Coaching Ireland. Coaches are certified to coach within the Level 2 syllabus in a club setting. Candidates may decide to go directly on to a Rhythmic Level 3 course or transfer to another discipline-specific coaching course. To view details of how to transfer between other discipline specific courses please click on the matrix below.

Please note that certification for candidates who complete this course will not be issued by Gymnastics Ireland until proof of completing a Sport Ireland - Safeguarding 1 - Code of Ethics Workshop or SportNI Child Protection Awareness/Safeguarding Workshop is provided by candidate. (Arrangements will be made by Gymnastics Ireland for members aged between 16 and 18 to complete a Sport Ireland - Safeguarding 1 - Code of Ethics Workshop on receipt of written consent from parent/guardian).

**Course Cost:** €552

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

### **Booking Procedure:**

To BOOK online, [click here](#) or visit the store section on our website:

<http://store.gymnasticsireland.com/>

To book over the phone, call the main office on 01 625 1125

You will be contacted with confirmation of your place once payment has been made.

PLEASE NOTE: Gymnastics Ireland member, as part of your membership benefits you are provided with personal accident insurance cover in relation to participation in Gymnastics Ireland activities. It is not a requirement for non-members to provide their own personal accident cover in order to participate in Gymnastics Ireland activities.

If you would like to enquire about becoming a member, contact our office on 01 625 1125, or visit our website: [www.gymnasticsireland.com](http://www.gymnasticsireland.com) or [click here](#).

### **Further Information:**

Before enrolling on a coaching course please be aware:

- 1. The candidate is expected to provide gymnasts (must be current members of GI for the practical days of the course and the assessment)**
2. The candidate will be required to find a mentor coach (the mentor should hold a GI coaching award the level above the award being taken and usually in that discipline)
3. All course days require the candidates' attendance, including the assessment date
4. The qualification process, from the start of a course to the assessment, takes approximately 4 months
5. It is the responsibility of the coach attending the course to enrol themselves
6. To enrol on-line a membership number is required and an email confirmation will be sent to you confirming your booking.
7. If you are having trouble booking onto the course please contact the office 01 625 1125