

## **LEVEL 1 TRAMPOLINE**

### **Developing Performance:**

The Trampoline Level 1 course is the first level of coaching qualification on the discipline specific, coaching pathway which is quality assured and awarded by Coaching Ireland. The course is delivered over 3 days (2 weekends) along with an assessment day and is ideal for coaches already coaching in a club setting.

### **Course Duration:**

Day 1 – Generic Common Core (8 hours)

Days 2 & 3 – Sports Specific Practical (16 hours)

Day 4 – Practical Assessment and Logbook sign off (2 hours)

### **Course Pre-Requisites:**

Candidates must be over 16 and hold a current Gymnastics Ireland membership.

### **Who is it for?**

The course is aimed at coaches working in a gymnastics club, aged 16 or above. It is designed to educate & facilitate coaches to assist a qualified club coach within their gym.

### **What level are the skills aimed at?**

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

### **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, Trampoline Level 1 qualification awarded by Coaching Ireland. Coaches are certified to coach in a club under the guidance of a Level 2 coach (Club Coach). Candidates may decide to go directly on to a Trampoline Level 2 course. If coaches decide to go on another discipline-specific coaching course they can only enter at Level 1. To view details of how to transfer between other discipline specific courses please click on the matrix below.

Coaching Courses in current Cycle 3 (2013 to 2016) [click here](#)

Please note that certification for candidates who complete this course will not be issued by Gymnastics Ireland until proof of completing an Irish Sports Council 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 Child Protection Awareness/Safeguarding Workshop on receipt of written consent from parent/guardian).

**Course Cost:** €335

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

**Booking Procedure:**

To book online visit the store section on our website: <http://store.gymnasticsireland.com/> or [click here](#)

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 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 3 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