

Questions and Answers

Workshop 1: FUNDAMENTAL MOVEMENT SKILLS (FMS)

- WHO IS THE FMS WORKSHOP FOR?

This workshop is for everyone.

For any sports coach (from any sport), teacher, parent, interested volunteer, athlete or player, aged 16 years or over, who is looking for a continuous professional development (CPD) coaching workshop.

- WHEN IS THE NEXT WORKSHOP?

Click here to see the most up to date calendar of events

- HOW MUCH IS IT?

Cost of the Workshop

- €65.00 per person (without resource)
- €80 per person (with resource)

Click here to view the resource

Click to book on this workshop

- HOW LONG IS THE WORKSHOP?

The FMS workshop is 6 hours long. It is usually run at a weekend (10.00am-4.00pm), but can be run mid week to accommodate particular groups.

- HOW DO I BOOK ON A WORKSHOP

Booking for the GymEDGE workshop is in our STORE, click here to go there directly <http://store.gymnasticsireland.com/>

Note: Some workshops will be in conjunction with the Local Sports Partnership (LSP) Network – bookings for these workshops may be directly through the LSP.

- DO I NEED TO BE A QUALIFIED COACH TO ATTEND?

No.

The workshops vary in level catering for coaches working at participation, development or performance level.

Previous coaching qualifications or experience are not required (but always help).

Candidates must be 16 years or over.

- CAN GYMNASTICS IRELAND RUN A GYMEDGE WORKSHOP FOR INDIVIDUAL CLUBS, GROUPS OR NGB's?

Yes. We would be delighted to!

If any club, organisation or National Governing Body (NGB) has interested people, we can run a workshop anywhere. The minimum number to run a workshop would usually be 15-20 people, but we will consider each request on a case by case basis.

Contact Aimi directly on aimi@gymnasticsireland.com
or the main office on 01 625 1125

- DO I NEED MY OWN INSURANCE?

If you are a 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 main office on 01 625 1125, or visit our website www.gymnasticsireland.com

- WHAT QUALIFICATION DO I GET?

Each participant gets a Gymnastics Ireland Certificate of Attendance.

- WILL THERE BE A WORKSHOP IN MY AREA?

We hope to eventually run GymEDGE workshops running throughout the country by the end of 2013. Keep an eye on the calendar on the website ([CLICK HERE TO VIEW](#)). Let us know that you are interested and we can look into coming to your area: email us directly: ask@gymnasticsireland.com OR aimi@gymnasticsireland.com

- WHAT OTHER COACHING PROGRAMS DOES GYMNASTICS IRELAND RUN?

For an overview of our coaching and module structure, [click here](#)

- WHO DO I CONTACT FOR ADDITIONAL INFORMATION?

Please contact either:

The main office on T: 01 625 1125 E: ask@gymnasticsireland.com

or

Aimi Baker Participation Manager aimi@gymnasticsireland.com

Workshop 2: FLEXIBILITY AND STRETCHING

Under construction - 2014

Workshop 3: PHYSICAL PREPERATION WORKSHOP

Under construction - 2014