

GymSTART Level 1 Coaching Course

Developing Participation

This course introduces the coach to each of the various disciplines and provides coaches with a Coaching Ireland approved coaching qualification. The course is ideal for interested individuals to coach at participation based levels as it provides a perfect introduction to basic coaching theory and the fundamental practical skills of all the gymnastic disciplines.

Course Duration:

12 hours – covered of 2 days

The course is theory and practical based therefore please bring appropriate attire for indoor use to allow you to participate in gymnastics-related activity.

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, teachers and gymnasts (aged 16). It is designed to educate & facilitate these individuals that are currently working at the grass roots/participation levels of our sport. The course will introduce skills across all disciplines and can help current coaches to refresh, or extend their knowledge of coaching. The course is also designed as a step towards a GymSTART Level 2 course or entry into a Discipline Specific Coaching Course program.

Disabilities:

Where possible, the skills will include ideas and tasks highlighting how to include children with disabilities. Please contact Garrett Buckley, Education Manager garrett@gymnasticsireland.com to discuss what area of disabilities you are involved with before booking on the module.

What Level Are The Skills Aimed At?

Gymnasts/ pupils/ students (that have done some form gymnastics before), and are suitable for any age group (from 5 years to adult).

Course Content:

The course will introduce some key aspects of coaching theory and practical session covering various disciplines:

- Theory: Long term gymnast development, the role of the coach, safety in gymnastics
- Warm-ups
- Floor Elements: shapes, posture, body tension, rolling, balancing, jump and landing, and flexibility skills.
- Balance on a Bench/Beam: dismounts, jumps and turns

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- Using the Bar: pull up, back hip circle, basic cast, $\frac{3}{4}$ forward hip circle
- Soft Vault: landings, hurdle step prep, running, hurdle step, squat on, straddle on
- Rhythmic: rotations, swings, skipping, balance with the rope, ball techniques, swings, throwing and catching, bouncing, rolling, balance with the ball
- Acrobatics: counter balancing, counter balance kneeling, supported handstand, one foot stand on knee, supported front angle, leap frog, straight jump on wrists, supported star jump
- Trampoline/Trampette: jumps and turns, seat landing, seat bouncing to feet

Pre-course task: N/A

Course Assessment:

No formal assessment. Full attendance is compulsory to gain certification.

Course Certification:

All participants will receive a Gymnastics Ireland, GymSTART Level 1 qualification approved by Coaching Ireland. Coaches are certified to coach in a club under the guidance of a Level 2 coach; or in a school/ University establishment. Participants may decide to go directly to a Level 2 GymSTART course, or a discipline-specific coaching course at Level 1 or Level 2 where appropriate.

To view details of how a GymSTART Level 1 qualification can allow you transfer to a discipline specific coaching course please click on the matrix below (please note some coaches may have an old GymSTART qualification previously called - Introductory or Apprentice which is the equivalent of Level 1 in the current cycle 3) :

- Coaching Courses from Cycle 2 – 3 (2009 to 2012) [click here](#)
- Coaching Courses in current Cycle 3 (2013 to 2016) [click here](#)

Course Fee: €175

All fees must be paid to Gymnastics Ireland in full prior to the commencement of the Course. To BOOK online, [click here](#). To book over the phone, call the main office on 01 625 1125

Booking Procedure:

To book online visit store.gymnasticsireland.com/coaching-courses or [click here](#).

You will be contacted with confirmation of your place once payment has been made. You will then be contacted by email with details; timetables venue etc.

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 or [click here](#).