

## GymSTART Level 2 Coaching Course

### Developing the Gymnast

The content of the GymSTART Level 2 Practical Module syllabus has been designed to encompass the needs of coaches who may want to build on the skills and develop knowledge they gained from previously attending GYMSTART Modules or the GymsSTART Level 1 course. The course provides coaches with the perfect qualification to start up & run their own club with the emphasis on building a sound participation programme that in time can develop towards performance-based pathways.

The syllabus therefore reflects the developmental needs of pre-pubertal children (age 8 - 11 years) and older participants who may still wish to participate in structured recreational gymnastic activities.

All coaches as part of their duty of care towards the participants must pay due regard to the age, stage of maturation, ability and readiness to participate. The underpinning knowledge contained within the Common Core and Sport Specific theory sections must permeate the practical teaching and reference to the underpinning principles must be made.

The Level 2 Coach must demonstrate competence at developing the listed skills and techniques through recommended procedures including, pre-requisite skills, physical preparation, safe and effective progressions and supporting techniques and use of training aids where appropriate.

### Course Duration:

- 24 hours - covered of 5 days
- Day 1 and 2 cover coaching theory
- Day 3 and 4 cover sports specific theory and practical skills
- Day 5 will be an assessment

### Course Pre-Requisites:

- Coaches who have completed a Level 1 GymSTART Course
- Coaches who have completed 4 GymSTART Modules: Acrobatics Module 2, Floor & Vault Module 2, Trampoline Module 1 and Rhythmic Module 1
- Coaches who have any level of discipline specific coaching qualification
- Coaches must be over 18 and hold a current Gymnastics Ireland membership.

### Who is it for?

The course is aimed at coaches that are currently coaching in a gym setting. It is designed to educate & facilitate these coaches that are currently coaching gymnasts at both recreational and competitive levels of gymnastics. The course will cover skills across artistic, acrobatic and rhythmic disciplines and can help current coaches to refresh, or extend their knowledge from attending previous GymSTART modules, a Level 1 GymSTART course or any discipline specific course. The course is also designed as a step towards entry into a discipline specific coaching

# GYMSTART

course program at Levels 1 and 2 depending on the discipline.

## 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](mailto: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?

The skills are applicable to gymnasts that are currently participating in a gymnastics club and are suitable for age groups (from 8 years to adult).

## Course Content:

The course will cover the key aspects of coaching theory and practical sessions covering artistic, acrobatic and rhythmic disciplines:

- Long Term Gymnast Development, Role of the Club Coach, Coaching Styles and Communication, Health and Safety, Integration and Inclusion, Coaching Methods, Planning, Preparing, Conducting and Evaluating Coaching Sessions, Diet and Nutrition, Development of young Gymnasts
- Physical Preparation
- Basic Biomechanics
- Dance and Choreography
- **Acrobatic Gymnastics:** Trio Split Scale, Standing on Hands, Standing on Shoulders, Pair - Supported Handstand on Knee, Trio - Supported Handstand on Knees, Pair - Supported Shoulder Balance, Trio Basic Bunk Beds - Standing on Knees Supported Base, Trio Log Overhead, Round-off To Log, Pair - Round Off Supported Straight Jump
- **Floor Elements:** Walkover Forwards & Backwards, Forward Tumbling Saltos, Hand spring to Two Feet Landing, Floor- Backward Tumbling - Flic to Two Feet, Backward Motion Preparation for Flic, Support for First Half Flic, Support Preparation for Flic, Spotted Flic on an Inclined Module, Pre -Requisites and Progressions for a Round off, Round off with Emphasis on the Korbet Phase to Optimise Backward Momentum, Step to Round off, Forward Run to Hurdle Step Round off
- **Beam:** Step with Leg Bend and Lift, Walk Leg Raise Forwards, Walk Rear Leg Raises, Side Walk Leg Raises, Straight 180 Jump, Handspring (off end) dismount, Round Off (off end) dismount
- **Rhythmic:** Hoop - Rotation around Body Parts, Boomerang Roll, Rolling Down the Back, Rolling Across the Arms & Chest, Flip Toss with Rotation, Leap/Jump with the Rope - Cat Leap through Rope, Leap/Jump with Ball, Acrobatic Element with Ball - Throw with a Shoulder or Forward Roll, Hoop - Swing to Toss and Catch, Acrobatic Element with Hoop - Rolling with Split Leap
- **Vault:** Handspring to Flat Back Landing, Handspring, ½ Turn onto Raised Landing, Round off Rebound Jump
- **Bars:** Basic Swing with Shape Changes, Swing Preparations, Gloves and Loops, Upward Hip Circle, Basic Cast, Static Backward Hip Circle, Undershoot Dismount

# GYMSTART

## **Post-course task:**

Coaches will be required to fill in a coaching logbook under the guidance of a mentor coach where they will be required to record and log hours of coaching practice in their gym.

## **Course Assessment:**

Coaches will be required to undertake a 45 minute practical assessment based on practical skills covered on Days 3 and 4. This will be followed by 2 - 45 minute theory papers covering coaching theory and sports specific theory on Days 1, 2 and 3.

## **Course Certification:**

All coaches will receive a Gymnastics Ireland, GymSTART Level 2 qualification having passed the practical assessment, theory papers and completed logbook. This will be approved by Coaching Ireland and coaches will then be qualified to coach in a club on their own or in a school/university establishment. Coaches may decide to go directly on to a discipline-specific coaching course at Level 1 or Level 2 where appropriate.

To view details of how a GymSTART Level 2 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 qualification 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: €395**

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 <http://www.gymnasticsireland.com/coaching.aspx> 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 main office on 01 625 1125, or visit our website. [www.gymnasticsireland.com](http://www.gymnasticsireland.com) or [click here](#).