

Level 1 Acrobatics Gymnastics

Developing Performance:

The Acrobatics 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 (1 hour)

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 acrobatic gymnastics 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, Acrobatics Level 1 (Assistant Coach) qualification awarded by Sport Ireland Coaching. 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 an Acrobatics Level 2 (Club Coach) course or another discipline-specific coaching course at Level 1 or Level 2 where appropriate. To view details of how an Acrobatics Level 1 qualification can allow you transfer to other discipline specific coaching course please click on the matrix below

[Coaching Programme – Cycle 4 – 2017 – 2020 – Click here...](#)

Please note that as a member of Gymnastics Ireland you must have completed vetting procedures (Garda/AccessNI vetting through Gymnastics Ireland) and completed Irish Sports Council or SportNI Child Protection Awareness/Safeguarding Workshop. Coach certification for candidates who complete this course will not be issued by Gymnastics Ireland until proof of completing both is provided by the candidate.

Course Cost: €380

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 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