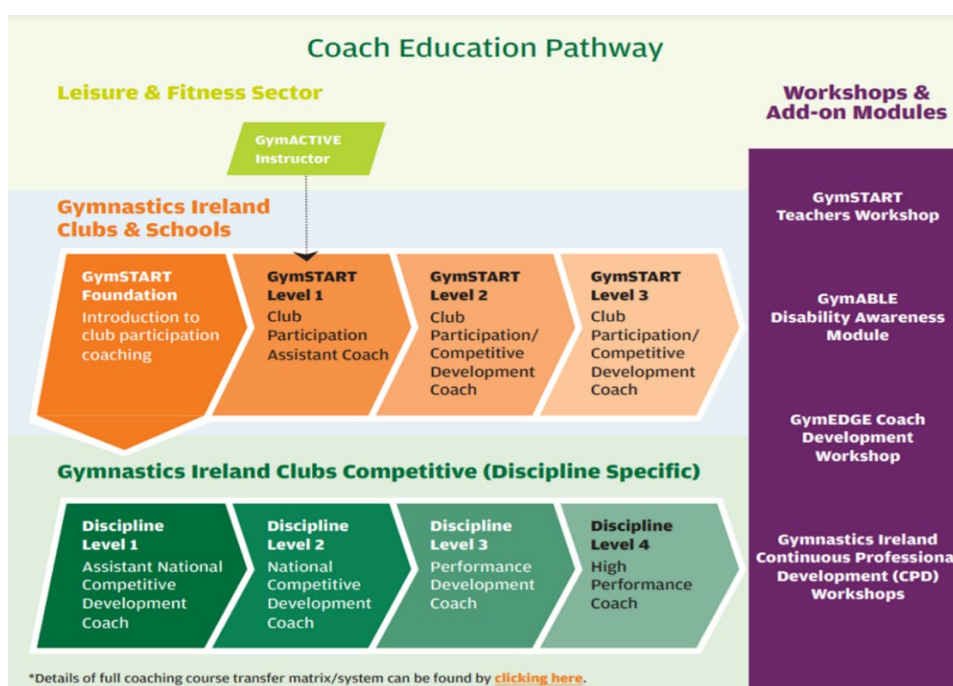


## GymSTART Foundation Level Coaching

### Introduction to Club Participation Coaching

As part of the new coach education pathway the GymSTART foundation coaching course will serve as the first entry point for you to begin your coaching journey through either the GymSTART or Discipline Specific coaching pathways. After completion of this course and under the direct assistance and supervision of a lead coach, you will be certified and accredited to assist and support safe, fun, and participant-centred gymnastics sessions within your club.

[Click Here](#) to view the education strategy 2021 - 2024 which includes information on the new coach education pathway



### Who is the course for?

The course is ideal for any club members aged **14 and above** who are looking to get involved in taking their first steps in coaching. The course will provide you with the key skills needed to assist and support a Level 1 or Level 2 (and above) coach in delivering fundamental gymnastics skills within your syllabus, across any participation/recreational level programmes that run in your club.

*\* Please note this course is suitable for participants involved in any gymnastics discipline.*

## What will be the course involve?

**eLearning:** You will complete a short series of eLearning modules through our LMS platform. The modules will explore an introduction to a participant centred approach to coaching gymnastics at a foundation level and you will discover the very basic principles around how to coach skills at a recreational/participation level. Completion of these eLearning modules is compulsory, as you will be expected to demonstrate the content covered when involved with coaching at your club.

**Practical day coaching:** You will learn how to safely coach and develop the fundamental gymnastics skills on your syllabus that form the foundation to all gymnastics disciplines. Throughout the day you will work with your peers developing your participant centred approach to coaching children. There will also be continuous group-based activities aiming to introduce and develop some of the basic 'how to coach' skills.

## What resources are included?

To support the safe development of gymnastics skills from your syllabus, you will be provided with our GymSTART Awards Scheme (Floor Awards and Apparatus & Group Awards) which encourages coaching gymnastics within a fun environment, while supporting participants in the progressive development of new skills across participation levels.

*\* Please note that you can only assist in coaching the skills from the awards resource that match the skills delivered from this foundation course syllabus*

## Criteria for eligibility:

- Candidates must be at least **14 years old** on the first day of the course and current members of a Gymnastics Ireland registered club.
- Any candidate **16 years old and above** must have completed **Garda Vetting and Safeguarding Training** before booking on the course
- Any parent(s)/guardian(s) of a candidate **under 18 years old** must complete the online consent form to create an account on LearnUpon and to access and complete the course content. This form must be completed before course enrolment.

## Delivery method and duration:

- Compulsory eLearning modules - taking approximately 1 hour to complete all online
- Practical coaching - 1 day (8 hours delivery)

## Do I need to bring participants?

You are not required to bring participants, but you will be required to physically take part in the activities themselves. Therefore, it's important to wear appropriate clothing.

## What qualification do I receive?

You will be accredited with a Certificate of Attendance once you complete all your eLearning modules and attend the practical day

## Course documents:

Coaching Policy [Click Here](#)

## Course Cost:

€100

## Accreditation Regulations:

Once you have completed the course you will only be accredited to be under direct supervision of a qualified **Level 2** coach (or above) or can directly assist a **Level 1 or 2** coach (or above).

### **Direct supervision:**

When working under direct supervision, you can take your own group of up to 8 participants under the **direct supervision** of the **Level 2** coach (or above). This level of coach will not have their own group so they must supervise you and the activities they have planned for your participants.

When working with your participants you will follow the activities set out by the **Level 2** coach (or above). When assisting under direct supervision you can only deliver skills and activities that are within your syllabus. You are not able to work outside of this, and any activities the **Level 2** coach (or above) plans for the session must stay within these boundaries.

### **Direct assistance:**

When directly assisting you will be working with another qualified coach and assisting them in the delivery of their session. You can only directly assist a **Level 1 or Level 2** coach (or above).

### **When directly assisting a Level 1 or Level 2 coach (or above)**

The group will follow the session plan designed by the **Level 1 or 2** coach (or above). You can only assist in skills and activities that are included in your syllabus and should not work outside of this.

Any foundation coach practicing skills and activities outside the syllabus will be deemed to be operating outside their accredited syllabus. As a consequence of this, the skill would not be deemed to be a recognised activity within a recognised environment and any insurance cover would be rendered void.

## Course Syllabus:

On completion of this course, learners will be able to assist in the delivery of the skills below.

### Floor skills:

- Locomotion (e.g. walking, running, skipping, hopping)
- Shapes (e.g. straight, tuck, pike, straddle)
- Positions (e.g. dish, arch, landing, shoulder stand)
- Supports (e.g. front, back, side)
- Balances (e.g. stork, Y-balance, arabesque)
- Jumps and leaps (e.g. straight, arched, star, jump 1/1/ turn, straddle jump, split leap)
- Rolling (e.g. log roll, forward roll, backward roll)
- Flexibility (e.g. front and side splits, and japana fold)
- Working upside down (e.g. front support legs raised, tuck handstand (legs raised), l-handstand (legs raised), one legged handstand (leg raised), ¾ handstand, handstand)
- Working upside down while moving (e.g. cartwheel (side to side and front to back))

### Object skills:

- Small objects (e.g. throwing, catching, swinging, and balancing)
- Ball work (e.g. swinging rolling throwing and catching)
- Rope work (e.g. rotations swinging skipping figure eight)
- Hoop work (e.g. swinging, rolling, rotating around body parts)

### Working with others:

- Balances
- Counter balances

### Rebounding (jumping on a springboard/trampette):

- Running
- Hurdle Step
- Jumping
- Landing
- Different Shapes
- Booking Procedure:

To book a place on this course visit

<https://gymnasticsireland.learnupon.com/store>