

GYMNASTICS FOUNDATIONS

10 Task Workbook Practicum Outline – For Supervisor

Ideal Completion Timeframe is 10 Weeks (1 Task per Week)

Attention Supervisor:

Your coach has just attended the Gymnastics Foundation (GF) Introduction course. They will have to complete 10 weeks of practical activities before they can attend the next training course. They are “IN TRAINING” and not able to coach a group on their own. They require your **direct** supervision and guidance as a mentor. *A Supervisor must be a Certified Coach and at least 18 years of age.*

Supervisor’s Role:

- *Be aware of the tasks the “Coach in Training” is preparing each week*
- *Be available to answer any questions the “Coach in Training” has*
- *Support the coach in the activities they plan (appropriateness)*
- *Review/reflect with the coach after the lesson*

WEEK	Review What You Know	Ref. in GF Manual	Learn Something New	Create & Plan	Coach	Reflect	Date of Practical Application	Supervisor Initial when Complete	Comments
1	Fun Principles & Play Guidelines	Pg: 3-2, 3-4	Find out about your program & participants	Shadow Coach					
2	Beginnings and Endings	Pg: 3-4, 9-7	Learning Styles: Visual, Auditory, Kinesthetic	Lead a warm-up & cool down game/activity					
3	FMP’s	Pg: 6-5, 7-2	Safety in the Gym	Lead 3 activities working on stationary positions					
4	Landings	Pg: 8-2	Keys to Successful coaching: Personality, Preparation, Presentation	8 different landing activities with a sign for each					
5	Locomotion/ Spring	Pg: 11-2, 10-2	Using Circuits	Design circuit for either Locomotion or Spring					
6	Physical Abilities(endurance, strength & power)	Pg: 4-2	Self-Esteem	3 stations to develop endurance/strength/power for arms/legs					
7	Flexibility	Pg: 4-5	Emergency Action Plan	Design a warm-up that includes: cardio focus and fun flexibility activity					
8	Motor Abilities (agility, balance, coordination, spatial orientation)	Pg: 4-7	Using Theme Days	Pick a theme and design: warm-up game, 2 apparatus activities and cool down using theme					

9	Rotation	Pg: 12-2	Teaching Process: 1) Organization & Set-up 2) Explanations & Demonstrations 3) Observation & Feedback	Design rotations circuit					
10	Spring	Pg: 10-2	Qualities of Movement	Varying movement of skill					

Additional Comments:

Questions?

Contact Alberta Gymnastics if you have any questions:

Phone: 403-259-5500

Toll Free: 1-800-665-1010

Email: info@abgym.ab.ca

Please Note:

Learning Facilitators will refuse entry to coaches in the THEORY and Sport Specific courses that present an incomplete or absent workbook. No refunds will be provided. Please ensure you are reviewing your coach's workbook for quality of content and completion.

Coach Supervisor Endorsement:

I _____, verify that I have supervised/mentored through 10 practical tasks and all workbook requirements have been completed.

Date Completed: _____ Supervisor's Signature: _____

Club Name: _____ Contact Phone number: _____

COACHES

Please give this form and workbook to the Learning Facilitator at the Theory and Sport Specific Courses.

Role of Supervisor/Mentor

Gymnastics Foundations Practical/Workbook:

Your coach has just completed the Gymnastics Foundation (GF) Introduction Course. The GF Introduction course covers FMP's, coaching skills and much more. This training provides new coaches a broad base of knowledge, and now it is your opportunity to teach them how to put this training into practice.

The 10 Week Workbook Practical application is a partnership between the mentor (you) and the "Coach In training" (CIT). The more interaction and support that you give your CIT, the better coach they will become and the more successful your gymnastic program will be. Each CIT is worth the time you invest in them. Each club works in different ways, so you can determine the best practices for your individual club.

The workbook is divided into weekly sections. Firstly, you must decide who will be responsible for the mentorship. This responsibility can be split between one or more supervisor coach. (*Supervisor coach(es) must be NCCP Gymnastics Foundations or Level 1 certified and a minimum of 18 years of age*).

QUESTIONS to CONSIDER:

Who is responsible for ensuring the CIT understands the concepts in the *Review and Learn Something New* section? Who will assist with the *Reflection* section? How will you communicate with the CIT before your class to integrate their *Create and Plan* section?

Each week the workbook is broken into 5 sections:

1. Review What You Know

- Do you understand the principles in this section? How will you discuss this with your CIT?
- Can you review and determine if your CIT understands the principles?
- Can you provide an example of how and when the principle is to be used in a class?

2. Learn Something New

- Do you understand the concepts in this section? How will you discuss this with your CIT?
- Can you review and determine if your CIT understands the concepts?
- Can you provide an example of how and when the principle is to be used in a class?

3. Create and Plan

- Do you understand the concept that the weekly task is reinforcing?
- Have you decided when/where the CIT will do the task within your lesson plan?
- Have you discussed expectations/quality of coaching?
- Have you discussed the biggest concerns/worries your CIT has for presenting the task?

4. Coach

- Are you prepared to watch, evaluate and give feedback to the CIT?

5. Reflection

- Do have time set aside to review the reflection with the CIT?
- Have you prepared thoughtful and practical feedback for the CIT?

Gymnastics Foundations Theory Course

Mentor/Supervisor's role:

- Be aware of upcoming courses. Will the CIT will be able to complete the 10 Week Workbook in time for the next course?
- REMEMBER: workbooks must be complete and taken to the Theory Course for review by the course facilitator.
- Review and make sure the CIT's workbook is complete and that they have a full understanding of the concepts prior to the GF Theory course.
- Following the GF Theory course, encourage the CIT to find and complete the **Making Ethical Decisions** "Competition INTRO" online evaluation.

Sport Specific Course

Mentor/Supervisor's role:

- Be aware of upcoming courses, and if the CIT has completed the Theory Course.
- REMEMBER: Workbooks must be complete and taken to the Sport Specific Course(s) too.
- Once new coaches have completed their Gymnastics Foundations, 10 Week Workbook, Gymnastics Foundation Theory and their Sport Specific Course, coaches are TRAINED. They can coach their own group under the in-direct supervision of a Certified coach.
- Following the Sport Specific course, discuss with your TRAINED coach whether or not they would like to pursue their "GF Certification". REMEMBER: If your coach wishes to mentor other coaches then they need to get Certified!

Completing Certification

Mentor/Supervisor's Role for GF Evaluations:

- Review and/or work with TRAINED coach to complete their Evaluation Portfolio.
- Help record the video for your TRAINED coach.
- Review the Evaluation Package with the TRAINED coach. Have they taken the time completed all the questions with proper reflection? Have they provided all the required material?
- Make sure they send their Evaluation Package with Portfolio and Video to: Alberta Gymnastics # 207, 5800 2nd Street SW Calgary AB T0H 0H2

Questions?

Alberta Gymnastics is here to help answer your questions!

Contact us at info@abgym.ab.ca or 1-800-665-1010