

General information to help club personnel become more actively involved within your club....

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Do you want to become a coach/judge of gymnastics?

With an increasing number of participants of all ages and abilities being drawn to the sport of Gymnastics, more coaches/judges are required across all levels. As a coach/judge you have a key role to play in helping participants develop through gymnastics. Coaches/judges also have a major influence over participants' enjoyment of gymnastics.

It is essential that coaches provide participants with the best possible gymnastics experience. Ensuring that you implement sound coaching practices and ethics is vital to the continued development of gymnastics and sport in general.

Undertaking education and training as a coach/judge is an important first step to ensure that you are on the right track in your coaching/judging. Gymnastics Australia follows the National Coaching/Officiating Accreditation Schemes and through this scheme, provides training for coaches/judges at a variety of levels across a range of Gymsports.

How do I get started?

After making the decision to get involved in the coaching/judging of Gymnastics, you might like to follow these steps to get yourself started:-

Step 1: Choose a Gymsport

There are many different gymsports that come under the umbrella of Gymnastics Australia. It is important that you consider the type of gymsport you would like to coach/judge as your first step .

Please [click here](#) for a full description of all Gymsports.

Step 2: What age group would you like to coach?

Once you have decided what gymsport you would like to coach you might like to consider if there is a specific age group you would like to coach. One of the great things about gymnastics is that there are a wide range of people of different ages involved. Remember that each age group will have special needs, and as a coach, you will need to take these into account when planning your coaching sessions. Some of the age groups that you might be interested in working with include:

- Children (often ranging from as young as 2 through to about 12 years old)
- Teenagers
- Adults
- Masters/Veterans

Gymnastics Australia's coaching courses provide candidates with information and practical skills to work with the above age groups. The ASC also produces a number of coaching resources and merchandise which assist with the coaching of specific age groups.

Step 3: Choosing the right Course

Gymnastics Australia offers a range of coaching/judging courses, catering for different levels of competence within each gymsport. For a full listing of courses at each level please [click here](#).

Step 4: Enrolling in a Coaching/Judging Course

Gymnastics Australia has a number of registered training providers contracted to deliver our Courses. A full listing of all recognised training providers and the courses they are contracted to deliver can be found by [clicking here](#). Contact should be made with your state based training provider in order to enrol in the Course of your choice.

Step 5: Completing your Coaching/Judging Course

In most cases, in order to complete your Course you will be required to the following:-

- (a) Undertake some pre-Course reading / Complete the Australian Sports Commissions (ASC) Beginning Coaching General Principles (GP) Online Course
- (b) Attend the Course
- (c) Complete Post Course requirements

All Courses have slightly different requirements that must be met in order for completion. For a full listing of the requirements of each course, please [click here](#).

Can I have my current competence recognised?

If you already hold a coach/judge accreditation from another sport, like industry (ie Fitness Industry) or from a country other than Australia, you may have your current competencies assessed against those required by Gymnastics Australia, for accreditation.

This process of assessing your current competencies is called Recognition of Prior Learning (RPL). To find out more about the RPL process, please [click here](#).

If you have any questions, require assistance or clarification on any of the steps outlined above, please contact Gymnastics Australia on (613) 9271 0500 or education@gymnastics.org.au

What are you allowed to coach?

Gymnastics Australia's Education Framework outlines the competencies all accredited coaches must possess in order to hold a Level 1 or Level 2 Coaching Accreditation. Learning outcomes based on the competency standards are the basis on which all Coaching Courses are delivered. Therefore, when coaching gymnastics it is expected that these competencies are met and maintained. Anyone providing gymnastics activities beyond the Education Framework may find themselves at risk of being beyond the scope of insurance cover. Specifically, coaches are expected to hold an accreditation that reflects the nature of the gymnastics activities undertaken.

GA offers a range of accreditation courses that are designed to teach coaches competencies aligned with particular gymnsports and coaching philosophies. Coaches are expected to gain and maintain accreditations that reflect the activities/skills they are coaching!

Example 1: Gymnastics Australia's Kindergym Accreditation is for coaches who work with children under the age of 5 years. Specifically this accreditation includes early childhood competencies for coaches. Gymnastics Australia's standard expects all coaches working with children in this age group to hold a Level 1 Kindergym Coach Accreditation.

Example 2: Gymnastics Australia's Level 1 Coaching Courses are designed for beginner coaches. These courses do not cover the full breadth of gymnastics skills. For example, salto activities are not a component of these courses and are not taught to beginner coaches. Coaches who require these more advanced skills should undertake formal training such as a sanctioned workshop or Level 2 Accreditation.

Example 3: Gymnastics Australia's accreditation courses are designed to reflect individual gymnsports. Whilst some of the accreditations have 'like minded' competencies, the philosophy of how these competencies are presented to the gymnast can be quite different for each gymnsport and or program type. Coaches are expected to gain and maintain an accreditation that specifically reflects the activities/skills they are coaching. For example: A coach of a General Gymnastics program (recreational) should have a General Gymnastics accreditation. This accreditation is supported by a unique philosophy that focuses on the 4 f's (fun fitness, fundamentals, and friendship) and includes competencies associated with a range of gymnsport skills/activities.

For further information regarding course competencies and content, please contact GA's Registered Training Providers, responsible for the delivery of GA's National Coaching Accreditation scheme (NCAS). Additional information on maintaining coaching and judging accreditations once attained

can be found in the GA Technical Member Handbook.

Transition Scholarship

A new initiative being implemented by Gymnastics Australia to assist and encourage retired Senior International athletes in making the transition from athlete to coach and/or judge.

Being able to maintain such accomplished athletes in the sport allows their extensive knowledge, gained through their competitive careers, to enhance the sport of gymnastics in Australia and provides many other young athletes with excellent role models.

**Please note - there are special requirements that need to be met before applying.

For Information Flyer [click here](#)

For Application Form [click here](#)