

Congress Success



Monday, 10 February 2014

The 2014 Gym TAS State Congress wrapped up following a successful two days 1st and 2nd February, 2014.

Another successful congress for 2014, presentations on a variety of topics currently impacting upon the Gymsport community; from Club to LaunchPad, coaching to training techniques - all participants would have left with additional knowledge and resources to get them through this year and beyond.

Below is the speech of gymnast Dan Bell who summed up the role of coach from an athlete's perspective, a timely reminder to all of us on the important roles we play in our athletes lives.

What makes a good coach??

In my eyes:

A good coach would have to be a positive role model. Someone that is looked up to, by their Gymnasts; for their behaviour in and out of the Gym.

The coach would have to have respect for the club, the sport, the gymnasts and their own body.

The coach would also have to have the personal skills needed to succeed in the sport. These being: commitment, discipline, competitiveness, positive thinking and obviously, social skills.

The coach must also have a very specific balance between both discipline and social skills.

Discipline involves teaching and enforcing skills required in the sport (strength, flexibility and being tight).

Social skills basically involve, developing a bond between the Gymnast and the coach. This creates and ensures a strong relationship with trust and just as importantly, friendship. (This friendship should make the gymnast feel comfortable enough to seek help through the coach or merely see them as good company).

The balance between these two is so important because the discipline will allow the gymnast to succeed; while the social skills should keep them enjoying the sport; as well as making sure they feel comfortable in their own Gym!

Coaches have to also be mentors toward the Gymnasts. Part of this mentoring position is to, try and develop a gymnast, who is confident in every skill they perform. Although Gymnastics is a scary sport and the fear factor will always be there; being confident in your own abilities and listening to your coaches, should make the sport, a lot safer than it could ultimately be. Thus being why mentoring is another important part of coaching.

Another really important factor is, being passionate about the sport. In order to be a good coach, it

is important not to simply see coaching, as a job. You should feel pride and love for the sport; making it something you enjoy doing. Doing so, then reinforces a positive frame of mind for the Gymnast. The Gymnast will then also crave the sport and actually want to come to training; not just feel as though they have to.

Gymnastics (in my opinion) is the most demanding sport there is. Therefore, coaching aspects of Gymnastics can be just as difficult.

In the end, talent alone is not sufficient for a gymnast to succeed. Therefore being a good coach and doing the above, is an irreplaceable contribution to the Gymnast and an amazing career for the coach themselves.

Dan Bell