



## Frequently Asked Questions:

### **Why should I gain accreditation?**

Level One Coaching courses are designed and delivered by the experts in Gymnastics in Australia and are reviewed every four years, so you are guaranteed to receive the most up-to-date information. When you accept a coaching position, you assume a **duty of care** for your athletes i.e. you acknowledge to provide them with the best standard of coaching possible. The level one coaching course provides you with basic competencies and provides you with a stepping stone to further professional development. The qualification is registered with the Australia Sports Commission and is recognized in every state. Being professionally qualified is great for your club's public relations and credibility.

### **I coach more than one Gymsport. Which course should I choose?**

Begin by understanding a qualification in the area in which you teach most often. Do not try to do too much at once. You can always undertake additional courses at a later date.

### **Who delivers the coaching courses?**

Gymnastics SA presents the Level 1 Coaching Course on behalf of Gymnastics Australia. Our team of course presenters are trained in the fields of gymnastics, and course presenting. They are knowledgeable and entertaining and update their skills annually. We have a great band of course presenters covering all gymsports.

### **I coach recreational classes, which course is best suited to me?**

This could depend on the nature of your club. If your club offers certain competitive gymsports, it may be best for you to train in this area. If your club is a General Gymnastics Club i.e. they do not enter MAG/WAG competitions but focus on gym for fun, then the General Gym Course is recommended.

### **How long does the process of gaining accreditation take?**

Anywhere from two to eighteen months depending on course availability and your own enthusiasm. Your course length is approximately 16 hours. You have forty hours worth of practical coaching experience to undertake, 10 hours may be done prior to the course. Your post-course workbooks should be sent into the office approx 6 months after completing your course. Assessment of your paperwork takes at least one month.

### **Why do I need to register as a technical member of Gymnastics Australia?**

The bulk of your registration fee goes towards giving you effective sports coaching insurance for professional indemnity and personal accident cover.

In today's litigious society this is a very cost-effective peace of mind. Also clubs will not employ you until you are a registered technical member with the insurance benefits that go along with being a member. Your technical memberships also provides you with membership to Gymnastics SA.

For more details on this and the other benefits of technical membership, you can view the technical member handbook on the Gymnastics Australia web-site [www.gymnastics.org.au](http://www.gymnastics.org.au).

**Cost: \$135.00 pa** Technical Membership

### **Benefits for 2004.**

- Membership to Gymnastics Australia
- Membership to Gymnastics SA
- Professional Indemnity Insurance
- Personal Accident Insurance
- Certificate and update stickers
- Diary
- Lanyard,
- Accreditation Holder,
- 2005 Worlds Pin
- and GA Membership Card