



Applicant Details

Name: _____

Date of Birth: ___/___/___

Postal Address: _____
_____ P/C _____

Phone: _____ Mob: _____

Email: _____

Club: _____

Are you actively Coaching? Yes No

— Gymsports Specific Modules

- Early Bird **** (2 weeks prior)** \$210
- Coch at Non Affiliated Club \$360
- Coch at Affiliated Club \$230
- Current GSA Member
- (athlete) no early bird fee \$160

Please circle one :

- Men's Artistic Gymnastics (MAG)
- Women's Artistic Gymnastics (WAG)
- Rhythmic Gymnastics (RG)
- General Gymnastics (GG)
- Cheerleading (CL)
- Kindergym (KG)
- Sport Aerobics (AER)
- Trampoline (TRP)

Day 2 : PART 1—Date: _____

Day 2: PART 2—Date : _____

TAX INVOICE

ABN NO 97 217 798 061

*** Early bird fee for Coaches working in affiliated GSA Clubs only.*



MODULES ONLY: for those coaches who hold an accreditation at Level 1. Please contact the office prior to enrollment.

Please circle one :

- Men's Artistic Gymnastics (MAG) \$65
- Women's Artistic Gymnastics (WAG) \$65
- General Gymnastics (GG) \$85
- Rhythmic Gymnastics (RG) \$105
- Cheerleading (CL) \$105
- Kindergym (KG) \$105
- Sport Aerobics (AER) \$105
- Trampoline (TRP) \$105

Updating Per Module \$20
Supervising Coaches FREE
(must be current Level 1 and above coach)

Total Fee: = Part 2 \$ _____ = \$ _____

No's of Modules: _____ @ \$ _____ = \$ _____

Payment made by:

Cash Cheque Credit Card

Credit Card Details

Bankcard Mastercard Visa

Card Number: _____/_____/_____/_____

Expiry Date: __/__/__

Name on card: _____

Signature: _____ Date: _____

Send to Gymnastics SA: PO Box 183, Park Holme , SA 5043

For Office Use:

Date application received: _____

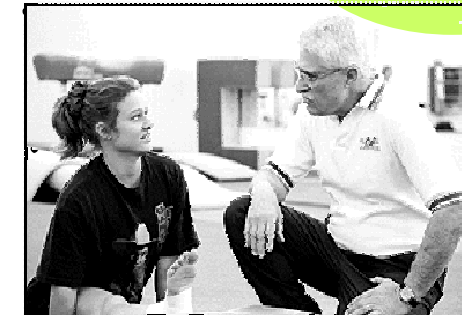
Technical Membership No. _____



Gymnastics
South Australia

Level One Coaches Courses 2010

Thinking about Coaching?



Where are Courses held:

Gymnastics SA State Training Centre,
Marion Leisure and Fitness Centre,
Cnr Oaklands Road and Rosedale Avenue,
Morphettville.

The Gymsport specific modules such as Kindergym, Trampoline and Sport Aerobics, may be conducted at other venues.

Participants will be advised of these venues prior to their course.





What is involved? Level 1 Course

Level 1 Gymnastics Coach Accreditation involves attendance at a two-part course that is offered over 2 days, plus the completion of the online : Beginner Coaching Course 100% attendance is required. Following completion of the course candidates have approximately three months to complete the Post-Course workbooks and submit them for assessment. Extensions may be applied for by contacting the Development Officer at Gymnastics SA.

Part One—

Online requirements:
The General Principles of Coaching Beginner Coaching Course
<https://learning.ausport.gov.au>

Part Two—Day 1 (5 hours) Gymsport specific modules

Modules:

- Welcome
- Introduction to Gymnastics
- Warm Up
- Safety
- Physical Conditioning
- Introduction to the DMP's
 - Statics
 - Spring and Land
 - Rotation & Locomotion
 - Swing
- Lesson & Unit Planning



*Sam Offord : Gymnastics SA
Elite MAG Champion*

Part Two—Day 2 (5 hours) The Gymsport specific modules cont;

- Men's Artistic Gymnastics (MG)
- Women's Artistic Gymnastics (WG)
- Rhythmic Gymnastics (RG)
- Gymnastics For All (GFA)
- Kindergym (KG)
- Sport Aerobics (AER)
- Trampoline (TRP)
- Cheerleading (CL)
- Sports Acrobatics (ACRO)



Who delivers the Courses:

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 Australian Sports Commission and is recognised in every state.

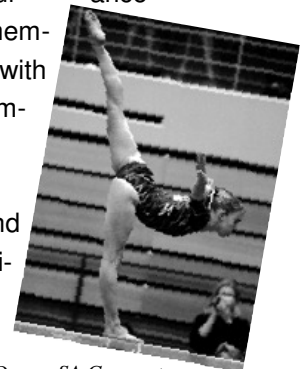
Being professionally qualified is great for your club's public relations and credibility.

Technical Membership with Gymnastics Australia:

Once you have completed your course and your post-course workbooks have been assessed, you will then be required to become a Technical Member with Gymnastics Australia. Part 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. Clubs are also encouraged not to employ you, until you are a registered technical member receiving the associated insurance benefits. Your technical membership also provides you with annual membership to Gymnastics SA.

For more details on this and the other benefits of technical membership, you



*Jacqui Dunn: SA Gymnast
Australian Champion 2001*

Contact: 8294 8288 for more details

Please return this form to:
Development Officer
Gymnastics SA
PO Box 183 Park Holme 5043
Email: admin@gymsa.com.au

