




Making movement matter



Education Handbook 2012

*A Guide to GymSports New Zealand's
Coach and Judge Education*

Dream: Through movement, GymSports NZ will lead New Zealanders to do better, feel better, be better

| | | | | | | | | | | | | |
|---|--|--|---|--|---|---|--|---|--|--|---|---|
|  | Stimulate Participation |  | Strengthen the GymSports community |  | Develop a sustainable & efficient organisation |  | Enhance GymSports reputation |  | Develop Performance Excellence | | | |
|  | We will get more people involved everywhere | Our Membership will stand at 1,50,000 with growth across all areas of participation |  | Our Organisational Transformation Plan will be complete | We will have decreased our reliance on gaming, community & SPARC funds | We will achieve growing surpluses |  | We will be widely regarded & respected as an NSO | We will be regarded as an expert in Foundation & movement | Other organisations will actively pursue engagement with us |  | We will have an effective performance programme consistently producing performance level athletes, coaches and officials across all of our sport codes |



GymSports
NEW ZEALAND

GymSports New Zealand

Purpose Statement

Dream

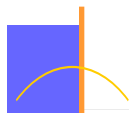
Through movement, GymSports will lead New Zealanders to do better, feel better, be better

Organisational Beliefs

- Movement is the foundation for all sports and performing arts
- We are movement specialists
- GS offers fun, enjoyment and personal achievement that builds confidence
- GS develops and enriches lives
- There is a place for *everyone*
- Aspiring to excellence and building winners
- Pathways to international performance standards
- Celebrating with pride, all levels of achievement
- Progress occurs when members do better, more often and in greater numbers
- The primary access to GS is via clubs

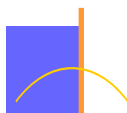
Focus

Making Movement Matter



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Introduction

This handbook outlines the coaching and judging pathways and opportunities available for up-skilling of new and existing coaches and judges offered by GymSports NZ.

Information printed in this handbook is subject to change as courses are further developed, trialed and delivered. GymSports NZ will endeavor to communicate any changes with the membership through E-News, the GymSports NZ website and the GymSports Partnership Database.

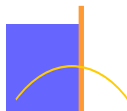
GymSports NZ aims to meet the professional development needs of gymnasium coaches and judges, by providing a theoretical and practical programme that realises the potential of New Zealand athletes through a style of coaching that promotes ownership, awareness and responsibility.

All courses are developed in alignment to **Sport New Zealand's** (formerly [SPARC](#)) [Coach Development Framework](#) and [The New Zealand Coaching Strategy](#). They incorporate the New Zealand Coach Approach and include the latest advances in coach education.

The development opportunities offered by GymSports NZ are delivered through practical courses, online modules and post-course requirements. Events such as GymSchool and the Gym For All Forum aim to foster the sharing of knowledge between coaches and codes, as well as encourage a supportive gymnasium community.

The year 2012 is an exciting one. The Education Strategy 2012-2017 (known as Education 360°) was developed at the end of 2011. 2012 is the first year of its implementation. The first priority of Education 360° is the development of an Education Framework which demonstrates clear pathways for coaches, judges and course presenters. The implementation period for this education Framework is 2012-2017, with some changes already made in particular to coaching courses. All courses will be reviewed and redesigned as required. GymSports NZ strives to develop technically competent, emotionally intelligent, athlete-centred coaches and judges who create a positive environment for all athletes/participants to flourish.





GymSports NZ Education Strategy

Towards the end of 2011, GymSports NZ released the draft National Education Strategy 2012-2017, known as Education 360⁰. The GymSports NZ National Education 360⁰ Strategy has been developed to align with the Sport New Zealand (formally SPARC) National Coaching and Officiating Strategies and key GymSports NZ strategies. This alignment will provide an education development pathway that incorporates the stages of human/athlete and coach/judge development, creating a holistic environment for gymsports in New Zealand. The strategy serves to guide coach, judge and presenter development that is needs-based, flexible and appropriate. Building on the individual's strengths and creating an awareness of their opportunities for personal advancement, the Strategy strives to create world-class movement experts in competitive gymsports and Gym for All.

Through research and consultation, the planned strategic priorities for gymsports education is as follows:

1. Development of an Education Framework

A clear Education Framework to align with the athlete pathway across all gymsports codes and participation.

2. Development of Coach/Judge/Presenter

Life-long learning through continuous education of coaches, judges and presenters.

3. Development of Mentoring and Support

A mentoring and assessment programme for coaches, judges and presenters.

4. Recruitment, Retention and Recognition

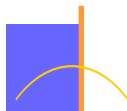
A programme to recruit, retain and recognise coaches, judges and presenters.

5. Communication

Effective communication between coaches; judges; club governors and administrators; presenters; and GymSports NZ.

Education 360⁰ will be implemented over the next five years. For updated versions of Education 360⁰, please see the GymSports NZ website:

www.gymsportsnz.com.



Education Framework

Strategic Priority One of the National Education Strategy (Education 360^o) 2012-2017, is the development of the Education Framework.

Strategic Objective: A clear Education Framework to align with the athlete pathway across all gymsport codes and participation.

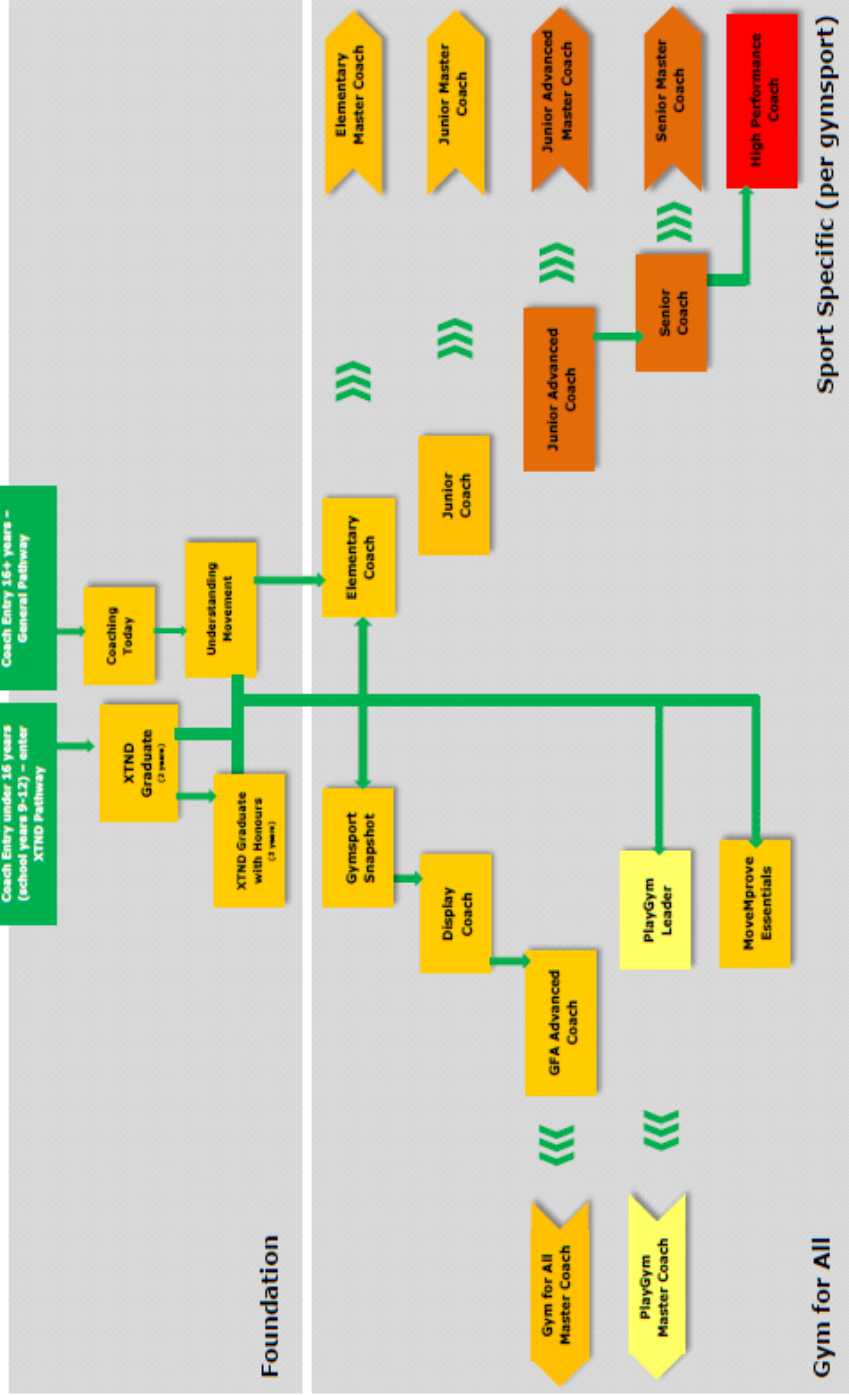
Coaching and judging pathways within GymSports have previously been depicted in the GymSports Education Matrix (GEM). This framework does not allow for a clear and coherent pathway for coaches/judges to follow. Based on the findings of a SWOT Analysis (Strengths, Weaknesses, Opportunities, and Threats) consultation with members of the gymsport community, the following actions need to be addressed in the Education Framework:

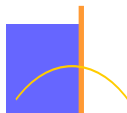
- Clear progression for coaches and judges
- Recognition of Master Coach
- Development of a versatile coaching framework to suit the needs of the community
- Delivery of generic coaching principles
- Development of qualifications to meet the needs of code specific and Gym for All coaches

The Education Framework encompasses coaching, judging and presenter courses and qualifications. There is a separate Framework for Coaching and Judging Courses. These frameworks are depicted over the following pages.

Education 360^o will be implemented over the next five years, including development of new courses, and redesign/update of existing courses. For updated versions of Education 360^o, please see the GymSports NZ website: www.gymsportsnz.com.

GymSports New Zealand Coach Education Framework









Coaching Framework

The names of the coaching courses refer to the content of the course or the athlete community that the course content is aimed at. For example the term 'Junior' refers to the community of athletes (as per the GymSports NZ Membership Regulation) for skill level that the athletes are at. The names do not refer to the age, status or longevity of service of the coaches within the club.

Athlete Stage of Development

The Framework identifies the stage of development the athletes are in, against the qualification level of the coach. Considerations of the psychosocial stage of the athlete will be addressed in each of the coaching courses to ensure a good understanding of the athlete needs.

The following colour code of the qualifications depict the general athlete age and stage of development.

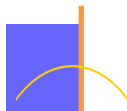
| | |
|---|-----------------------------|
|  | Infant/Toddler/Pre-schooler |
|  | School-Age Child |
|  | Adolescent |
|  | Young Adult |

Coach Stage of Development

The following colour code depicts the coach stage of development.

| | |
|---|------------------|
|  | Beginner Coach |
|  | Developing Coach |
|  | Advancing Coach |
|  | Mastering Coach |

Coaches may progress through their career with the same stage of athlete and still progress in their development as a coach, moving towards recognition as a Master Coach in their field of expertise. The qualifications have been depicted in line with the coach's stage of development.



Coaching Framework

Alignment with Old Courses

With the changes to the Coach Education Framework, coaches may be trying to work out where they “sit” with the old qualifications.

Page 11 outlines where the old coaching courses align with the new Coach Education Framework.

Course Content Review and Online Modules

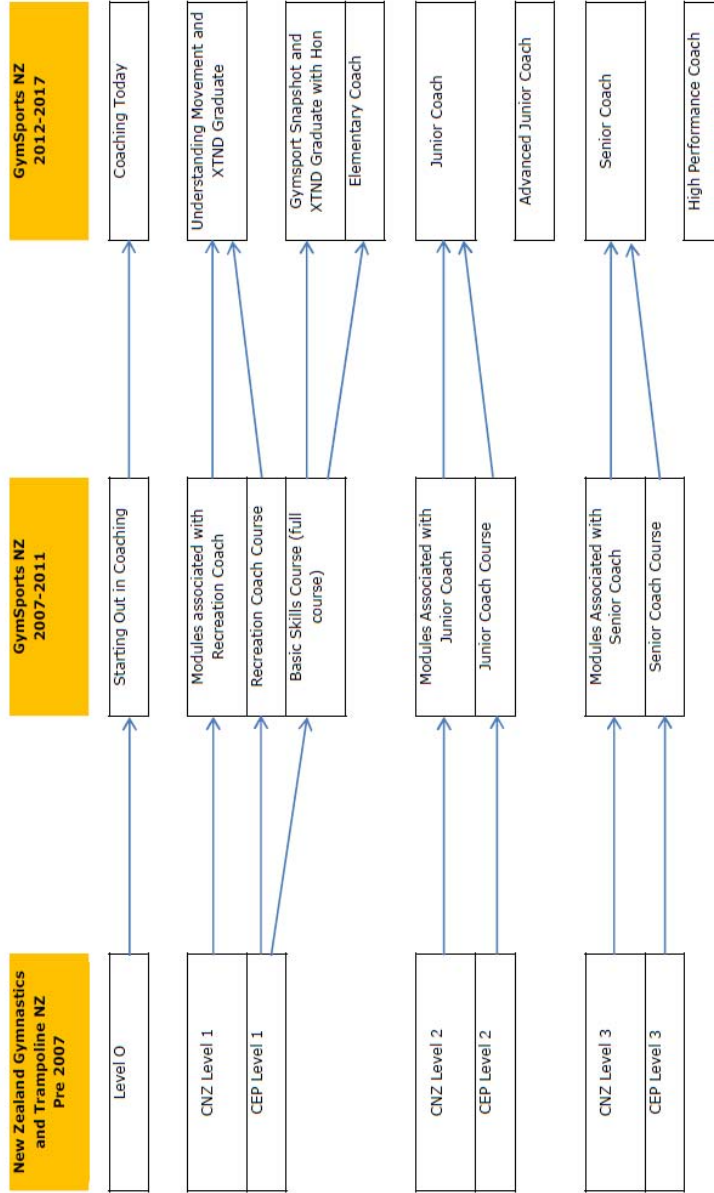
The course content of coaching courses will be reviewed over the next few years. Review will commence with the Foundation Area, followed by the Gym for All and Sport Specific Areas.

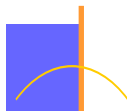
Many courses under the new the Coach Education Framework will have a post-course assignment, but it will not be the same format as the online modules. In previous years there has been a low uptake of the online modules especially with the Recreation Coach Course.

Coaches who attended the Recreation Coach Course last year and have not finished their post-course assignments (online modules), have a couple of options to finish their accreditation. Coaches may complete the assessment component of the new Understanding Movement course which will be available at the end of February. For those who are halfway through their work, we will be accepting the old online modules up until **March 31, 2012**.

The review of Junior, Junior Advanced and Senior Coach Courses will be made in the upcoming years, so the online modules for these courses still remain current.

How old Coaching Courses Align with New Coaching Courses





Entry into Coaching Courses

Coaches enter into the Education Framework via the Foundation Area through one of two pathways. These two pathways are XTND Youth Leadership Programme; and the General Pathway. Coaches must complete the Foundation Area before progressing into either the Gym for All or the Sport (Code) Specific Areas.

XTND Pathway – Youth aged 13 and in Year 9 at school

There are a high number of teenage coaches working in the gym sport community. Adults and teenagers are at different life stages with different wants, needs and varied learning styles. Therefore, access to coach education, needs to be at an appropriate level in order for coaches to achieve.

All coaches aged between 13-16 years must enter the Coaching Framework via the XTND Pathway. Coaches aged 16-18 years may choose to enter through the XTND Pathway or the General Pathway. Coaches 18 years and above must enter via the General Pathway.

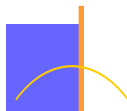
XTND Implementation

XTND will be rolled out to existing Coach-in-Training (CIT) groups in 2012. Coaches in these areas wishing to participate in education courses will enter via the XTND Pathway. XTND will be introduced to new groups gradually in identified areas.

In areas where XTND has not been offered, coaches aged 14 and over may enrol onto the General Pathway.

General Pathway – entry 16 years and above

To enter the General Pathway, coaches need to be a minimum of 16 years of age. All coaches under the age of 16 must enter through the XTND Pathway. All courses in the General Pathway will have a minimum age requirement to attend; this is for the benefit of the coaches attending and level of experience they take to the course. The first course for coaches to attend in the General Pathway is Coaching Today, followed by the Understanding Movement course. From there coaches may choose courses from the Gym for All area; the Sport Specific Area; or both.



Coaching Courses

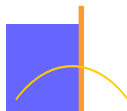
Coaching at all levels will require attendance at a course. Almost all courses will have a post course requirement. To ensure the qualification is achievable, the requirement will be designed to support the development of the coach by recognising the broad spectrum of learning styles.

Coaches should be fully accredited at a level before pursuing the next level. Fully accredited refers to the completion of any post – course assignments and the achievement of a qualification certificate.

Observers to coaching courses must be registered onto courses. Fees will apply as outlined on the course price list. Observers may participate in the course, but will not receive course resources.

Descriptions of coaching courses/qualifications will be made over the following pages.





XTND Youth Leadership

| | |
|----------------------------|---------------------------------|
| Minimum age | Aged 13 and in Year 9 at school |
| Registration (one-off fee) | \$50.00 + GST |
| Per Module fee | Varied |
| Module Duration | 5-6 hours |

XTND Graduate (two years)

This programme consists of eight, five-hour modules delivered over two years. The first year modules focus on developing the leadership and coaching ability of teenagers; strategies for working with younger children; coaching philosophy; teaching games for understanding; understanding fundamental movement patterns; and movement observation. The second year focuses on four code-specific modules - aerobics, artistic gymnastics, rhythmic gymnastics and trampoline. After successful completion of two years, participants become XTND Graduates and will be recognised at the same equivalency as the General Pathway qualification Understand Movement after participants complete any Understand Movement post-course requirements.

Year One

Group Management:

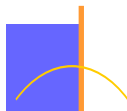
- Creating and leading warm-ups appropriate for age and abilities
- Creating appropriate conditioning activities as relevant
- Management strategies for Gym for All gymnastic classes
- Communication techniques – effective practical communication

Understanding Movement 1:

- Introduction to the fundamental movement patterns
- Leadership in cooperative games and inclusive gymnastic activities
- Philosophy of play and Teaching Games for Understanding
- Communication techniques – effective practical communication

Understanding Movement 2:

- Informal and explorative teaching methods appropriate for young children
- The use of imagery as a teaching tool
- Teaching and Coaching Philosophies
- Adaptation of equipment
- Communication techniques – effective practical communication



XTND Youth Leadership

Movement Observation

- Introduction to the process of understanding movement assessment
- Exploration of sensory, cognitive and practical skills needed in coaching and judging
- Provide practical experiences in assessing movement

It is recommended coaches attend the modules in the order outlined here.

Year Two

Participants must complete four modules, including the compulsory 'Competent Coach' module. The focus of Competent Coach is the development of confidence, self esteem and understanding of oneself.

Coaches are required to complete four modules in the second year and should consist of the following:

- Competent Coach and three code specific modules; or
- Competent Coach, two code specific modules, and one elective module

Code Specific Modules

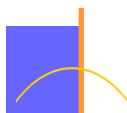
- XTND Artistic Gymnastics
- XTND Rhythmic Gymnastics
- XTND Aerobic Gymnastics
- XTND Trampoline

XTND Graduate with Honours (three years)

This programme is an optional third year extension of the XTND programme and allows young coaches to attend modules that will help them or their club to grow. The course is divided into four, five-hour modules. All modules are designed to build the confidence, ability and knowledge of the coaches. Some modules may include, for example, cheerleading, sports acrobatics, circus skills, festival management and other approved modules.

After successful completion of three years, participants become XTND Graduates with Honours and will be recognised at the same equivalency as the General Pathway qualification with Gymsport Snapshot after participants complete any Gymsport Snapshot post-course requirements.

For more information on XTND please refer to the XTND Administration Manual or contact your local Regional Relationship Manager.



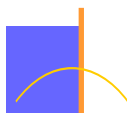
Coaching Today

| | |
|--------------------------|---------------|
| Minimum age | 16 |
| Pre-requisites | Nil |
| Technical Member | \$50.00 + GST |
| Affiliated Member | \$60.00 + GST |
| Course Duration | 4 hours |
| Post-course requirements | Nil |

This is the first course in the General Pathway and covers basic coaching content and will provide an understanding of the coaching strategies, introduction to coaching principles, coaching philosophies, group management, and communication.

Course Learning Outcomes:

- Understand and implement an athlete-centered approach
- Able to use Teaching Games for Understanding (TGfU) in a fun environment
- Identify athlete characteristics and needs in the community
- Recognise valuable communication, management and effective coaching strategies
- Understand the elements of an effective coaching session
- Understand and implement safe coaching strategies



Understanding Movement

| | |
|---|---|
| Minimum age | 16 |
| Pre-requisites | Coaching Today or Starting Out in Coaching (old course) |
| Technical Member | \$90.00 + GST |
| Affiliated Member | \$105.00 + GST |
| Course Duration | 8 hours |
| Post-course requirements (compulsory for accreditation) | Post course assignment & first aid certificate |

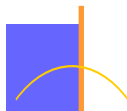
This course develops fundamental competencies across all gymsports and introduces principles of sports coaching, Fundamental Movement Patterns and introduces analysis of movement. This course covers all introductory principles of planning which is essential for any coach.

Course Learning Outcomes:

This course develops fundamental competencies across all gymsports and includes the following outcomes

- Able to carry out an effective warm up
- Able to integrate physical conditioning with a session
- Understand and apply Fundamental Movement Patterns to sessions
- Able to plan and prepare sessions
- Able to modify coaching practices to provide an inclusive coaching environment
- Identify a safe environment for all

To complete the qualification participants also need to complete a post course assignment, alongside a First Aid course covering unit standards 6401 and 6402 or 26551 and 26552; Basic First Aid and Life Support.



Gymsport Snapshot

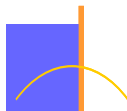
| | |
|---|---|
| Minimum age | 16 |
| Pre-requisites | Understanding Movement or Recreation Coach (old course) |
| Technical Member | \$105.00 + GST |
| Affiliated Member | \$120.00 + GST |
| Course Duration | 8 hours |
| Post-course requirements (compulsory for accreditation) | Post course assignment & first aid certificate |

Gymsport Snapshot is aimed at the Gym for All coach who would like some basic information and experience in all the gymsports (Aerobics, Men's Artistic, Rhythmic, Trampoline, Women's Artistic). The focus will be an introduction to the basic elements involved in each gym sport. These elements can then be introduced in Gym for All classes. For more detailed information and for higher skill level in a particular gym sport, coaches should attend the code specific Elementary Coach courses.

Course Learning Outcomes:

- Match the code specific skills from the Fundamental Movement Patterns.
- Understand how to breakdown and teach skills from each of the gymsports.

To complete the qualification participants also need to complete a post course assignment, alongside a First Aid course covering unit standards 6401 and 6402 or 26551 and 26552; Basic First Aid and Life Support.



PlayGym Leaders

| | |
|---|---|
| Minimum age | 18 |
| Pre-requisites | Understanding Movement or Recreation Coach (old course) |
| Technical Member | \$165.00 + GST |
| Affiliated Member | \$190.00 + GST |
| Non affiliated Member | \$250.00 + GST |
| Course Duration | 14 hours |
| Post-course requirements (compulsory for accreditation) | Post course assignment & first aid certificate |

Focus:

Early Childhood

Course Learning Outcomes:

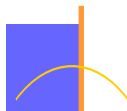
This course covers **PlayGym** Principles and Philosophy, an understanding of Fundamental Movement Patterns in an early childhood setting, teaching and movement methodology in early childhood movement learning and considerations for programming and planning.

PlayGym is an early childhood movement learning philosophy which assists in the development of children under 5 years. **PlayGym** gives early childhood educators, parents and caregivers the opportunity to participate with their children in active play whilst developing all areas of their body and mind.

This course is particularly relevant for early-childhood educators, coaches, parents and caregivers. This is a very practical course where participants will be involved in physical activity.

The cost of this course includes the PlayGym card set resource valued at \$70.00 + GST .

To complete the qualification participants also need to complete a post course assignment, alongside a First Aid course covering unit standards 6401 and 6402 or 26551 and 26552; Basic First Aid and Life Support.



Elementary Coach

| | |
|--------------------------|---|
| Minimum age | 16 |
| Pre-requisites | Understanding Movement or Recreation Coach (old course) |
| Technical Member | \$115.00 + GST |
| Affiliated Member | \$130.00 + GST |
| Observer | \$20.00 + GST |
| Course Duration | 12 hours |
| Post-course requirements | Post course assignment & first aid certificate |

This course develops the competencies necessary in one of the gymnsport codes (Aerobics, Men's Artistic, Rhythmic, Trampoline and Women's Artistic).

The course is aimed at coaching Elementary level athletes at the following:

- Incentive Awards all relevant gymnsports Levels 1-4
- Aerobic STEPS 1-3
- Men's Artistic Levels 1-3
- Rhythmic Levels 1-3
- Trampoline recreation and lower age group
- Women's Artistic STEPS 1-3

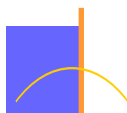
In addition to the relevant skills for each gymnsport code, participants will also learn:

- Body Preparation – conditioning, flexibility, body stability
- Planning
- Competition formats and strategies
- Basic sheet/competition card writing (TRA, RG)

To complete the qualification participants also need to complete a post course assignment, alongside a First Aid course covering unit standards 6401 and 6402 or 26551 and 26552; Basic First Aid and Life Support.

It is recommended that those wishing to attend a Level 1 judging course and have limited gymnastics experience, attend the Elementary Coach course as an observer.

*Participants of this course are invited to bring athletes from their club to attend the course to act as demonstrators and also participate in practical teaching sessions. Athletes need to be capable of completing the skills at this level. There is no fee for athletes to attend.



Junior Coach

| | |
|--------------------------|--|
| Minimum age | 17 |
| Pre-requisites | Elementary Coach or Recreation Coach and Basic Skills (old courses) |
| Technical Member | \$150 + GST |
| Affiliated Member | \$180 + GST |
| Course Duration | 16 hours |
| Post-course requirements | Post course assignments (3 online modules) & first aid certificate 40 hours of coaching at a Junior Level |

Course Content:

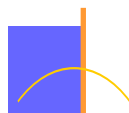
This course develops the competencies necessary in the relevant gymnsport to provide coaches with the skills and knowledge necessary to coach at the Junior National level. Junior Coach is aimed for coaches teaching the following athletes—Aerobics STEPS 4-8 and Aerobic Development Programme 1-2, Rhythmic levels 4-6, Trampoline age division, Women’s Artistic STEPS 4-6, Men’s Artistic levels 4-6

The following topics will be covered:

- Physical Preparation
- Junior Skill Development
- Routine Construction
- Coaching Methodology
- Planning and Practice
- Understanding Athletes
- Code-specific Coaching Development

To complete the qualification participants also need to complete three online modules, alongside a First Aid course covering unit standards 6401 and 6402 or 26551 and 26552; Basic First Aid and Life Support.

This qualification is the minimum requirement for coaches to be accredited to coach junior level athletes at National Championships.

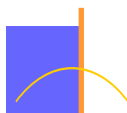


Advanced Junior Coach

| | |
|--------------------------|---|
| Minimum age | 18 |
| Pre-requisites | Junior Coach |
| Technical Member | \$100+ GST |
| Affiliated Member | \$130 + GST |
| Observer | \$20 + GST |
| Course Duration | 12 hours |
| Post-course requirements | first aid certificate 40 hours coaching at Advanced Junior Level |

Course Content:

This course continues with practical skill development specific to **Men's Artistic Gymnastics, Women's Artistic Gymnastics, Aerobics** or **Trampoline**. This follow-on **course** is aimed at coaches teaching AER ADP 3-5, WAG STEPS 6-7, MAG Levels 6-7, and TRA age group (advanced skills). This workshop is for coaches who have completed all of the components of the Junior Coach course and are currently coaching athletes at Junior level. Coaches need to apply to be able to attend the Advanced Junior course.



Senior Coach

| | |
|--------------------------|--|
| Minimum Age | 19 |
| Pre-requisites | Depending on code, two years coaching as Junior Coach AER, RG (minimum 80 practical hours per year) or Advanced Junior Coach (minimum 120 hours) |
| Duration | Held at GymSchool 2013—20 hours |
| Post Course Requirements | 2 online modules First Aid 160 hours coaching at Senior Level |

Course Content:

This course develops the competencies necessary in the relevant gym sport to provide coaches with the skills and knowledge necessary to coach at the Senior National level.

The following topics will be covered:

- Advanced Physical Preparation
- Senior Skill Development
- Routine Construction
- Advanced Coaching Methodology
- Advanced Planning and Practice
- Understanding Athletes
- Code-specific Coaching Development

This qualification is the minimum requirement for coaches to be accredited to coach senior level athletes at National Championships. The course is aimed at coaches teaching the following: Aerobics International grades, Rhythmic Levels 7+, international grades, Men's Artistic level 7+, Women's Artistic STEPS 8+, International Development Programme Level 6+, Trampoline National Grades. This course is presented centrally at GymSchool.

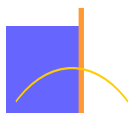


FIG Coaching Academies



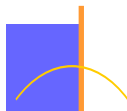
The Federation Internationale de Gymnastique (FIG) is the international body for the sport of gymnastics.

FIG runs an Academy Programme for coach education at three levels. The courses are usually held over approximately one week. Each course covers between 8—10 lectures on topics such as biomechanics, anatomy, psychology, planning, training theory, physiology and sport theory. These courses are specific for gymnastic coaches and the code they coach. Choreography and physical preparation are also included alongside sessions relating to specific apparatus or technical requirements. There is an examination at the end of the course.

GymSports NZ undertakes the administration of New Zealand's coaches who wish to attend the FIG Academy courses. The respective Sport Development Committees will be consulted regarding the candidates.

Coaches who wish to attend FIG Academies need to be qualified at a level specified by GymSports NZ. This will be advertised with other information on the Academy, when it becomes available from FIG.

FIG Academies are offered in Artistic Gymnastics, Aerobics, Gymnastics for All, Rhythmic Gymnastics and Trampoline.



Workshops and Coaching Modules

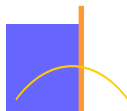
GymSports NZ also offers standard workshops and short programme modules (usually at a beginner level) such as GymFun, PlayGym and Aerial Awareness. These are presented through practical activities and demonstrations.

Workshops are managed by the Regional Relationship Managers and can be offered locally. A RRM may be able to plan a time and place suitable for a group of people from a club/organisation to attend a workshop.

Workshops can also be tailored for a particular subject. No qualifications are recognised through workshops.

Descriptions of workshops offered by GymSports NZ are listed over the following pages.





GymFun Workshop

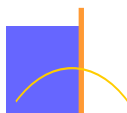
| | |
|--------------------------|---------------|
| Minimum age | 16 |
| Pre-requisites | Nil |
| Cost per person | \$30.00 + GST |
| Duration | 2 Hours |
| Post-course requirements | Nil |

Workshop Content:

- Introduction to **GymFun** teaching programme
- Background on Fundamental Movement Patterns
- Planning and Evaluation
- Administration of Awards
- Class/group management of:
 - Space
 - Equipment
 - Class numbers
 - Time

This workshop is for General Recreation club coaches, parents (new to coaching) and school teachers.

This is a very practical course where participants will be involved in physical activity.



PlayGym Workshop

| | |
|--------------------------|---------------|
| Minimum age | 18 |
| Pre-requisites | Nil |
| Cost per person | \$45.00 + GST |
| Duration | 3 Hours |
| Post-course Requirements | Nil |

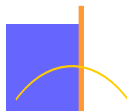
Workshop Content:

PlayGym is an early childhood philosophy which assists in the development of children under 5 years. In line with Sport New Zealand's (formerly **SPARC**) [Active Movement](#) initiative, **PlayGym** gives early childhood educators, parents and caregivers the opportunity to participate with their children in active play whilst developing all areas of their body and mind.

This workshop is for Early Childhood educators, coaches, parents and caregivers.

This is a very practical course where participants will be involved in physical activity.





Custom Workshops

| | |
|--------------------------|------------------|
| Minimum Age | 16 |
| Pre-requisites | Nil |
| Cost Per Person | To be negotiated |
| Duration | To be negotiated |
| Post Course Requirements | Nil |

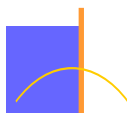
Custom workshops can be designed for each of the gymnsport codes: rhythmic gymnastics, aerobics, trampoline, men's artistic, women's artistic. Workshops are also available to those who would like to learn how to run a festival. Custom workshops may be provided for a school or for clubs.

Workshop Content:

The workshop can be tailored to fit any group and can contain a variety of the following elements:

- Introduction to the code
- Basic skills
- Safety
- Using apparatus
- Routine construction

This is a very practical workshop where participants will be involved in physical activity. There is no formal qualification associated with Workshops.



Aerial Awareness

| | |
|--------------------------|----------------------|
| Minimum age | 17 |
| Pre-requisites | TRA Elementary Coach |
| Technical Member | \$110.00 + GST |
| Affiliated Member | \$125.00 + GST |
| Duration | 5-6 hours |
| Post-course requirements | Nil |

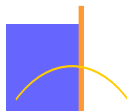
GymSports NZ has been working collaboratively with Snow Sports NZ in designing a module for trampoline coaches, that uses a trampoline or a double mini as a tool for developing aerial awareness.

Module Content:

- Background information
- Biomechanics concepts for athletes
- Safety considerations for athletes
- Skills and tricks for athletes
- The use of equipment to aid teaching and learning

This workshop is for trampoline coaches looking to develop athletes from other sporting disciplines. The skills and tricks in the module can also be used to develop other athletes such as wake boarders, platform divers and Parkour freestyle runners.

This is a very practical course where participants will be involved in physical activity.



Judging Courses

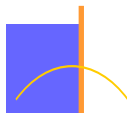
Judging courses are offered in all the gymnsports codes. The judging qualification commences at level 1; to level 2 and then level 3. Depending on the gymnsport, some codes have sub-levels. Level 1 courses are offered regionally, whilst level 2 courses are generally offered in the main city centres. Level 3 courses are centralised either nationally or in each of the North and South Islands. After level 3, judges may go on to attend an International course, known as Brevet.

Judging follows a four year cycle based on the Olympic period. Usually with major changes after the Olympics games, judges are required to update their qualifications as rules/programmes change.

Each gymnsport code has slight variances between the pathway through levels 1-3, as well as the pre-requisites. This is due to variances of the rules of each gymnsport code; the aspects that judges may judge; as well as the competition programme. Qualified judges may also assess the Incentive Award Programme. In some codes, courses may be combined, especially at level 2 and 3.

Qualified judges aged 18 years and above may also assess the participants in the Incentive Award Programme alone. Judges under the age of 18 will be required to judge with a 'buddy' at competitions and Incentive Award Tests. 'Buddy' judging refers to judging with another person on the same panel or Test. This will apply for novice/recreational competitions, festivals, school festivals, Incentive Awards and all gymnsport code levels programmes, age group or STEP competitions.





Judging Courses

Level 1

| | | |
|--------------|---------------|---------------------|
| Minimum age | 15 years | |
| Duration | Up to 8 hours | |
| Course costs | \$75.00 + GST | — Technical Member |
| | \$90.00 + GST | — Affiliated Member |
| | \$20.00 + GST | — Observer fee |

Aerobics—Level 1

Judges age 16-18 enter as level 1B. Judges 18 years and older enter at Level 1A. Once 1A judges complete the course and post course hours, they become level 1 accredited and may move to level 2 and also receive their level 1 judging pin.

| | |
|---------------|---|
| Able to judge | Level 1B: judges 16-18 years, able to judge STEPS 1-4 artistic and execution Level 1A: judges 18 years +, able to judge STEP 1-8 artistic and execution, Incentive Awards levels 1-4 |
| Pre-requisite | Recommend judges with little or no gymnastics experience attend AER Elementary Coach course as an observer |

Men's Artistic Gymnastics—Level 1

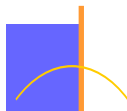
Judges enter as level 1 and once they have completed the course and required judging hours, they become level 1 accredited and may move to level 2 and also receive their level 1 judging pin.

| | |
|---------------|--|
| Able to judge | Men's Artistic Gymnastics Levels 1-3, novice competitions, Artistic Incentive Awards Levels 1-4. |
| Pre-requisite | Recommend judges with little or no gymnastics experience attend MAG Elementary Coach course as an observer |

Rhythmic Gymnastics—Level 1B and 1A

Judges enter as level 1B and when they have completed the course and required judging hours, they may move to level 1A and attend the 1A course. Judges are eligible for a judging pin for level 1 when they are accredited as level 1A.

| | |
|---------------|---|
| Able to judge | Level 1B – Execution (L 1-6) Level 1A – Execution (all levels) D1 (L 1-6) RG Incentive Awards levels 1-4 |
| Pre-requisite | Level 1B – recommend judges with little or no gymnastics experience attend RG Elementary Coach Course as an observer Level 1A - minimum 1 year experience at level 1B, judged a minimum of 2 competitions and 10 hours at level 1B |



Judging Courses

Level 1

Trampoline—Level 1

Judges commence at level 1 and when they have completed the course and required judging hours, they become level 1 accredited and may move to level 2 and also receive their level 1 judging pin.

Able to judge Novice competitions, TRA Incentive Awards levels 1-4.

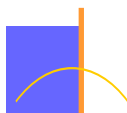
Pre-requisite Recommend judges with little or no gymnastics experience attend MAG Elementary Coach course as an observer

Women's Artistic Gymnastics—Level 1

Judges enter as Level 1, once judges have completed the course and completed post course judging hours, they will be eligible to receive a Level 1 Judging Pin and be an Accredited Level 1 Judge. Accredited Level 1 judges are able to judge E Panel (execution) for STEPS 5 and 6 and will be eligible to move onto Level 2E.

Able to judge WAG STEPS programme 1-4 (execution), novice competitions, Artistic Incentive Awards Programme Levels 1-4.

Pre-requisite Recommend judges with little or no gymnastics experience attend MAG Elementary Coach course as an observer



Judging Courses

Level 2

| | |
|--------------|--|
| Minimum age | 17 |
| Duration | Up to 16 hours |
| Course costs | \$115.00 + GST—Technical Member \$130.00 + GST—Affiliated Member \$40.00 + GST— Observer fee |

Aerobics—Level 2

When judges have completed the course and required judging hours, they become level 2 accredited and may move to level 3 and will also receive their level 2 judging pin. AER Level 2 judges must be a minimum of 18 years.

Able to judge STEP 1-8, ADP national and international artistic and execution, AER Incentive Awards Levels 1-7

Pre-requisite Accredited AER 1 Judge

Men's Artistic Gymnastics—Level 2A and 2B

When judges have completed the course and required judging hours, they become level 2 accredited and may move to level 3 and will also receive their level 2 judging pin. Based on results of the courses, judges will be awarded 2A or 2B.

Able to judge Level 2B—MAG levels 1-6
Level 2A—MAG Levels 1-6, 7-9 (execution)
Artistic Incentive Awards Levels 1-7

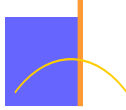
Pre-requisite Accredited MAG Level 1 Judge

Rhythmic Gymnastics—Level 1B and 1A

When judges complete their level 2B requirements (including log book hours), they automatically become a level 2A judge. Judges are eligible for a judging pin for level 2 when they are qualified as level 2A (including post course requirements).

Able to judge Level 2B - D1, D2, E (all levels) plus group execution
Level 2A—D1, D2, E (all levels plus group)
RG Incentive Awards levels 1-7

Pre-requisite Level 2B – minimum 1 year experience at level 1A, judged a minimum of 2 competitions and 12 hours judging at level 1A
Level 2A - minimum 1 year experience at level 2B, judged a minimum of 2 competitions and 15 hours at level 2A



Judging Courses

Level 2

Trampoline—Level 2

When judges have completed the course and required judging hours, they become level 2 accredited and may move to level 3 and will also receive their level 2 judging pin.

Able to judge Age competitions, TRA Incentive Awards levels 1-7

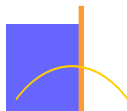
Pre-requisite Accredited TRA Level 1 Judge

Women's Artistic Gymnastics—Level 2E and 2D

When judges have completed the course and completed post course judging hours, they will be eligible to move onto Level 2D (which is a 3-4 hour course). Judges will be eligible for a Level 2 judging pin when they become an accredited Level 2E judge. An accredited Level 2D judge will also be able to judge execution for STEPS 8-10.

Able to judge WAG STEPS 1-4 (D and E panel), STEPS 5-6 (E panel), Artistic Incentive Awards Levels 1-7.

Pre-requisite Accredited WAG Level 1 judge



Judging Courses

Level 3

| | |
|--------------|--|
| Minimum age | 18 |
| Duration | Up to 16 hours |
| Course costs | \$115.00 + GST—Technical Member \$130.00 + GST—Affiliated Member \$40.00 + GST— Observer fee |

Aerobics—Level 3

When judges have completed the course and required judging hours, they become level 3 accredited and may move to level 3 and will also receive their level 3 judging pin.

Able to judge Difficulty, chair, artistic and execution Aerobic STEPS, ADP national and international; AER Incentive Awards Levels 1-7

Pre-requisite Accredited AER 2 Judge

Men's Artistic Gymnastics—Level 3A and 3B

When judges have completed the course and required judging hours, they become level 3 accredited and will also receive their level 3 judging pin. Based on results from the course, judges will become 3A or 3B

Able to judge Level 3B: MAG Levels 1-6, 7-9 (execution), NZ FIG in New Zealand (execution)
Level 3A: Levels 1-9 (difficulty and execution), International FIG in New Zealand (execution)

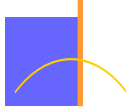
Pre-requisite Accredited MAG Level 2 Judge

Rhythmic Gymnastics—Level 3B and 3A

When judges complete their level 3B requirements they become a level 3A judge. Judges are eligible for a judging pin for level 3 when they are qualified as level 3 (including post course requirements).

Able to judge Level 3B - A, D1, D2, E (all levels plus group)
Level 3A— A, D1, D2, E (all levels plus group)
RG Incentive Awards levels 1-7

Pre-requisite Level 3B – minimum 1 year experience at level 2A, judged a minimum of 2 competitions and 20 hours judging at level 2A
Level 3A - minimum 4 years experience at level 3B, judged a minimum of 2 competitions each year and 100 hours at level 3B



Judging Courses

Level 3

Trampoline—Level 3

When judges have completed the course and required judging hours, they become level 3 accredited and may move to level 3 and will also receive their level 3 judging pin.

Able to judge Age and National competitions, TRA Incentive Awards levels 1-7

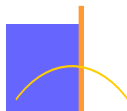
Pre-requisite Accredited TRA Level 2 Judge

Women's Artistic Gymnastics—Level 3E and 3D

Judges will be eligible for a Level 3 judging pin when they become an accredited Level 3E judge. An accredited Level 3D judge will also be able to judge difficulty and execution for STEPS 8-10.

Able to judge Level 3D: Difficulty and execution STEPS 1-9, execution STEP 10
Level 3E: Difficulty and execution STEPS 1– 6, execution STEPS 7-9
Artistic Incentive Awards Levels 1-7

Pre-requisite Accredited WAG Level 2 judge



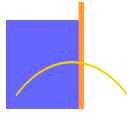
Judging Courses

FIG Brevet Judging Courses



The Federation Internationale de Gymnastique (FIG) is the international governing body for the sport of gymnastics. FIG judge education consists of four categories within each code, starting at Category IV and progressing to the highest level, Category I. With each new Olympic cycle, amendments are made to the Code of Points for each code and judges are required to re-qualify.

Some Brevet courses are sometimes held in New Zealand. Otherwise, judges must travel overseas to attend courses hosted by other federations. Attendance at the Brevet courses are by invitation only.



Course Administration

Maintaining a Qualification

GymSports NZ encourages and promotes life-long learning. As with almost all professions these days, further development is encouraged within the gymsports community. Maintenance, improvement and broadening of knowledge and skill will be of benefit to all coaches and judges, regardless of code or level. All coaches are encouraged to take advantage of developmental opportunities that may present themselves. As part of Education 360° Strategy is to develop Up-skilling Standards which will be compulsory from 2013.

Several components of the Coaching Framework are compulsory and require updating on a regular basis to maintain the qualification:

First Aid

A valid First Aid Certificate, covering NZQA unit standards 6401 and 6402 or 26551 & 26552; basic First Aid and Life Support, is required for all GymSports NZ coaching qualifications. First Aid qualifications are valid for a two-year period and coaches are advised to keep this current.

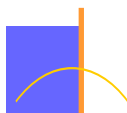
Practical Coaching Hours

Practical Coaching Hours Forms are distributed every six months, and clubs/club administrators are asked to record the amount of practical hours their coaches are coaching. This enables GymSports NZ to keep a record of which coaches are active and fulfilling the hours required for the level of their qualification.

Recognition of Prior Learning (RPL)

Previous study or qualifications obtained overseas may be credited to courses within the Education 360° framework. Coaches wishing to gain recognition for prior learning are asked to read the process outlined on the GymSports NZ website—www.gymsportsnz.com. Application forms can be found on the website and applicants are asked to relate GymSports NZ course module learning outcomes to those covered in their prior study. Copies of qualification certificates and transcripts should support applications and the relevant RPL Assessment Panel will consider applications based on the information provided.

From 2012, a fee of \$30.00 + GST will apply to all RPL applications.



Course Administration

Course Terms and Conditions

Registration Procedure

Registrations for courses will commence approximately 6 weeks prior to a course being held. Participants/Clubs register course participants through the GymSports Partnership Database (GPD) or by completing an Enrolment Form and returning it to the respective Regional Relationship Manager. Contact details can be found on the flyers.

Registration closing dates for courses will be 2-3 weeks days prior to the commencement of the course, unless otherwise stated.

Withdrawal Procedure

Any participant wishing to withdraw from a course after the course closing date is asked to promptly contact GymSports NZ in writing. Withdrawals after the closing date will be charged a withdrawal fee. This fee will be 25% of the overall course fee. Any withdrawal less than three days prior to the course will not receive a refund, unless a medical certificate is supplied, then the withdrawal fee will apply.

Course Information

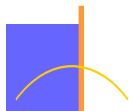
Participants are asked to bring their own packed lunch and light refreshments to the course as food will not be provided. Participants are encouraged to arrive at course venues with ample time to spare prior to courses starting. Suitable clothing, particularly for coach development courses, is advised as many coaching course require participants to be actively involved. Participants should advise the Course Presenter of any medical conditions or injury that may impede their participation.

Late Registrations

GymSports NZ will consider registrations that are received after the course closing date, but these registrations will incur a **\$50.00 penalty fee**. Late registrations will be considered at GymSports NZ discretion.

Course Cancellations

In the unfortunate event of GymSports NZ having to cancel a course, National Office will communicate this to the participants and full refund arrangements will be made.



Course Administration

Certification

GymSports NZ will supply participation certificates for all coaching course participants. These certificates will be distributed by the course presenter at end of the practical course.

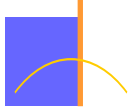
For qualifications that require several different components to be completed, GymSports NZ will issue these certificates once all components have been submitted. The qualification is not considered complete until all components have been submitted and accredited. These components vary from course to course and are listed within this handbook under the relevant course. Judging accreditation is considered completed when the required practical hours have been completed, and the judging logbook is submitted and verified by the Judging Advisor of the respective gymsport code.



GymSports New Zealand Coach and Judge Education Price List 2012

All prices are exclusive of GST

| COURSES/WORKSHOPS | Duration | PARTICIPANTS | | | OBSERVER* | |
|--|-----------|------------------------|-------------------|-----------------------|------------------|-------------------|
| | | Technical Member | Affiliated Member | Non-Affiliated Member | Technical Member | Affiliated Member |
| Foundation Coaching Courses | | | | | | |
| XTND Youth Leadership Enrollment - one-off fee | - | \$50.00 | \$50.00 | - | - | - |
| XTND Youth Leadership Modules | 5-6 hours | Variable | | | - | - |
| Coaching Today | 4 hours | \$50.00 | \$60.00 | \$90.00 | - | - |
| Understanding Movement | 8 hours | \$90.00 | \$105.00 | \$145.00 | - | - |
| Gym for All Coaching Courses | | | | | | |
| Gymsport Snapshot | 8 hours | \$105.00 | \$120.00 | - | - | - |
| PlayGym Leader | 14 hours | \$165.00 | \$190.00 | \$250.00 | - | - |
| MoveMprove® Essentials | 15 hours | \$160.00 | \$180.00 | \$255.00 | - | - |
| Sport Specific Coach Courses | | | | | | |
| Elementary Coach | 12 hours | \$115.00 | \$130.00 | - | \$40.00 | \$40.00 |
| Junior Coach | 16 hours | \$150.00 | \$175.00 | - | \$40.00 | \$40.00 |
| Junior Advanced Coach | 12 hours | \$115.00 | \$130.00 | - | \$40.00 | \$40.00 |
| Judging Courses | | | | | | |
| Level 1 | 8 hours | \$75.00 | \$90.00 | - | \$20.00 | \$20.00 |
| Level 2 | 16 hours | \$115.00 | \$130.00 | - | \$40.00 | \$40.00 |
| Level 3 | 16 hours | \$115.00 | \$130.00 | - | \$40.00 | \$40.00 |
| Workshops | | | | | | |
| Kiwi GymFun | 2 hours | \$30.00 | \$30.00 | \$30.00 | - | - |
| PlayGym | 3 hours | \$45.00 | \$45.00 | \$45.00 | - | - |
| Aerial Awareness | 6 hours | \$110.00 | \$125.00 | - | - | - |
| Custom workshop | 2-3 hours | Price to be negotiated | | | | |
| Other | | | | | | |
| Recognition of Prior Learning Application | - | \$30.00 | \$30.00 | \$30.00 | - | - |



Contacts

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