



Information and Application

Coach in Training

Coach in Training (CIT) is the youth coaching pathway of Gymnastica Gym Club.

This pathway is for secondary school aged students in Year 9-10.

Our Coach in Training pathway aims to:

- develop a broad range of skills to nurture leadership attributes and to develop successful coaching skills
- grow to be a coach who is independent, reliable, confident and dynamic with good communication skills

Program Information

Gymnastica's CIT pathway consists of eight modules over two years. On completion of the Coach in Trainings modules and once the CIT is 16 years of age Gymnastica will offer the coach the opportunity to complete the Foundation Coach courses which are hosted by Gymnastics New Zealand and offer a nationally recognised gymnastics coach qualification.

The focus within modules is on developing leadership and coaching skills.

It is the responsibility of the coach in training to arrange mentoring sessions each term with your club's nominated mentor.

Modules

The first modules are online and available through Sport NZ

Get started in coaching

Coaching Safety Nets

Gymnastica modules

Managing groups

Fundamental movement patterns

Basic skills and spotting

Awards

Event hosting

Additional modules

First Aid



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You will be advised by e-mail of any upcoming modules and you will be required to confirm availability by the due dates.

Coach in Training Commitment

As a Coach in Training for Gymnastica Gym Club you will be committing volunteer hours within classes. It is expected a minimum of one class per week in a mutually agreed day/time.

You agree to wear your provided uniform to each session, ensuring your appearance is tidy.

You agree to arrive early to ensure you know what is happening in the session, assist in setting up equipment and leave once any equipment is packed up.

If for any reason you are unable to attend a class you provide early notice to the club manager.

If sick or unwell you advise the club manager as early as possible, for instance if you have the day off school, contact the office first thing in the morning.

You understand that as a coach in training you are a role model

Club Registration 2020

Please complete the attached registration form and return by **Friday 24th July 2020**, along with a covering letter explaining why you think you are suitable for this role and what dynamics you can bring to our coaching team.

You will be advised by email if you are accepted into the programme.

If successful we will host a meeting with all successful 'Coach in Training' to provide a further outline of the programme, provide you with a Club Folder and issue uniform (in some cases this may need to be ordered).



Information and Application

Coach in Training

Applicants Name:.....

Date of Birth:...../...../.....

Gender: Male / Female
(please circle)

Applicants Mobile:.....

Home ph:.....

Applicants E-mail:.....
(Please ensure this is checked regularly)

School:.....

School Year:.....
(on registration)

Medical Conditions:.....
(please provide details)

Parent/Guardian Name:.....

Mobile:..... **Email:**.....

Family Commitment

Both the applicant and parent/guardian understand that Gymnastica Gym Clubs Coach in Training pathway is a commitment for two years.

During my time as a Coach in Training I understand that I am a role model within our club and will act responsibly and respectfully, supporting club members, other coach in training and Gymnastica Coaches.

I agree to volunteer in a class for a minimum of one class per week, which includes the set up and or pack down that may be required for each class. This is an unpaid volunteer position.

.....
Coach in Training Signature

.....
Parent/Guardian Signature

Date:...../...../.....

Date:...../...../.....