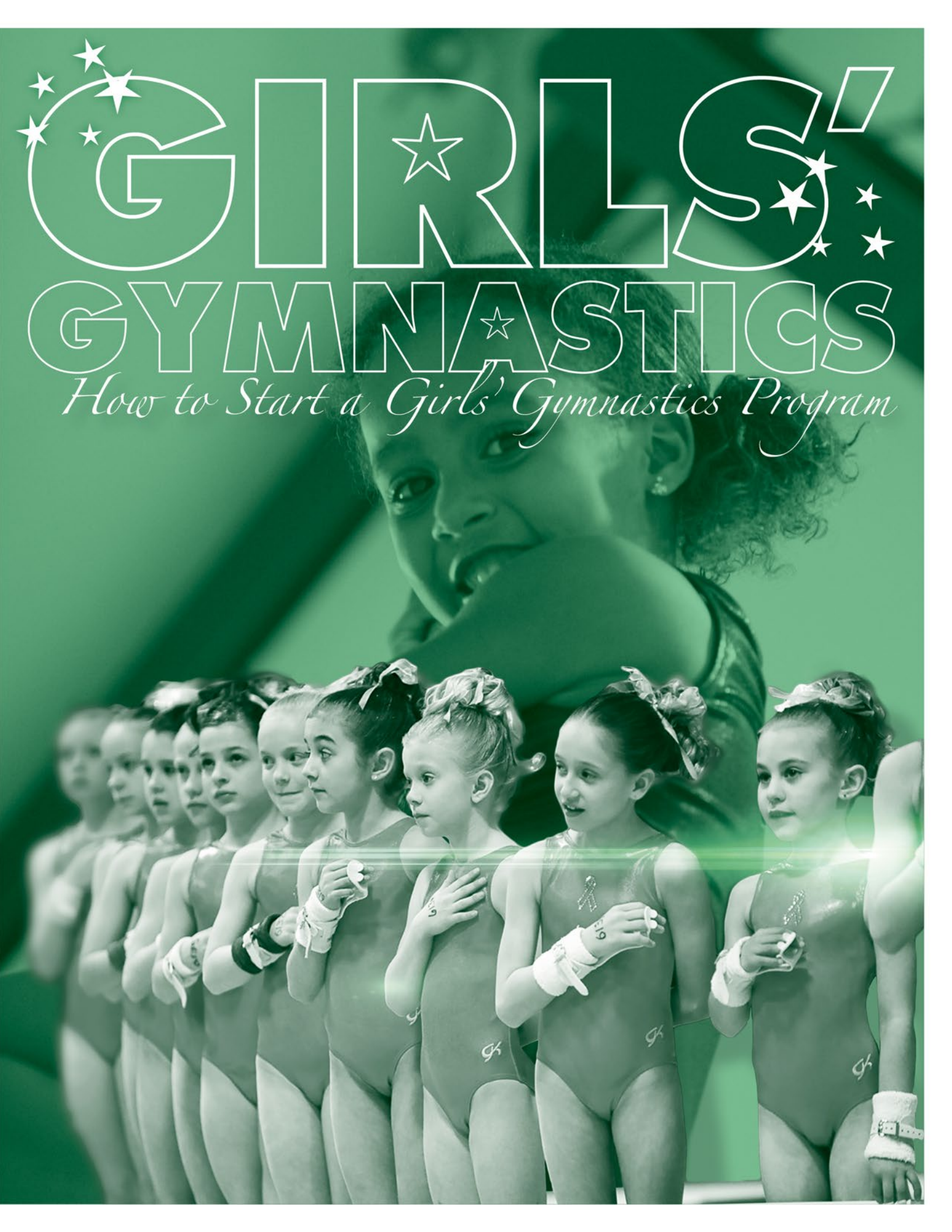


GIRLS' GYMNASTICS

How to Start a Girls' Gymnastics Program



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With some space, just a few mats, and a curriculum of basic skills, a gymnastics program can be born. At the basic level, gymnastics is all about developing physical fitness, agility, strength, and flexibility. By starting with basic body positions, skills, progressions; introductory strength and flexibility activities; and interactive games, girls will have fun and develop their abilities in the sport of gymnastics.

To start out, only basic gymnastics equipment, such as folding mats (or a spring floor area), wedge mat, trapezoid mats, spring board, mini-trampoline, single bar system, and low balance beam, is needed. This basic equipment would be helpful in teaching introductory skills and progressions for each of the apparatus, also known as events – vault, uneven bars, balance beam, and floor exercise. As your program grows and the skill level of your athletes

develop, you can progress to larger, standard-size gymnastics apparatuses. Using a step-by-step approach allows a coach or facility to more easily implement a program and simply grow as needed.

As you will see from the list of benefits in the following section, gymnastics is a wonderful activity for all children. A wide variety of gymnastics programs including recreational classes, preschool classes, fitness camps, tumbling classes, just to name a few, can be offered before even reaching the competitive levels of the sport.

The most important aspects of gymnastics are aiding children in their physical, mental and social development and allowing them to have

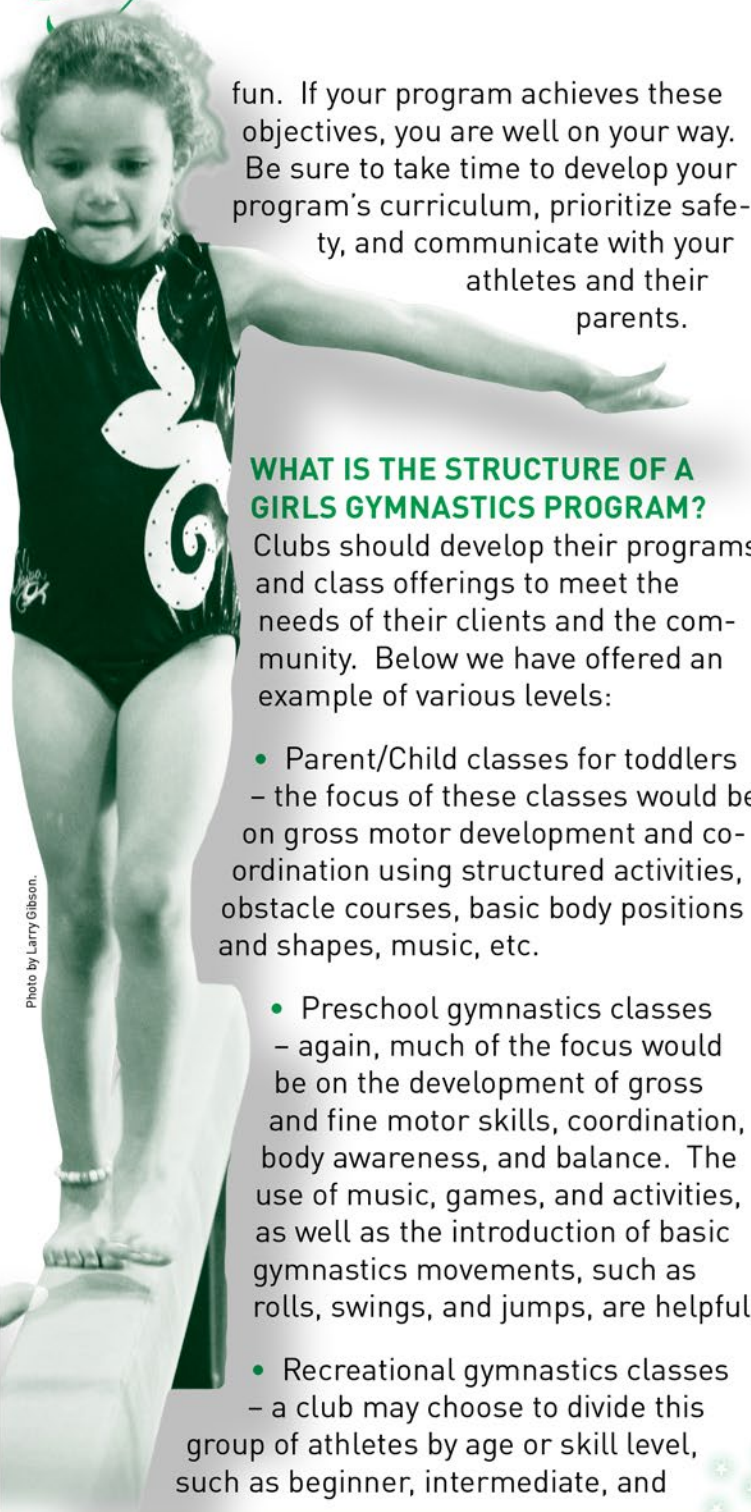
“WOMEN’S GYMNASTICS HAS BEEN COMPLETELY ELIMINATED IN OUR AREA IN THE PUBLIC SCHOOL SYSTEM. OFFERING GYMNASTICS TO YOUNG GIRLS IN OUR CLUB PROVIDES A GREAT OPPORTUNITY FOR GIRLS TO ENJOY ALL THE BENEFITS GYMNASTICS HAS TO OFFER INCLUDING STRENGTH, FLEXIBILITY, COORDINATION AND OVERALL PHYSICAL FITNESS THROUGH INTERACTING WITH OTHER CHILDREN WITH LIKE INTERESTS.”

Tom Koll and Jody Newman, Co-Owners—
Premier Gymnastics, Omaha, NE



ANA★STICS

Gymnastics Program



fun. If your program achieves these objectives, you are well on your way. Be sure to take time to develop your program's curriculum, prioritize safety, and communicate with your athletes and their parents.

WHAT IS THE STRUCTURE OF A GIRLS GYMNASTICS PROGRAM?

Clubs should develop their programs and class offerings to meet the needs of their clients and the community. Below we have offered an example of various levels:

- Parent/Child classes for toddlers – the focus of these classes would be on gross motor development and coordination using structured activities, obstacle courses, basic body positions and shapes, music, etc.
- Preschool gymnastics classes – again, much of the focus would be on the development of gross and fine motor skills, coordination, body awareness, and balance. The use of music, games, and activities, as well as the introduction of basic gymnastics movements, such as rolls, swings, and jumps, are helpful.
- Recreational gymnastics classes – a club may choose to divide this group of athletes by age or skill level, such as beginner, intermediate, and

advanced. Typically athletes in these classes are school-age children. A curriculum may focus on basic skills and progressions on each of the four apparatuses.

- Competitive gymnastics teams – USA Gymnastics provides competitive programs and opportunities for Levels 1-10 as part of the Junior Olympic program. Within the JO program, the "Developmental Levels," as they are referred to, are Levels 1-4 and can be used as non-competitive, achievement-oriented programming or "pre-team" within the club. They may also be used as an introductory competitive program. Levels 5-6 are compulsory level competitive programs and Levels 7-10 are optional level competitive programs.

A typical session, or term, may run 8-12 weeks. Recreational classes may meet 1 or 2 times per week, enabling the girls to achieve tangible goals within each term.

Terms can begin at any time, but usually start



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as Fall, Winter, or Spring terms. Some gyms offer introductory summer programs or daily or weekly camps when enrollment is generally lower.

WHY PARTICIPATE IN GYMNASTICS?

Girls can benefit from gymnastics participation in the following ways:

- It's fun and it's great exercise!
- Physical fitness development - especially in the areas of strength, flexibility, agility, balance, and coordination.
- Cognitive skill development – such as listening and following directions.
- Life skills development – particularly self-confidence, teamwork, responsibility, friendship, and sportsmanship.

- Accomplishment of goals – setting goals and working to achieve them.
- It is a great developmental activity, whether the goal is advancement in gymnastics or preparation for another sport.

HOW DO I LEARN GYMNASTICS SKILLS, PROGRESSIONS, AND TECHNIQUES?

The materials referenced in this brochure provide a wealth of information to help get you started and are the best available for girls gymnastics. All of these materials, plus much more skill specific education and online courses are available through the **USA Gymnastics website**.

“GYMNASTICS DEVELOPS MANY ATTRIBUTES THAT YOUNG GIRLS TAKE WITH THEM THROUGHOUT THEIR LIFETIME. GYMNASTICS DEVELOPS GIRLS INTO SELF-CONFIDENT YOUNG WOMEN. GYMNASTICS PROMOTES A STRONG WORK ETHIC, CONFIDENCE, DISCIPLINE AND TEACHES HOW TO GET THE MOST OUT OF ONESELF. GIVE YOUR DAUGHTER THE START SHE NEEDS TO BE SUCCESSFUL! ENROLL HER IN GYMNASTICS!”

– Bryon Hough, Owner Classic Gymnastics, Chanhassen MN.



REFERENCE MATERIALS

- **Coaching Youth Gymnastics –** covers coaching basics in a concise style that is customized for entry-level gymnastics coaches, offering a unique blend of general coaching and sport-specific information. Techniques and skills for bars, floor, beam, and vault are presented by skill level and are applicable to both boys and girls where appropriate. Information on developing a coaching philosophy, communicating with athletes and parents, and providing basic sport first aid are included.
- **Fundamentals of Gymnastics Instruction –** This online educational course provides a wealth of information on topics ranging from safety to coaching principles to curriculum development and also includes video clips of beginning and intermediate gymnastics movements and skills.
- **Preschool Fundamentals –** This two-part course focuses on curriculum development, child development, safety concerns, age-appropriate skills, and fun games and activities for toddler and preschool-age students.
- **Women's Junior Olympic Compulsory Program materials –** A text book and DVD provide demonstrations of compulsory exercises plus supplemental training skills for Levels 1–6. ✨



I ABSOLUTELY BELIEVE THAT EVERY CHILD, REGARDLESS OF TALENT OR SKILL LEVEL, CAN BENEFIT FROM PARTICIPATING IN THE SPORT OF GYMNASTICS. OUR WOMEN'S PROGRAMS HELP YOUNG WOMEN DEVELOP FROM EARLY CHILDHOOD WITH FUNDAMENTAL MOVEMENT THROUGH HIGH LEVELS OF GYMNASTICS, REQUIRING INTENSIVE TRAINING AND SKILL WORK. THE JOURNEY DOES NOT SIMPLY LEAD TO COMPETITION. IT LEADS TO THE DEVELOPMENT OF YOUNG PEOPLE AS WHOLE INDIVIDUALS AS THEY ACQUIRE COMFORT IN MOVEMENT AFFECTING ALL AREAS OF LIFE INCLUDING BUT NOT LIMITED TO: SELF ESTEEM, PEER ACCEPTANCE, ACADEMICS, GOAL-SETTING, CONFIDENCE, AND GROUP INTERACTION AS WELL AS INDIVIDUAL COMPETENCE. OUR SPORT HAS SO MUCH TO OFFER BEYOND THE SPORT. EVERY CHILD SHOULD TAKE GYMNASTICS AT SOME POINT IN THEIR CHILDHOOD.

– Beth Gardner
Heart of Texas Gymnastics

For these items above as well as additional materials, go to www.usagym.org and click on the STORE tab.



USA Gymnastics University... Take a Closer Look!

USA GYMNASTICS UNIVERSITY STRUCTURE

USA Gymnastics University provides educational opportunities for coaches, instructors, teachers, judges, and administrators at all levels and in all of the disciplines and areas of gymnastics. Included as a part of the University are educational courses and programs, technical materials and publications, and a professional certification program.



The goal of the certification program is to organize and provide a means to achieve logical progressions, a well-rounded knowledge base, and recognition of professional education and experience levels.

UNIVERSITY GENERAL REQUIREMENTS

Everyone within the University must

- Be a current USA Gymnastics Member
- Successfully complete U100: Fundamental Of Gymnastics Instruction Course (online)

ACHIEVING CERTIFICATION

Members begin their educational journey by taking applicable coursework for their desired certification or experienced professionals can pre-place themselves at a higher level than the entry level within the university.



GET EDUCATED!

Visit USAGymnasticsUniversity.org for...



LIBRARY

The USA Gymnastics library has links to educational material and resources to supplement your gymnastics education. Check out the "College of Knowledge" for informational video clips.



UPCOMING COURSES

Need a live course to fulfill a credit? Find out where upcoming courses are being conducted. Plan your educational journey.



COURSE CATALOG

Check out all the courses USA Gymnastics University has to offer.

NEW UNIVERSITY COURSES



MENTOR CLUBS

NORTH VALLEY GYMNASTICS

Phoenix, Arizona

www.northvalleygymnastics.com

Contact: Travis Rainer • (602) 404-3547 • travis@nothvalleygymnastics.com

LEADING EDGE GYMNASTIC ACADEMY

Everett, Wa 98203

www.legym.com

Contact: Sheila Bath • 425-407-1480 • sbath100@aol.com

CLASSIC GYMNASTICS

Chanhassen, MN

www.classicgym.com

Contact: Bryon Hough • Phone: 952-368-1909 • bryon@classicgym.com

BARRON GYMNASTICS

St Louis, Mo.

bgym5@barrongymnastics.com

Contact: Diane Barron • 314-892-6909 • diane@barrongymnastics.com

GLEASON'S GYMNASTICS

North Tonawanda, NY

www.gleasonsgymnastics.com

Contact: Larry Goldsmith • 716-694-6557 • lgoldniag@aol.com

FOLGER'S GYMNASTICS, INC.

City and State: Andover, Kansas

www.folgersgymnastics.com

Contact: Mark Folger • (316) 733-7525 • folgersgym@aol.com

CAPITAL GYMNASTICS

Austin, Texas

www.capgym.com

Contact: Jim Jarrett • 512-750-6359 • jim@capgym.com

RHONDA FAEHN

Senior Vice President, Women's Program

rfaehn@usagym.org

(317) 829-5643

KIM RILEY

Managing Director of Athlete and Coaching Programs

kriley@usagym.org

(317) 829-5627

ANNIE HEFFERNON

Junior Olympic Program Director

aheffernon@usagym.org

(317) 829-5659

RACHEL BRAZO

Director of Program Administration

rbrazo@usagym.org

317-829-5661

AMY WHITE

National Teams Manager/Program Travel Manager

awhite@usagym.org

317-829-5644

KRISSY KLEIN

Women's Program Coordinator

kklein@usagym.org

317-829-5638



USA GYMNASTICS.

www.usagym.org • 317.237.5050 • 130 E. Washington Street • Suite 700 • Indianapolis, Indiana 46204