



# KWAZULU-NATAL GYMNASTICS UNION

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[admin@kzngymnastics.org.za](mailto:admin@kzngymnastics.org.za)

Email to : Clubs, L Fourie, T Johnson, KZNGU Board Members  
 From: P Chadwick / KZNGU Office  
 Date: 05/03/2015

## CIRCULAR 07 / 2015

### 2015 LEVEL 1 COURSE

### MAG / WAG / RG / AEROBICS/ ROPE SKIPPING

<b>Dates</b>	Friday 13 <sup>th</sup> March 2015 (08h30-17h30) Saturday 14 <sup>th</sup> March 2015 (08h30-17h30) Sunday 15 <sup>th</sup> March 2015 (08h30-17h30)
<b>Venue</b>	KZN Gymnastics Academy, Pinetown Gymnastics Club Lello Rd, Pinetown, KZN
<b>Closing Date</b>	Friday 27 <sup>th</sup> February 2015
<b>Registration Fee</b>	Cat A: R 400.00      Cat C: R 200 Fee includes: Manual and all relevant information Refreshments but no meals Please enter on the entry form – a separate attachment in the email.
<b>Host Region (Organiser)</b>	KZN
<b>Participants Requirement</b>	<b>Age Requirements:</b> Participants must be turning 17 in the year of the course. <b>Clothing Requirements:</b> As the coach's course is of a practical nature, please ensure that all participants are suitably dressed for active participation. To be more specific– jeans are not acceptable clothing for participants. Shorts/tracksuit pants and T shirts are more appropriate.
<b>Level 1 Course staff</b>	<u>Course Leader:</u> Tammy Johnson <a href="mailto:tamzoutendyk@mweb.co.za">tamzoutendyk@mweb.co.za</a> <u>Facilitators:</u> Caron Henry <a href="mailto:caron@sagf.co.za">caron@sagf.co.za</a> Allan Chadwick <a href="mailto:allan@chadwick.co.za">allan@chadwick.co.za</a> Robyn Baker <a href="mailto:mwbakes@mweb.co.za">mwbakes@mweb.co.za</a> Sandile Ntombela <a href="mailto:sandile@amabuthojumpers.com">sandile@amabuthojumpers.com</a> Gail Adamson <a href="mailto:thekwinigym@gmail.com">thekwinigym@gmail.com</a> Precious Mcambi <a href="mailto:preciousmcambi@gmail.com">preciousmcambi@gmail.com</a> Louise Bamber <a href="mailto:louisetenneil@live.co.za">louisetenneil@live.co.za</a>



	Course registration deadline	Wed 11 <sup>th</sup> March 2015
	Payment deadline	Wed 11 <sup>th</sup> March 2015
<b>Course Assignments</b>	Please note there are written and practical assignments and workplace evaluations which have to be completed before certificates can be issued. Results will be available 15 weeks after above course date and will be distributed by the regions.	
<b>Enquiries</b>	Please contact Paddy Chadwick <a href="mailto:admin@kzngymnastics.org.za">admin@kzngymnastics.org.za</a>	

Entry Fee: Please pay direct to the Account of :

**KwaZulu - Natal Gymnastics Union [KZNGU]**

FNB Branch Code: 221626

Chq Acc No: 50791803255

Kindly email confirmation of payment to [admin@kzngymnastics.org.za](mailto:admin@kzngymnastics.org.za)

Certification & Course Assignments:

Please note there are written and practical assignments and workplace evaluations which have to be completed before certificates can be issued.

Program included below :



# Course Schedule SAGF L1 Coaches Course

Pinetown Gym, Lahee Park, Kwa Zulu Natal 13-15 March 2015

Time	Thursday March 12	Friday March 13	Saturday March 14	Sunday March 15
08:30 – 10:00		Registration and Pre-assessment meeting <i>Tammy Johnson</i>	Biomechanics Louise Bamber	Dance Robyn Baker
10:00 – 10:15	Coffee or Tea Break			
10:15 – 11:45		Anatomy Tammy Johnson	Psychology Karen Welling	Gymnastics Disciplines Robyn Baker, Precious Mcambi, ,Allan Chadwick
11:45 – 12:30	Lunch			
12:30 – 14:00		Club Management <i>Allan Chadwick</i>	Role of the Coach	Gymnastics Disciplines Robyn Baker, Precious Mcambi, ,Allan Chadwick
14:00 – 14:15	Coffee or Tea Break			
14:15 – 15:45		Safety & Basic Trampoline Allan Chadwick	Skill Development Allan Chadwick	Gymnastics Disciplines Robyn Baker, Precious Mcambi, ,Allan Chadwick
15:45 – 16:00	Short Break			
16:00 – 17:30	Meeting with PCD and Facilitators	Warm Up Tammy Johnson	Physical Preparation Gail Adamson	Gymnastics Disciplines Robyn Baker, Precious Mcambi, ,Allan Chadwick

*(Facilitators: Tammy Johnson (PCD), Caron Henry (ETC), Allan Chadwick, Robyn Baker, Louise (Louise Bamber, Gayle Adamson, Precious Mcambi, Eric )*



## FRIDAY 13 MARCH

<b>REGISTRATION AND PRE-ASSESSMENT MEETING</b>	<i>INTRO</i>		<i>INTRODUCTION PACK</i>	<i>1 ½ HR 08H30 – 10H00</i>
	<i>ADMINISTRATION</i>		<i>INTRODUCTION PACK</i>	
	<i>ASSESSMENT PROCESS &amp; POE</i>		<i>INTRODUCTION PACK</i>	
	<i>TIMELINE</i>		<i>INTRODUCTION PACK</i>	
<b>CLUB MANAGEMENT</b>	<i>ESTABLISHMENT OF CLUB</i>		<i>Pg 10 - 11</i>	<i>1 ½ HR 10h15 – 11h45</i>
	<i>MANAGEMENT OF CLUB</i>		<i>Pg 13</i>	
	<i>COMMUNICATION</i>		<i>Pg 14</i>	
	<i>PROGRAMS</i>		<i>Pg 15,16</i>	
	<i>PLANNING</i>		<i>Pg 16 - 24</i>	
	<i>CONTROL SYSTEMS</i>		<i>Pg 27 - 28</i>	
<b>ANATOMY</b>	ASPECTS OF THE HUMAN BODY		Pg 70 - 74	<i>1 ½ HR 12h30 – 14h00</i>
<b>WARM UP</b>	FITNESS COMPONENTS		Pg 29 – 53 AND PRACTICAL	<i>1 ½ HR 14h15 – 15h45</i>
<b>BASIC TRAMPOLINE</b>	TRAMPOLINE WORK		<i>Pg 102 AND PRACTICAL</i>	<i>1 ½ HR 16h00 – 17h30</i>



## SATURDAY 14 MARCH

<b>BIOMECHANICS</b>	<i>BASIC DMP PRINCIPLES</i>		116-125	1 ½ HR 08h30 – 10h00
	<i>REVIEW THE DMP'S</i>		126-149	
<b>DANCE</b>	THE IMPORTANCE OF BASIC BALLET		Pg 54 – 69 AND PRACTICAL	1 ½ HR 10h15 – 11h45
<b>PHYSICAL PREPARATION</b>	BASIC ACTIVITIES		Pg 98 – 102 AND PRACTICAL	1 ½ HR 12h30 – 14h00
<b>SAFETY</b>	INDEMNITY FORMS		Pg 150	1 ½ HR 14h15 – 15h45
	FACILITIES, EQUIPMENT & ATTIRE		Pg 150 – 152	
	PREVENTION & TREATMENT OF INJURIES		Pg 152 - 164	
	MONITORING EXISTING INJURIES AND ILLNESS		Pg 164 - 165	
	HIV & AIDS		Pg 166 - 175	
	DIABETES		Pg 175 - 184	
<b>ROLE OF THE COACH</b>	<i>LOGBOOKS</i>		<i>Pg 75</i>	1 ½ HR 16h00 – 17h30
	<i>POSITIVE COACHING BEHAVIOURS</i>		<i>Pg 75 – 76</i>	
	<i>QUALITIES OF AN EFFECTIVE COACH</i>		<i>Pg 76 - 79</i>	
	<i>COACHES RESPONSIBILITIES</i>		<i>Pg 79 – 80</i>	
	<i>TEACHING AND LEARNING METHODOLOGY</i>		<i>Pg 80 – 83</i>	
	<i>EFFECTIVE COMMUNICATION</i>		<i>Pg 84 - 85</i>	



## SUNDAY 15 MARCH

<b>SKILL DEVELOPMENT</b>	<i>GYMNASTIC TECHNIQUE</i>		<i>Pg 86 – 90</i>	<i>1 ½ HR 08H30 – 10H00</i>
	<i>PREPARATION STEPS</i>		<i>Pg 90 - 92</i>	
	<i>ERRORS</i>		<i>Pg 92 - 94</i>	
	<i>SPOTTING</i>		<i>Pg 94 - 97</i>	
<b>GYMNASTICS DISCIPLINES</b>	<i>RHYTHMIC GYMNASTICS</i>		<i>Practical</i>	<i>6 HR 10h15 – 17h30</i>
	<i>WAG</i>		<i>Practical</i>	
	<i>MAG</i>		<i>Practical</i>	
	<i>AEROBICS</i>		<i>Practical</i>	
	<i>ROPE SKIPPING</i>		<i>Practical</i>	
	<i>TUMBLING</i>		<i>Practical</i>	
	<i>TRAMPOLINE</i>		<i>Practical</i>	
	<i>ACROBATICS</i>		<i>Practical</i>	
	<i>GYM FOR ALL</i>		<i>Practical</i>	

With thanks

*Paddy Chadwick*

**KZNGU Administration**

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