



KWAZULU-NATAL GYMNASTICS UNION

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admin@kzngymnastics.org.za

Email to: KZNGU Board, District Presidents, Club Leaders
 From: C Henry & P Chadwick / KZNGU Office
 Date: 14th February 2020

CIRCULAR 02 / 2020

2020 GENERAL LEADERS COACHES COURSE

Discipline = Gymnastics for All

NB: THE GL COURSE IS A PRE-REQUISITE COURSE FOR ALL OTHER QUALIFICATIONS & DISCIPLINES

Dates	Saturday 29 February 2020 (10.00 - 18.00) Sunday 1 March 2020 (09.00 - 16.00)
Venue	KZN Gymnastics Academy, Pinetown Gymnastics Club Lello Rd, Pinetown, KZN
Closing Date	Wednesday 19 th February 2020
Registration Fee	Cat A & B: R 870.00 Cat C & Schools / Teachers : R 670.00 Fee includes: GL Manual on USB, Formative Worksheets, and Workplace Evaluation Sheets. Refreshments will be provided, but no meals. Please bring packed lunch - breaks are not long enough to leave the building.
Host Region	KZN
Participants Requirement	Age Requirements: Participants must turn 16 in the year of the course. Laptop: The manual is provided on a USB. Please bring your laptop or similar device with you Clothing Requirements: This is a very active course and full participation by everyone on the course is required. It does get very hot in the gym so please wear cool active wear clothing – ie shorts / tights and T shirts
Attendance	In order to pass the GL and be assessed as competent, 100% attendance is required for both days of the course.
Facilitators:	Caron Henry, Allan Chadwick, Precious Mcambi, Moses Faricao
Course Admin /Coordinator	Paddy Chadwick

Deadlines & Payment	Course registration deadline ON-LINE REGISTRATION ONLY NO EXCEPTIONS NO EXTENSION	Thursday 20th February 2019
Course Assignments	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 4-6 weeks after the submission date and will be distributed by the province. Compliance with 100% attendance is required, as is submission of all post course requirements and proof of practical hours participation.	
Enquiries	Please contact Paddy Chadwick admin@kzngymnastics.org.za	
On-line Registration	<ol style="list-style-type: none"> 1) Entries via a Club only on SAGF online registration system 2) The club must be affiliated and paid for 2020 Membership, via the SAGF online system 3) New coaches who were not registered in 2019 will need to be registered for 2020 – this takes a few days to be approved, so please don't leave this to the last minute. 4) Once registered, participants are to be enrolled for the KZNGU GL Course on the system. 5) Entries only via the online system, NO exceptions! 6) Find the Course at the following link: https://sagfms.sagf.co.za/login.aspx Select "COURSES" - then select "ENROL COURSE " "PROVINCIAL COURSES" / "COACH" 7) Then the GL Course will come up 2020 KZNGU GL COACHES COURSE 	

CERTIFICATION & COURSE ASSIGNMENTS:

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

- 1) Once the assignments and compliance have been approved by the Head Facilitator, the results will be submitted to SAGF.
- 2) SAGF will upload results and then Clubs may download their successful participant's SAGF GL Qualification Certification via the Club access on the online system.
- 3) Certificates will only be available once all compliance has been met.

EXPECTED SYLLABUS

PRE-COURSE WORK			DURATION
Home study: Participants will receive the manual on arrival on a USB.			
Course attendants should look at slideshow of theory content with some videos with practical components and complete the Gymnastics Leader quizzes and Knowledge Questionnaires			6 hours
ON COURSE WORK			
DAY 1: INTRODUCTION, SAFETY, FUNDAMENTAL MOVEMENTS, PHYSICAL PREPARATION AND CLASSROOM PROTOCOLS, FLOOR AND JUMPING SKILLS			
MODULE	UNIT	DELIVERY STRATEGIES	DURATION
Introductions & Ice Breaker	N/A	Group Work	30 mins
Safety in the Gym	Special Gymnastics Safety Considerations Equipment Safety	Practical	1 hr
Fundamental Movements and Body Positions	Locomotion [Upper Body and Legs] Basic Body Positions	Practical	1 hr 15 mins
How to Teach an Effective Warm up	Introductory game and Teach a basic warm up including stretching and skill rehearsal.	Group work Practical work	45 minutes
Practicing Classroom Protocols Teach Gymnastics Floor and Jumping Skills	Learn to teach and demand the execution of classroom protocols. Tumbling, [Mini] Trampoline and Vault [Artistic]	Group work Practical work	1 hr
		Video or live Demonstration Lecture/discussion Practical session <ul style="list-style-type: none"> • Experience movements • Experience Spotting/Coaching 	3 hours
TOTAL			7.5 hours

DAY 2: INTRODUCTION TO OTHER DISCIPLINES, ROPE SKIPPING AND MODIFIED PROGRAMMES			
MODULE	UNIT	DELIVERY STRATEGIES	DURATION
Introduction to Other Disciplines	Balancing and Hanging & Support [Artistic]	Discussion Practical session <ul style="list-style-type: none"> • Experience movements • Experience Spotting/Coaching 	2 hrs
	Rhythmic gymnastics	Discussion Practical session <ul style="list-style-type: none"> • Experience movements 	1 hour
	Aerobic Gymnastics	Discussion Practical session <ul style="list-style-type: none"> • Experience movements • Experience Spotting/Coaching 	1 hour
	Acrobatic Gymnastics	Discussion Practical session <ul style="list-style-type: none"> • Experience movements • Experience Spotting/Coaching 	1 hour
	Rope Skipping	Discussion Practical session <ul style="list-style-type: none"> • Experience movements 	1 hour
MODULE	UNIT	DELIVERY STRATEGIES	DURATION
	Modified programmes <ul style="list-style-type: none"> • Music and movement, team exercises • Pre-School programmes • Exercises with small apparatus • Special Needs 	Demonstration Practical Work Handouts Group Work Discussion	30 minutes
			30 minutes
			30 minutes
			30 minutes
		TOTAL	8 hours

POST COURSE WORK	DURATION
Observing training sessions at recognised clubs /institutions or demo videos	4 hours
Completion of 1 hour lesson plan (assignment)	2 hours
Completion of LOG Sheet	4 hours
Summative Assessment Multiple Choice Test (1h) Practical teaching (2 x 30 minutes session)	2 hours

ENTRY FEES:

Please follow the prompts when registering on line for the GL Course. Payment will be to the KZNGU Account as indicated on the course invoice.

Please email your proof of payment with the Code generated by the system - add a summary of what you are paying. Example EVCM Number + Club name GL Entries

KwaZulu - Natal Gymnastics Union [KZNGU]

FNB Branch Code: 221626

Chq Acc No: 50791803255

Kindly email confirmation of payment to admin@kzngymnastics.org.za

SPECIAL NOTE RE REGISTRATION:

Registration on –line and respect for closing date is imperative.

The KZNGU Office has to order the GL Course USB's & other materials . The SAGF will only issue as many as per the course entry numbers on the closing date.

Late entries will not be possible !

Please take quick and urgent action to register new Coaches online for 2020 as this can take a couple of days to clear and be eligible , before you are able to enter them for the course

PLEASE send proof of payment TOGETHER with your course entry invoice so that I am able to reconcile all entries and payments.

With thanks

Paddy Chadwick

KZNGU Administration

Email: admin@kzngymnastics.org.za

Cell: 083 6594299 (only during business hours 9-4)