

Competition 1 (Introduction) - WAG & MAG

The Competition 1 (Introduction) course provides the coach with the theoretical and technical knowledge required to prepare them to coach athletes in developmental, pre-competitive and basic competitive programs.

Objectives

- Learn how to plan a training session
- Learn how to develop a yearly training plan that integrates training priorities and promotes athlete development
- Learn how to give athletes basic nutritional advice
- Learn how to help athletes be mentally prepared for competition
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

Target audience

Coaches 16 years and older, who are trained in Gymnastics Foundations-Artistic and want to learn how to coach:

- Developmental or Advanced Recreational athletes
- Pre-competitive athletes
- Beginner provincial level competitive athletes