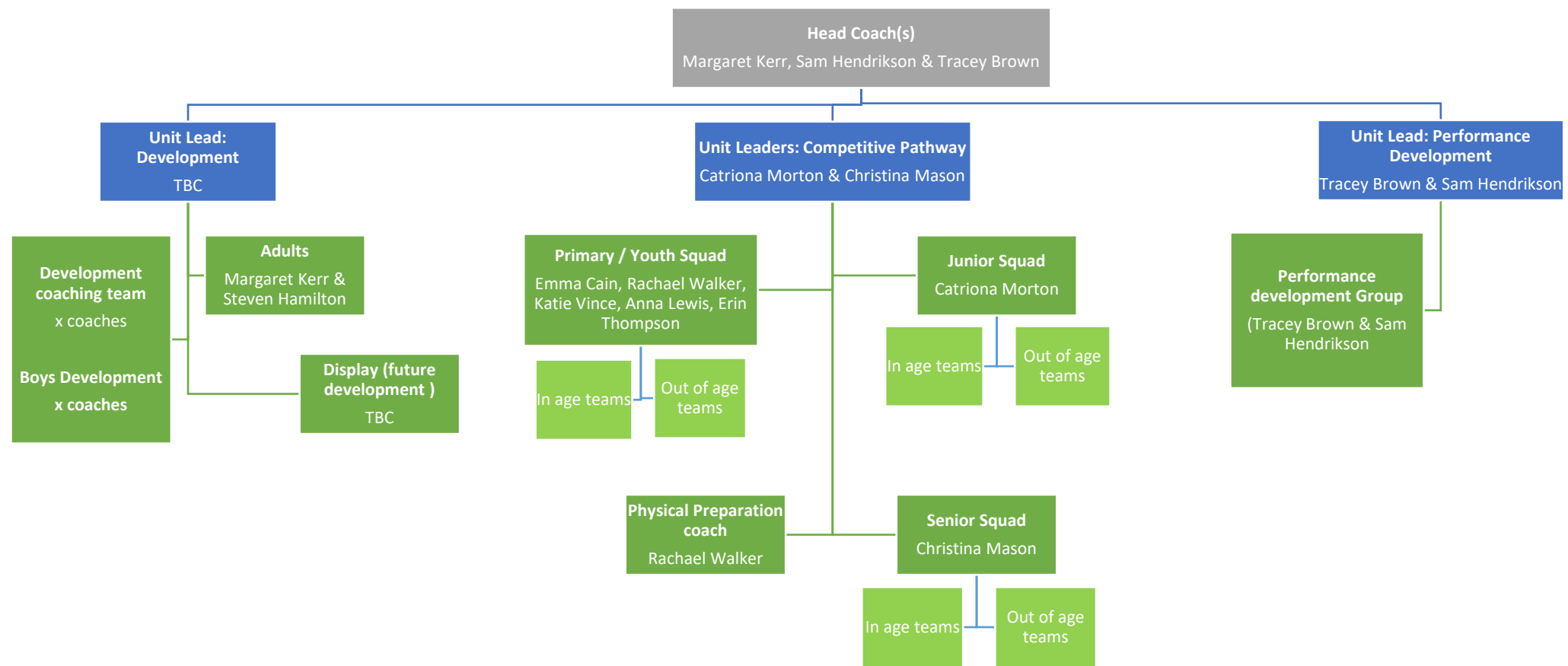


# Saltire Team Gymnastics – Proposed Coaching Structure 2016-17



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### NOTES:

The blue and grey boxed positions will form the Senior Coaching Team for the club and meet on a quarterly basis to plan and review the direction and address any issues / challenges being faced at a gymnastics level. It is this team who shall address any complaints / issues relating to parent / gymnasts concerns and if the Head Coach(s) feel this should be taken to committee level they would involve the CPC at that point.

All noted (blue) roles directly report into the Head Coach(s) who report through to each committee meeting.

The grey roles will also be allocated ~ 4hrs admin per month (payable at £8ph TBA – this is only for the competitive and performance development roles given the Club DO role has admin hours already allocated) to lead the team structure underneath. It will be their responsibility to hold monthly / 6 weekly 'team' meetings to discuss their section. It will also be proposed that teams will have cross training days to support better transition between teams and make it transparent to all expectations of team training and at the in and out of age levels.

**Head Coach(s)** – responsible for setting the direction for the club in partnership with the Senior Coaching Team. They should keep up to date with coaching and judging practices and use this to influence practice and training principles applied within the club. It will also be their responsibility to manage coach appraisals process and report to committee meetings.

**Club DO** – key focus is to grow the club, provide opportunities for all and lead the development coaching team. Remains a key position within the club and it is of upmost importance for it to remain sustainable.

**Unit Leaders Competitive Pathway** – This person would be responsible to drive the training and competition programme for all competitive age groups (youths, juniors and seniors). Age group allocated coaches could be the same person / different as the Unit Leaders and the named team coaches will continue their own responsibilities for team and individualised planning of gymnasts under their leadership. This section offers an in age and out of age training for each age group to take into account ability levels. This layer of the club will also operate on a squad based system meaning there will be more gymnasts than spaces available in a competitive team. This layer of teams need to be training 6 – 9hrs minimum per week plus a dedicated physical preparation session which address body preparation, testing, flexibility etc. Gymnasts in teams will need to commit to a minimum of two team training sessions plus the physical preparation session.

**Unit Lead: Performance Development** - This person would be responsible to drive the training and competition programme for all performance potential level gymnasts, and will lead the GB zonal preparation, identification of gymnasts and planning for the club. The two coaches operating at this layer will need contact coaching time with the selected gymnasts for 3 – 6hrs per week which includes a dedicated physical preparation session addressing body preparation, testing, flexibility etc. This will support current and potential gymnasts for the GB Zonal programme. Coaches need to be minimum Level 4 (working towards HPC in Teamgym) due to skills being performed / expected.

**Physical Preparation Coach** – responsible for the group and individualised conditioning programmes of gymnasts to match their training needs and any identified areas for development. This coach should work with team coaches to ensure regular testing results is fed back and conditioning is appropriate to the skills of individuals. These sessions will be compulsory for all gymnasts in the competitive pathway section. This coach will be mentored and work alongside the physical preparation session operated by the performance development coach(s) – where possible.

**Performance Development Coach(s)** – responsible for managing the development of future and current GB Zonal gymnasts. Gymnasts will attend a minimum of 1 training session per week with these coaches. These coaches will hold 2 sessions per week; 1 x body preparation and floor skills, 1 x tumble & trampette. This means gymnasts in this category will also need to attend a minimum of 1 'team' training session with their team coach.