



## **OUR COACHING METHODS**

**By Marie Harris, Owner & Founder of GymCore**

We believe in creating a safe and positive environment for students of every age and ability to thrive in their activity. Our classes and clinics include multi-functioning stations to accommodate students at different levels, all while progressing towards their personal goals. Our coaching methods ensure children will always be challenged, engaged, and having fun! In the content below, you will learn about the three key components that our coaches implement in every class and clinic.

### **1. Communication**

Understanding that every individual may learn differently is very important for anyone in a teaching or coaching position. At GymCore, we strive to create an environment that encourages open communication with athletes and their families. If an individual is struggling physically, mentally, or socially, our coaches are trained to adapt and address those needs in a timely manner. On the other hand, we also love to share when an athlete is successful as well! Families can find class notes and skill progressions for their athlete within their GymCore account.

### **2. Creativity**

Many gyms across the nation develop lesson plans that often follow a very narrow structure. However, these lesson plans are more textbook style and not always suited towards the needs of every child. This puts coaches in a bind since they may not know or cannot reach the needs of their students due to little room for flexibility or advanced development within their class structure. This leads to students getting bored, displaying a poor attitude, and/or withdrawing from the program. At GymCore, we recognize that each child has their own special strengths, as well as, develops skills at their own pace. Our fresh and modern curriculum is designed with purpose, progressions, and stimulating creativity to fit the needs of each individual. GymCore coaches are trained and educated on how to create multi-functioning stations to suit the needs of students at different developmental levels while still achieving the same results (to master a specific skill).

### **3. Education**

When it comes to the sport of gymnastics and related activities, industry leaders are continuously showcasing new skills, equipment, and teaching techniques for athletes of all ages. In an industry that is ever-changing, we believe it is important to provide our coaches and staff with the most up-to-date educational resources and training opportunities. At GymCore, every staff member is CPR and SafeSport certified. Additionally, coaches are trained and certified within their specialty with opportunities for continuing education throughout the year. This ensures that our athletes are provided with the safest and most effective training to help them reach their fullest potential!