



BUILDING A FOUNDATION

By Marie Harris, Owner & Founder of GymCore

Gymnastics has become one of the most popular Summer Olympic sporting events to watch all-around the world! How can it not be, though?! Every year the talent increases, skills get bigger, and athletes find ways to fly even higher. At this level, every routine has one skill transitioning to the next in the most elegant and flowing way. They make it look so easy.

Truth is, many of these athletes have been doing gymnastics since they were very little. Building a strong and efficient foundation in strength, flexibility, mobility, and basic skills can make the progress much smoother for an athlete. As they advance in levels, the skill requirements are greater and connections get trickier, therefore, the importance of this foundation becomes more prevalent.

What can be difficult to understand in the early years of this sport is how long it can take a child to master a single skill on one apparatus. If they are only attending class once a week and on that event for 15-20 minutes, there is a lot that needs to be accomplished in a short amount of time. Since every gymnastics club sets their own requirements for each level, it is important to know how and why their requirements are structured as such. Asking questions like the ones listed below can help provide clarity on the club's value in building a strong foundation.

- What are the requirements based on?
- Do these progressions seem reasonable and attainable?
- How do you ensure enough time is spent on different skills?
- Are the weekly lesson plans designed to efficiently and effectively develop athletes in a way that will help them reach their fullest potential?

At GymCore, every class, clinic, and program is methodically designed to accommodate athletes of all ages and abilities, while ensuring they reach their fullest potential! Our structure is based on the combination of USAG competitive requirements, age, and appropriate skill development. We then break this combination down into attainable milestones within each program to create smooth transitions from level to level. The weekly lesson plans are created around each milestone and designed with multi-functioning stations to assist athletes at different stages of their skill development. The creativity and engineering behind these stations allow athletes to feel continuously challenged, which prevents them from getting bored or feeling burnt out. You can read more about our coaching methods on our Home page!

Building a strong and solid foundation in gymnastics is an important key to an athlete's success. May this success be in a long term gymnastics career or carried over to another sport, the development of strength, flexibility, mobility, and coordination begins at GymCore.