



DUNDONALD GYMNASTICS CLUB  
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### **Coaches Report – Dundonald Gymnastics Club AGM – 18<sup>th</sup> June 2008.**

I'd like to start this years report with by thanking all those involved in assisting the club in what has been a year of progress.

The first full year of having a committee assisting the running of the club has been a huge success. Significant fundraising has given the club resources to provide additional equipment and provide a strong financial base to develop the club further.

The influence of 'the parent view' was also I think significant in us taking on two displays and the Citadel competition within the same year. This influence on the coaches has been positive in ensuring that we deliver value to the membership and maintain an equal focus across all aspects of the club.

The organisation of the club leotard and associated merchandise has also provided the club with a strong sense of identity that reflects well on the club locally and at competitions.

This year has also seen further changes from a coaching perspective and I'd like to thank all the coaches for their assistance throughout the year as we search for the ideal structure whilst coping with a huge demand for places.

I will summarise the year in relevant sections.

#### **Competitions**

In April 2008 Erin Telford took part in the Scottish Club Grades, Grade 5 Competition in Perth. In doing so she was the first gymnast to take part in a four-piece competition for the club. She came 10<sup>th</sup> out of 88 competitors and achieved a score awarded with a certificate of distinction. We took one gymnast based on the fact that Erin was the minimum age for the year of competition and able to complete all the routines. The main learning experience being that there was a significant number of entries above the minimum age and in hindsight I should have competed two further older gymnasts in the same category. In future I do intend to compete more gymnasts at this level, minimum age or above.

The recent Floor and Vault Competition at Fife was also a success with a team entered in the 8-9yrs, 10-11yrs and 12yrs+ age groups. Individual Gold medals in the 10-11yrs boys (David Weir) and 10-11yrs girl's (Eva Smith) competitions were particularly pleasing. The 8-9yrs and 10-11yrs teams performed particularly well and I think there was plenty of evidence that we have significantly closed the gap with the more established clubs at this level of competition.

David Weir was moved on to Inverclyde and has been selected to be part of their Elite squad. I think this a further indication that we are doing things right and we obviously wish him well in the future.

#### **Coaching**

We undertook a degree of restructuring throughout the year. An additional recreational class was started bringing the membership up to 108.

A floor and vault competition group, training 4 hours per week has also been established. This group comprises some former members of the development group along with selected gymnasts from the intermediate and advanced groups.

The development group is continuing well with the focus on competition opportunities in September/October 2008. A promising group from 5-7yrs is also starting to emerge. From competition experience and liaison with City of Glasgow I feel that we should be confident in retaining and developing gymnasts up until the point when to succeed they would require more than 8 hours per week training.

Last year saw the qualification of Pauline, Claire and Sarah as Women's Artistic Level 1 assistant coaches. Both Sarah and Pauline have further indicated that they wish to progress to the Level 2 course and I would advise that we invest in this within the next year.

Catherine and Linda recently passed the practical of their Women's Artistic Level 2 assistant coaching course and await the results of the written examination. The time period in completing this has been frustrating but beyond the control of the club. Changes in the coach education structure and personnel at Scottish Gymnastics having made the process last an intolerable 16 months.

Tracy Martin has also recently approached the club to assist with coaching. The 'safe recruitment process', has been started by Yvonne and we will await a suitable coaching course.

We have also received significant assistance from Shirley Jamieson with regard to choreography work and ballet training for the development group. She has intimated that this will continue on a voluntary basis and I grateful for this commitment.

I continue to learn/coach at City of Glasgow Gymnastics Club where Sandra Walsh and Sandy Richardson have provided huge support to me over the past year as well as providing facilities and coaching to some of the development squad. This will continue going forward and I would hope that more of our coaches start to take advantage of this ongoing opportunity.

Within the last week Laura has also identified a gymnast from her Stewarton club who will now work between the two clubs. Hopefully this will be the start of many and further enhance the link with Stewarton.

### Equipment

The last year has seen the club acquire the following equipment

1 tumble track  
3 additional training beams  
1 beam pad  
6 training blocks  
1 coaching block

Total Expenditure £4,316.95

South Ayrshire Council also assisted with the purchase of 8 floor mats and 2 crash mats.

All equipment remains in good condition and I don't foresee the need for replacement of any items in the next year.

### The Future.

I think most of the challenges ahead are fairly clear. Again I will summarise them in relevant sections.

### Competition

Continue to progress.

This will be measurable in both team and individual medals from a floor and vault competition perspective.

In relation to four piece competition this will be measurable by the numbers involved in competitions and the types of competition entered, whether that be Club Grade, Compulsory Grade or Voluntary grade competition.

The imminent formation of a West of Scotland Regional Squad will also allow us to measure ourselves against other clubs and attempt to get our development gymnasts training at this level.

### Equipment.

Storage is now key to the purchase of any further equipment and may become an issue in relation to the current equipment we have. We do however have a good level of equipment all in good condition and in truth have nothing that is a fundamental requirement.

That said - now a challenge! An on sight storage facility would assist us greatly. GE and NATS volunteer groups have already indicated they could provide labour for any build. This would assist an approach for further lottery funding. The return of the storage room to the activity centre would possibly result in the centre installing a small gym in that area. This obviously has a potential training benefit to the club.

If storage can be overcome my equipment wish list would be.

Asymmetric Bars – Access to low and high bar options within the same training session would significantly improve bar work. This has been the major obstruction to more gymnasts competing in four-piece competition. Would directly benefit the current 8 strong development squad.

Vaulting Table – Used as standard at all competitions. The ability for gymnasts to train on competition equipment would help competition performance. It can be used by all levels of the club.

2m extension to tumble track with associated carpet sections. The kids are growing! Again benefit is for all gymnasts.

### Coaching

We need at least one more Level 3 Women's Artistic Coach.

With Linda now Level 2 qualified and Laura able to obtain a module in addition to her existing qualification to reach her full Level 3 WA qualification I would hope that within the next year we can be in the position of having 3 coaches qualified to that level.

This is important for number of reasons:

1. We have no resilience should I become unavailable for significant periods e.g if I was ever to return to shift working.
2. Regional squads will cause the extraction of a Level 3 coach from the club at least one weekend a month should any of our gymnasts be selected.
3. The course will involve mentoring out with the club and therefore naturally assist coaching development.

I intend to sit my Senior Club Coach qualification when a suitable course is advertised. I expect this to happen early 2009 and would hope the club would invest in me to complete this qualification.

I would take a supportive position on any coaches wishing to gain further qualification.

## Summary

In summary from a coaching perspective I am pleased with the progress of the club in the last year. We're providing recreational gymnastics to a significant number of children, two levels of competitive classes, we've *started* in relation to four-piece competition and have made good progress in relation to floor and vault competitions.

The club infrastructure is strong with an effective committee, sufficient qualified coaching numbers and fitness and choreography support.

Full steam ahead!!

Thank you

Scott Telford  
Club Coach