



## British Gymnastics - Floor Vault & Bench Level 1 Course

*Saturday 8th December 2007 - West Mainland Leisure Centre, 10am-6pm*  
*Sunday 9th December - Clickimin Leisure Centre, 10am-6pm*

This two-day introductory course is aimed at anyone who wishes to assist with teaching in a gymnastics class. Participants on the course will learn how to coach a range of

fundamental gymnastics skills including jumps, balances, rolls, vaults, and cartwheels - and combination sequences of these skills - using basic equipment.

After completion of this training course, candidates will need to complete a period of supervised coaching before sitting a final assessment at a later date to complete the award. All candidates for this award will need to undertake an Enhanced Disclosure Scotland check and attend a 3-hour sportscoach UK workshop - "Safeguarding and Protecting Children". The minimum age to attend the course is 14 years of age.

The course costs are £180 per candidate (plus £20 Disclosure fee for paid coaches). A 50% subsidy is available to volunteer coaches (ie. £90 per candidate)



Application forms are available via a link online at: [www.shetland.gov.uk/community/news](http://www.shetland.gov.uk/community/news)  
Forms should be returned by **Friday 30th November 2007**

More details on all the Scottish Gymnastics Coach Education Courses are available online at [www.scottishgymnastics.org](http://www.scottishgymnastics.org)

This course is being organised through a partnership between Shetland Gymnastics Association, Scottish Gymnastics and the Sport & Leisure Service of Shetland Islands Council.

For more details please contact: *Bob Kerr, Sports Development Officer*  
*Shetland Islands Council (01595) 744045*



**Shetland**  
Islands Council