

# 8 GYMNASTICS FOR LIFE – ACTIVE FOR LIFE

The Gymnastics for Life stage welcomes gymnasts of all ages, all backgrounds and all performance levels. In this stage are opportunities to learn new skills, to be part of a performing group, to try new gym disciplines and even to travel internationally and represent Canada. For those who wish to try a new aspect of gymnastics, there are opportunities for coaching, judging, volunteering and working in the sport.

This stage is for anyone who has ever participated in gymnastics. It welcomes new participants – even at advanced ages - and athletes with a disability. It welcomes athletes from other sports who know the benefits that gymnastics will bring to their overall sport performance. It allows everyone and anyone to continue to have FUN with gymnastics, gain FITNESS with gymnastics and learn the FUNDAMENTALS of gymnastics at a level that suits their age, interests and ability. And last but not least, it encourages former gymnasts to apply their gym skills into other sports and activities so they remain active for life.

## What qualities will be developed in the Gymnastics for Life stage?

- Application of learned skills to new focus (e.g. new gym discipline, different level of performance, other sport, dance etc.)
- Improve performance quality of specific skills related to new focus
- Maturity in combination, adaptation and creative extension of skills and open to mental challenges
- Develop other skills and relate to gym background e.g. teaching, coaching, administration, marketing, promotion
- Application of gymnastics experience to life skills
- Desire to remain active and involved, and to give back to the sport
- Non-self centred attitude
- Enjoys social participation in the sporting activity
- Commitment to a program or a group
- Open to new experiences in the sport
- Safety and ethical considerations are of continuing importance and are relative to the participant and activity

## What does not belong in the Gymnastics for Life stage?

- Risky exercises or advanced skills that require high level physical preparation
- Be aware that inconsistency of training increases risk factors
- Be aware of physical limitations of participants

## Performance Qualities

- Will vary with the gymnast's performance goals.
- Fun, Fitness, Fundamentals is the overriding philosophy
- Advanced gymnasts may be preparing for Masters level competitions or high level demonstration events such as Canadian and World Gymnaestrada

## Amount of time in gymnastics

- Will vary with age and performance level of gymnast
- May be 1 X 1 hour per week recreational program, up to 4 X 3 hours per week for an advanced demonstration team
- Up to 48 weeks per year
- Single peak or no periodization

## Role of Parents

- The parents' role depends on the age and level of the gymnast. Generally there is a financial and time commitment, which entails driving to training, and paying for training time, costumes, equipment etc.
- Parents must support the gymnast's desire to remain in gymnastics
- For older, or more advanced gymnasts who participate in events such as Canadian and World Gymnaestrada, there may be significant travel costs

## Monitoring

- As needed, depending on age.
- Ensure PHV is monitored for adolescent aged gymnasts in advanced programs
- General health and fitness
- Required applicable skills

## Events and Activities

- Club and Provincial Gymnaestrada/ GymFests/Shows/Demonstrations
- Canadian and World Gymnaestrada
- Masters Competitions
- Recreational meets
- School and University competitions
- May have varied roles at events – organization, leadership, coaching, judging

**GCG Programs:** GCG Demonstration program

GCG Coach in Training program

GCG National Coaching Certification Program

GCG Judges Training program

**Type of Coach:** The type of coach will depend on the age and performance level of the gymnast:

NCCP Foundations Coach plus specialization

NCCP Competition-Introduction coach

NCCP Competition-Development coach

