

The preceptor's obligation is to ensure the coach in training is learning all the coaches certification material found in their practical skill charts. The coach in training will shadow their preceptor for two weeks; during this time the coach in training will act as an assistant to the preceptor.

NOTE: During class time, the preceptor may not do any noticeable training lessons with the coach; we do not want clients viewing this process. Instead, all spotting and lengthy verbal training must be done off the podium.

SECTION 01 – SELF

SELF Testing: Preceptor must test by allowing the coach in training to lead classes. During this time the preceptor will act as the assistant. After all classes are finished the preceptor must grade the coach in their online skill chart portal, coach in training must receive a star on every skill to pass. If not, the coach must re-test until all skills are complete with a star.

The coach in training must meet the following criteria to be checked off on each skill.

HASME

- 01) **HASME Explained:** The coach verbally explains each letter
- 02) **Hands:** The coach is constantly hands on, even the easy skills
- 03) **Attention:** The coach maintains direct and indirect attention of all gymnasts
- 04) **Seeing:** The coach keeps all gymnasts in his/her field view of vision
- 05) **Moving:** The gymnasts and coach are constantly moving
- 06) **Equal:** The coach gives all the gymnasts equal attention

CHCA

- 01) **CHCA Explained:** The coach verbally explains each letter
- 02) **Clapping:** The coach frequently uses motivational claps
- 03) **High Fiving:** The coach offers many encouraging high fives
- 04) **Call & Answer:** The coach frequently and properly uses Call & Answer techniques

STUC

- 01) **STUC Explained:** The coach verbally explains each letter
- 02) **Skill Knowledge:** The coach shows suitable proficiency in knowledge of skills
- 03) **Timing:** The coach utilizes the Triple A Process and keeps track of time
- 04) **Urgency:** The coach moves with a high sense of urgency
- 05) **Client Interaction:** The coach takes time after each class to speak to clients

Call & Answer

- 01) **Nomenclature C&A:** The coach consistently teaches nomenclature using C&A
- 02) **“Attention Station Rotation”:** The coach uses this C&A to rotate gymnasts properly
- 03) **Freeze, "Stick It", "One, One Thousand One!":** The coach uses this C&A for all landings
- 04) **"Straight Line Time!":** The coach uses this C&A for event rotations
- 05) **Girls: "Chin up, chest up, straight arms and legs!":** The coach shouts this before gymnasts move from event to event
- 06) **Boys: "Chin up, chest up, arms behind your back!":** The coach shouts this before gymnasts move from event to event
- 07) **Event Promotion:** Coach does C&A to promote upcoming special events.
- 08) **G.USA Chants:** Coach does general G.USA C&A to promote G.USA pride

SECTION 02 – SKILLS

Testing must be done on a 101 basis utilizing After School gymnasts that arrive to the facility before classes start. Coach must properly instruct and spot all systematic skills and be able to be correctly execute all systematic and mirror skills him or herself, as long as there is no material injury to the coach. *Do not allow the coach to perform a flipping skill if the coach does not have previous training.* Coach can get checked off skills at any time throughout the training process.

NOTE: Systematic Skills are skills that require proper methodical instruction (i.e Cartwheel, Backward Roll, Back Handspring). Mirror skills do not require methodical instruction (i.e Tuck Position, Straddle Jump, etc.).

When evaluating coaches on Systematic Skills the preceptor must evaluate three categories; Ability, Common Tendency Knowledge, and Spotting Ability. Passing each systematic skill and knowledge of all the skills within the skill chart will pass you to the next Level (Red , White, Blue).

Cat. 01

Ability:

The coaches' ability to execute the skill him or herself

Cat. 02

Common Tendency Knowledge:

The coach must be able to say and explain the listed common tendencies within the skill

Cat. 03

Spotting Ability:

The coach must have the ability to spot the skill correctly in accordance with G.USA approved methods

Systematic Skill	COMMON TENDENCIES
RED LEVEL COACH	
Forward Roll	Hand Walking, Leg Kicking, Head Standing, Opening Up, Using hands to get up
L Kick	Foot Sliding, Reaching too far or too close, Leg Switching, snapping down
Cartwheel	Foot Sliding, placing hands down like a handstand, placing hands simultaneously, snapping down.
Cast	Leaning backwards, supporting on stomach
Pullover	Lack of strength, extending arms straight, leading with stomach, no wrist shift, spontaneously letting go.
Forward Roll To Chin Hold	Rolling in a straight body, spontaneously letting go, rolling to fast and peeling off bar
Arm Circle Hurdle	Arm circling the wrong direction, bending knees on board (not rebounding)
Hops on Spring Board	Bending knees to jump.
PB Spot	Falling back or forward (causing 'chicken wing' effect)
WHITE LEVEL COACH	
Power Hurdle Round-Off	Leaping instead of jumping, landing feet together then stepping,
BHC	Folding into the bar (Piking, bent arms, leaning forward)
Undershoot	Folding into the bar (Piking, bent arms, leaning forward), dropping hips from bars.
One Arm CW	Foot Sliding, wrong hand placement, Side Swiping, not squaring hips.
BLUE LEVEL	
Back Hand Spring	Undercutting and early snap down
Front Tuck & Back Tuck	Undercutting.
Round-Off Tuck	Undercutting.