



Coaching and Officiating Case Study

Mentoring – Coaching Practice for a Level 1 candidate

Stephen is a new gymnastics coach who has recently completed a Level 1 course with his local gymnastics club. In order to complete his Level 1 accreditation he is required to do 15 hours of coaching practice under the supervision of a mentor coach. He has asked Patti, a Level 2 coach from his club, to be his mentor.

Patti comes to Stephen's training sessions once a fortnight for several months to supervise 10 hours of the required 40 hours of coaching practice. At these sessions, Patti looks at Stephen's lesson plans with him prior to the session so she is clear on his objectives and plans. She then observes Stephen coaching and spends 5–10 minutes after the session talking with Stephen about how he thought the session went and what he might improve upon. They also talk about how he might plan his next session.



After three months, Patti provides a written evaluation of Stephen's lesson plans and coaching on a checklist provided by the Gymnastics Federation. She talks with Stephen about her evaluation before he sends it off (with his assignments and lesson plans) to his course coordinator. On receipt of the evaluation form and other materials, the course coordinator checks that Stephen has met all the requirements for Level 1 and finalises his accreditation. Over the ensuing months, Patti and Stephen continue to discuss coaching issues on occasion and Stephen invites Patti to help him choreograph some of his athlete's floor routines.