



Western Cape Gymnastics Association

Postal Address: P.O. Box 293 Edgemead, 7407

www.westerncapegymnastics.com

NPO Registration: 142 – 856 NPO

Comprising: Cape Town Gymnastics, Cape Winelands Gymnastics, Overberg Gymnastics, Eden Gymnastics and West Coast Gymnastics

28 January 2019

Course: General Leader (GL) Coaches Course

Type: Coach

Discipline: All

Dear Coach / Club Owner,

RE: INVITATION TO 2019 GL COURSE

An invitation is hereby extended to you to attend the General Leader (GL) Course to be held in Western Cape on the **2nd & 3rd March 2018**.

THE GL COURSE IS A BEGINNER LEVEL COACHING COURSE FOR GYMNASTICS AND FUNDAMENTAL MOVEMENT (for school’s physical education). IT IS A PRE-REQUISITE FOR ALL OTHER QUALIFICATIONS AND DISCIPLINES

Dates	Saturday 2 March 2019 (08h30-17h30) Sunday 3 March 2019 (08h30-17h30)
Venue	Wynland Gymnastics Club, Du Toit Street, Paarl
Closing Date	15 February 2019 (No late entries will be accepted)
Registration Fee	Cat A: R550 Cat B: R550 Cat C: R550 Cat D: R550 Fee includes: GL Manual and POE <ul style="list-style-type: none"> • All entries must be done online via the registration system • Entries open on 28 January and close on 15 February 2019 • Coaches/Participants need to be registered online before they can enter and register for the course • Please note only coffee and tea will be provided, participants to bring with their own food/lunch.
Host District (Organiser)	Western Cape Gymnastics Association Dorothea Klue - dorothea@wcga.co.za
Objectives	<ul style="list-style-type: none"> • Understand how gymnastics fits into the teaching, fitness and coaching industries in South Africa • Have knowledge of gym safety and preventing injuries • Discuss the roles & responsibilities of the gymnastics instructor • Design, develop and teach a basic gymnastics physical preparation programme incorporating warm ups, conditioning and cool downs. • Experience and teach introductory gymnastics skills.
Participants Requirement	Age Requirements: Participants must be turning 16 in the year of the course. Clothing Requirements: As the course is of a practical nature, please ensure that all participants are suitably dressed for active participation. To be more specific – jeans are not

President: Anne Vermaak Vice President: Melvin Edwards Treasurer: Warren Buchanan
Committee: Warren Lucas, Andre Nieuwoudt, Melvin Edwards, Karl Schneeberger, Theuns Botha
The Western Cape Gymnastics Association is affiliated to the South African Gymnastics Federation (SAGF) and the Western Cape Provincial Sport Confederation (WCPSC)





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	acceptable clothing for participants. Shorts/tracksuit pants and T shirts are more appropriate.	
Lead Facilitator:	Marti Heri	
Facilitator:	Kelly Haumann	
Deadlines	Course registration deadline	15 February 2019
	Payment deadline	15 February 2019
Course Assignments	<p>Please note there are written and practical assignments and workplace evaluations which have to be completed before certificates can be issued. Results will be available approximately 18 weeks after the above course date. Your club will be able to log on to the registration system and download your certificates. Clubs will be notified via email by the Province when the certificates are available online.</p> <p>Please see below the links for the three different assignments that need to be uploaded to the Dropbox. Dead line for the assignments will be given at the course.</p> <p><u>Multiple Choice:</u> https://www.dropbox.com/request/oGXpBO1zBU5oLZKlefLS</p> <p><u>Log Sheets:</u> https://www.dropbox.com/request/qzkhpEGrIhlHaHATYemF</p> <p><u>Lesson Plan:</u> https://www.dropbox.com/request/IPJaRG38D5Vdk38fesM4</p>	
Enquiries	Dorothea Klue – dorothea@wcga.co.za	

Thank you and kindest regards,
Western Cape Gymnastics Education

