



Western Cape Gymnastics Association

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

www.westerncapedgymnastics.com

NPO Registration: 142 – 856 NPO

Email: info@wcga.co.za

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

21 September 2016

The Western Cape will be hosting the following Workshops as well as a Level 1 Coaches Course.

1. Coaches that would like to enroll for the Level 1 Course must please note that in addition to the Level 1 Generic Course they also need to attend the following Workshops as part of their Level 1 Training:
 - BUGS Workshop
 - Anti-doping Workshop
 - Planning Workshop
 - Child Safety & Protection Workshop

It is not compulsory to attend the workshop at the same time as doing the Level 1 Generic Course, but you will need to do these workshops within 1 year of attending the course in order to complete your Level 1 qualification.

2. Coaches who did the FIG 1 Course in 2015 must attend the Level 2 Planning Workshop. (It is also open to any FIG coaches who qualified 2014 and earlier)
3. All Workshops are open to anybody who would like to attend to further their knowledge and to the learners that did their Level 1 course in 2015.
4. Everyone who was found competent at the 2016 GL course qualifies to attend the Level 1 Coaches Course.
5. Louis Fourie will be the facilitator for all the below mentioned courses.
6. All the below courses will be held at Excel Gymnastics Club, in Hof Street Bellville. Directions can be found on the Western Cape Gymnastics Website under Competitions - > Directions
7. The cost of each workshop/course is indicated in brackets next to the workshop
8. All prices include the necessary manuals that you will receive.
9. Please bring your own lunch and refreshments to the course/workshop.
10. Please note that all entries need to be done online. The Closing date for all entries is Friday 30 September. No late entries will be accepted. A minimum of 25 participants is required in order for the courses to be held.

President: Anne Vermaak, Vice President: Michelle Kleu, Treasurer: Angelique Portelli
Committee: Warren Buchanan, Melvin Edwards, Andre Nieuwoudt, Karl Schneeberger, Christo Swanepoel
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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Workshops – Level 1 & 2

Sunday 9 October

09h00 - 12h00 : Level 2 - Planning workshop (Cat A /B R100, Cat C/D R75)

12h00 - 14h00 : Level 1 - BUGS Workshop (Cat A /B R50, Cat C/D R35)

14h30 - 17h00 : Level 1 - Anti-doping Workshop (Cat A /B R100, Cat C/D R75)

Sunday 16 October

13h00 - 15h00 : Level 1 - Planning Workshop (Cat A /B R100, Cat C/D R75)

15h00 - 18h00 : Level 1 - Child Safety & Protection Workshop (Cat A /B R100, Cat C/D R75)

Level 1 Coaches Course

(Cat A /B R550, Cat C/D R400)

Date : Saturday 15th - Sunday 16 October 2016

Times : Saturday 15th - 09h00 - 17h00

Sunday 16th - 09h00 - 12h00

Please note that you will need to enroll, pay and attend the workshops listed in point 1 above as well in order to complete your Level 1 Coaches qualification.

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