

Reflections on Addison Trails Gymnastics Program 1973-2004

Mission Statement:

To help boys grow into manhood in a positive way through the venue of gymnastics

The highest goal is team first (family) above personal goal. However personal success helps team

Concepts:

- Teach frosh P.E. classes
- Position gymnastics unit prior to season (make it happen!!!)
- Make girls' coach your best friend and ally!!!

Schedule:

Make it challenging BUT have some easier meets so you can more easily use your poorer scorers

Tip:

Shore up weak spots....It is easier to get a 6.0 to an 8.0 than to get an 8.0 to a 9.0 (your stars need the least coaching!)

Warm-ups:

- Punctual (stairs)
- Start with aerobics, then with movement, and stretch last
- Coach should occasionally lead warm-ups, but usually varsity takes turns
- During aerobics I talk to assistants
- During stretching I talk to team
 - "Monkey see, monkey do"

Rule:

There are only three things allowed during work-out

1. Work-out
2. Stretch and drill between turns
3. Help out

NO SITTING OR SIT STRETCHES! (I DON'T SIT EITHER)

Practice Concepts:

1. structure
 - Generic workout and conditioning sheets 1, 2, 3 levels
 - Specific workout schedule
 - Specific workout instructions
2. Create multiple teaching stations (bungee cords, piroletts, cross-machines, floor bars, buckets, etc.)
3. Group kids with similar needs together
4. Invest coaching time where it will achieve the most (for me HB not SH)
5. Invest kids' time the same
6. Carefully select skills to work on
7. Specialist – find off apparatus skills to augment apparatus work
8. Multiple Event Men – vary event order
9. Avoid log jams – if lines develop, add stations or re-deploy
10. Use variety – change workout sheets, use competitive challenges (i.e.) as Hit 5 routines in a row up to 7 routines each
11. Coach should be EVERYWHERE ALWAYS (shout)
12. Coach – don't waste time – dictate
13. Coach – be a model – NEVER SIT, MOVE QUICKLY, STAY EXCITED!
14. Coach – keep kids on schedule BUT be flexible...if you see a mistake in your practice plan or kids have rips, sore ankles etc. ADJUST

Conditions:

1. Vary – Swing and balance one day, and strength the next
2. Be event specific – don't waste time on push-ups
3. Prior to day off – exhaustive conditioning
4. Taper off near end of season

Homework:

1. Cross-machine blueprint
2. Sand weights
3. Rules handouts
4. TV commercials – stretch and exercise

Observe Kids:

1. No two are the same- Sense when a kid needs to be pulled aside and Talked to
2. Avoid humiliating kids
3. When practical, reprimand kids in private
4. LOVE YOUR KIDS- for many of them, you are their first and second Dad

**THE KIND OF MAN THEY BECOME IS FAR MORE IMPORTANT
THAN THE KIND OF GYMNAST THEY BECOME**