

Garioch Gymnastics Club
By Janine Lloyd

Several of the coaches from the club have now attended gymnastic coach courses to help improve their own personal ability as a coach and increase the standard of gymnastics in the area.

Carol Donald, Aidan Moir, Laura Cruickshank, Jennifer Bruce and Karen Erridge attended the Level 2 (Sports Coach) course at Bon Accord in June. Attendance on this course and passing the subsequent exam will ease the pressure on the current coaches as it will allow them to run recreational classes.

Current expectation on the Level 2/3 coaches means that they struggle to get time off as it does not leave the required standard of coaches in the gym. These coaches passing their exam will also mean that some of the satellite recreational classes can be passed on to these coaches freeing up evenings for the Head Coach/Gymnastics Development Officer to visit other clubs/take blocks of after school classes in various venues.

Garioch Gymnastics Club would like to thank the Sports Council for the Grants, which has allowed us to financially be in a position to permit all of these coaches to participate in their relevant coaching course.