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## Gymnastics Coaching at Cedar Valley Gymnastics Academy

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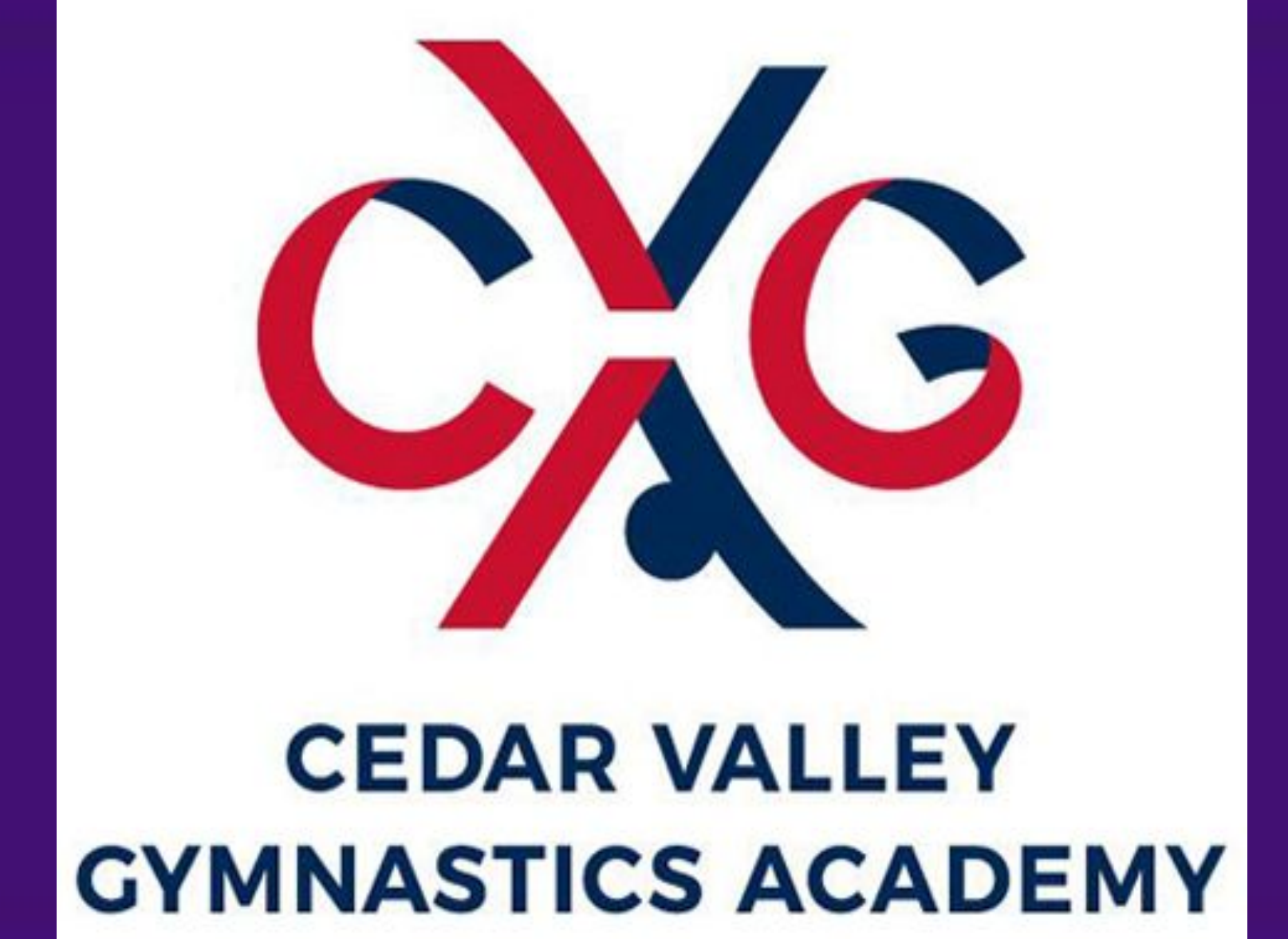
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# Gymnastics Coaching

## Cedar Valley Gymnastics Academy



**Ayanna Rost**  
Psychology and Public Health

### MY EXPERIENCE

- My title was Recreational Gymnastics Coach. I worked about 12 hours per week coaching a variety of classes on Monday through Thursday evenings.
- I coached rec classes only as I don't have a gymnastics background and was not qualified to coach team practices.

### ABOUT CEDAR VALLEY GYMNASTICS ACADEMY

- Established in 2006
- Located in Cedar Falls
- Mission: "To provide a place where children are encouraged and challenged. We are committed to helping each child build the strength, confidence, and determination needed to be successful in any sport they choose to pursue."
- Owners: Amy & James Johnson, Jennie & Steve Plummer
- About 15 staff members
- About 350 kids enrolled total (rec and team gymnasts)



Stations for Firecrackers (ages 3-4) tend to be more focused on balance and coordination, rather than gymnastics skills.



View of the gym from parent viewing balcony.

### REC CLASSES

- Little Sparks: 18 months-2 years, coed
- Firecrackers: 3-4 years, coed
- Dynamites: 5 to 6-year-old girls
- Hot Shots: 5 to 6-year-old boys
- Rockets: 7+-year-old girls
- Freedom Flippers: 7+-year-old boys
- Rising Stars: 9+-year-old girls

### DAY-TO-DAY

1. Check schedule to see which classes I coach
2. Check the attendance list for each of those classes to see who might be absent and if there are any new gymnasts
3. Set up the stations needed
4. Meet with my co-coach to plan for the class
5. Manage kids as they arrive and get ready for class to start
6. Coach classes as assigned
7. Check in with owners, report any injuries or issues

### BACKGROUND & TRAINING

- I did gymnastics when I was very young and then switched to cheer. I continued that through high school.
- When I began coaching, I became USA Gymnastics (USAG) certified.
- I have been invited to coach the bronze level team next season! This will require team coaching certification from USAG.

### ADVICE FOR INTERNS

If you like being active and working with kids, CVGA is a great place to be. Very little experience is required - all the training you will need is provided and the job itself is fun and interactive.

### CAREER GOALS

This internship gave me the opportunity to work with kids of all ages, and I loved every minute. After graduating with degrees in Psychology and Public Health, I hope to find a position where I can work with kids and their families. I am also considering graduate school for the near future.

### CLASS STRUCTURE

- Warm up: 10-15 mins
- Stations at various events: 30-60 mins depending on class/age level
- Quick games
- Pit and trampoline time: 5-10 mins
- Wrap up, clean up stations, get stamps as a reward for hard work during class

### MY LEARNING

I learned a lot about child development at various stages. I had to use different methods for communication and class structure based on the age group I was working with. Keeping the kids engaged, motivated, and challenged is always the goal, so sometimes we had to get creative to achieve that.



Dynamites (ages 5-6) using their pit time to build a tower with blocks. Soon after, they all jumped in. This is a fun way for them to work on fine and gross motor skills.

### ACKNOWLEDGEMENTS

I would like to thank Dr. Hildebrandt for suggesting this opportunity and also being my advisor during my experience. I also would like to thank gym owners Amy and Jennie for their support.