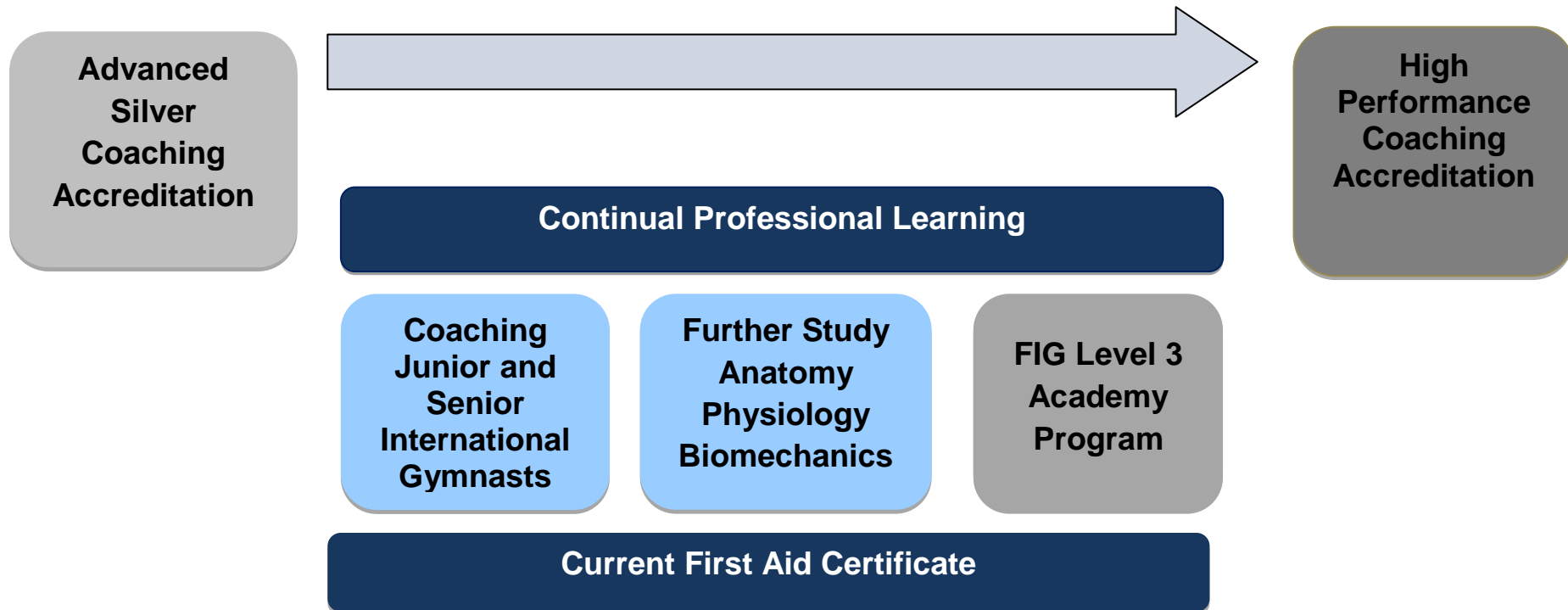


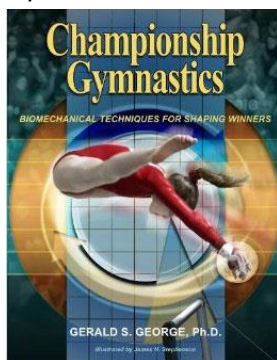
## Preparing for a High Performance Course



The diagram on page 1 depicts the pathway and steps required for a coach to progress from an Advanced Silver Coach to a High Performance Coach.

Upon completion of the Advanced Silver Coaching Course a coach should be continuing their professional learning through the following areas:

- A Current First Aid Certificate is required for all coaches at Advanced level coaching accreditations and above
- A coach wishing to attend a FIG Academy 3 Course should be coaching athletes at Junior and Senior International level.
- Continued coaching practice within your Gymsport; through coaching hours in the gym, working with a mentor etc. is recommended
- Continued further study in the areas of Anatomy, Physiology and Biomechanics
  - All coaches who were a Level 1 or 2 Coach and have been transitioned into an Advanced Accreditation in the new framework will be required to undertake the Online Advanced Coaching Principles Course and should apply for the FIG Level 2 Academy Program. The exception to this will be if they have undertaken alternative studies in this area.
  - It is highly recommended that all Level 2 Coaches who were transitioned into an Advanced Silver Accreditation in the new framework complete the Online Advanced Coaching Principles Course in preparation for the FIG Level 3 Academy Program.
  - The Online Advanced Coaching Principles Course will be available from November 2014.
- The compulsory text for the Advanced, Advanced Silver and High Performance Coaching Courses is George, Gerald S. *Championship Gymnastics: Biomechanical Techniques for Shaping Winners*. Carlsbad, CA: Designs for Wellness Press, 2010. This will be available for purchase through Gymnastics Australia in late October / early November.



- Coaches will be required to complete an Expression of Interest for to enrol in a FIG Level 3 Academy Program Course.