

British Gymnastics is seeking to recruit the sixth cohort for the following programme:

HIGH PERFORMANCE COACH DEVELOPMENT

1. The key aims of the programme are to:

- Implement a Behaviour Based Coaching Model.
- Adopt the “Athlete-Centred-Coaching” philosophy with the UK Sport - Olympic mission’s priorities at heart.
- Incorporate best practices from a range of disciplines, similar development schemes and other opportunities.
- Challenge current practice and provide a platform to experiment and innovate.
- Adapt, adopt and apply customised learning strategies, methods and styles suitable for High Performance results prioritisation.
- Consider and integrate the current positive practice.

2. Who is the Programme targeted at?

- The programme is targeted at:
 - » Existing High-Performance coaches, willing to improve their knowledge, skills and experience related to the environment and demands of the International High-Performance sport.
 - » Aspiring Performance coaches (Senior Club coaches accepted), wishing to understand and integrate their coaching philosophies in a performance environment.
- Pre-enrolment conditions:
 - » Qualified coaches through BG Coaching Education Programme (min. Level 2/SCC) and/or emerged via Performance Sport routes (Discipline specific)
 - » Identified and endorsed by the Head Coaches or Head of disciplines as potential National Coaches and/or Personal Coaches associated with gymnasts eligible to represent Great Britain.

3. What are the main Development Directions?

- Knowledge Domain:
 - » Learning (*changing*)
 - » Behaviour (*training*)
 - » Leadership (*enhancement*)
- Skill Development:
 - » Communication
 - » Planning
 - » Physical Preparation Programming
 - » Evaluation

4. Central intervention dates for the HPCDP are:

- 6th and 7th April 2019
- 21st and 22nd September 2019
- 22nd and 23rd February 2020

5. Information and Application:

- The interested coaches should:
 - » Download the HPCDP Information Pack (attached)
 - » Download the application form (attached)
 - » Fill in and return the form (electronically or hard copy) to - **Robyn Goddard, Education Coordinator - Performance & Judging, British Gymnastics, Ford Hall, Lilleshall National Sports Centre, Nr. Newport, Shropshire, TF10 9AT**
or by email to **Robyn.goddard@british-gymnastics.org**
- The closing date for applications is the 10th March 2019.

6. What are the main Development Directions

- The selection process will include three stages to ensure those who are successful are the most appropriate individuals to complete the programme.
- The selection process will provide the prospective mentee with the opportunity to ensure they can commit to the requirements of the programme over the next 10 months.

- » **Stage 1: PRE-INTERVIEWS - *If necessary***

Written applications to include:

- Updated personal and professional details
- Top personal achievements (last 1 year)
- Top 5 reasons to be considered for the programme
- Completion of the Performance Assessment form (Self-opinion)
- Head Coaches and/or Heads of Disciplines to endorse the applications

- » **Stage 2: INTERVIEW - *If necessary***

Key questions to consider:

- Why do you want to be enrolled in the programme?
- How do you feel the Development Programme will benefit you?
- How will you intend to contribute as a participant on the programme?
- What are your Post-Programme intentions? (Coaching, Mentoring, and / or Lecturing?)

- » **Stage 3: ENROLMENT DECISION (Deadline: 11th March 2019)**

- The decision is taken at the SPMT level, considering the business, performance and development needs
- NOTE: Endorsement of the applicant by the Head Coach and/or Head of discipline is required but not decisive in the decision making process