

Developing Coaches – Success Story

Club: Revolution Gymnastics Club

Club contact: Rob Owen, Performance & Programme Manager

Revolution Gymnastics Club is based in Selly Oak, Birmingham and offers gymnastics, trampolining, tumbling, free running and preschool classes for children from walking age up until 17. They also offer adult gym and open gym sessions. They have competition avenues from recreational level up to international performance and they have created a 'Community Outreach' programme to welcome local groups and schools into the gym. Their gym is equipped with beams, bars, floor, vault, trampolines, tumble tracks, foam pits and free running blocks.

The club is made up of a paid coaching workforce of 42 with 15 volunteer coaches ranging from 11 years-old up to adults.

The club runs many annual events throughout the year including the Revolution Open, a national level tumbling competition, a number of internal championships for all disciplines, as well as foundation recreational competitions.



What do you believe makes a great coach?

"A staff member that is devoted to the personal and physical development of their gymnasts and is invested in spending time supporting other staff members in their coaching journeys."

Why do you mentor and develop your coaches?

"Revolution has a dedicated programme for developing new coaches in their coaching careers. Our coaches love passing on their knowledge and helping to develop a new generation of coaches."

How do you mentor and develop your coaches?

"We provide training and support to budding coaches as often as possible. Some coaches come in once a week, others multiple times. Time is spent showing coaches what prerequisites for skills are, how to break down skills and what the coach should look for in a technically correct model."

What are the barriers to developing coaches?

"Many of our young coaches find it difficult to confidently give corrections to gymnasts and speak in front of larger groups of gymnasts. Revolution provides younger coaches with mentors and they help them to deliver small parts of sessions."

How much money have you spent on developing your coaches?

"In 2019, Revolution spent £2,413 on coaches' professional development. We have sent our coaches on an array of coaching courses from Level 1 to Level 3 for trampolining, general gymnastics and preschool. We have also enrolled coaches on disability awareness courses and free-running courses."

West Midlands Amateur Gymnastics Association (WMAGA) offers a coaching course subsidy within the region and fund 40% of all coaching courses.