

Kuljit Samra (37420156)
Ruth Babao (14559158)

Active Kids: Gymnastics Excel 2

Program Intro & Coaching Domain (Kuljit)

- The team that we observed was the gymnastics team in the active kids program in the excel 2 group which consisted of boys and girls approximately from the ages of 9-11.
- The domain we observed was participation coaching.

Coaching Type/Style (Ruth)

- The coaches were a combination of autocratic and democratic type, but more autocratic than democratic.
 - Autocratic (selling) - coaches dictate what needed to be done for each session and provided explanations as to why each activity was done.

Coaching Parameter: Athlete Supporter (Kuljit)

- A friend, helper, and partner of the athletes
- Being an avid supporter and friend for the athletes is critical in their current and future involvement in sport.
- This personally motivated the athletes and made them feel safe and comfortable to participate in an environment characterized by fun, enjoyment, and skill development.

Coaching Parameter: Knowledgeable (Ruth)

- Knowledge of the sport: correct technique for different skills and progressions that are developmentally appropriate

What We Learned:

- Having a combination of a democratic (sharing) coaching style and an autocratic (selling) coaching style for this age group leads to high levels of motivation and success among athletes
- Having an athlete-centered approach and the awareness of individual athlete trajectory is critical for athlete development
 - E.g. Different athletes are at different skill levels and the coach acknowledges this and allows athletes that are more skilled to do a harder skill or technique within the same activity