

### KIN 365 Coaching Presentation Summary

Oliver Williams (31209166), Bryan Wong (49119143)

Team Observed: UBC Active Kids Gymnastics - Trampoline & Tumbling

Intro:

- Name (Oliver)
- Coaching experience: nordic skiing, powerlifting, strength & conditioning
- Experience with team observed: not personal experience with gymnastics, but similar dynamics due to the individual nature of the sport in comparison to powerlifting
  
- Name (Bryan)
- Coaching experience: Personal Trainer: Fitness/ weight training & powerlifting
- Experience with team observed: I took gymnastics classes growing up. No personal experience with the actual team but similar to powerlifting as they are both individual sports

Domain:

- Specialization phase (ages 10-12)
  - Early specialization sport
- Coaching children - participation coaching

Coaching Parameters:

- Physical abilities
  - Coach was able to demonstrate the skills with ease
  - Importance of the coach to be able to show athletes the skills to aid in their learning and development
- Communication Skills
  - Coach was able to break down the demonstration and explain it to the kids
  - If the coach is unable to communicate, they will not be able to understand how to do it

What we learned/took from the experience:

- Importance of not only being able to communicate skills effectively to athletes, but also how to be able to do the skills and demonstrate them for better athlete understanding and to gain the respect/trust of the athletes
- Communicating to different ages takes different approaches. As a personal trainer I work with adults and know how to communicate with them. Something that works with adults may probably not work with children.