

LEVEL 3 MODULES AVAILABLE FOR TUMBLING

MODULE 1 : UNDERSTANDING PHYSICAL PREPARATION
: MULTI TWISTING SINGLE SALTO (FORWARDS AND
BACKWARDS)

MODULE 2 : PLANNING THE TRAINING
: DOUBLE SOMERSAULTS AS ENDING SKILLS

MODULE 3 : SINGLE TWISTING DOUBLE SALTO AND DOUBLE SALTO
TRANSITIONS

MODULE 4 : JUDGING MODULE

COURSE SCHEDULE:

MODULE 1	10th APRIL	WAKEFIELD
MODULE 1	1st MAY	BASINGSTOKE
MODULE 2	26th JUNE	BASINGSTOKE
MODULE 2	10th JULY	WAKEFIELD
MODULE 3	11th SEPTEMBER	BASINGSTOKE
MODULE 3	18th SEPTEMBER	WAKEFIELD
MODULE 4		
MODULE 4		

VENUE ADDRESSES :

THORNES PARK ATHLETICS CLUB, HORBURY ROAD, WAKEFIELD, WF2 8TY

BASINGSTOKE GYMNASTICS CLUB, STEPHENSON ROAD, HOUNDSMILLS,
BASINGSTOKE, HANTS. RG21 6XR

APPLICATION CRITERIA :

MODULES ARE OPEN TO COACHES WITH A LEVEL 2 QUALIFICATION IN
TUMBLING, OR ANY COACH WITH A HIGHER LEVEL AWARD IN THE
DISCIPLINE WHO WANTS TO REFRESH THEIR KNOWLEDGE.
IT IS ALSO OPEN TO ACROBATIC COACHES WHO ALSO COVERED THE
TUMBLING MODULE AS PART OF THE AWARD.

TUMBLING LEVEL 3 MODULES MUST BE COMPLETED SEQUENTIALLY.
THE UKCC GENERIC COACHING COURSE CAN ONLY BE ACCESSED ONCE
ALL MODULES ARE COMPLETED IN THE DISCIPLINE AND THE GENERIC
COURSE WILL BE AVAILABLE AFTER APRIL 2011.

APPLICATION FORM IS AVAILABLE ON THE BRITISH GYMNASTICS WEBSITE,
UNDER THE COACHING SECTION.