

# DEVELOPMENT CLASS

## Casey Gymnastics

### **What is Development Class?**

A 3-hour per week program for gymnasts who have demonstrated determination, increased skill development and levels of strength and flexibility that are required for full body control. These classes focus on technique correction and the fundamental skills required in competitive gymnastics. The development program aims to aid gymnasts in their journey to moving to a competitive program in the future.

### **Why is this stage important?**

The development class teaches gymnasts the fundamentals of key skills and body shapes, along with how to build strength, increase flexibility, and develop body control and spatial awareness. The program also works to create a willingness to learn while introducing competition etiquette and respect for the sport and those involved at all levels.

### **Who will be in the class and who will be coaching?**

Gymnasts of similar age and ability all working towards a common goal of moving into a competitive program. The coach will be a qualified gymnastics coach with a sound knowledge of skills, drills and coaching methods to ensure each gymnast is improving to the best of their ability in a safe and structured environment.

### **Are there any extracurricular opportunities for my child?**

Gymnasts in the development classes are provided opportunities during the year that will introduce them to the competition side of gymnastics.

### **When will a gymnast advance to a competitive program?**

Once a gymnast is successfully demonstrating a variety of skills, showing determination, that they are willing to work hard and are mentally ready to attend competitions, the coach will discuss with you the opportunity for your child to move classes. This new class may be on a different day with a different coach - dependent on availability. It is important to remember each gymnast develops and progresses at a different pace. Coaches are generally available to discuss your child's progress before/after a class.

### **What to wear:**

Come to class in attire suitable for gymnastics. Tight fitting clothing, leotards and leggings are preferred. Avoid hooded jumpers, denim and baggy layers. Casey Gymnastics Uniform is also available for purchase.

Berwick Leisure Centre

Casey Stadium

Endeavour Hills Leisure Centre

