



## COURSE REPORT FORM

<b>COURSE NAME:</b>	<b>GL Facilitators Training for North Zone</b>
<b>VENUE:</b>	Zani's Gymnastics Club
<b>DATE:</b>	13-15 April 2018
<b>DISCIPLINE:</b>	GFA
<b>PROVINCE:</b>	Limpopo
<b>COURSE CO-ORDINATOR:</b>	Zani Prinsloo and Tanya Bouwman

### Target group:

(Number of persons benefiting from the course):

Category	Number
Coaches	
Technical officials	
Administrators	
Gymnasts	
Other	14
<b>FACILITATOR</b>	

### Support personnel:

(Number of people assisting with course presentation):

Category	Number
Presenters	
LEAD Facilitators	2
Medical Staff	
Technical (sport)	
Technical (audio-visual)	
Secretarial/Support Staff	2

### Participant Representivity: Only one entry per person - (necessary for our transformation records)

Race Group:	Black	Coloured	Asian	White	Disabled (Indicate Race, eg 2C)	TOTAL
Women	8	1	-	1	-	10
Men	1	-	-	3	-	4
Girls U/19						
Boys U/19						
<b>TOTAL:</b>	9	1		4		14

### Report:

The new GL Learning Material and a new concept of hands on practical content was introduced with the New **GL Course** held in Limpopo on 14-15 April 2018.

We used the opportunity of the GL Course for Limpopo Province to **train provincial facilitators and co-facilitators** for not only Limpopo Province, but for other 3 provinces from the Northern Zone. Marti Heri SAGF Development Manager and Alta Lategan ETD Task Team member and Provincial Coach Developer for North West set up criterias and categories for GL Facilitators as follows:

- Minimum qualification FIG Foundation Course or FIG Level 1
- SAGF Facilitator Training Course or a minimum of 4 years' experience in conducting workshops
- Active involvement and leadership role in the province / district as a coach or schools program coordinator

**16 Facilitators in training participants** were then identified in consultation of the provincial associations

Limpopo: 7 participants (as hosting province)

Gauteng: 4 participants

Mpumalanga: 3 participants

North West; 2 participants + lead facilitator

*Unfortunately, one person from Limpopo and one from North West Province failed to attend the training.*

There were 40 candidates attending the GL Coaches Training from Limpopo. There was a **big representation from schools**. Some of the teachers had no gymnastics experience and background, which was challenging for them. However, with the active mentoring role of the 14 facilitators in training (most of them from school structures) we managed to give the group of teacher's extra support. It became evident, that people with no gymnastics background must first complete the **new Fundamental Movement Workshop** as a pre-requisite before enrolling to GL Training. The facilitators in training each were given a minimum of 1 session to plan and deliver, which gave the course participants a wide variety of activities and delivery styles and provided a good opportunity for the facilitators in training to gain experience and feed-back.

The **well planned and facilitated practical sessions** were well received by all participants. The CDs will prove very useful reference tools for the participants to remember the practical content to remind them of all the activities and many more for exercises for the implementation of a beginner gymnastics program.

Despite the vast number of enrolment, we managed to plan to accommodate all candidates. The reason for so many participants was the fact, that there was no GL Course held in Limpopo for 3 consecutive years due to the lack of GL facilitators in the provinces. We adapted the course program to run some parallel sessions to ensure, that all candidates (including the facilitators in training) had many opportunities to physically experience the different movements and activities in a supportive and interactive learning environment.

**5 facilitators in training** had already have experience in facilitating courses / workshops, which made it possible to delegate the different modules equally between the group. Each facilitator was given co-facilitators to assist with the managing of stations and organizing the groups. The less experienced facilitators in training were allocated to stations to enable them to observe all other sessions and learn from each other. This way the size of the groups and venue was adequate, and the facilitators shared lots of tips and practical ideas.

We **used new power point presentation** to introduce the sessions and to share more ideas. The new manual complimented with slideshows containing embedded videos and additional support documents makes learning more efficient for people with no English home language. It saves time for practical experience vs. presentation of theory content on course time.

There were many technical questions asked about how to fit all the new activities into the gymnastics programs in the clubs or how to handle more children in the class? A real **demo lesson following all teaching protocols** in the gym gave an innovative idea on how to organize groups effectively and how to use stations vs. circuit with quality coaching gave a good example for effective group management. A well-structured **session on Planning** assisted the candidates to understand how to put a plan together for a school term enabling the coach to achieve their goals with progressive steps. **Huge emphasis was put on safety, injury prevention and on learning teaching methods and spotting techniques.** Participants and facilitators alike were able to contribute to finding solutions and offering advice.

The new SAGF 4 x 4 Fitness program, fundamental movement workshop was promoted amongst the other gymnastics disciplines to expand the scope of gymnastics programs and resources available in SAGF.

The overseeing of assessments is delegated to the facilitators and logging hours are now available at learner's own workplace signed by club owners / head coach. Limpopo decided to receive all assessment on one central point from their candidates, then send to their 4 assessors.

Many thanks to:

- SRSA for Funding to make this project possible
- All the new GL facilitators and co-facilitators for their tireless effort to plan their session and for their positive energy level and enthusiasm to deliver the additional content.
- Alta Lategan Co - Lead Facilitator for her well-planned sessions, positive input and feed-back and mentoring of the facilitators.
- ZANI's Gymnastics for making all the logistical and administrative arrangements and providing their venue.
- Tanya Bouwman and Lesley Bonne Zani's Coaches for their administrative support in pulling all the enrolments together and for hosting the event.

Thank you to SAGF for the GL subsidies given to the provinces to enable them to send the facilitators for training to empower them to organize their own GL Courses in future.

*Marti Heri, Lead – Facilitator, SAGF Development Manager*

