

Women's Level I - IV Skill Development Curriculum Professional Development Certification Program

Claudia Kretschmer – National PDCP Course Instructor will offer this course in your own gym. Contact Claudia at claudiakretschmer@mac.com for more details.

The goal of the Women's Level I - IV PDCP is to establish a solid foundation for coaches on gymnastic fundamentals. Taught by our National Instructors, the focus is to breakdown the beginning level skills for Junior Olympic Levels I - IV. Solid basics are vital to the physical longevity and to the skill proficiency and progression for the gymnasts. It is much easier to "learn it right" at the beginning rather than trying to "clean it up" later.

The program will cover the following topics: Vault, Bars, Beam, Tumbling, Dance, Coaching 101, Psychology and Coaching Philosophy.

Included in the course are two tests: Introduction to Gymnastics Coaching Theory, by USA Gymnastics Director of Research and Development, Dr. William Sands; and The Professional Development Certification Program, compiled by the USA Gymnastics Women's Program Development Staff.

Attendance at the course also provides an exclusive opportunity to purchase the Professional Development Certification Training Video, which follows the text step by step through vault, bars, beam, tumbling, and dance with real live Level I-IV demonstrators. In addition, completion of this Program will qualify you as a skill evaluator. You will also be provided with a Certification certificate upon completion of the program.

For more information on this course, please check out the USAG website at www.usa-gymnastics.org