

# BOYS "TEAM"

What skill is this called? Man, look at his face!



## INTRODUCTION TO THE COMPETITIVE EDGE BOYS TEAM

**"Gymnastics uses every single part of your body, every little tiny muscle that you never even knew." Shannon Miller**

### A boys team gymnast will...

- 1) Need to show an interest towards the sport of gymnastics.
- 2) Be able to demonstrate sportsmanship.
- 3) Have a willingness to learn new things.
- 4) Be able to demonstrate good listening skills.
- 5) Be a role model to other gymnasts.
- 6) Be able to demonstrate a level of discipline and self control.
- 7) Stay proactive and punctual.
- 8) Be able to demonstrate a criteria of strength and flexibility.
- 9) Be able to show an understanding of basic skills, positions, and terminology.
- 10) Have Fun!

### A boys team coach will...

- 1) Provide a healthy and safe environment to each gymnast.
- 2) Treat all gymnasts fairly, with respect, dignity, and patience.
- 3) Listen with understanding and empathy.
- 4) Motivate (Constructive Criticism)
- 5) Keep a sense of efficacy.
- 6) Be a teacher and mentor.
- 7) Be proactive instead of reactive.
- 8) Have a healthy sense of humor.
- 9) Draw on past knowledge to teach skills to the potential of the gymnast. (Welfare first)
- 10) Recognize each gymnasts need.

*"My responsibility is leadership, and the minute I get negative, that is going to have an influence on my team." - Don Shula*



**Paul Hamm**

Above: Paul Hamm doing a skill called a Victorian.

Below: Paul Hamm doing a skill called a Sivado.

# GYMNASTICS



*"As much time as you put into it" (gymnastics), "that's what your achievements are going to be when you come out of it."*  
Mary Lou Retton, 1984 Gold Medalist in Gymnastics(USA)

## Pictures:

Gymnastics Equipment D and G Sports  
LA Times 2004  
USGA

## About coach Dave...

I would like to thank you for welcoming me into your gymnastics family. I am looking forward to starting/continuing the sport of gymnastics with your boys. Developing a boys program doesn't come easy. It doesn't just take a new coach but an entire gymnastics center that is willing to work together to pursue a common goal. I am excited and willing to help move this goal forward and make a long awaited dream a reality.

A little about me...While pursuing a bachelors degree in Music in North Carolina I was able to devote a little time to coaching gymnastics. I went back and forth between school and gymnastics using past knowledge from when I coached a few years back. Eventually, the gymnastics bug caught me, and I started rescheduling my school classes to accommodate for more time at the gym. Soon after, I became the L4-L5 boys coach, traveling to meets and bringing home those most precious well deserved medals! Over the next few months our head coach had to move out of the area which, by default, made me the head coach for the boys team. I was put into fast gear learning advanced skills, spotting methods,

coaching technique and discipline. Eventually, all good things must come to end and I graduated from school. (Not sure how, since I was at the gym all the time, but I did!) So I decided to leave the gym and pursue work in my degree field teaching private voice and piano, and working for a prominent company in the area (mostly for health insurance). Two years passed and I decided to continue my education, which brought me up this way to Shenandoah Conservatory. But you know, gymnastics stays in your blood, and I've decided to become a part of your team and bring what I learned in North Carolina to the wonderful, beautiful state of Virginia.

We have a lot of work to accomplish before a team can be organized. I will except many things from the gymnast, as the gymnast will except many things from their coach. I am big on the philosophy to motivate, and having no gymnast leave the gym feeling incapable or inadequate, for that is not what coaching, or what the sport of gymnastics is about. It's about encouraging, uplifting, motivating, and making dreams come true.

This is a new beginning to Competitive Edge Boys Gymnastics! I look forward to meeting and working with you all.

