



ONTARIO
COACHING CONGRESS 2016

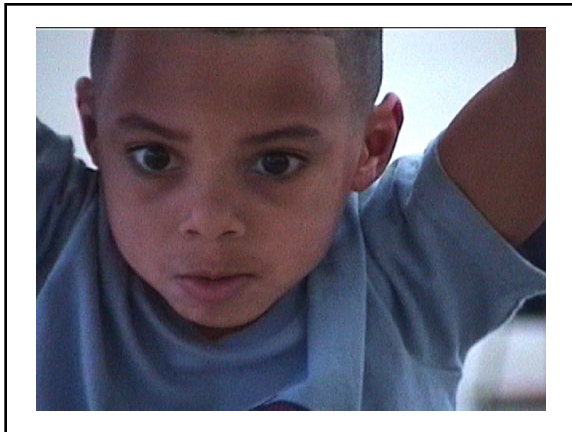
**Building a
Recreational Boys
program: Identifying
Pre-Comp Potential**

RecGymnastics.com
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RickMcCharles@gmail.com

Antonio Fernandes

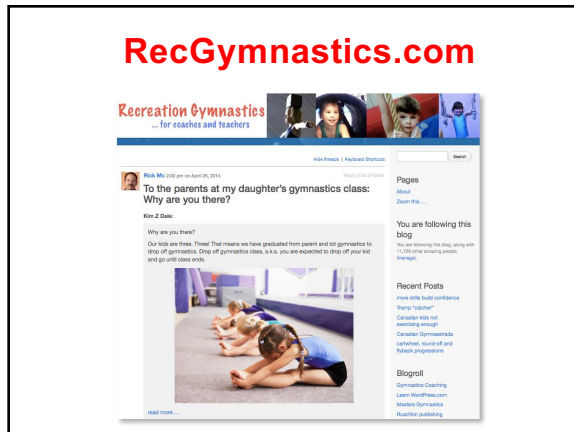


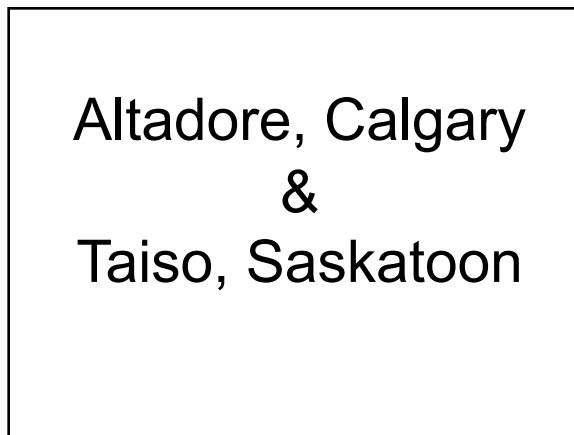
Teaching Rec Boys



Rick
McCharles

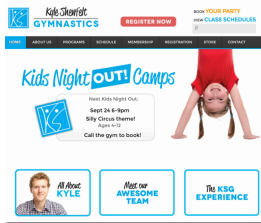








Kyle Shewfelt Gymnastics



Keith Russell

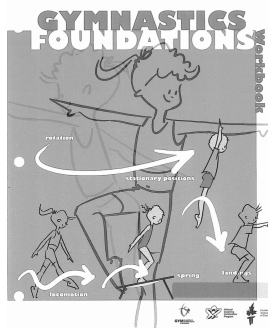


Canadian *“Introductory Gymnastics”*

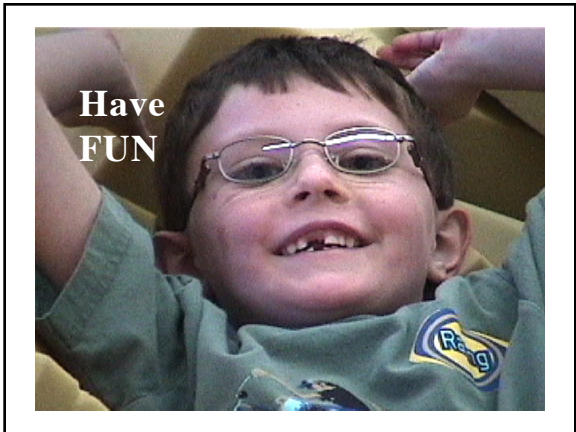
Australian “Introductory Gymnastics”

Foundations manuals

Keith Russell



FUN





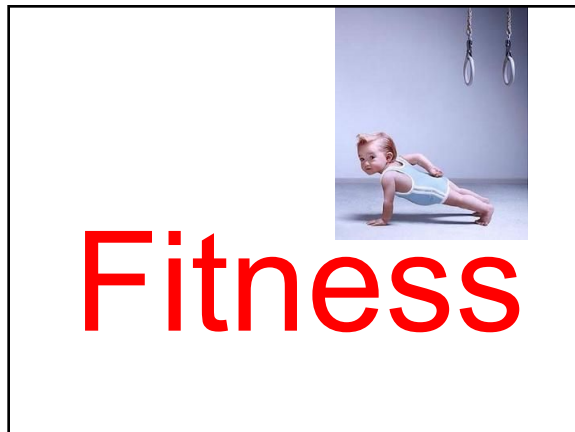
**COACHING
CONGRESS**
COACHING FOR COACHES

**ONTARIO
COACHING CONGRESS
2016**

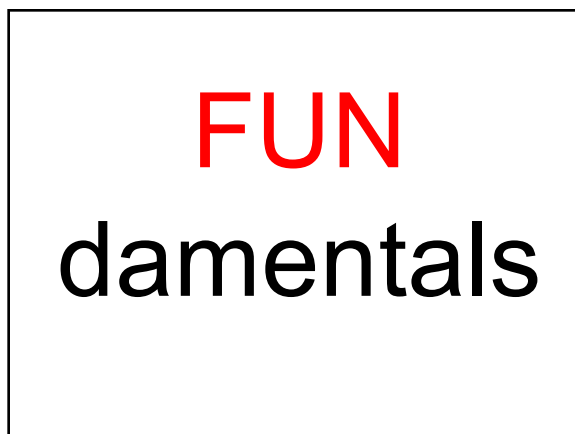
**Have more FUN
in the Gym**

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Accomplishing SKILLS!



games & contests

Tumbl Trak presents
Fitness Games & Activities





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Recreation Games & Activities

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Tumbl Trak presents
Fitness Games & Activities



Why Boys Rec?



Increase the
size of your
club program.

There are
brothers
waiting
anyway.



More
balanced
gym
environment.

start
competitive
boys



Goal?

1 boy for
every 3 girls



Gymnasts Joshua Ward, 4, Michael Driscoll, 3, Max Gunderson, 5, and Nicholas Gaebe, 4, leap on a trampoline at the TNT Kids Fitness and Gymnastics Academy in Fargo. Dave Wallis / The Forum

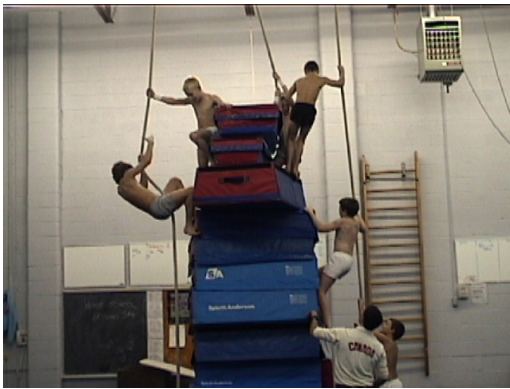
What do
we need?

Coaches!

Boys Coach needed



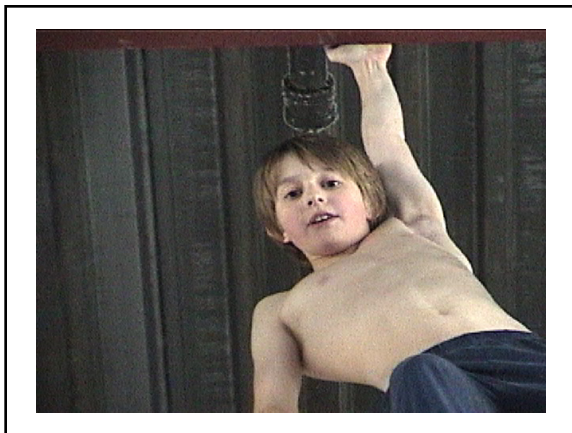
Exciting program

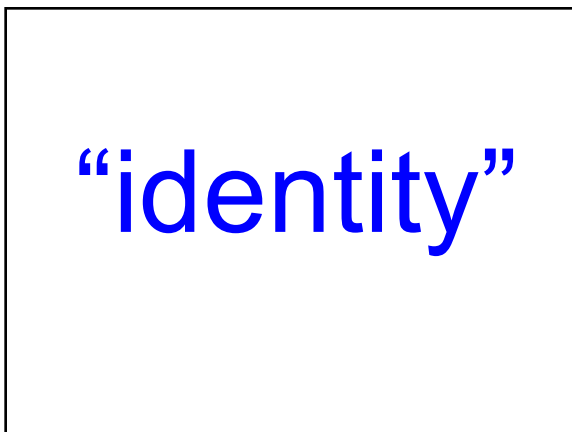


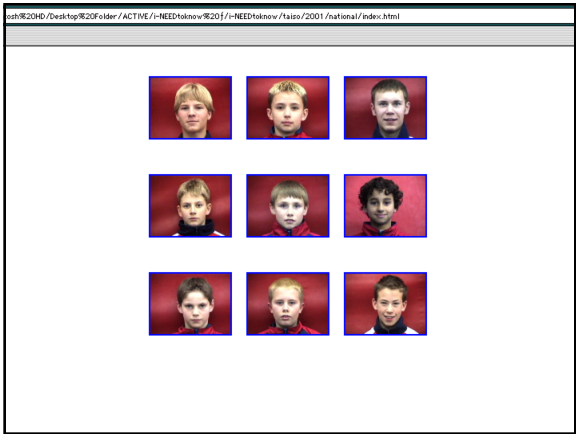
Excitement

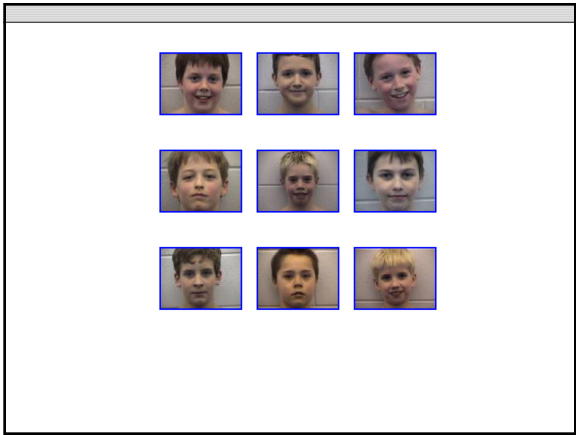
- Height & Flight
- Rings, Tramp, Pit
- Games & contests
- Special events

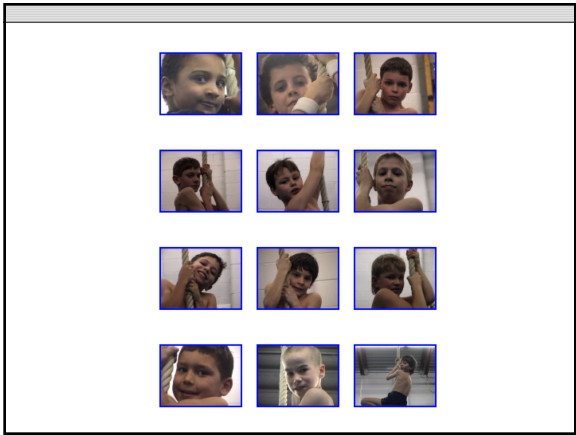






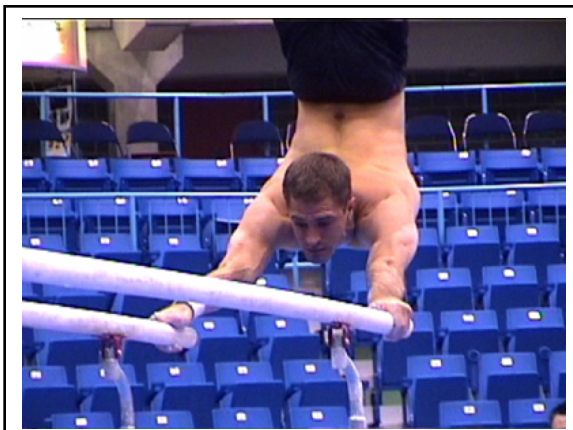






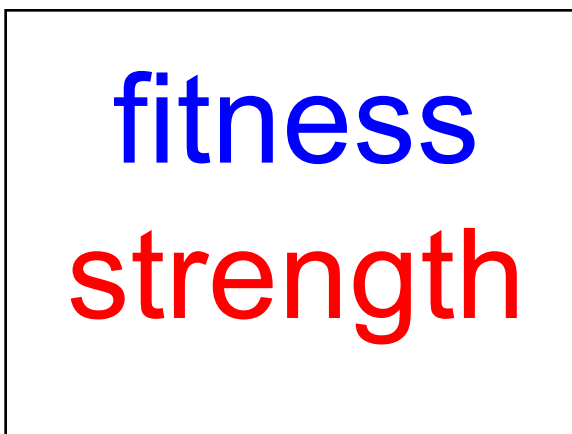


“role
models”











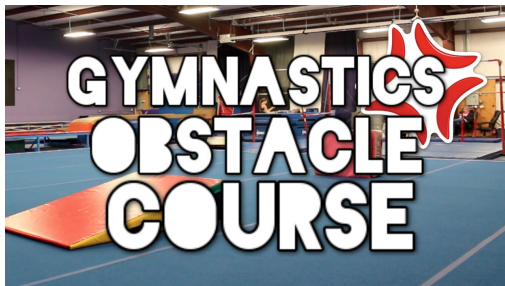


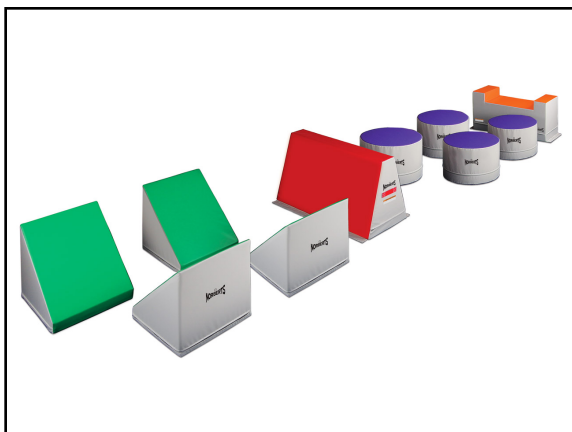


Sign-up =

- **Bring-a-friend** days
- *Exposure* events
- Advertising (e.g. schools)
- Demonstrations
- Parkour / Ninja

Parkour, Ninja, Obstacle
Course ...





Problems?

Discipline



Discipline system?



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end

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