

# Trampoline

Trampoline is our newest code which joined Hamilton City Gymsports in August 2012. We started off with recreational classes, two days a week; which then expanded with the addition of 2 competitive groups in January 2013.

An expansion to General Recreational Trampoline was made in Term 4 of 2012 when a group of Competitive Freestyle Skiiers and Snowboarders started to attend Aerial sessions at Hamilton City Gymsports. These athletes use the time on the Trampoline as their Dry Land training in the off season and to compliment what they learn during the season on a weekly basis.

We now have a strong trampoline programme of around 100 athletes, of which 26 of them are competitive, representing our club, the Waikato and New Zealand at local, national and international competitions.



## Coaching Through The Ages

Gymnastics Clubs have always relied on their volunteer coaches and continue to do so today.

Mary Barbour (one of our life members) was the first coach to be employed in 1998. Although the majority of our coaches are paid they still give many many hours of voluntary time at competitions coaching and judging, at events and generally helping out as part of the Club.

The style of gymnastics coaching has changed through the years. Traditional methods were ones of military precision and gymnasts did not question what they were told to do. More scientific research in areas such as bio-mechanics was applied to gymnastics and coaching methods such as hyper flexion began to disappear.

New Zealand gymnastics actively promoted and HCG adopted an athlete centred style of coach which has become known as the NZ Coach Approach. It is a philosophical approach to coaching that promotes athlete learning and ownership of that learning through creating awareness, responsibility and self belief. It aims to create independent, confident and motivated athletes able to coach themselves.

