

Foundational Gymnastics Bootcamp
For PreTeam, Developmental and Xcel Gymnastics Coaches
Saturday, July 25 • 6:00–9:00pm

Free to Region 6 & 7 Congress Registrants

Sign-up at Congress Registration Table beginning Thursday, July 23 at 5:30 p.m.

The **Foundational Gymnastics Boot Camp** is an energizing, three-hour training built specifically for PreTeam, Developmental, and Xcel coaches who want clearer progressions, stronger basics, and more confident athletes. Using the “Begin Here → Go Anywhere” philosophy, coaches will learn how to teach essential shapes, build smart strength, and connect those fundamentals directly to skills on vault, bars, beam, and floor. Through live demos, practical drills, hands-on practice, and coach-to-coach teaching, you’ll walk away with consistent language, effective cues, and proven methods you can use immediately in the gym. This boot camp is equal parts instructional and fun—packed with movement, problem-solving, and lightbulb moments that will make teaching beginners simpler, safer, and way more successful.

Topics covered include:

- **Teaching Shaping Foundations**

Introduction to the 7 essential gymnastics shapes and why they matter, including effective cues, corrections, demonstrations, and how shapes transfer to all events. Coaches practice hands-on cueing, tactile corrections, and error identification.

- **Teaching Basic Strength**

Instruction on foundational strength elements for young gymnasts, with an emphasis on proper body tension, safe technique, and smart progressions. Focus on skill-specific strength, scaling for different levels, and preventing poor habits early.

- **Basic Skill Instruction**

Step-by-step teaching progressions for essential basics such as press handstands, forward and backward rolls, and back extensions. Includes spotting techniques, safety considerations, common error fixes, and peer coaching practice.

- **Teaching Event Basics**

Event-specific foundations for **Vault, Bars, Beam, and Floor**, covering key shapes, progressions, spotting, safety, and coach-friendly language. Coaches learn practical drills and strategies to build strong basics, confidence, and consistency across all events.