

# **Pirouette Rhythmic Gymnastics Club 2021-2022 Recreational Program Training plan**

## **Goals**

1. Introduce the Sport of Rhythmic Gymnastics to beginner gymnasts
2. Create a safe, enthusiastic, friendly and fun training environment
3. Perform and showcase skills learned at Pirouette Events
4. Prism pin per season

## **Objectives**

1. Develop a training plan according to gymnasts skill level, age and overall abilities:
2. Design class structure including warm-up, stretching, main part, cool down, game
3. Focus on:
  1. Cardiovascular fitness, proper body posture and alignment, musicality, space awareness, natural strength training
  2. Social and fun component: interaction within the group, games
4. Award program – stickers for all, special award - Star of the training

## **Action Plan**

1. Routines planning –dates of performances, select music and apparatus
2. Identify skills to be learned in a specific time frame
  - Basic body technique
  - Apparatus Technique
3. Social and Fitness games
4. Cool down games and gentle stretching

## **Advance Recreational Program**

Gymnasts may progress into the Advanced Program after being identified and invited by the head coach.

This program follows the Recreational Program Objectives and Action Plan but focuses more on specific RG skills; Body Technique and Apparatus Technique.

New stretching exercises will be introduced focusing on hip, back, shoulders and toe flexibility.

Body Technique – pirouette, balances, leaps, flexibility and pre-acrobatics elements  
Apparatus Technique – rope, ball, hoop, ribbon

### **What is expected of gymnasts**

- Come to class prepared and on time
- No outside shoes allowed in the gym
- No chewing gum
- Follow all the rules and instructions
- Be respectful towards your fellow gymnasts and coaches
- Be respectful of the gym environment and equipment
- Remain in the gym after class until your parent arrives—unless arrangements are made with the Coach

### **PRISM Testing**

PRISM is the national skills development program that recognizes gymnasts for their accomplishments. The skills in the PRISM program are presented sequentially and cover the fundamentals of rhythmic gymnastics. Gymnasts progressing through the program develop their basic rhythmic skills in proper progression.

Skills are divided into the following categories:

Body Technique: locomotion, arms/acrobatics, balances, jumps and leaps, pivots and flexion.

Apparatus Technique: ball, rope, ribbon, hoop and scarves.

<u>Level</u>	<u>Total # of Skills</u>	<u>Approximate Level</u>
Rainbow	23	Introductory
Red	42	Beginner
Orange	43	Beginner
Yellow	44	Intermediate
Green	42	Intermediate
Blue	37	Advanced
Violet	39	Advanced

The gymnasts must perform 90% of skills to earn a pin. After testing the gymnasts, they will receive a report card, certificate and pin. The PRISM pin ceremony will take place during each end of season Gymnaestrada