



Gymnastics NSW

Acrobatic Gymnastics Club Mentor Program



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What is Acrobatic Gymnastics Mentor Club Program?

The Acrobatic Gymnastics Mentor Program is a partnership program between existing and experienced Acrobatic Clubs and new Acrobatics Clubs starting out in the sport. The program is a way for new clubs to gain additional support for their emerging program and for the mentor clubs to enhance their knowledge of the rules and regulations.

Why was this Program created?

The NSW Acrobatic Gymsport Committee (NSW ACR GC) recognized that new clubs often faced barriers to participating in Acrobatics due to a lack of understanding and needing additional guidance. The NSW ACR GC identified that these new clubs were not coming to the committee with their questions so wanted to provide a comfortable place for new clubs to be able to ask questions and get more personalized assistance with their programs.

Mentor Clubs

What are the benefits to the program?

Becoming a mentor club allows more established clubs to take a proactive approach in growing the Acrobatics Community. Through the mentor program the Mentor clubs can enhance their knowledge of Acrobatics by being exposed to new questions and new approaches to different skills. Mentor clubs can nominate which coaches they would like to provide mentoring; this program allows younger coaches the ability to learn more leadership skills and continue to develop their coaching abilities.

Roles and Responsibilities

As a mentor club your role is to provide guidance and aid the mentee club in establishing and growing their Acrobatic Gymnastics programs. This guidance may be on lesson planning, skill selection, skill progressions and coaching, judging/ judging advice and keeping communication lines open to the mentee club. The advice should be in response to the mentee clubs' specific questions, interests, and queries. The mentor club should check in and provide timely feedback to the mentee club however it is the mentee clubs responsibility to reach out and ask for help when required. Where possible visiting the mentee club e.g. for a practice competition



may be requested and the mentor club should advise whether they will or will not be open to this prospect prior to being paired with a mentee club. Coaches and Judges that participate in the program will be eligible for updating points.

How to be a Mentee Club

To become a Mentor Club existing ACRO Clubs need to complete the [Expression of Interest JotForm](#) listed on the GNSW Technical Regulations Website.

Mentor clubs are able to list multiple coaches and judges from their gym who would be available to take part in the program and how many clubs they would be willing to mentor. All forms will go to the ACR GC for final approval, once approved the ACR GC will partner Mentor and Mentee Clubs together.

How do Mentor Clubs provide Support?

Mentor Clubs can provide support in any way that suits both the Mentor Club and the Mentee Club. Suggestions on how to support the Mentee club are:

- Providing feedback on routine or skill videos
- Attending Mentee Club training sessions
- Have Mentee club attend training sessions, this could be with or without athletes
- Email and Phone support
- Judging Support – practice judging at combined training sessions or practice judging videos with feedback.

Mentee Clubs

What are the benefits to the program?

Clubs that start Acrobatics with a Mentor club benefit by having a local club that can provide more assistance that is tailored to their needs. When a mentee club attends a competition for the first time they will be at an advantage as they have been able to get assistance making sure their routines fit with the rules and regulations.

Roles and Responsibilities

As a mentee club this is a great opportunity to ask all the questions you have about Acrobatic Gymnastics training and competitions to clubs with well-established Acrobatics programs. This opportunity allows you to be guided and gain feedback on your Acrobatics programs and how to improve and grow Acrobatic Gymnastics in your club. Your mentor club will be your coach to the ins and outs of the sport, however it is your responsibility to drive communication and ask the questions you want answered. Please keep in mind the mentor club is a separate entity and have their own responsibilities so will provide feedback in a timely manner. However, this time may change depending on their own commitments to their athletes such as preparation for competition season. Independent/Junior judges will also have the chance to be paired with a mentor upon request. Please fill out the jotform as a mentee club and fill out the extra question about judging.

How to get a Mentor Club?

To get a Mentor Club new ACRO Clubs need to complete the [Expression of Interest JotForm](#) listed on the GNSW Technical Regulations website. Once the form is complete the ACR GC will match the club with a suitable Mentor Club.

As part of the mentor club Expression of Interest Clubs can list members of the club who are looking to complete different ACRO Courses. Participants on these lists will be emailed information about upcoming courses directly as soon as they become available.

How long do I have a Mentor Club?

There is no specified time period of having a Mentor Club. At the beginning when starting Acrobatics there will need to be more support whilst understanding the fundamentals of Acrobatics, once the Mentee club has started to understand and becomes more confident the support the Mentor Club needs to provide will reduce.

If the Mentee club needs some assistance to understand future rules e.g. moving to the intermediate or senior levels with new rules they should feel comfortable asking their Mentor Club for that assistance regardless of how long they have been in the sport.

Once the support has reduced this shouldn't mean the end of the relationship between the two clubs. The aim of the program is to not only assist new clubs to find their footing in Acrobatics but also to create better relationships between clubs in the community.

Registration Links

[Mentor Club](#)

[Mentee Club](#)

More Information

For more information on the program please contact either:

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