



# PROVIDING CHOICE

YOUR SKILLS - OUR FRAMEWORK





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# About Us

RGA empowers gymnastics and related activity clubs and businesses by providing a coach development and accreditation framework, supported by comprehensive insurance. The premise is simple: trained coaches reduce risks to your business, while enabling the delivery of quality programs and the development of a sustainable workforce.

## Coach Accreditation Framework

Through a club-centred approach to workforce development, RGA delivers the coach framework, skill boundaries, and assessment benchmarks, while clubs contribute their own expertise and curriculum and embed these into staff training.

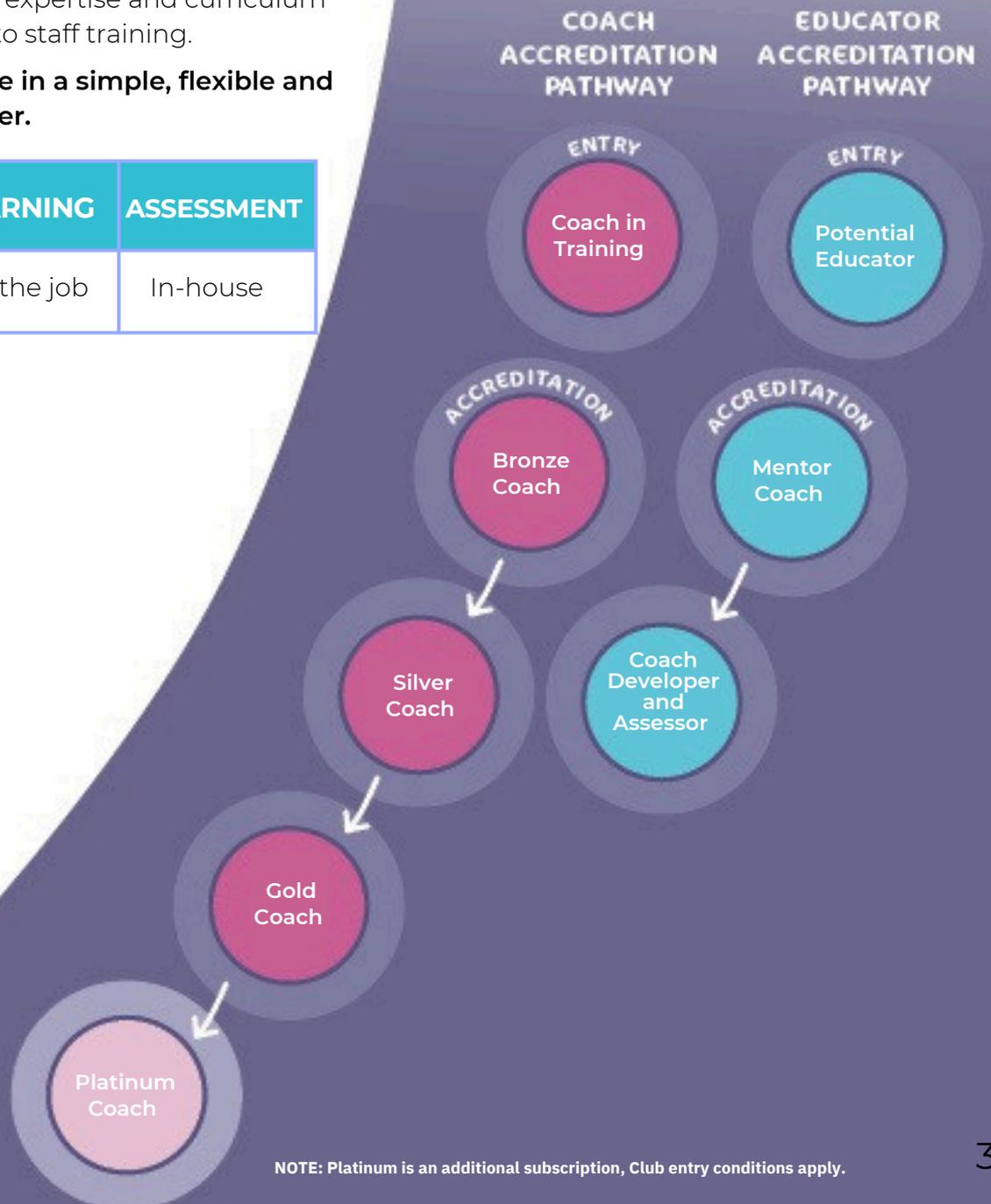
**Build your workforce in a simple, flexible and cost effective manner.**

TRAINING	LEARNING	ASSESSMENT
In the venue	On the job	In-house

# Purpose

RGA provides a complete workforce training solution for clubs and businesses facing staff shortages, giving owners and managers the ability to regain control by training and accrediting staff in-house. Using the RGA framework ensures all contemporary coaching standards are delivered, providing confidence in both compliance and quality.

## Accreditation Pathways



NOTE: Platinum is an additional subscription, Club entry conditions apply.

# Coach Accreditation Components

BRONZE COACH	SILVER COACH	GOLD COACH
Current Working with Children Check/Blue Card	Current Working with Children Check/Blue Card	Current Working with Children Check/Blue Card
<b>How to teach</b> <ul style="list-style-type: none"> <li>• Online: Community Coaching Essentials Skills (Australian Sports Commission)</li> <li>• Online: Safeguarding Children &amp; Young People in Sport Induction (Sport Integrity Australia)</li> <li>• Application of essential skills on site</li> </ul>	<b>How to teach</b> <ul style="list-style-type: none"> <li>• Online: Inclusive Coaching (Play by the Rules &amp; Sport Integrity Australia)</li> <li>• Application of essential skills on site</li> </ul>	<b>How to teach</b> <ul style="list-style-type: none"> <li>• Theory: preparing participants for more advanced skills</li> </ul>
<b>What to teach</b> <ul style="list-style-type: none"> <li>• Gymnastics and associated activities drills and skills</li> </ul>	<b>What to teach</b> <ul style="list-style-type: none"> <li>• Gymnastics and associated activities drills and skills</li> </ul>	<b>What to teach</b> <ul style="list-style-type: none"> <li>• Gymnastics and associated activities drills and skills</li> </ul>
		First Aid Certificate

# Coach Accreditation Boundaries

BRONZE COACH	SILVER COACH	GOLD COACH
<ul style="list-style-type: none"> <li>• Under the supervision of an RGA accredited coach mentor at all times</li> <li>• Can teach a small group within a larger group session</li> </ul>	<ul style="list-style-type: none"> <li>• Can teach independently, skills with flight, although may <u>not</u> teach saltos</li> </ul>	<ul style="list-style-type: none"> <li>• Can teach independently with a higher level of skill difficulty within the RGA skills boundaries. This includes teaching saltos</li> </ul>

# Coach Skill Boundaries

	BRONZE COACH	SILVER COACH	GOLD COACH
REBOUND	<ul style="list-style-type: none"> <li>• Entry-level Rebounding, bouncing or landing.</li> <li>• Using the feet or body.</li> <li>• Landing from a maximum of 60cm.</li> </ul>	<ul style="list-style-type: none"> <li>• Progressive with rebounding, bouncing, leaping, jumping or landing.</li> <li>• Using the feet, hands or body.</li> <li>• Landing from a maximum of 110cm.</li> </ul>	<ul style="list-style-type: none"> <li>• Can competently rebound, bounce, leap, jump and land in a variety of shapes and combined with locomotor and rotation skills.</li> <li>• With no height limitation.</li> <li>• No vaults with saltos in the 2nd phase.</li> </ul>
SWING	<ul style="list-style-type: none"> <li>• Entry level hangs, supports, swings and circles. Low bar only.</li> </ul>	<ul style="list-style-type: none"> <li>• Progressing with hangs, supports, swings and circles.</li> <li>• High bar movements are allowed with the coach standing on the matting.</li> <li>• There is no movement between bars of different heights.</li> </ul>	<ul style="list-style-type: none"> <li>• Can competently combine supports, swings, and circles in combination.</li> <li>• Movement between bars is limited to low to high bar connections only.</li> <li>• Back fly away tuck or layout only.</li> </ul>
BALANCE	<ul style="list-style-type: none"> <li>• Entry level balance skills on feet or with the body with a wide base of support.</li> <li>• Centre of mass must be low to the apparatus.</li> <li>• Momentary hand support allowed.</li> </ul>	<ul style="list-style-type: none"> <li>• Progressing with balance skills on feet, hands or with the body.</li> <li>• Balance skills with a maximum of 360 degree turn.</li> </ul>	<ul style="list-style-type: none"> <li>• Can competently balance to perform skills with contact.</li> <li>• Skills may contain up to a maximum of 720 degree turn with support.</li> </ul>
LOCOMOTION	<ul style="list-style-type: none"> <li>• Entry level locomotor skills.</li> </ul>	<ul style="list-style-type: none"> <li>• Progressing with locomotor skills.</li> </ul>	<ul style="list-style-type: none"> <li>• Competent in all locomotor skills with a maximum of 360 degree rotation.</li> </ul>
ROTATION	<ul style="list-style-type: none"> <li>• Entry level rotation skills with whole-body support.</li> </ul>	<ul style="list-style-type: none"> <li>• Progressing with flight elements with hand support.</li> <li>• Rotation about the sagittal, transverse or longitudinal axis.</li> </ul>	<ul style="list-style-type: none"> <li>• Competent in flight elements without hand support.</li> <li>• Maximum 360 degree rotation about the sagittal, transverse or longitudinal axis.</li> <li>• Rotation about 1 or 2 axis combined allowed.</li> </ul>

# Educator Accreditation Components

COACH MENTOR	COACH DEVELOPER & ASSESSOR (CD&A)
Current Working with Children Check/Blue Card	Current Working with Children Check/Blue Card
Minimum of Silver Coach Accreditation (or equivalent)	Minimum of Silver Coach Accreditation (or equivalent)
<p><b>How to be a mentor</b></p> <ul style="list-style-type: none"> <li>• Online: Safeguarding Children &amp; Young People in Sport Induction (Sport Integrity Australia)</li> <li>• Online: Harassment and Discrimination (Play by the Rules)</li> <li>• Theoretical and Practical Training</li> </ul> <p><b>How to develop and assess a mentor coach</b></p> <p>By CD&amp;A assessment of:</p> <ul style="list-style-type: none"> <li>• the theoretical aspects outlined in the Mentor Curriculum</li> <li>• Practical application in the venue</li> </ul>	<p><b>How to be a CD&amp;A</b></p> <ul style="list-style-type: none"> <li>• Online: Safeguarding Children &amp; Young People in Sport Induction (Sport Integrity Australia)</li> <li>• Online: Harassment and Discrimination (Play by the Rules)</li> <li>• Theoretical and Practical Training</li> </ul> <p><b>How to develop and assess a CD&amp;A</b></p> <ul style="list-style-type: none"> <li>• Virtual training &amp; assessment</li> <li>• Application in the gym</li> </ul>

# Educator Roles and Responsibilities

COACH MENTOR	COACH DEVELOPER & ASSESSOR
<b>Role</b> Support, guide and advise	<b>Role</b> Coach training and assessment
<p><b>Responsibilities</b></p> <ul style="list-style-type: none"> <li>• Deliver the CD&amp;A's coach training plan</li> <li>• Share experiences, knowledge and ideas</li> <li>• Guide coach learning, growth and development</li> <li>• Listen to, encourage, and support</li> <li>• Plans sessions and ensures safety</li> </ul>	<p><b>Responsibilities</b></p> <ul style="list-style-type: none"> <li>• Design and deliver the coach training program</li> <li>• Instruction, tutoring and mentoring</li> <li>• Track progress, and set goals and targets</li> <li>• Assess coach against accreditation competencies and sign off</li> </ul>

# Club Moderation Visits

As an RGA member, you will be assigned an expert RGA moderator. RGA's commitment to provide moderation oversight promotes quality assurance and effective risk management, fostering the success of our members.

## The responsibilities of your RGA Moderator are:

- Attend an on-site moderation visit to your club once annually. The visit will take approximately one hour. We will have a coffee and a chat to discuss any challenges you are having and how we can help support you. We will celebrate any achievements with you and check in on your use of the RGA Coaching Framework, facility, safety, and management. It's not a test; it's for both parties to work through and support your business's success.
- In addition to the face-to-face visit, you can expect three other Moderations per year, each 15–30 minutes, to check in, review progress, answer questions, and track your coaches' adherence to the RGA Coach Framework.
- Areas we look at when doing a Moderation include:

Checklist	Items explored
<b>Facility Safety</b> Venue is safe and fit for purpose	<ul style="list-style-type: none"> <li>• Evacuation Plan</li> <li>• Incident Report</li> <li>• First Aid Information</li> <li>• Equipment</li> <li>• Maintenance Process</li> <li>• Safety Processes</li> </ul>
<b>Policy Compliance</b> Club policies and processes are appropriate and current	<ul style="list-style-type: none"> <li>• Policies and Procedures</li> <li>• Code of Conducts</li> <li>• Signage Compliance</li> <li>• Child Safety</li> </ul>
<b>Class Management</b> <ul style="list-style-type: none"> <li>• Class Management Systems</li> <li>• Venue Capacity</li> <li>• Coach Ratios</li> </ul>	<ul style="list-style-type: none"> <li>• Timetable</li> <li>• Class Lists/Ratio</li> <li>• Participation Database</li> </ul>
<b>Gymnastics Programs</b> <ul style="list-style-type: none"> <li>• Programs and Lesson Plans</li> </ul>	<ul style="list-style-type: none"> <li>• Lesson Plans</li> <li>• Coach Resources</li> </ul>
<b>Staff Information</b> <ul style="list-style-type: none"> <li>• Staff credentials</li> <li>• Accreditation for program/roles</li> </ul>	<ul style="list-style-type: none"> <li>• Staff Qualifications</li> <li>• Staff Training               <ol style="list-style-type: none"> <li>1. Professional Development plans</li> </ol> </li> </ul>
<b>Coach Training</b> <ul style="list-style-type: none"> <li>• Coach Developer and Assessor</li> <li>• Mentors</li> <li>• Training Plans</li> </ul>	CD&A present to discuss <ul style="list-style-type: none"> <li>• Mentor Process</li> <li>• Training Plans</li> <li>• Internal training process</li> <li>• Inductions</li> </ul>

# Why Choose RGA?

RGA are keen to help clubs thrive and provide more avenues for participants to enjoy gymnastics and associated activities. Here are just some of the reasons why we are different and here to support your business:

- RGA Club Membership fee is based on a “fee per participant” model. The amount is calculated by you declaring your club’s average weekly participation numbers. The only exception to this is for clubs with under 200 members, which in this case, there is a set club member fee. The RGA Club Membership fee covers your athletes and their coaches’ RGA registration and insurance. RGA have no extra fees to RPL your current staff across to the RGA framework and no extra technical member fees for coaches or judges.
- RGA offers a club-centred approach to workforce development; with staff training in the venue, learning on the job and assessment “in-house”. The coach accreditation pathway spans, bronze, silver, and gold, mentor coaches and the Club Coach Developer and Assessor. So no need to pay for additional courses unless you need our support, then you can tap into the RGA Education Calendar.
- RGA does not require any updating points to be attained by your coaches, although the onus is on each member to ensure their staff have minimum 4 hours PD per 2 years to maintain their accreditation.
- Opportunity for your coaching leader to become an RGA Coach Developer and Assessor (CD&A). Your trained and accredited CD&A can then conduct your in-house coach education and assessments, which are an asset to your club’s sustainability (available to RGA members only). CD&A accreditation is a one-off cost (it does not expire providing the online elements are updated every two year and the CD&A does not leave the sport for more than 2 years.)
- Free, online, coaching support webinars supplement the delivery of the RGA Coaching Framework.
- Platinum Coaching Framework is an optional add on to those clubs who require it. Responding to the needs of our member clubs, RGA member clubs can purchase an annual subscription to the RGA Platinum Coaching Framework. The RGA Platinum Framework allows RGA Platinum accredited coaches to coach skills to an extended boundary.
- Your RGA membership includes a free annual subscription to OHO—Australia’s award-winning online service for WWCC/Blue Card screening and credential tracking—helping you manage risk by ensuring staff credentials remain current and compliant
- RGA supports clubs with advice to help manage their risks through our unique Club Moderation process – including 1 face-to-face and 3 online/phone check-ins each year promoting quality assurance and long-term success.
- RGA delivers the Futures League Competition Program, which flows directly into the independent Australian Gymnastics Competition (AGC) program, along with other independent competition pathways. Both models provide a fresh, modern, and relevant approach to competition for your club members. These events have been widely embraced by parents, athletes, and clubs alike.





## Trampoline and RGA

Trampoline within RGA **is covered under insurance if:**

Trampolines are used within the boundaries of the RGA Coaching Framework, this means:

- Skills are within the RGA skill boundaries
- Taught by appropriately accredited coaches
- With appropriate participant:coach ratios



## Insurance Coverage

Insurance Coverage via the RGA subscriptions provides the following coverage:

### Part 1

- General Liability \$20,000,000 any one occurrence
- Products Liability \$20,000,000 any one occurrence and in the aggregate
- Excess \$2,000 or \$25,000 if personal injury resulting in paraplegia, quadriplegia and/or tetraplegia

### Part 2

- Professional Indemnity
- \$10,000,000 any one claim in aggregate
- Excess \$1,000
- Retroactive date: Inception of Policy

### Part 3

- Personal Accident

### Part 4

- Management Liability

### Exclusions

There is no cover for abuse in the liability policy



# RGA's Insurance Policy covers 'gymnastics-like' activities

The RGA Coaching Framework Policy outlines a simple and flexible training option for coaches of gymnastics and associated activities while delivering high standards of coach quality and safety. All Clubs/businesses who are accepted as RGA members must abide by this policy which includes aspects to minimise the risks of these activities:

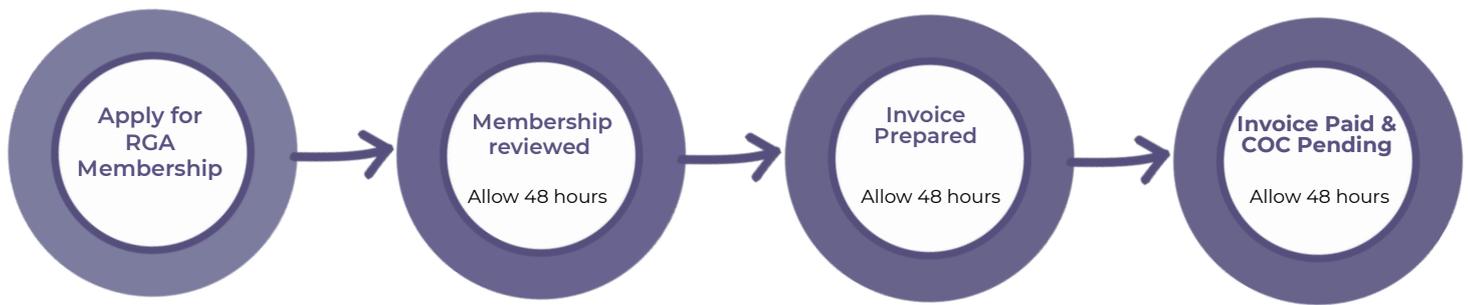
- All classes must have an RGA-accredited coach, coaching the class
- The coach must hold the correct RGA accreditation level for the skills performed within the class
- The coach to athlete ratios must be appropriate to the participant's needs.
- All RGA-accredited coaches must meet the policy requirements and components for their level of accreditation.
- An accredited RGA Coach Developer and Assessor must conduct a standardised assessment to accredit the coach. For the practical coach assessment, the Club will determine and tailor gym-specific learning drills and activities to meet individual Club needs and the requirements of the RGA Coach Framework.
- Activities must fall within the RGA Skill Boundaries
- All member clubs agree to a moderation process to ensure the credibility of the RGA coach accreditation system, the ethical behaviour of assessors and coaches, and the safe management of Clubs in line with national, state, and club regulations. However its important to be aware we are NOT a Governing Body.

Under these conditions the RGA Coaching Framework is adaptable to meet the needs of 'gymnastic-like' activities such as: Ninja, Parkour, Cheer-leading, Circus skills, Dance classes (including Pole dancing), Calisthenics, Acrobats and Tai chi.

NOTE: Skills that are outside RGA's skills/movement matrix are excluded from the insurance coverage.

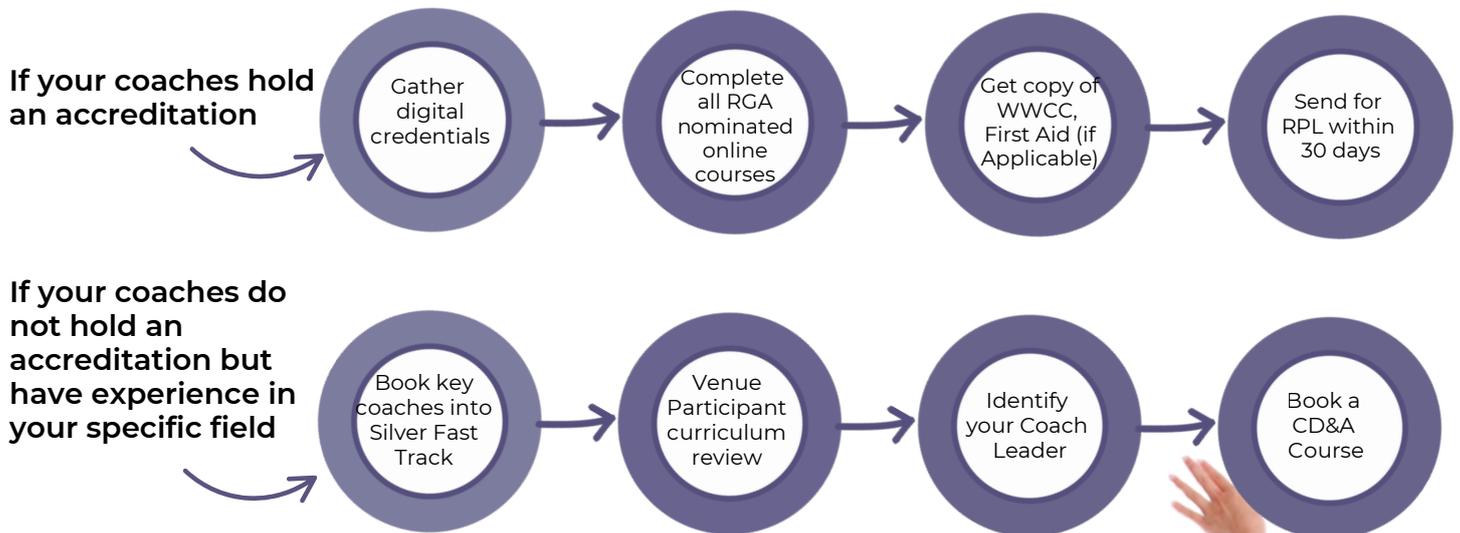


# Membership Application Process



## I've joined RGA what happens next?

Once we have received your CoC from the Insurer we will email you a copy along with the relevant insurance paperwork and a welcome letter. At this point the RPL and/or Accreditation of your Coaches begins.



All RPL of existing staff must be completed within 30 days of your membership commencement. This forms part of your terms and conditions.

## Your Responsibilities

As part of your RGA Membership it is your responsibility to:

- Ensure you participate in your moderations as requested by RGA
- Maintain accredited coaches and copies of all certificates
- Continue to offer professional development and training
- Maintain accurate member records in a secure manner
- Ensure you maintain child safety standards
- Ensure you have up to date policies and procedures



# Club Subscription Model

A yearly club fee is based on your club's number of weekly participants = maximum estimated weekly club participant capacity. If your club is anticipated to grow during the year, RGA recommends submitting your expected capacity.

Your expected maximum capacity must include regular school group visits, come-and-play or casual play sessions capacity. Excluding irregular bookings such as birthday parties, school groups, and classes attended by athletes who have already participated once that week.

- Your RGA insurance still covers birthday parties, school groups and one-off events, these participants are visitors, and must be recorded.
- We offer two membership options:
  - Set price, Rising Club Membership for clubs under 200 participants weekly, (RGA base membership)
  - Prime Club Membership for 200+ participants, priced per participant.
- A decrease in participant numbers will not alter the financial commitment to RGA membership for the calendar year. If your participant numbers increase by more than 10%, you must advise RGA within 14 business days of becoming aware of the increase and a variance will be arranged.

## Is RGA a Governing Body?

No, RGA is not a governing body. RGA empowers gymnastics and related activity clubs and businesses by providing a coach development and accreditation framework, supported by comprehensive insurance. The premise is simple: trained coaches reduce risks to your business, while enabling the delivery of quality programs and the development of a sustainable workforce.

## Is there a cost for coaches to join RGA?

No, you will not have ongoing coach membership costs. Coaches' ongoing membership is tied to working in an RGA club. All RGA member clubs are responsible for providing ongoing and regular professional learning opportunities so that your coaches maintain currency, remain contemporary, and improve their coaching practice.

There will be a one-off cost to accredit each coach developer and assessor.

## Recognition of Prior Learning (RPL)

Coaches holding current accreditation through other bodies may be eligible for RPL.

## Do we need to provide member data via regular uploads?

No, the club/business is responsible for maintaining its member data safely and securely. We do not hold a central database of your members' information. We will check your systems for compliance and participant numbers as part of your moderation, but will not collect members' personal data.

## Does it matter if we are a multiple venue business?

"No, we operate based on your ABN. If you use a single business ABN across multiple locations, that's fine, as long as you report participation numbers for each site and list all locations on your application. We proudly support clubs of every size, from small to large.

## How do I find out about the Platinum product?

Contact RGA directly to see if this product is suitable for your club.



# Futures League - The Future is U

The Futures League offers a competition program aimed at promoting enjoyable participation in both individual and team-based events. It provides a positive atmosphere for all participants while fostering growth and progression in gymnastics and associated activities skills.

## Our Aim

To provide an environment where athletes can perform and be presented with graded recognition without the pressure and stress of the typical competition environment. We want athletes to have fun and enjoy the experience, make friends, smile and be happy.

## The Program

This program is based on a levels transition and targets those at an entry level through to intermediate. Beyond this program, athletes have pathways into the Australian Levels Program, Australian Gymnastics Competition (AGC) or other independent competitions. Futures League is targeted and suited to those athletes who train minimal hours with the below as a guide only on the training hours suited to this program:

- Futures Level 1** 45 minutes to 1 hour once a week
- Futures Level 2** 2 hours once a week
- Futures Level 3** 3 hours once a week
- Futures Level 4** 4 hours across two sessions a week
- Futures Level 5** Up to 5 hours per week across two sessions
- Futures Level 6** Up to 6 hours per week across two sessions



## Events

- Aim to maintain a high level of energy and fun.
- Sportsmanship between clubs and team-mates is encouraged.
- Are a duration of two hours and focus on floor, bars, beam and vault and applicable associated apparatus.
- Have Five (5) Divisions - Power, Forces, Flyer, Flip and Dynamos
- Entry is open to all clubs and athletes to enter including non RGA members.

Developing friends, having fun, and supporting each other are the key objectives of the event, not the performance or the awards.

Competition and Host Manuals can be obtained by emailing our Futures League Manager at [futures@recreationalgymnasticsaustralia.com.au](mailto:futures@recreationalgymnasticsaustralia.com.au)

# OPTIONAL EXTRA:

## RGA Platinum Coaching Framework

Once your club/business is a member of RGA, the RGA Platinum Coaching Framework is an additional offering tailored to cater to clubs seeking to integrate advanced skill levels into their programs.

Seamlessly aligning with the RGA Coaching Framework, built on the foundations of ongoing safe practice and underpinned by a robust and thorough assessment process, the Platinum Coaching Framework allows:

- RGA Platinum accredited coaches to coach more difficult skills
- RGA Clubs to offer a higher level of competition programs within a higher level of skill boundaries
- A pathway for RGA Gold coaches to progress
- Coaches and participants operating at the Platinum level are fully insured.

Only RGA member clubs can purchase an annual subscription to the Platinum Coaching Framework.

NOTE: Club entry conditions apply

## Platinum Coach Skill Boundaries

	PLATINUM COACH	EXAMPLES OF SKILLS
REBOUND	<ul style="list-style-type: none"> <li>• High-level rebounding skills with increased complexity of shape, turn and rotation.</li> <li>• Six selected vaults</li> </ul>	Vaults: <ul style="list-style-type: none"> <li>• Yurchenko Tuck</li> <li>• Handspring front tuck</li> <li>• Tsukahara pike</li> </ul>
SWING	<ul style="list-style-type: none"> <li>• High-level combination of circles and swings through handstand.</li> <li>• High bar to low bar connections allowed.</li> <li>• Flyaways allowed.</li> <li>• Bars maximum difficulty allowed is Women's FIG C value</li> </ul>	Bar skills: <ul style="list-style-type: none"> <li>• Giant swings</li> <li>• Overshoot to horizontal</li> <li>• Double tuck flyaway dismount</li> </ul>
BALANCE	<ul style="list-style-type: none"> <li>• Beam maximum difficulty allowed is Women's FIG C value</li> </ul>	Beam skills: <ul style="list-style-type: none"> <li>• Double twisting dismounts</li> </ul>
ROTATION	<ul style="list-style-type: none"> <li>• Floor maximum difficulty allowed is Women's FIG C value, exception is a double backwards salto which is permitted</li> </ul>	Tumbling skills: <ul style="list-style-type: none"> <li>• Double backwards salto</li> <li>• Back salto with 720 degree</li> <li>• Front salto with 540 degree</li> </ul>



# Questions and Answers

## **Does my RGA Membership include a One Music license?**

No RGA membership does not include a OneMusic License. We highly encourage clubs seeking a OneMusic Australia licence to become members of Gymnastics Clubs Australia (GCA) who have sourced an agreement with One Music.

A one Music License Covers you

- to Perform in Public the APRA Works and PPCA Sound Recordings;
- for the purposes of any training session instruction, performance, lessons, rehearsals or free events and concerts held at Affiliated Club locations (i.e. not including events or concerts that involve entry fees to attend, which should be licensed separately), including as Background Music at such location;
- right to Reproduce up to 2,000 tracks containing PPCA Sound Recordings and/or AMCOS Works for the purpose of (a) above by means of;
- Copying from a licensed physical copy (e.g. a CD) to an electronic copy or another physical one;
- Copying from a licensed electronic copy (e.g. a legally acquired MP3 download) to another electronic copy or a physical one; or
- Downloading or accessing a stream from a personal digital music service (that is, using subscription, ad-funded or download music service that is limited in its terms of use to non-commercial listening).

## **Does RGA provide Policies and Procedures for clubs?**

RGA provides basic policy and procedure templates free to members to use as a guide. However, RGA takes no responsibility for the operationalisation of these policies, or in determining their suitability to the unique needs of your club/business, this responsibility lies with the business/club.

## **Non-RGA members are unable to access RGA competitions and education?**

RGA is an inclusive organisation that supports the upskilling and sharing of opportunities for athletes and coaches regardless of who their club is registered with. All education workshops (excluding the CD&A and Silver/Gold Mentor Program which is specific to RGA framework) are open to non-RGA coaches. All Futures League events are open to all athletes regardless of who they are registered with. We encourage participation and inclusion at all events.



# RGA Education Opportunities

## **CD&A Accreditation Course**

The course covers designing and developing a coach learning program, improving coach development knowledge, skills to enhance learning of a coach training and how to plan, organise and assess competence of a coach. There is some pre reading before attending the 3 x 1.5 hours online webinars that run 2 weeks apart. During the month participants will also complete a 6 assessment tasks. On completion of the the course the CD&A will have all the skills and tools to lead coach development and training in your venue.

## **Silver/Gold Mentor Program**

This program trains mentors to understand their role, responsibilities, and professional boundaries while guiding a Coach in Training. They will learn to model effective mentoring, adapt gymnast lesson plans, and deliver safe, inclusive, and engaging coach sessions.

## **RGA Coaching Academy**

The Coaching Academy is an extensive training academy designed to work towards a part accreditation. During the practical coaching section of the Academy, coaches will have the opportunity to learn and be assessed for their competence in coaching skills appropriate for a Bronze coach in a traditional gymnastics setting, advancing them along their assessment pathway. Delivery of the academy's by RGA are available upon request.

## **Booster Bites**

RGA BoosterBites are run by specialised speakers on a particular topic. These topics are designed to be of interest to athlete professionals as well as those who are interested in key topics including athletes and parents. Topics are non technical based and include areas of interest including leadership, motivation, inclusion, safety, planning, first aid, VIP athlete experience and much more. We encourage clubs to promote these amongst their coaching team as well as (where applicable) their athletes and membership to join.

## **RGA Coach Workshop**

These workshops are designed as additional supplementary training opportunities. These workshops are on key topics that are focussing on specific areas of gymnastics. The benefits of these workshops are:

- Hear from an educator outside of your own site to gain new ideas and different perspective
- Support clubs who do not have the resource to focus on as much education as possible
- Assist clubs and coaches to gain knowledge in key target areas such as under 5's or ninja.
- Continue to maintain a focus on professional development





# Education Opportunities & Pricing

Program Name	Details	Duration	RGA Price (Ex GST)
<b>Silver/Gold Coach to Mentor Program</b> (Min 3 attendees - Max 10)	Trains coaches to become mentors, supporting CD&A's by guiding new or level-transitioning coaches. They'll learn to deliver training plans, communicate effectively, provide feedback, and become strong mentors who help educate and upskill your coaching team.	2 x 1.5 hour Online Sessions  Can be attended or watch recording.	\$150
<b>CD&amp;A Accreditation Course</b> (Min 3 attendees - Max 10)	Only clubs with an RGA-accredited CD&A can deliver and accredit in-house coach training. This course equips a lead educator to create training plans aligned with the RGA framework, guide mentors or deliver sessions themselves, and ensure coaches are trained ethically and effectively.	3 x 1.5 hour Online Sessions Course Work approx. 20hrs  May view recorded sessions.	\$600
<b>Gold + Series</b> (Min 5 attendees - Max 10)	A four-part online series designed to support Gold coaches or those preparing for Platinum accreditation.	1.5 hours Online Sessions	\$300





# Education Opportunities & Pricing

RGA can provide coach education opportunities to your staff by request

Program Name	Details	Duration	Requirements	RGA Price (Ex GST)
<b>Booster Bite</b>	These are short online sessions on topics like business support, parent engagement, and Futures League, designed to assist clubs.	1 hour ONLINE	<ul style="list-style-type: none"> <li>• Minimum 6 weeks' notice before required date</li> <li>• Minimum 5 people, maximum 15</li> <li>• Clear outline of goals to achieve</li> </ul>	\$75 per person  Group booking price by negotiation
<b>Silver Fast Track</b>  (Min 3 attendees - Max 10)	The program fast-tracks new coaches to Silver accreditation, enabling them to coach independently.	1 x 12 hour Session or 2 x 6 Hour Sessions IN PERSON	<ul style="list-style-type: none"> <li>• Minimum 6 weeks' notice before required date</li> <li>• Minimum 3 people, maximum 10</li> <li>• Clear outline of goals to achieve</li> </ul>	\$600  \$1200 for 1 Person
<b>Coach Workshops</b>	Supplementary training supports coaching development on specific areas like apparatus or themes (e.g., under 5's) but does not offer accreditation.	3 hours IN PERSON	<ul style="list-style-type: none"> <li>• Minimum 6 weeks' notice before required date</li> <li>• Minimum 5 people, maximum 10</li> <li>• Clear outline of goals to achieve</li> </ul>	\$120 per person  Travel and accomodation (if applicable) additional Additional time. by negotiation.
<b>Coach Academy</b>	A part accreditation course supports in-house coach training and helps fill any gaps that CD&As and mentors cannot address.	2 x 3 hour sessions IN PERSON	<ul style="list-style-type: none"> <li>• Minimum 6 weeks' notice before required date</li> <li>• Minimum 5 people, maximum 10</li> <li>• Clear outline of goals to achieve</li> </ul>	\$400 per person  Travel and accomodation (if applicable) additional
<b>Preparing for Platinum</b>	A practical workshop to focus on higher level skills that are covered in the Platinum Framework.	2 x 3 hour sessions IN PERSON	<ul style="list-style-type: none"> <li>• Minimum 6 weeks' notice before required date</li> <li>• Minimum 5 people, maximum 10</li> <li>• Clear outline of goals to achieve</li> </ul>	\$400 per person  Travel and accomodation (if applicable) additional



## Guided by RGA, Shaped by You

What You Get with RGA

- ✓ Your Skills, Our Framework – accreditation levels, skills boundaries and benchmarks - matched with your curriculum
- ✓ Competitive Pathway Options - From Futures League to invitational competitions and more.
- ✓ Expert support, industry experience – RGA responds within 48 hrs
- ✓ All-in savings: coach accreditation, insurance, support, discounts & more

## Membership Options for 2026

### ★ Rising Club Membership

- ☞ Perfect for clubs up to 200 participants
- ☞ \$4,000 annual membership (ex GST)
- ☞ Affordable pathway to growth

### ★ Prime Club Membership

- ☞ For established clubs with 200+ participants
- ☞ Flexible participation-based pricing at just \$20.24 ea
- ☞ Scalable to grow with your success



# Join today

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