



## AGE GROUP PROGRAMME

The FIG Age-Group Programme involves intense practical coach training camps that include physical conditioning and technical preparation training, and multi-level competition programmes (exercises). It is a programme that helps federations to have ready-made resources to develop their own programme. It can be organized for one FIG affiliate member and/or combined with neighbouring countries. FIG experts will work with local gymnasts to conduct effective practical sessions with participant coaches.

For more information:  
<https://www.gymnastics.sport/site/pages/education-agegroup.php>



## ACADEMY PROGRAMME

The FIG Academy Programme is a coach education programme available to all FIG affiliate members' coaches in all disciplines, delivered in a hybrid format, including on-line theory lectures and face-to-face practical sessions in three languages (English, French and Spanish). The mission of the FIG Academy programme is a result of an assessment of knowledge of coaches at the level appropriate to their competence. The programme has an introductory course titled "Foundations of Gymnastics" and three-level courses for each FIG official competitive discipline, with participants from multiple countries and teaching by renowned international experts. A Certificate is awarded for participants that succeed in the Theory Exam (online) and a Diploma to those that succeed after the Practical Exam.

For more information:  
<https://www.gymnastics.sport/site/pages/education-academies.php>

## BENEFITS

The FIG Education Programme offers the following benefits:

- FIG international experts
- Connections with international coaches
- Interactive courses
- Extensive library of education materials
- Free Online Seminars
- FIG Course Completion Certificate
- FIG Diploma

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# OVERVIEW OF THE FIG COACH EDUCATION PROGRAMME



# PROGRESSION WITHIN THE EDUCATION SYSTEM

The Academy Programme and Age Group Programme are connected, complementing each other to achieve a robust educational system. This is the recommended programme flow.



Only eligible coaches can be awarded the coach brevet. See more details in the FIG Academy Policies.

Following an Academy coaches can obtain a Diploma as a qualification of their ability to coach the discipline.

To be a coach, you must have the minimum knowledge of the basics of your discipline. New coaches must familiarise themselves with the Age Group Programme before they can participate in the FIG Academy.

