



CHAMPIONS GYMNASTICS

--- Work-Based Learning ---
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- Over the course of this semester working at Champions Gymnastics, I have learned a variety of skills and assets to carry along with me into the future and the teaching world as I begin my own path. Just a few of the skills I have learned is time management, teamwork, adaptability, and planning.



Time Management

Time management is a very important part of working with children. In the gymnastics world, time sheets and rotation schedules are key to keeping the gymnasium, and everyone inside safe. I was taught how to read and create a time schedule on the computer using Excel. Translating this into the teaching world, time management is key to keeping the students on track and to complete tasks in an acceptable manor.



Teamwork



- Teamwork is essential to keep any organization working at its best. It is also key for any tasks that are of excessive load. “Teamwork makes the dream-work” is a motto that Champions teaches to everyone, including the youngest gymnasts. Helping and receiving help on new activities and lessons to teach to the children, corrections and ideas to aid to instruction from other coworkers, and even cleaning up were all examples of times where I saw the power of teamwork.

Adaptability

- In a workplace with children, a surprise is ALWAYS around the corner, you have to be prepared for anything and everything. One thing I learned from working at Champions is to always be willing to try a new approach. If a lesson or activity is not working well, the coaches are encouraged to tweak plans slightly to create more room for learning. One specific time I can remember from my work, at a birthday party the children were not getting along playing and my idea of an obstacle course brought them all together and created a happy atmosphere for the birthday party.



Planning

- Planning is essential to any job where children are involved. Specifically for gymnastics, the time schedule and lesson plans for each event is key to getting the most out of each practice. Creating an outline of drills and practice skills for each class and individual event creates a stress-free class. I struggled at the beginning with creating these, but my coworker reached out and showed me how she creates her plans. After her assistance and advice, I practiced more and more and my plans are very detailed and work very well with my children.

