

COBRA GYMNASTICS F.A.Q.



How many kids are in each class?

We are able to teach efficiently and safely by following the national gymnastics guidelines for teacher:student ratios. Pre-school classes are 6:1, and recreational and team level classes are 8:1 (or 10:1, with more advanced students). These ratios allow our coaches to give each student the individual attention needed to promote development and understanding.

What kind of teaching methods do you use at Cobra?

We recognize that students learn in many different ways, so we implement a variety of methods to incorporate visual, auditory, and physical learning into our lesson plans.

Obstacle Course/Circuit: Our favorite method is the circuit style, where we set up 6-8 stations and instruct the students to rotate in the style of an obstacle course. This allows them to achieve a cardiovascular workout by remaining continuously active and practicing their skills.

Staying Stations: We use this style so the students can practice one skill on one piece of equipment and learn the value of repetition. It is particularly effective in learning more difficult skills. This system allows the coaches to have one or two stations that they can focus on, while the students independently work on skills that do not require assistance and/or that they have previously learned.

Group Teaching: When using the trampoline or learning a particularly new or difficult skill, we teach the students as a group and ask them to demonstrate one at a time. In this style, students learn by watching others attempt the skill as well as by trying it themselves.

All in all, our goal for our Recreational Program is to ensure that our students learn proper gymnastics shoes & skills in a fun atmosphere.



How long should my child be in the same class?

Depending on dedication and natural athletic ability, students can advance classes after one session or remain enrolled in the same level for up to two years. This does not mean that they stop learning - our teaching revolves around our students; encouraging individual growth within each class grouping. We have found that moving children up too early restricts their knowledge of the basic foundations and terminology of gymnastics, which hinders advancement down the road. You will receive a recommendation at the end of the Spring Session for class placement for the following Summer or Fall.

How does my child advance to the next level?

At Cobra, we have combined the knowledge and experience of the USA Gymnastics Program and the Cobra coaches to compile a list of 35-40 skills for each level of recreational gymnastics. These skills guide us in our lesson plans and allow us to provide quality skill development, with safety and progression in mind. The skills are broken into three categories: *Balance, Agility & Coordination, and Big Skills*. We focus our testing on Balance and Agility & Coordination in Session I, and Big Skills in Session II. We teach ALL of the skills throughout the year, but focusing on particular skills during each session has proven to be the most effective teaching method.



Should we be practicing at home?

You may help your child practice the basic skills, but most skills need to be critiqued by a certified coach. Many incorrect (potentially dangerous) habits form from "backyard gymnastics." If you would like more gym time, we offer a discount on a second class per week, or we have weekly open gyms

What types of awards do you give the students of Cobra?

Participation: We give all students a participation ribbon at the end of each session. If they attend the Fall and Spring Sessions, we also award them a personalized participation trophy, as recognition for their dedication to our programs throughout the entire school year.

Achievement: In our recreational programs (levels 1-4), we award students with certificates when they achieve the skills in each of our three skill categories: *Balance, Agility & Coordination, and Big Skills*. Once they have achieved all three certificates, they will receive a medal for their respective level.



How can my daughter become a part of the competitive team?

Our competitive team forms during the summer months. While team inclusion is by invitation only, please tell your daughter's coach if you are interested in the team track. It is a 10 month obligation with summer workouts highly encouraged. We have two distinct programs within our team: the Junior Olympic Program and the Xcel Program. The age of our current team members range from 6-14 years old with intermediate through advanced athletes.