

## What is involved in XTND?

The XTND Programme is completed over two years to allow students to practice what they have learned in the club environment and receive mentoring from club coaches. There are six modules in total, one online which must be completed before starting on the five practical modules.

**XTND Start It - (Online)**

**XTND Bounce It**

**XTND Balance It**

**XTND Move It**

**XTND Spin It**

**XTND Throw It**

If you are interested in knowing more, talk to your club administrator.



[www.gymnasticsnz.com](http://www.gymnasticsnz.com)



**For more information contact your local Gymnastics New Zealand Club.**



**Gymnastics New Zealand Coaching and Youth Leadership Programme**



## Are you Year 9 - 11?

Are you interested in a career in coaching, sport management or working with people?

Are you currently coaching in Gymnastics or another sport?

Would a qualification that shows leadership and commitment to your CV interest you?

Would you offer your time as a role model to young people?

Do you want to meet new friends from different Gymnastics NZ clubs?

**Then the XTND Youth Leadership Programme could be for you!**



### What is XTND?

- XTND is the Gymnastics NZ Coach and Youth Leadership Programme developed to support young coaches in their clubs.
- XTND is the entry point for young coaches in to the foundation area of the coaching pathway.
- XTND can be accessed through your Gymnastics Club.
- XTND is organised in clusters of gymnastics clubs so you get to meet lots of other young coaches.
- Adult coaches monitor progress and act as a mentor for XTND coaches.

### Benefits of XTND

- Develop leadership and coaching skills.
- Learn how to coach gymnastic sports.
- Learn how to coach children.
- Learn coaching strategies.
- Learn the fundamentals of movement.
- Learn a range of fun games to aid teaching.
- Develop your communication skills.
- Learn skills for time management.
- Learn skills for managing groups.
- Develop confidence and self-management in different situations.

