

# BOYS' GYMNASTICS

## How to Start A Boys' Gymnastics Program



USA GYMNASTICS.  
[www.usagym.org](http://www.usagym.org)

# BOYS' GYM

## How to Start A Boys'

**QUOTE from Jim Hisey:** "Any gymnastics club that doesn't offer boys recreational and competitive gymnastics to the community is missing out on a great opportunity. Boys strive for competition and love to flip. Parents desire for their sons to develop discipline and self confidence! All sports need safe landings and spatial awareness!

Over the 15 years of Gym Force Gymnastics, we have enrolled numerous students who have had various desires, which can be addressed by the sport. Some desire to be competitive gymnasts. Some have realized the benefit of the sport for cross training into football, baseball, basketball, soccer, pole vaulting, diving, and much more.

An orthopedic doctor who is a former NCAA football recruit enrolled his son in the gym to learn safe landings and spatial awareness for preventative injury measures. His son competed through the Level 10 USA Gymnastics program and now is part of the Florida State University football team! Many NCAA pole vaulters and divers also have benefited from the sport, with scholarships, as it teaches them the mechanics of their sport, in an alternative mode.

The USA Gymnastics program has been extremely proactive in creating fantastic lesson plans/progressions for nearly any male to advance and succeed! The Basic Skills Achievement Program (BSAP), along with the Level 4 competitive program, enables any boy to be able to progress from Level 1-4, with safe and fun progressions, with just 1-2 hours per week.

Boys and parents want to compete. Other sports require many more hours, without safety and progressions as a factor. Team vs. Individual results is the focus, at all costs. In order for any team to succeed, each individual must do his part! This is what gymnastics instills!

*Jim Hisey runs a very successful boys' program, Gym Force, in Tallahassee, Fla., and has many years of experience providing programs which supplement and crossover boys interests in other sports.*

Anyone who has space and some mats can start a gymnastics program for boys. At the basic level, boys' gymnastics is all about developing physical fitness, agility, strength, and flexibility. Using just a few mats and the basic skills program curriculum, instructors can provide young boys with a series of skill progressions, challenging fitness contests, and team-building activities, which are fun for boys of all ages and ability.

Only basic gymnastics equipment, which can be easily acquired at a low cost, is needed to begin a boys' program and supplement introductory tumbling and fitness activities. Most basic gymnastics skills are learned on these inexpensive training devices rather than the more commonly known traditional gymnastics apparatus.

Using this approach it is easy for any facility to implement a program and simply grow with the needs of the clientele. In this way a boys' gymnastics program pays for itself and can provide

a source of revenue for any business. Clubs can provide a wide variety of challenging and motivational contests for boys, as well as team-oriented games, prior to the introduction of competitive gymnastics.

Marketing for boys should also focus on the fact that gymnastics activities are the foundation for all sports, and the skills learned in your gym will readily transfer to all other boys' sports. Essentially gymnastics classes for boys provide advanced physical preparation and a more successful experience regardless of the sport.

### THE BEST TIME TO START A PROGRAM IS NOW!

How are boys different? Boys are unique in that they are more interested in exploring their athletic potential and are highly motivated to build their self-image through strength and fitness. Any activities that challenge them to improve upon their 'personal best' involving time or strength achievements will be highly motivating for boys. Men's gymnastics requires the development of upper body strength for many of the events. Clubs can build a successful boys'



Photo by Larry Gibson



# GYMNASTICS

## Gymnastics Program

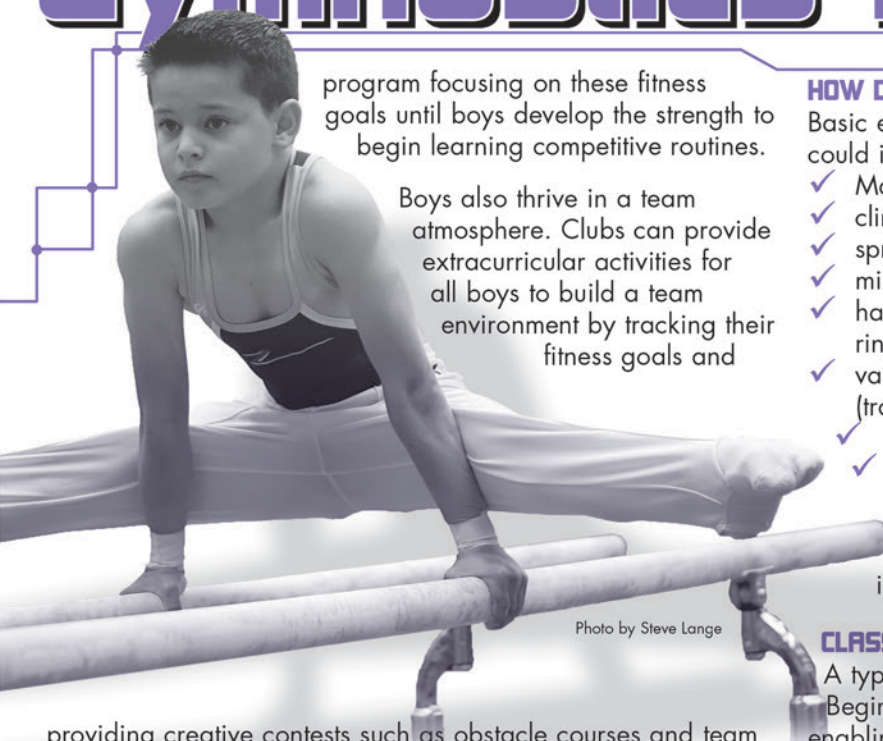


Photo by Steve Lange

program focusing on these fitness goals until boys develop the strength to begin learning competitive routines.

Boys also thrive in a team atmosphere. Clubs can provide extracurricular activities for all boys to build a team environment by tracking their fitness goals and

providing creative contests such as obstacle courses and team contests while they are learning their basic gymnastics skills.

### WHY PARTICIPATE IN GYMNASTICS?

Boys can benefit from gymnastics participation in the following ways:

- It's fun and great exercise!
- Physical fitness development – especially in the areas of strength, flexibility, agility, balance, and coordination
- Cognitive skill development – such as listening and following directions
- Life skills development – particularly self-confidence, teamwork, responsibility, friendship, and sportsmanship
- Accomplishment of goals – setting goals and working to achieve them
- It's a great developmental activity, whether the goal is advancement in gymnastics or preparation for another sport

### HOW DO I START A PROGRAM?

Basic equipment and apparatus could include:

- ✓ Mats (or spring floor area)
- ✓ climbing rope
- ✓ springboard
- ✓ mini-trampoline
- ✓ hanging (ceiling-mounted) rings
- ✓ vaulting or parallel boxes (trapezoids)
- ✓ mushroom training pod
- ✓ single bar system

All of this equipment is economical and easily installed in most any space.

### CLASS STRUCTURE

A typical session, or term, may run eight to 12 weeks. Beginner classes may meet one or two times per week, enabling a boy to achieve tangible goals within his first term.

A term can begin at any time but usually starts as fall, winter, or spring terms. Some gyms offer introductory summer programs when enrollment is generally lower.

### LEARNING THE SKILLS/COACHING

The materials referenced below provide a wealth of information to help get you started and are the best available for boys' gymnastics.

**"Offering a boys program helps my business because I now have a larger client base, another market, and it enables my business to be more balanced offering activities for the whole family."**

*Brandy Wood runs a very successful boys' program in Rio Rancho, N.M., and has been instrumental in designing programs for boys.*



Photo by Larry Gibson

Supplemental materials are available, however, the most important materials for starting a program for boys are the Basic Skills Achievement Program, the “How to Start” book, and the *Junior Olympic Program Manual for competitive Levels 4-10*.

Don’t forget about contacting a mentor club. Utilize the list found on the website at [www.usagym.org](http://www.usagym.org) to find a nearby club and reach out for assistance. The list of mentor clubs that are listed on the website at [www.usagym.org/men](http://www.usagym.org/men) are eager to help you develop your boys’ program!

**“Give your children the gift of physical fitness, confidence, and fun. Give them the gift of Gymnastics. If you want the very best for your child ... nothing is better!”**

*Roger & Debbie Baldwin, who have run a boys’ gymnastics program at High Sierra Gymnastics in Reno, Nev., for many years.*



Photo by Steve Lange

**“At Buffalo Grove we feel strongly that offering gymnastics for both girls and boys adds real value to any program and helps create that one stop shopping for parents on the go.**

**Starting a new program can be difficult. Starting a boy’s program is a great way to expand your program with basically the same equipment. The program is essentially already started with equipment and space; just add boys and more income.**

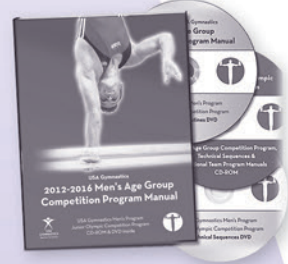
**Besides, I’d rather have boys in the gym paying my bills than brothers in the lobby messing it up.”**

*Kelly Crumley is an owner and team coach for Buffalo Grove Gymnastics in the Chicago metropolitan area. The program has multiple locations all with boys’ programs. This highly successful program offers preschool through elite boys’ gymnastics and is responsible for developing several “home grown” national team members at both the junior and senior levels.*



## REFERENCE MATERIALS

- *Basic Skills Achievement Program* — the BSAP kit includes a booklet and DVD with additional wall charts and patches (optional). This resource lays out basic progressions for learning skills and developing fitness on the six gymnastics events for boys in preparation for beginning competitive gymnastics. Great resource for a pre-team program.
- The *Men's Junior Olympic Age Group Program* set includes a CD that contains all of the written materials of the *Junior Olympic Age Group Program Rules* for the competitive Levels 4 to 10, as well as a DVD of the compulsory routines (Levels 4 to 7), the new technical sequences for the Levels 8, 9 and 10 Junior Elite division and a CD that contains all of the written materials of the *Junior Olympic Age Group Program Rules* for the competitive Levels 4 to 10. The CD also contains *The Junior National Team Program Manual*, which includes the Future Stars program and routine descriptions.



# MENTOR CLUBS

## **North Valley Gymnastics**

Phoenix, Arizona

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

Contact: Travis Rainer • (602) 404-3547 • [travis@northvalleygymnastics.com](mailto:travis@northvalleygymnastics.com)

## **Buffalo Grove Gymnastics**

Gym Force Athletic Training Center

Tallahassee, Florida

[www.gymforce.net](http://www.gymforce.net)

Contact: Jim Hisey • (850) 877-4255 • [jambogym@yahoo.com](mailto:jambogym@yahoo.com)

Buffalo Grove, Illinois

<http://www.bggymnastics.com/index.htm>

Contact: Kelly Crumley • (847) 459-8842 • [Crumley@msn.com](mailto:Crumley@msn.com)

## **Hawkeye Gymnastics**

Iowa City, Iowa

[www.hawkeye-gymnastics.com](http://www.hawkeye-gymnastics.com)

Contact: Dan Coon • (319) 351-4416 • [daniel-coon@uiowa.edu](mailto:daniel-coon@uiowa.edu)

## **Maine Academy**

Westbrook, Maine

<http://www.maineacademy.com/>

Contact: Steve Randall • (207) 632-0145 • [scandal4aces@yahoo.com](mailto:scandal4aces@yahoo.com)

## **High Sierra Gymnastics**

Reno, Nevada

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

Contacts: Roger & Debbie Baldwin • (775) 747-7748

[Baldwin.debbie@gmail.com](mailto:Baldwin.debbie@gmail.com) or [Baldwin.roger@gmail.com](mailto:Baldwin.roger@gmail.com)

## **Surgent's Elite Gymnastics**

Roselle Park, New Jersey

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

Contacts: Rich Pulsfort, Jim Surgent • (908) 241-1474 • [Region7menschair@yahoo.com](mailto:Region7menschair@yahoo.com)

## **Eagle Ridge Gymnastics**

Rio Rancho, New Mexico

<http://eagleridgegym.qwestoffice.net/>

Contact: Brandy Wood • (505) 891-0632 • [bhibar@msn.com](mailto:bhibar@msn.com)

## **Champions Gymnastics**

Katy, Texas

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

Contact: Hideo Mizoguchi • (281) 392-3577 • [mizochampgym@aol.com](mailto:mizochampgym@aol.com)

## **Metropolitan Gymnastics**

Kent, Washington

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

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