

## Gymnastics Saskatchewan Coach Mentorship Program

### Mentor Information & Application

Gym Sask is dedicated to offering coach mentorship to Gymnastics Foundations and Competition stream coaches. The purpose of this coach mentorship program is to connect each coach with a suitable mentor coach who will address their specific coaching needs, offer continued learning for coaches (outside of the NCCP) and provide participants with opportunities to connect with other coaches. Mentors will be matched with a Gymnastics Foundation or Competition stream coach and will work with the coach to identify specific mentorship needs and assign tasks/learning opportunities tailored to support their future aspirations that will be completed during the duration of the program. The mentor coach will meet with the coach and will be available to provide support and answer questions.

#### Mentorship Length

- Oct 1, 2021 to Mar 31, 2022 (end date may be flexible)
- Meet with mentee, virtually or in person to work on tasks in Nov, Jan & Feb

#### Pairing with Mentee

- Gym Sask will pair mentors with mentees
- Mentors will have input on who their mentee will be
- Mentees can request certain mentors

#### Travel

- Mentee will travel to the mentor's gym or vice versa
- Gas will be paid based on receipt to whomever travels

#### Recognition

- Mentors and mentees will be recognized for participating in the mentorship program at Gym Sask Awards Gala
- Mentors will receive an honorarium/hour for the 2 virtual meetings and 1 in person meeting

#### Who can apply to be a mentor?

Any Competition 1/Level 2 or higher Certified Gym Sask member coaches who are in good standing with Gym Sask and their local club. Gym Sask Coach Developers may also apply.

#### How to apply?

Complete the application at the following link:

<https://forms.gle/oVLivcnznvx3cAwu8>

**Application deadline:  
September 1<sup>st</sup>, 2021**

#### Expectations of the mentor:

- Prior to starting the mentorship, mentors will be asked to spend some time engaging in self-assessment activities to promote self-awareness (Myers-Briggs Type Indicator assessment, coaching philosophy, and exploring what type of mentor they would like to be). Answers will not be shared but will serve as a tool to become to develop self-awareness.
- Build rapport with your mentee and identify the mentee's vision.
- Work with the mentee to determine the goals required to achieve their vision.
- Identify which goal or goals the mentor can assist the mentee to achieve.
- Create a mentorship plan that includes 3 key learning tasks specific to the mentees goal(s).
- Meet with the mentee 2 times virtually and 1 time in person to complete the learning tasks.
- Check in with the mentee throughout the duration of the mentorship program (via email or phone).
- Provide updates to Gym Sask regarding the mentorship.

#### Requirements upon completion of mentorship:

- Provide a summary of the tasks completed during the mentorship and assess the effectiveness of the mentorship program in achieving the mentees goals.
- Submit expense forms.