

## BSAP: Boy's Basic Skills Achievement Program



The USA Gymnastics Men's Program has updated the Boy's Basic Skills Achievement Program and it was unveiled at USA Gymnastics National Congress. This program is intended for young boys and consists of four levels including Preschool, Class 10, Class 9 and Class 8. The skills in each level have been selected to provide the coach with a simple progression of basic skills, which are appropriate for the beginner level student. This program can be incorporated directly into the typical one-hour class lesson plan.

The program, which has been designed and reviewed by some of the best coaches in the United States, can be adapted to any program and any age group for boys. The program is also intended to integrate easily into the USA Gymnastics Age Group Competition Program and the Junior National Development Team program (Future Stars) which will provide the opportunity for further growth within your boy's program.

The intent of the program is that it can benefit every club and coach that has boys in its program. If you are just starting a boy's

program, you need a little guidance with your existing boys' program or you already have a great boys' program, the Basic Skills Achievement Program is for you.

The mission of USA Gymnastics is to encourage participation and the pursuit of excellence in all aspects of gymnastics. Further, the boy's age group program has set as its' mission to provide accessible youth gymnastics programs intended to promote the true joy of sport: "Striving to be your best."

### **The Basic Skills Achievement Program was designed to meet the following criteria, needs and objectives:**

1. Most boys' instructional class programs are based on classes that meet once per week and are approximately one hour in length.
2. Success of the business is linked to the enrollment in these classes.
3. Students need to feel that they are learning and doing gymnastics from the very first class to provide positive reinforcement and the opportunity to advance.
4. Parents need to see a well-organized and executed program where students visibly progress.
5. The program must be flexible to allow adaptability to the individual difference between programs,



individuals and classes.

6. The program must provide for and encourage the recognition and rewarding of individual accomplishment.
7. The skills within the program should be specifically described and easily understood to insure consistency both in skill teaching and the evaluation of the student's progress.
8. Establishing beginner programs should be inexpensive.

## The Basic Skills Achievement Program consists of four parts:

1. A basic skill curriculum divided into four levels of progression. The curriculum covers skills on all six of the men's Olympic events plus trampoline. There is also a section on Strength and Flexibility and Basic Conditioning Activities.
2. BSAP Evaluation Sheets which provide the instructor the means to document the progress of the student. These sheets can be duplicated as needed.
3. The BSAP Skill Chart which provides the means to record and recognize the progress of all students within the program or a class. Additional BSAP Skill Charts are available through USA Gymnastics Member Services at 1-800-345-4719.
4. The BSAP Videotape demonstrating what each skill should look like.

**We talked to USA Gymnastics Men's Program Manager Bo Morris about the new program and here's what he had to say.**



**Q:** *Why was the program revamped?*

**A:** The original program was developed in 1993. The sport has changed greatly since then and the Junior Olympic Age Group Program has made many changes as well. The BSAP just needed a little tune-up to come into the future with the sport and the JO Program. The Men's Program is placing a major emphasis on education. The BSAP is just one of the educational projects that we will be unveiling this year.

**Q:** *How do you hope this will affect the boys' program?*

**A:** We hope that the program will be well received and implemented in all clubs. Almost every club has preschool boys. What happens to those boys who want to continue the sport, past the ripe old age of 5? We think this program will help those clubs be able to have a plan or guideline to continue their boys class programs, even if they never have a competitive team.

**Q:** *Who was involved with developing the new Basic Skills Achievement Program?*

**A:** We assembled a team of experienced coaches, club owners and program directors who have enjoyed successful boys programs and competitive teams. Gene Watson was one of the founding fathers of this program so we wanted his input again. Also making this program come to life were: Steve Butcher, Tom Meadows, Steve Randall, Phil Savage, Joy Umenhofer, Dennis McIntyre and myself.

**Q:** *When will the books and video be available for same and how much are they?*

**A:** We will have manuals and videos available at Congress and they will also be available through USA Gymnastics Merchandise and Online. Cost is not yet determined, but every club will be able to afford a copy. The cost will be posted in the next Technique and be available when you call to order.

## Points to Remember About Boys

- Boys are very competitive by nature. Incorporating games and simple contests within the skill learning will make classes both fun and motivating for the students.
- Basic gymnastics is the same regardless of the age of the student, however; older boys will progress more quickly through the beginner levels due to their increased strength and physical maturity. Classes and age groupings should be designed with this fact in mind.
- Boys will find a way to keep themselves busy if you do not. It is always better to choose their activity than to let them make it up. Boys' classes should be planned to utilize multiple stations and maximum participation to keep students on task.