



ARTISTIC  
PREPARATION

*with Stacey Umeh*

COACH AND ATHLETE  
MENTORING PROJECT



**STACEY UMEH**  
DIRECTOR - THE CREATIVE MOVEMENT GROUP



# ARTISTIC PREPARATION MENTORING

Dear NDGC Competitive Staff,

I am so excited to get the opportunity to introduce the NDGC/The CMG - Artistic Preparation Mentoring Project.

My name is **Stacey Umeh** and I am the founder and director of a movement consultancy company called The Creative Movement Group. I have been working in the gymnastics and artistic sports industry for over 37 years; both as a technical gymnastics coach AND as a creative movement/artistic preparation specialist.

After much consultation with some of the NDGC Leadership team, and consideration of the Artistic Preparation needs of the Northern Districts Gymnastics Club Competitive Gymnastics program, I am pleased to present, an ambitious, yet comprehensive program to deliver **Coach and Athlete Mentorship in the Area of Artistry and Artistic Preparation**.

You, at NDGC have a unique opportunity to utilise a fully developed Artistic Preparation training system that WILL add value to the athletes which you influence AND enhance and further your development as Artistic Sports Coaches!

The **NDGC Artistic Preparation Mentoring program** will contain simple yet powerful tools and templates to help direct the Artistic development for NDGC coaches and athletes, allowing you to EXCEL artistically, and expanding your skill sets in this space.

I look forward to working with all of you; in the following few pages I will outline more details about this project! Please don't hesitate to get in touch if you have any questions or comments.

*Stacey*

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# NDGC - THE CMG ARTISTIC PREPARATION MENTORING PROJECT

## OVERVIEW

The NDGC Artistic Preparation Mentoring Project will focus on **4** main areas:

1) **Coach – Artistic Preparation Theory & Education:**

Providing you as coaches with a comprehensive academic-styled education on the technical, tactical and biomechanical aspects of Artistry and Artistic Preparation development.

This approach is designed to empower YOU to deliver Artistic Preparation programming from a place of theoretical understanding.

2) **Coach – Artistic Preparation “In-Gym” Tools:**

Specifically designed tools to take the guess work out of Artistic Preparation program delivery in the gym.

These Artistic Preparation In-Gym tools can then be either directly utilised in the gym or absorbed by you and then re-delivered to your athletes embedded in an existing curriculum.

3) **Athlete Artistic Preparation Education and Engagement:**

Activities and education targeted at athlete awareness, after all, engaged and Artistically-astute athletes will be more receptive and open to your Artistic Preparation training

4) **Individual Coach Mentorship and Development in the Artistry & Artistic Preparation space:**

Aimed at up-skilling you as coaches in your perceived “knowledge-gap” areas.

This approach will challenge, encourage and inspire YOU to integrate Artistic Preparation into your overall Gymnastics coaching philosophy; thereby further developing and enhancing your coaching talents and careers.



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# OVERALL PROJECT PLAN

The Content of 4 Main Areas listed previously are outlined below:

The topics covered will include theoretical, technical and practical information that will be specific to gymnastics, representing latest research in best dance practice, focusing on injury prevention with consideration of growth and development factors, that will be designed to be integrated into an overall everyday gymnastics curriculum.

- Please keep in mind this is a PLAN! which can be adjusted or altered as we go! :)

## Content

- **Coach – Artistic Preparation Theory & Education**
  - History of Gymnastics - Artistry Focus (all 4 Gymsports), evolution of the Gymsports
  - Artistry and Artistic Preparation Theory (What it is, why it exists, how it applies to gym)
  - Planning & Periodisation of Dance & Artistry (long term, annual, macro/micro cycle, session)
  - Dance/Artistic Preparation Glossary of terms (definitions, pronunciation, relationship to gymnastics)
  - Biomechanics/Kinematics of Dance skills and movements
  - Anatomy - related to Artistic Prep (posture, feet, hip, leg rotation & alignment, hands)
  - Development of Dance related Biomotor abilities (Flexibility, Strength, Power, Speed)
  - Dance-related Injury prevention and Growth and Development considerations
  - Current Best-Dance practice methodologies (teaching methodologies)
  - Code of Points - Artistic Preparation & Artistry "Deep Dive"
  - Foundational Dance related Skills (Take-offs/Landings, Balance & Stability)
  - Dance Technique (Leaps, Jumps, Turns, Movement Fundamentals, Basic Choreography)
- **Coach – Artistic Preparation “In-Gym” Tools**
  - Set Warm ups (including movement vocabulary sets)
  - Line Drills & Locomotions
  - Flexibility Programs (Active, Passive, Ballistic)
  - Sport Specific Ballet Barre
  - Floor Barre
  - Dance-based Physical Preparation Activities
  - Basic Leaps and Jumps Program
  - Basic Turns and Pirouette Programs
  - Athlete Testing (Dance-based physical preparation, ballet, gymnastic dance skills)
- **Athlete Artistic Preparation Education and Engagement**
  - Artistry and Artistic Preparation Theory (What it is, why it exists, how it applies to gym)
  - Code of Points - Artistic Preparation & Artistry "Deep Dive"
  - Dance/Artistic Preparation Glossary of terms (definitions, pronunciation, relationship to gymnastics)
  - Anatomy & Biomechanics - related to Artistic Prep (posture, feet, hip, leg rotation & alignment, hands)
  - Dance Technique (Leaps, Jumps, Turns, Movement Fundamentals, Basic Choreography)
  - Artistic Preparation Goal Setting and Reflective Practice
- **Individual Coach Mentorship and Development in the Artistic Preparation space**
  - Self Evaluation and Goal Setting
  - Individual Targeting based on career/personal development goals of each coach
  - Personal, Individualised Artistic Prep Coach Development Action Plan



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# POVERALL PROJECT PLAN

## (CONTINUED)

### Delivery Mechanisms:

Utilising all the delivery methods available to reach as much of the targeted population as possible.

- **Face to Face:** Program visits, meetings, clinics, Master Classes, PowerPoint presentations
- **Virtual:** via an app/dedicated website, YouTube channel (private and unlisted content),
- **Written:** emails, messaging platforms, surveys, documents, suggested readings

### Evaluation & Measurement:

Evaluation of Project effectiveness will be based upon specific goals and targets set by staff and Stacey including:

- Creation of "measurable improvement" Artistic Prep categories for athletes
- Development of a battery of measurement tools/test (ie: surveys, tests, scores, subjective evaluations, traffic measurement, etc.)
- Surveys and questionnaires

### Reporting:

Reporting to individual coaches, coaching group and management will occur in both formal and informal ways:

- Formal Status Reports
- Formal Meetings (regularly scheduled)
- Informal Meetings



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# THE CREATIVE MOVEMENT GROUP

## A BIT ABOUT THE COMPANY BEHIND THIS PROPOSAL



**STACEY UMEH**  
DIRECTOR



**The Creative Movement Group** was established in 2006 by **Anastasia (Stacey) Umeh**, an internationally renowned Artistry Training Specialist who had recently served as the Head & Assistant Coach of the Queensland Academy of Sport (QAS) Gymnastics program in Brisbane.

**The Creative Movement Group** began offering various sporting and arts organisations around **Australia** and **worldwide**, a myriad of movement-related products and services ranging from:

- **Face to Face Training;** including
  - Creative Movement Master Classes,
  - Artistic Preparation sessions including Ballet Barre, Line Drills & Dance Skill Preparation
  - Floor and Beam Routine Choreography
  - Session Observation and Technical Feedback sessions
- **Product creation** (developing multimedia technical and educational resources for use within the day-to-day sporting environments.)
- **Lecturing, speaking and workshops**, working with many organisations, assisting with education and mentoring of athletes, officials and parents

**The Creative Movement Group** currently works with National/State Sporting Federations, Clubs & individuals and clients can be found in many locations across **Australia**, as well as in parts of **China**, **Japan**, **Singapore**, **Canada** and the **USA**.



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# A FINAL THOUGHT...

"...without a rigorous training program centered on tedious attention to detail, painstaking exactness, and uncompromising expectations

- without persistence, focus and courage to keep on getting up there to try again and again and again after failing -

Championship Performance remains forever a dream, half hidden in the heart of a child."

**Gerald S. George, PhD.**  
**"Championship Gymnastics" - 2018**

