

Online Advanced Coaching Principles Course

RG Spotting Log Book

Name: _____

Date: _____

The candidate must demonstrate they can spot / support the progressions for each of the skills listed in the Spotting Log Book to complete the assessment task.

Apparatus: Skills	Candidate signature I can spot these progressions	Mentor signature	Print mentor's full name	Date
Physical preparation activities – Strength training				
Physical preparation activities – Flexibility training				

There is minimal spotting required in Rhythmic Gymnastics and therefore the Log Book reflects this.