

Pilates

Version 1 – 9th August 2012



Handy Tips - For Pilates Student Teachers

Scope

This document is an assortment of tips from the 'trenches'!

Polestar Log Books – Regularly Scan/Photocopy

- Just imagine, you have completed 10 hours observations and 15 hours shadow teaching and had them duly signed off by various instructors....
- and then you loose your log book!
- Strongly suggest you scan/photocopy it every 10 hours worth of activity

Get Lots Of Email Addresses BEFORE Finishing M3 !

- I found it extremely handy to have the ability to contact the people on my course once we have done M3 and gone our separate ways
- We organised Group Get Togethers for practise teaching and it was really useful to have the ability to fire out a question to the group when revising
- Having graduated, it's also handy to have the ability to canvass their opinions on topical issues – ie arranging cover if we can't make a class, questions on liability insurance, what kind of screening they do, would they allow someone in a gym situation to do a class if turning up 10 minutes late etc etc

Agreedate.Com

- Very useful site (free) to organise meetings – much easier than sending zillions of emails around

Redundancy – Plan For Hardware Failure

- Always plan for failure – take your own spare batteries for items of equipment such as radio mikes (not that I like them, but if it's a large gym based class, sometimes these are necessary)
- Likewise, if you use music, take both CD's and an MP3/iPod player