

# NATIONAL COACHING CERTIFICATION PROGRAM

NCCP courses occur throughout the year across the province. Course information can be found at the AGF website [www.abgym.ab.ca](http://www.abgym.ab.ca) . All courses are conducted by a certified Learning Facilitators and take place within the gymnasium environment.

## COACHING ELEGIBILITY

Apprentice coach: 13 to 16 years of age

Interim coach: 16 years of age

To enter any of the NCCP courses a candidate must be 16 years old at the commencement of the course.

- A 15 year old coach who registers in the Pre-CIT program with AGF, at least one year prior to the commencement of the course, can begin their coach training in the Gymnastics Foundations Program. 15 year olds who have not completed the Pre-CIT program cannot enroll in the NCCP training until they are 16 years old.
- 13 or 14 years old can be allowed into the NCCP courses only as an observer. They will not receive credit towards certification and after they reach the minimum age required, they must re-take the course for accreditation.

## CERTIFICATION:

For each level: The Theory, the Technical and the Practical components must be completed for a coach to be considered “certified”.

### Gymnastics Foundations Program:

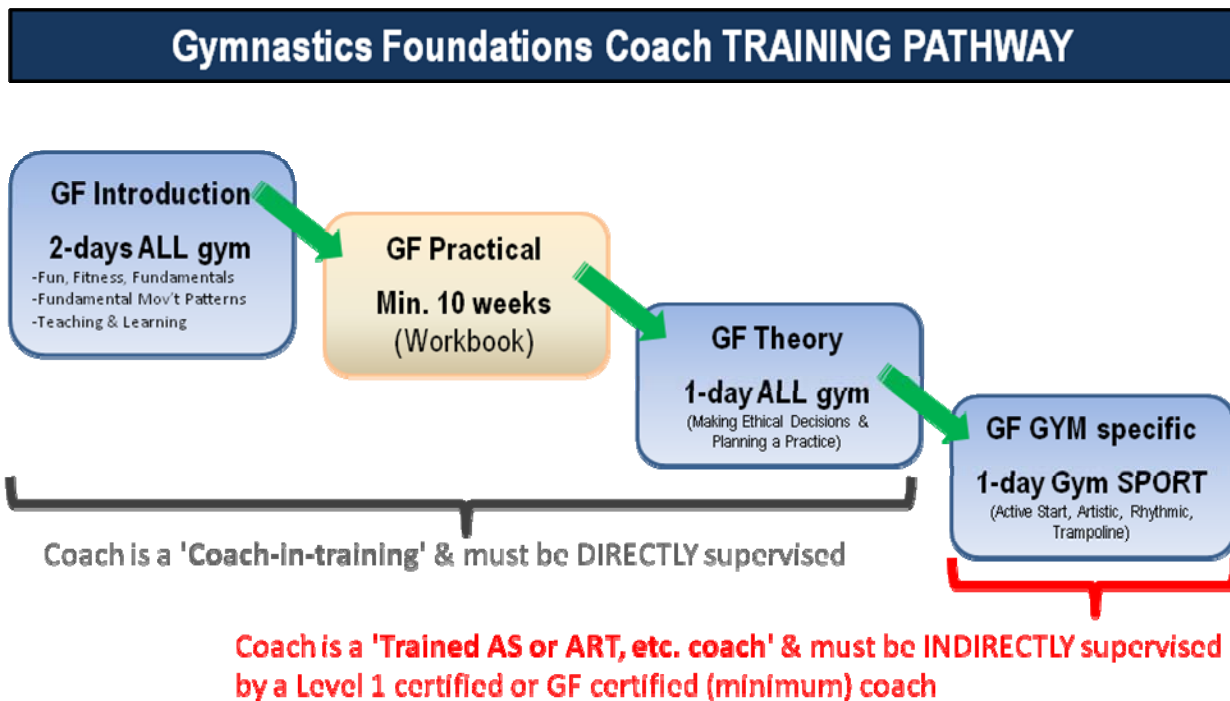
All the components are offered by AGF, and they must be completed in the following order:

- 1) Technical Course: Gymnastics Foundations Introduction (14 hours)
  - Practical Application: Following the Gymnastics Foundations Introduction course Coaches are required to complete the workbook found within the Gymnastics Foundations Introduction Manual. The workbook is divided into 10 sections, each corresponding to one week of their coaching practicum. Coaches completing their practical application must be **DIRECTLY** supervised by a certified Level 1 coach or a certified Gymnastics Foundations coach (minimum requirement) that is at least 18 years old. Workbook and practical coaching experience must be completed before they can attend the second week of training (Gymnastics Foundations Theory). Coaches are required to bring their completed workbook to the Theory course.
- 2) Theory Course (8 hours): Lessons plans and week/monthly planning applicable to Gymnastic Sports.
- 3) Following the Theory course coaches must complete the Making Ethical Decisions (MED) online evaluation. The online evaluation is free and coaches have two attempts to achieve 80% or higher on the evaluation. MED online evaluation can be found at: [www.nccpeval.coach.ca](http://www.nccpeval.coach.ca) .
- 4) Sport Specific Course: Gymnastics, Trampoline, Rhythmic and Active Start (8 hours for each specialty)

- 5) Coaches must complete Respect in Sport and First Aid & CPR certification (if applicable).
- 6) Evaluation: This is done both, during the coaching practicum and finally by an evaluator who will review the coaching portfolio and observe the class via video. Video evaluation can only be done after the coach has completed all of the courses (Introduction, Theory and Sport Specific), MED evaluation and coaching portfolio. Please contact AGF if you wish to have your video and portfolio evaluated.

**Supervising requirements for coaches while “in training”:**

Coaches have varying supervisory requirements as they progress through the training pathway (see illustration below). If you require further clarification contact AGF.



**GF TRAINED coach can take COMPETITION INTRO courses – i.e Level 2**

**GF coach must be CERTIFIED to SUPERVISE or MENTOR GF coaches-in-training**

**IMPORTANT NOTE:**

Coaches that completed training components in the “old” NCCP system can still complete their certification by combining both old and new courses. Contact AGF to determine which courses you require.

Please be aware that you can still submit your Level 1 Gymnastics (Artistic and/or Trampoline) practical hours, in order to become certified within the old NCCP system, until December 31<sup>st</sup> 2009.

**Level 2:**

- 1) Theory (Part B) Multisport is offered by institutions that host the NCCP program in Alberta, like the University of Calgary, Mount Royal College and Grant McEwan College in Edmonton.

- 2) Technical courses are offered by AGF, in Gymnastics and Trampoline; and Rhythmic is offered by the Alberta Rhythmic Association.
- 3) Practical hours for Trampoline are 150 hours and for Gymnastics are 200 hours of coaching required. A practical form it is required to be submitted to AGF to grant the certification for this level.

### Level 3:

- 1) Theory Course (Competitive Development): is a series of multisport courses offered by institutions that host the NCCP program in Alberta, like the University of Calgary, Mount Royal College and Grant McEwan in Edmonton. To date, the available Competitive Development Multi Sport Theory Modules include: 1) Coaching and Leading Effectively, 2) Developing Athletic Abilities, 3) Doping Prevention, 4) Managing Conflict, 5) Prevention and Recovery, 6) Psychology and Performance. Successful completion of four out of the six modules is required in order to obtain the Level 3 theory component.
- 2) Technical courses are offered by AGF, in Gymnastics and Trampoline; Rhythmic is being offered by the Alberta Rhythmic Association.
- 3) Practical Requirements in Artistic Gymnastics:
  - Complete a minimum of 400 hours contact coaching after commencement of the level 3 technical course; and attend and fulfill the requirements of the 12 hours level 3 practical evaluation session.

OR

- Be the named personal coach of an athlete who, while competing in any category at National Championships or elite Canada, achieves an all-around score of at least 34.00 (women) or 51.00 (man), within 4 years before or after completion of the level 3 technical course, and be able to demonstrate proof thereof in the form of the official competition results.
- 4) Practical Requirements in Trampoline Gymnastics:
    - Complete a minimum of 200 hours of contact coaching after commencement of the level 3 technical course, hold a current certificate in first aid, hold a current basic judging certificate, complete and submit the level 3 practical form to the AGF.

### Level 4:

The GCG Level 4 is primarily intended for coaches of National Stream and High Performance level athletes, and is administered by GCG, following guidelines set out by CAC. To be eligible the candidate must be certified Level 3 in gymnastics, be actively coaching competitive athletes, submit a written application and be selected into the program, be a member in good standing with the AGF and be approved by the P/T office. To receive certification in Level 4 Gymnastics, the coach must have full attendance in all Level 4 program activities, complete all required assignments and have completed all four modules of the Level 4 program, and produce a National Team athlete.

## HOSTING COURSES

Any club interested in hosting an NCCP technical course must fill and sign the application form for hosting. A request is put forward for facilitator availability, if the facilitator is available on those days requested by the club, then a course is schedule in the NCCP AGF calendar. If your club is interested in hosting courses on a yearly schedule (e.g. First weekend in April every year your club wishes to host a Level 2 Trampoline course) please contact AGF. AGF provides hosting honorariums to host clubs.