

Do I want to be a certified Gymnastics Foundations Coach? What are the benefits of becoming certified?

TRAINED Versus CERTIFIED

What can I do as a "trained" coach?

A "trained" coach is someone who has successfully completed the Gymnastics Foundations INTRO, Theory and Sport Specific courses (Artistic, Trampoline, Rhythmic or Active Start).

As a "trained" coach you may have your own group, however you must be under the indirect supervision of a certified coach.

What is indirect supervision? Indirect supervision occurs when a certified coach supervises a maximum of 10 trained coaches who are monitoring groups of ten athletes at one time.

You **cannot** supervise or mentor others.

If you wish you may enroll in Level 2 coaching courses. *(Must be 16 years of age).*

What can I do as a "certified" coach?

A "certified" coach is someone who has successfully completed the Gymnastics Foundations INTRO, Theory, Sport Specific courses (Artistic, Trampoline, Rhythmic or Active Start) **AND** has been Evaluated.

As a "certified" coach you may have your own group, and you may supervise **AND** mentor other coaches within that specialty. *(To mentor and supervise others you must be 16 years of age).*

You can work independently.

If you wish you may enroll in Level 2 coaching courses. *(Must be 16 years of age).*

I've successfully completed my Sport Specific course! How do I complete my evaluation?

-Go to www.abgym.ab.ca and print off the "Coach Evaluation for Certification Package" (On "Resources" page under "Coaching").

-Complete the list of tasks in the "Coach Evaluation for Certification Package" (pg 4) to create a Coaching Portfolio.

-Record a video of your class (VHS or DVD format). Videos should be 60 minutes in length and should reflect your lesson plan. Make sure you are audible so the Evaluator can hear you.

-Make sure all info in your workbook and all Portfolio components are 100% complete.

-Send attached form with \$110 (GST included) to Alberta Gymnastics Federation (207, 5800 2nd St SW T2H 0H2 Calgary AB).

-AGF will send your portfolio to one of our Evaluators. They will review your portfolio and video. The Evaluator will determine if you have successfully met the criteria to become a certified coach.

-AGF will mail your video and portfolio back to you and inform you if you have met the certification standards.

-No one other than the Evaluator will view your video. The video will not be used for promotional or training purposes. If your club requires the class participants to sign a video release form, this can be obtained by contacting AGF.

-What happens if I do not meet the certification standard? The Evaluator will indicate which areas of your Portfolio or Video are below certification standards. You may re-submit your video to be re-evaluated once you have made the adjustments for an additional \$110 payable to AGF.



Please contact AGF at
1-800-665-1010
for more information!

Alberta Gymnastics Federation Gymnastics Foundations Evaluation Application

The prerequisite requirements to attaining Gymnastics Foundations Certification in the NCCP Program are:



- ⇒ Attend & Pass the Gymnastics Foundations Introduction Course
- ⇒ Attend & Pass the Gymnastics Foundations Theory Course
- ⇒ Attend & Pass the Foundations Sport Specific Gymnastics Course (Artistic, Trampoline, Active Start etc.)
- ⇒ Complete your Coaching Portfolio and Video
- ⇒ Payment of \$110 to Alberta Gymnastics Federation (Cheque, Visa, or Mastercard)
- ⇒ Send payment*, video and portfolio to AGF (207, 5800 2nd St SW Calgary AB T2H 0H2)

Name: _____ Date of Birth: ____/____/____
month day year

NCCP Passport Number: _____

Permanent Home Address: _____ City: _____

Postal Code: _____ Contact Phone Number: (____) _____

Club/Institution: _____ Club Phone Number: (____) _____

Name of Supervisor/Head Coach (S/HC): _____

Date completed GF Intro ____/____/____/____ Location: _____
Month Day Year

Date completed GF Theory ____/____/____/____ Location: _____
Month Day Year

Please indicate which Gymnastics Foundations Specialty you are seeking certification:

- Artistic Gymnastics
- Trampoline Gymnastics
- Active Start

Date completed GF Specialty ____/____/____/____ Location: _____
Month Day Year

Method of Payment (if required)*:
AGF accepts Cheque, MasterCard and Visa

Credit Card #: _____ Expiry date: _____

Your Signature: _____ Date: ____/____/____

**If you registered in the GF Certification Package Pilot the price of your evaluation was included in the package price.*