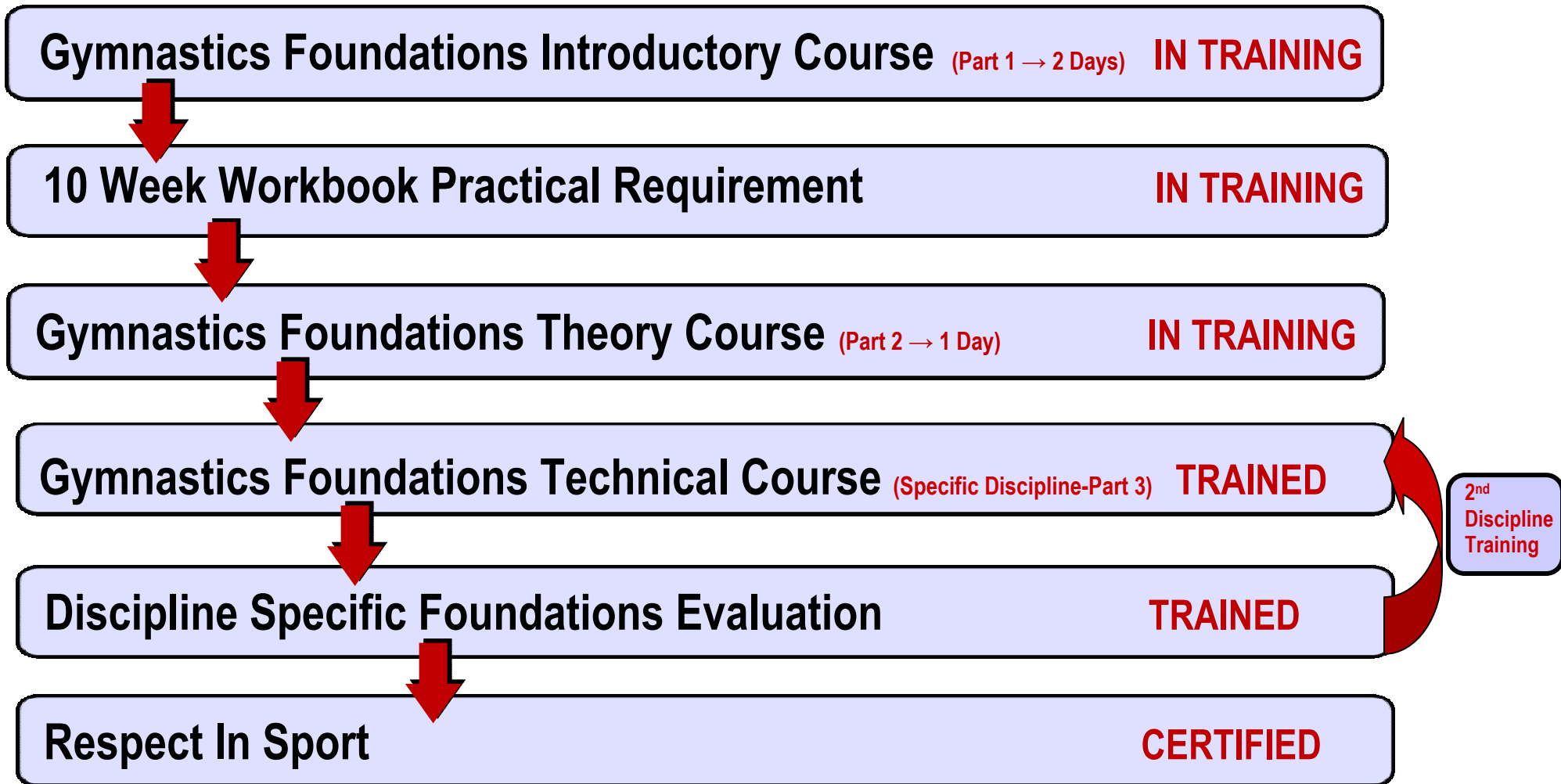




Foundations Program





Gymnastics Foundations

(Technical Regulations for Coaches)

Major Changes to Gymnastics' Certification:

- Integration of multi-sport Theory modules into Technical courses
- Shorter Discipline specific courses due to deletion of 'repeated' material
- Coaching workbook for all disciplines
- Addition of Coaching Portfolio and formal evaluation for certification
- Certification = coach must now OFFICIALLY demonstrate ability to 'plan, implement & evaluate Lessons'
- 15-year old can start training process IF they have completed the GCG approved Coach In Training Program. If not, then must be 16 to take Gymnastics Foundations Courses

The Program:

- Part 1** – Introduction (2 Days) – In Gym (Safety etc.)
Part 2 – Theory (1 Day) – In Classroom (Ethical Decisions/Planning a Practice)
Part 3 – Technical (1 Day) – In Gym (discipline specific material)

<u>Course Information</u>	<u>Coaching Title Upon Completion</u>	<u>Coaching Eligibility</u>
GCG Coach In Training Program (13-15 year olds)	<i>Apprentice</i>	- Must be under the direct supervision of a Certified Coach
Introduction (Part 1) – 2 Days	<i>In Training</i>	- Must be under the direct supervision of a Certified Coach
10 weeks (completion and approval of workbook and tasks)	<i>In Training</i>	- Must be under the direct supervision of a Certified Coach
Theory (Part 2) – 1 Day	<i>Trained</i>	- Able to coach a group on own - Must have a Certified Coach in the Gym
Technical (Part 3) – 1 Day	<i>Trained</i>	- Able to coach a group on own - Must have a Certified Coach in the Gym
Completion of Portfolio, On-Site Evaluation & Respect In Sport	<i>Certified</i>	- Able to coach a group on own
<ul style="list-style-type: none"> • Only Permitted to Teach Level 1 Skills • Coaches must be Certified in the same Discipline they are supervising 		

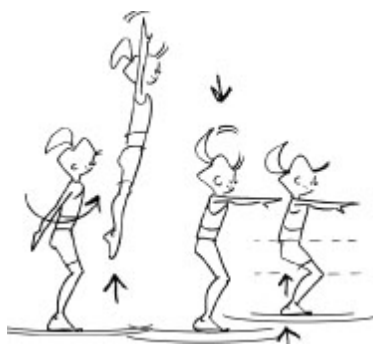
OLD Gymnastics NCCP	NEW Gymnastics Foundations
<p style="text-align: center;">Training opportunities:</p> <ul style="list-style-type: none"> • Level 1 Multi-sport Theory course: <ul style="list-style-type: none"> - Course open to all sports - Course content is 'generic' • Level 1 Technical course in either: <ul style="list-style-type: none"> - Artistic Gymnastics - Trampoline Gymnastics - Rhythmic Gymnastics <p>Total Training Time:</p> <ul style="list-style-type: none"> • 3 ½ to 4 days for 1 Discipline • 1½ to 2 days for each additional discipline <p>Practical application:</p> <ul style="list-style-type: none"> • Level 1 Practical component in either: <ul style="list-style-type: none"> - Artistic Gymnastics (50 hrs + workbook) - Trampoline Gymnastics (50 hrs) - Rhythmic Gymnastics (30hrs) <p>Certification:</p> <p style="text-align: center;">Multi-sport theory course + Technical course in 1 discipline + Practical component in same discipline = Certification in that discipline</p>	<p style="text-align: center;">Training opportunities:</p> <ul style="list-style-type: none"> • Introductory course (Part 1): 2 Days <ul style="list-style-type: none"> - For all Gymnastics Disciplines - 'Common' content of disciplines • Theory course (Part 2): 1 Day <ul style="list-style-type: none"> - Ethical Decision Making (all disciplines) - Planning a lesson (all disciplines) • Technical (Part 3): 1 Day <ul style="list-style-type: none"> - Specific Discipline - Artistic, Rhythmic, Trampoline, Active Start (Preschool) <p>Total Training Time:</p> <ul style="list-style-type: none"> • 4 days for first discipline • 1 day for each additional discipline <p>Practical application & 'evaluation':</p> <ul style="list-style-type: none"> • After Part 1: <ul style="list-style-type: none"> - Complete 10 week Workbook (required to take Part 2 & 3) • After Part 2 & 3: <ul style="list-style-type: none"> - Complete Coaching Portfolio and Evaluation by Alberta Gymnastics Evaluator <p>Certification:</p> <p style="text-align: center;">Part 1 Introduction (2 Days) → In Training + 10 Week workbook (10 - 12 weeks) → In Training + Part 2 Theory (1 Day) → Trained Coach + Part 3 Discipline Specific Technical (1 Day) → Trained Coach + Coaching portfolio, evaluation in Specific Discipline and Respect In Sport = Fully Certified in Specific Discipline</p>

Frequently Asked Question

- 1. What happens if I am already partially certified under the NCCP program?** You will have until December 31, 2008 to have fully completed your certification under the NCCP program. If you fail to be fully NCCP Level 1 certified by this date, you must re-start your certification under Gymnastics Foundations.
- 2. Can I coach if I have only completed the Gymnastics Foundations (Part 1) course?** Yes, as an assistant coach under the direct supervision of a certified coach since you are considered A *'Coach In-Training'*.
- 3. Can I register for the Gymnastics Foundations Theory Course (Part 2) if I am not done the 10 Week Workbook?** The 10 Week Workbook will be utilized in the Theory course. If the Workbook is deemed incomplete, the coach will not be accepted into the Theory Course.
- 4. What do I do if there are only 8 weeks in our recreational session, and am unable to complete the 10 Week Workbook prior to the next Gymnastics Foundations Theory Course (Part 2)?** The coach can complete more than 1 activity per week if he/she is coaching in an intense environment (Summer Camp, Monday-Friday), or the coach completes the 10 Week Workbook in the next session and takes the next available course after completion of the Workbook.
- 5. What happens after I have completed the Gymnastics Foundations Theory (Part 2)?** You are considered a *'Trained Coach'* and can coach a group on your own, but must have a certified coach in the Gym. The certified coach must be certified in the same discipline they are supervising.
- 6. What happens after I have completed Gymnastics foundations Technical (Part 3)?** You are still considered a *'Trained Coach'* and are allowed to coach a group on your own, but must have a certified coach in the gym. The certified coach must be certified in the same discipline they are supervising.
- 7. When can I coach a group without supervision?** When you become certified. In other words, after you complete Gymnastics Foundations Part 1, your 10 Week Workbook, Gymnastics Foundations Parts 2 & 3, complete your coaching portfolio, evaluation and Respect In Sport.
- 8. What does the Evaluation entail?** An on-site or video evaluation of one of your lessons.

Frequently Asked Questions Continued

9. **Will the Preschool Certification course still be offered?** Yes, in the Technical Course (part 3), there is choice of Artistic, Trampoline, Rhythmic and Active Start (Preschool).
10. **What is the cost to becoming fully certified in one discipline?** The cost of being NCCP certified and Gymnastics Foundations certified will be approximately the same.
11. **Can I become certified in more than 1 Discipline?** Yes.
12. **I am fully certified in 1 Discipline, how do I become certified in a second discipline?** You must complete Part 3 Gymnastics Foundations Technical for another discipline (Artistic, Trampoline, Rhythmic or Active Start), the Coaching portfolio & the on-site/video evaluation in that specific discipline.
13. **I am currently NCCP Level 1 in one discipline, how do I become certified in another discipline?** You have to complete Part 3 Gymnastics Foundations Technical in the new discipline, as well as the Coaching portfolio & on-site evaluation in that discipline.
14. **Do coaches ever have to re-certify?** A coach's certification does not have to be re-taken if they have completed another certification course or if the coach attends a GCG approved professional development activity (provincial coaching congress) within 5 years of certification. If the coach does not attend these types of courses, he/she can maintain their Certification by redoing the Gymnastics Foundations Technical Course (Part 3).
15. **How do I become Level 2 certified** The Alberta Gymnastics Federation will continue offering NCCP Level 2 courses in all disciplines until the **Competition** Certification Process is fully implemented. NCCP Level 1 is equivalent to Gymnastics Foundations, while NCCP Level 2 is equivalent to Gymnastics Competition.



National Coaching Certification Program

Gymnastics Foundations!!!