How To Become A Coach

Pre-Coach-In-Training

Pre-Coach-in-Training (Pre CIT) Program is club run and club directed.

Competency

Observation of coaching under the direct supervision of a Tutor Coach who is at minimum a Foundations certified coach.

Minimum Age = 13* or 14

Please notify RGA when a Pre-CIT program is initiated in your club. Participants must be registered with Gymnastics Canada.

Materials Available On-Line

Pre-Coach-In-Training Tutor Guide

Pre-Coach-In-Training Workbook

*If 13, when you start the Pre CIT you must complete the course over 2 years.

Completed your Pre CIT?

You have a head start and can register for the Gymnastics Foundations Intro when you are 15.

Minimum age for INTRO without Pre –CIT is 16.

In-Training

Gymnastics Foundations INTRO Course (16 hrs) taught by a GCG Learning Facilitator.

Competency

10 weeks of coaching under the **DIRECT** supervision of certified coach. Complete 10-week work book with your mentor coach.

Gymnastics Foundation

THEORY Course (8 hrs)

Bring your completed workbook to the course and receive the theory manual!

Following the theory course, you must com plete the *Making Ethical Decisions* online evaluation—

"Competition INTRO" version Visit coach.ca. You must achieve 80% or higher on the evaluation.

Apply now for your Coaching Bursary from RGA.

Gymnastics Foundation SPORT SPECIFIC COURSE

(Rhythmic, Artistic, Trampoline, Active Start, Sport Aerobics and Sport Acro.)
(8hrs each)

Bring your completed work-

Bring your completed workbook to each course and receive the sport specific manual!

Trained

NOW YOU ARE TRAINED!

Competency

You may coach your own group under the in-direct supervision of a certified Foundations or Level 1 coach.

GET CERTIFIED!
AND/OR
TAKE YOUR LEVEL 2 NCCP



BECOME A CERTIFIED FOUNDATIONS COACH

Successfully complete Gymnastics Foundations Evaluation by submitting your Portfolio + Video to the RGA office for evaluation by a Master Learning Evaluator to become CERTIFIED

Contact the RGA office for more information on the evaluation process.

Certification

Competency when Certified

You may mentor, tutor and supervise other coaches in the Pre-CIT and Gymnastics Foundations Program. You may coach your own group unsupervised.

TAKE LEVEL 2 NCCP

Level 2 can be taken after Foundations training is completed.

You may take Level 2 courses in the areas of sport specific training that you have successfully completed.

Minimum Age = 16*

*May apply at age 15 if you completed the Pre-Coach-In-Training Program

YOU AND THE COACHING ASSOCIATION OF CANADA

Need to check your certification? The NCCP database at coach.ca will allow you to update personal information, check coaching records and print transcripts.