

NCCP Competition 1 (Introduction)

Training Phase

Minimum 16 years old

Gymnastics Foundations Trained

GF Introduction course

GF Theory course

GF Sport Specific course*
Artistic
Rhythmic
Trampoline
Aerobic
Active Start

* Must be trained in their respective discipline

Gymnastics Canada Sport Specific Competition 1 (Introduction) Course (4 day course)

Includes sport specific theory content (design a sport program, teaching & learning, basic mental skills, nutrition) as well as sport specific technical content



Competition 1
Trained

Certification Phase

Register for Evaluation with your Provincial Gymnastics Federation

Build Coach Portfolio

Coach Profile

Make Ethical Decisions Online Evaluation

Program Description

Yearly Training Plan

1 Lesson Plan

Understand/Teach Model

Nutrition Quiz

Emergency Action Plan

Spotting Assessment (MAG, WAG, TG, Acro ONLY)

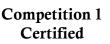
Self-Assessment & Action Plan



Observation in Training (on-site or video)



Debrief with Evaluator





Maintenance Phase



20 PD points over 5 years

Active coaching

Self-reported PD

NCCP workshop or online course

Gymnastics Canada NCCP course

Gymnastics Canada non-NCCP activity

Multi-sport Non-NCCP activity

