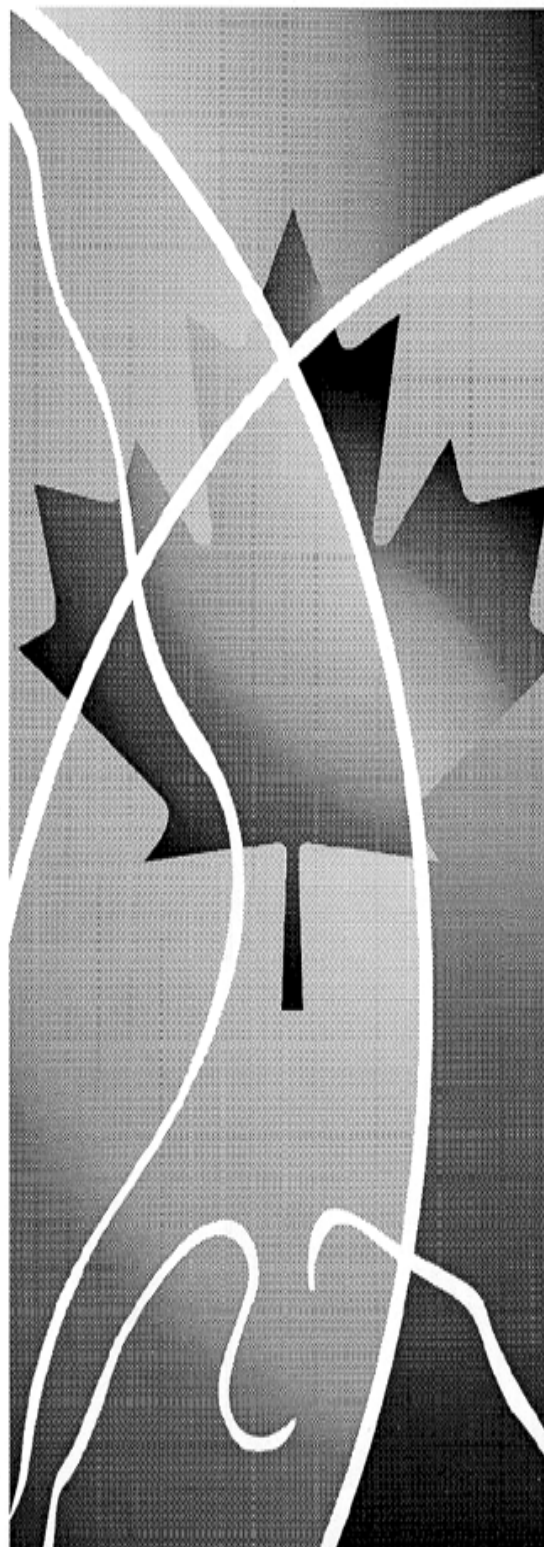


GYMNASTICS  
CANADA  
GYMNASTIQUE  
LEVEL 3  
PRACTICAL  
EVALUATION  
GUIDEBOOK



Published in Canada by  
Gymnastics Canada Gymnastique  
1600 James Naismith Drive, Suite 510  
Gloucester, Ontario, K1B 5N4

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ISBN 0-920611-25-7

## ACKNOWLEDGMENTS

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*We wish to thank the GCG Level 3 Master Course Conductors and Course Conductors  
for providing input toward the development of this resource.*

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Robert Persechino  
Jeff Thomson

Pam Collett  
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Dan Niehaus  
Bill Rhoads  
Boris Verkhovsky

Dave Copeland  
Rick McCharles  
Jeff Pauliuk  
Keith Russell  
Carey Vigneux

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**GYMNASTICS CANADA GYMNASTIQUE**

**3M NATIONAL COACHING CERTIFICATION PROGRAM**

**GUIDELINES FOR THE  
LEVEL 3 PRACTICAL COMPONENT**

**MEN'S AND WOMEN'S ARTISTIC GYMNASTICS**

**SECTION 1 - INTRODUCTION**

The Level 3 Practical component is the third and final portion of Level 3 certification in artistic gymnastics. Through the Practical component, a coach must demonstrate that he or she is competent at planning the yearly training of a competitive level gymnast and at teaching the skills that are included in the Level 3 Technical course.

*a) Definition of the Practical Component*

During the Practical component, the coach must:

- demonstrate an ability to apply the knowledge gained from the Level 3 Theory and Technical courses;
- be the personal coach of competitive level athletes for a period of at least one year, for a minimum of 400 contact coaching hours; and
- be evaluated and receive feedback on coaching performance.

*b) Eligibility for Completion of the Level 3 Practical Component*

To be eligible for the Level 3 Practical component, a coach must:

- be certified Level 2 in the corresponding discipline of artistic gymnastics,
- provide proof of completion of the Level 3 Theory and Technical courses, and
- be coaching actively at the competitive level, with athletes who are training the skills presented in the Level 3 Technical course.

Coaches who are not yet training athletes at this level are encouraged to complete the Level 3 Theory and Technical components, but not undertake the Practical until their gymnasts are ready to learn the Level 3 skills.

*c) How to Complete the Level 3 Practical Component*

To complete the Level 3 Practical component, a coach must provide proof of their ability to successfully coach at this level. There are two options:

OPTION 1: Completion of the Level 3 Practical Evaluation Workshop.

OPTION 2: Recognition of coaching achievement through competitive performance of a Canadian athlete at the National level.

Each of these options will be described later in the book.

*d) How to Apply for the Level 3 Practical*

This Guidebook will be distributed to all coaches completing the Level 3 Technical course, beginning January 1, 1998. The Guidebook can also be purchased from your Provincial/Territorial Gymnastics Association (P/T association). The Guidebook contains all the forms required to apply for either Option 1 or Option 2. Once you have identified how you will complete the Practical requirements, the appropriate form and any required documents should be returned to your Provincial/Territorial Gymnastics Association. The addresses for the P/T associations are listed in Section 5 of the Guidebook.

The suggested fee for Level 3 Practical is \$60.00, although this may vary amongst provinces/territories.

## SECTION 2 - THE PRACTICAL EVALUATION WORKSHOP

### a) *Overview of the Workshop*

The Practical Evaluation Workshop is the first (and the preferred) option for completion of Level 3 Practical requirements.

Participants in the Workshop must demonstrate their capability of preparing a yearly training plan (YTP) for a competitive athlete and their ability to teach the skills that are covered in the Level 3 gymnastics Technical course. Participants are brought together in a classroom-type setting, where they must present their own material to a small group of peer coaches. Participants will receive feedback from each other and from Level 3 course conductors and must participate in group discussions on areas of common concern.

There is no requirement for an in-gym component during the workshop. This is not to say that the gym should be avoided. Quite the opposite! The ideal setting for the workshop is a small, private room adjacent to a gym. This offers quick access to apparatus and demonstrators when needed.

Although it is tempting to include more Level 3 content, the intent of the workshop is to provide feedback on how the participants have applied the Level 3 Theory and Technical course material in their coaching. The course conductor's role is to facilitate discussion and support an interactive learning environment.

### b) *Description of the Workshop*

The Level 3 Practical Evaluation Workshop is a **six to twelve hour** (one to two days) session which you can attend following a **minimum of one year and 400 contact coaching hours after completion of the Level 3 Theory and Technical courses**. Your contact coaching hours must be at the **competitive** level, and you must be teaching the skills covered in the Level 3 Technical course.

This is a Practical course, and participants will share their ideas and experiences with other Level 3 coaches. There will be a minimum of three and a maximum of six participants at the workshop.

During the workshop, you will attempt to **prove your coaching effectiveness**. This will be accomplished as you explain and demonstrate how you coach. You will also receive feedback from peer coaches and the course conductors.

Here are some sample schedules for one and two day workshops:

<b>One day (3 Participants)</b>	
9:00 - 12:00	Introduction Video Analysis
12:00 - 1:30	Break
1:30 - 3:30	Round Table YTP
3:30 - 4:30	Additional topics Coaching Ethics Q&A Wrap-up

<b>Two days (4-6 Participants)</b>	
Day 1 9:00 - 4:30	Introduction Video Analysis
Day 2 9:00 - 12:00	Round Table YTP
12:00 - 1:30	Break
1:30 - 4:30	Additional Topics Coaching Ethics Q&A Wrap-up

**You must have the following at the Level 3 Practical Evaluation Workshop:**

1. NCCP Level 3 Theory and Technical manuals

2. The **second copy** of your Video

The next pages outline the requirements for the video submission. One copy of your video will be submitted to the course conductor at the time of application for the workshop. You must bring the second copy with you to the workshop.

3. **Two copies** of your Yearly Training Plan (YTP)

The requirements for submission of your YTP are outlined on the pages to follow. One copy of your YTP will remain with the course conductor.

4. Other Resources

Any other coaching resources you use (e.g. books, task cards, articles). Bring anything you think will be of interest to your fellow Level 3 coaches.

*Note that the Level 3 Yearly Training Diary is no longer required for this workshop.*

**REMEMBER!!!**

Any coach who arrives **without** the video and completed YTP (two copies of each) **cannot participate in any part of the workshop**. Provincial/Territorial NCCP personnel should confirm this requirement with all course participants well before the workshop. In the past, coaches have been denied access to the workshop after arriving without the required work.

c) *Guidelines for Video Submission*

Each participant at the workshop is required to produce a video showing how he or she taught the Level 3 skills to their gymnasts on each of the competitive events. One copy of the tape must be submitted to the course conductor before the workshop. A second copy of the video must be brought to the workshop.

Participants must select up to three skills per event from the list of identified skills (see next page). The video must include all the skills that the participant has selected. The course conductor will review the video and select one skill per event for an oral presentation at the workshop. The participant will be informed of the selected skills prior to the workshop.

The video must be prepared as follows:

- To allow for specialists, coaches of female gymnasts must select at least four of the six women's events (vault, bars, beam floor, dance or choreography), while coaches of male gymnasts must cover all six men's competitive apparatus for the video.
- The maximum duration of the video will be 10 minutes per event (40 minutes for the women's events and 60 minutes for the men's events). The tape must be well edited and dated by month. All skills must be presented by event and on one video tape only.
- Taping sessions should be done at regular monthly intervals throughout the year. Videotaping nights should be incorporated into the YTP and indicated as such in the plan. It is recommended that the coach begins preparing the video as soon as the Level 3 Technical course has been completed.
- The video must show the progressions used in the development of each skill, as well as any specific conditioning. The tape should focus on the progress of the athlete on a monthly basis. The final phase of the video must show the skill being performed in competition.
- The video must show the athlete and the coach. The coach must be shown spotting the skill, as well as spotting any progressions or conditioning exercises.
- Workshop participants will each prepare a 20 (women) or 30 (men) minute oral presentation on the skills that have been selected by the course conductor. The presentation must describe the content of the video (which will be presented simultaneously with the video) and will also describe the participant's personal coaching environment. It is not necessary to edit the video to include only the four skills that have been selected.

- Remember that there is no “right” or “wrong” answer. Each participant works in an environment that is unique. However, coaches must be prepared to explain and justify their reasons for selecting certain drills and progressions, describe how their own coaching has progressed during the year, and discuss which techniques worked, which ones did not work (and why) and how modifications will be done.

The course conductor is more interested in the **content** than the quality of the video. A professional A/V production is not required. However, remember that the ability to edit pieces from many videos onto one master tape is an important skill for any coach. Use this exercise as an opportunity to improve your videotaping and editing skills.

Here is the list of Level 3 skills that will be accepted for your video presentation. **Three skills** must be selected from the list for each event, except for Vault where only one skill is required. **Your video must cover all the skills you have selected.** The course conductor will review your video and select from it one skill per event for your oral presentation during the workshop. Select your skills and begin your video as soon as you have finished the Level 3 Technical course.

**Note: Other Level 3 or higher skills may be substituted subject to approval from the course conductor during the Level 3 Technical course.**

VAULT	select one (1) of:	<ul style="list-style-type: none"> <li>• Handspring 1/1</li> <li>• 1/2 on - 1 1/2 off</li> <li>• Handspring forward salto</li> <li>• Tsukahara</li> </ul>
BARS (Men and Women)	select three (3) of:	<ul style="list-style-type: none"> <li>• Giant (forward <b>or</b> backward)</li> <li>• Blind change or 1/1 turn</li> <li>• Stalder or Endo</li> <li>• Flyaway 1/1 <b>or</b> double back</li> <li>• Straddle back to handstand (women only)</li> <li>• Shoot 1/2 to handstand (women only)</li> <li>• Pak Salto (women only)</li> </ul>
BALANCE BEAM	select three (3) of:	<ul style="list-style-type: none"> <li>• Acro series with flight</li> <li>• Dismount - select <b>one</b> of:  <ul style="list-style-type: none"> <li>round-off <b>or</b> cartwheel layout 1/1</li> <li>forward layout 1/1 or more</li> </ul> </li> <li>• Gymnastics series of 2 or more skills</li> </ul>
FLOOR (Men and Women)	select three (3) of:	<ul style="list-style-type: none"> <li>• Forward handspring, forward salto</li> <li>• Forward salto, punch forward salto</li> <li>• Series of flysprings (2 or more)</li> <li>• Any 1/1 twisting layout forward <b>or</b> backward (more than 1/1 twist is acceptable)</li> </ul>

CHOREOGRAPHY	both are required	<ul style="list-style-type: none"> <li>● Choreograph a competitive beam routine</li> <li>● Choreograph a competitive floor routine Demonstrate only routines that you have developed and choreographed. Show the development of the routine from its beginning to the final polishing and competing phases. Commentary should include an athlete profile, defense of music and skills choices, comments on construction, future of the routine and artistic goals.</li> </ul>
DANCE	select one (1) of:	<ul style="list-style-type: none"> <li>● Gymnastics series for floor, minimum B-B-C combination (order of difficulty may change)</li> <li>● Gymnastics series on beam, minimum B-C combination (order of difficulty may change)</li> <li>● Minimum gymnastic C skill on floor</li> <li>● Minimum gymnastics C skill on beam</li> <li>● Demonstrate on video a two minute floor dance</li> </ul>
	select one (1) of	
	select one (1) of	
		<ul style="list-style-type: none"> <li>complex, that you have created</li> <li>● Demonstrate on video a two minute beam dance complex that you have created Commentary should include why these exercises were chosen, and specific technical points for each</li> </ul>
POMMEL HORSE	select three (3) of:	<ul style="list-style-type: none"> <li>● Outside loops (can be done on floor horse)</li> <li>● Single pommel DLC (can be done on floor horse)</li> <li>● Magyar or Silvado travel with or without pommels, on the horse</li> <li>● Stockli A or Stockli B</li> <li>● Czechkehre</li> <li>● Tramlot <b>or</b> Stockli</li> <li>● 1/2 spindle or more</li> </ul>
RINGS	select three (3) of:	<ul style="list-style-type: none"> <li>● Strength skill - select <b>one</b> of: cross ‘B’ (or higher) press to handstand planche any other ‘B’ (or higher) strength skill</li> <li>● Dismount - 1/1 twist (fwd or bwd) <b>or</b> double salto (fwd or bwd)</li> <li>● Straight arm giant (fwd <b>or</b> bwd)</li> </ul>
PARALLEL BARS	select three (3) of:	<ul style="list-style-type: none"> <li>● Giant</li> <li>● Moy to cross support</li> <li>● Back Toss</li> <li>● Stutzkehre to handstand</li> <li>● Diamidov</li> <li>● Felge to above 45°</li> </ul>

If you have completed the Level 3 Technical course **before** July 1, 1997, please note:

Until December 31, 1998, you have the option of preparing your video based on the short list of skills that was outlined in your Level 3 Technical course. These skills are as follows:

Beam:	Connected acro series with flight
Uneven bars:	Backward giant
Vault:	Tsukahara (men and women)
Floor:	Full twisting layout salto backward (men and women)
Parallel bars:	Felge
High bar:	Double flyaway dismount (tucked)
Rings:	Straight arm giant
Pommel horse:	Downhill loop

Beginning January 1, 1999, your video must be prepared according to the new requirements (i.e. 3 skills per event).

*d) Guidelines for Submission of the Yearly Training Plan (YTP)*

During the Workshop, you will describe how you plan the training and monitoring of your athletes. Since the Workshop is PRACTICAL in nature, you will describe the system you use on a daily basis in your gym. What paperwork do you keep? What charts do you post on the gym wall? What works best for you, and how have you developed your system? What recommendations do you have for other Level 3 coaches?

Your YTP will be in the format that works in your situation. There is no standard form for submission of your YTP. You are free to use whatever form or combination of forms that best meets your needs. If you need a template, refer to your Level 3 Theory course materials or to the CAC Coach Training diary. Both provide excellent examples of planning documents.

**REMEMBER!!!**

Any coach who arrives **without** the video and completed YTP (two copies of each) **cannot participate in any part of the workshop**. Provincial/Territorial NCCP personnel should confirm this requirement with all course participants well before the workshop. In the past, coaches have been denied access to the workshop after arriving without the required work.

## MINIMUM STANDARDS FOR SUBMISSION OF THE YTP

You must bring at least two copies of your YTP to the Workshop. One copy will be submitted to the course conductor at the workshop. The second copy will be your reference document for your presentation.

A complete YTP package should include the answers to these questions:

- How did you set your yearly calendar?
- How did you prepare the inventory for each gymnast?
- How did you set the goals and objectives for each gymnast?
- How did you train and monitor flexibility?
- How did you train and monitor strength?
- How did you train and monitor psychological skills? What skills did you teach?
- How did you train and monitor skills training?
- What strategies and tactics did you plan with your gymnasts?
- What were the highlights of the year?
- Was your original plan modified during the training year? How and why was it modified?
- What will you do differently next year?
- How do you evaluate your performance over the year?
- How did your gymnast perform at the peak competition of the year?
- Other considerations?

To fulfill the requirements for Level 3 Practical, you must provide evidence (through your oral presentation, the video, and your YTP) that you are competent to coach athletes at an advanced provincial or national level of competition. The course conductor may require additional work after the course if there are weaknesses in any part of your presentation. Participant evaluation will be done by the Course Conductor, and will be ongoing throughout the workshop. You will be informed of your status (whether you have fulfilled the requirements, or if you have follow-up work to do) by the end of the course.

### SECTION 3 - RECOGNITION OF COACHING ACHIEVEMENT

The second option for completion of Practical requirements is through recognition of your achievements as a coach. If you coach an athlete to a strong performance at National Championships or Elite Canada, you may be eligible to apply for this option.

a) *Eligibility (all conditions must be met)*

- Applicant must have completed the Level 3 Technical course in artistic gymnastics (and all pre-requisites thereof).
- Applicant must be the named personal coach of a Canadian athlete who has competed in an all-around category at either Canadian Championships or Elite Canada. Applicant must have coached the athlete for a minimum of one (1) year.
- Athlete must have achieved an all-around score of no less than 50.00 (female athletes) or 72.00 (Jr. & Sr. male athletes) and 65.00 (Tyro) at Canadian Championships or Elite Canada, while being coached by the applicant.
- Applicant must have taught the Level 3 skills to the named athlete and may not have inherited the athlete at an advanced stage of development (i.e. athlete was not previously working these skills).
- Applicant must indicate which Level 3 skills he or she has taught the athlete (refer to list on pages 6-7).

An eligible coach may apply for this option at any time after completion of the Level 3 Technical course. The requirements for athlete performance may be attained at any time after completion of the Technical course or may be retroactive up to four (4) years prior to the date of completion of the Level 3 Technical course.

**Note:** *We recommend this option only to coaches who are working with athletes at a strong National level at the time of completion of the Level 3 Technical course. We do not recommend that coaches “wait and see” in anticipation of a future performance.*

B) *Procedure for Application*

1. Complete and sign the form *Application for Recognition of Coaching Experience* in Section 4.
2. Attach proof that your athlete has attained the required performance standard. A copy of the official competition results will suffice. Highlight the scores attained by your athlete and indicate which Level 3 skills you have taught to the gymnast.
3. Include:  
**either**  
a video showing all the routines competed by the athlete, filmed at the required competition (Elite Canada or Canadian Championships)  
**or**  
a written summary of each routine.
4. Submit the complete package to Gymnastics Canada Gymnastique for verification and approval. You will be notified by mail of the response within four to six weeks.

## **SECTION 4 - FORMS**

This section contains the forms that are used to apply for Level 3 Practical. There are two forms:

1. Application for Level 3 Practical Evaluation Workshop
2. Application for Recognition of Coaching Experience through competitive performance of your athlete

Once you have decided to apply for Level 3 Practical, the appropriate form and attachments must be sent to your Provincial/Territorial association. Section 5 includes a list of addresses.

Your P/T association will contact you regarding scheduling of the Practical Workshop or for confirmation of your recognition of coaching experience, as appropriate.

# GYMNASTICS CANADA GYMNASTIQUE

## 3M NATIONAL COACHING CERTIFICATION PROGRAM

### APPLICATION FOR LEVEL 3 PRACTICAL EVALUATION WORKSHOP



#### **Return this form to your Provincial/Territorial Gymnastics Association**

Please register me for the Level 3 Practical Evaluation Workshop in Artistic Gymnastics.

I understand that I become eligible to attend this workshop one (1) year and 400 contact coaching hours after completion of the Level 3 Technical course. I understand that I am required to bring one (1) copy of the video, two (2) copies of my Yearly Training Plan, as well as my NCCP Level 3 Theory and Technical manuals to the workshop.

I understand that if I do not bring the required items to the workshop, I will be refused entry to any part of the workshop.

I have included with this application one (1) copy of my required video, which will be forwarded to the course conductor by the P/T office. This copy will not be returned to me.

I verify that I am an active personal coach of competitive athletes, and that I am teaching the Level 3 skills to these athletes.

I have attached a copy of my NCCP cards as proof that I am Level 2 certified in artistic gymnastics and have completed the Level 3 Technical (gymnastics) and Theory courses.

#### **Checklist for Attachments:**

- One copy of video
- NCCP cards

\_\_\_\_\_  
Applicant's Name (please print)

\_\_\_\_\_  
Applicant's NCCP Number

\_\_\_\_\_  
Applicant's mailing address

\_\_\_\_\_  
Prov/Terr

\_\_\_\_\_  
Postal Code

(\_\_\_\_\_)\_\_\_\_\_  
Telephone

\_\_\_\_\_  
Name of Club

\_\_\_\_\_  
Head Coach Name (please print)

\_\_\_\_\_  
Head Coach Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Applicant's Signature



# GYMNASTICS CANADA GYMNASTIQUE

## 3M NATIONAL COACHING CERTIFICATION PROGRAM

### APPLICATION FOR RECOGNITION OF COACHING EXPERIENCE LEVEL 3 PRACTICAL EVALUATION, ARTISTIC GYMNASTICS



***ALL PARTS OF THIS FORM MUST BE COMPLETED***

**Return this form to Gymnastics Canada Gymnastique**

**This application must be reviewed and approved by Gymnastics Canada Gymnastique**

#### Part A Applicant Information

Applicant's Name (please print)

Applicant's NCCP Number

Mailing Address

Prov/Terr

Postal Code

( )

Telephone

Club Name

Date Level 3 Technical completed (D/M/Y)

Location

Names of Course Conductors

#### Part B Athlete Information

Athlete's Name

Age

Compet. Category

M / F  
Sex

Cdn Ch'ships/Elite Canada

Circle Competition where score was achieved

AA Score

Date (D/M/Y)

Location

#### Part C Checklist For Required Attachments

I have attached:

- Official results** of the competition at which my athlete achieved an All-Around score of 50.00 (women) or 72.00 (male - Jr & Sr), 65.00 (Tyro)
- A description of the Level 3 skills I have taught my athlete
- Video of all routines performed by my athlete (actual competition required) **OR** a written summary of each routine
- Copies of all NCCP cards to verify my NCCP status

#### Part D Verification of Eligibility

*I state honestly that I am the named personal coach of this athlete, and that I have taught this athlete the indicated Level 3 skills. I have been responsible for the long term progression and development of this athlete (minimum one year period). I verify that all the information presented is true, to the best of my knowledge.*

Head Coach Name (please print)

Head Coach Signature

Date

Applicant's Signature



## SECTION 5 - IMPORTANT ADDRESSES

### A. Provincial Territorial Gymnastics Associations

#### Alberta Gymnastics Federation

#207, 5800 2nd Street SW  
Calgary, AB, T2H 0H2  
Tel: 403-259-5500/Fax: 403-259-5588  
Email: [abgym@abgym.ab.ca](mailto:abgym@abgym.ab.ca)

#### Manitoba Gymnastics Association

200 Main Street  
Winnipeg, MB, R3C 4M2  
Tel: 204-925-5781/Fax: 204-925-5932  
Email: [mangym@sport.mb.ca](mailto:mangym@sport.mb.ca)

#### Gymnastics Newfoundland and Labrador

Torbay Recreation Centre, Bldg #25, Box 21248  
RPO Macdonald Drive  
St. John's, NF, A1A 5B2  
Tel: 709-576-0146/Fax: 709-576-7493  
Email: [gymnastics@sportnf.com](mailto:gymnastics@sportnf.com)

#### Nova Scotia Gymnastics Association

PO Box 3010 South  
5516 Spring Garden Road, 4th Floor  
Halifax, NS, B3J 1G6  
Tel: 902-425-5450/Fax: 902-425-5606  
Email: [gns@sportns.ns.ca](mailto:gns@sportns.ns.ca)

#### Prince Edward Island Gymnastics Association

c/o Island Gymnastics Academy  
420 Queen Street  
Charlottetown, PEI, C1A 4E5  
Tel: 902-566-3935/Fax: 902-566-3935

#### Gymnastics Saskatchewan

1870 Lorne Street  
Regina, SK, S4P 2L7  
Tel: 306-780-9287/9229/Fax: 306-748-5691  
Email: [info@gymsask.com](mailto:info@gymsask.com)

#### Gymnastics British Columbia

#310, 1367 West Broadway  
Vancouver, BC, V6H 4A9  
Tel: 604-737-3153/Fax: 604-737-3153  
Email: [info@gymnastics.bc.ca](mailto:info@gymnastics.bc.ca)

#### New Brunswick Gymnastics Association

110 Rivercrest Avenue  
Riverview, NB, E1B 1M7  
Tel: 506-384-6242/Fax: 506-384-6244  
Email: [nbga@gym.nb.ca](mailto:nbga@gym.nb.ca)

#### Northwest Territories Gymnastics Association

P.O. Box 11089  
Yellowknife, NT, X1A 3X7  
Tel: 867-669-8326/Fax: 867-669-8327  
Email: [gnesbitt@sportnorth.com](mailto:gnesbitt@sportnorth.com)

#### Gymnastics Ontario

Suite 504, 1185 Eglinton Avenue East  
North York, ON, M3C 3C6  
Tel: 416-426-7100/Fax: 416-426-7377  
Email: [info@OGF.com](mailto:info@OGF.com)

#### Fédération de gymnastique du Québec

4545 ave Pierre-de-Coubertin  
CP 1000, Succ. M  
Montreal, PQ, H1V 3R2  
Tel: 514-252-3043/Fax: 514-252-3169  
Email: [info@gymnastique.qc.ca](mailto:info@gymnastique.qc.ca)

#### Yukon Gymnastics Association

4061, 4th Avenue  
Whitehorse, YK, Y1A 1H1  
Tel: 403-668-4236/Fax: 403-667-4237

### B. Other Addresses

#### Gymnastics Canada Gymnastique

Suite 203, 5510 Canotek Road  
Gloucester, ON, K1J 9J4  
Tel: 613-748-5637/Fax: 613-748-5691  
Email: [info@gymcan.org](mailto:info@gymcan.org)