<table>
<thead>
<tr>
<th>Pre-CIT</th>
<th>Gymnastics Foundations</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Required for:</strong></td>
<td>Coaching Assistant working under direct supervision of a certified coach.</td>
</tr>
</tbody>
</table>

### Community Sport Stream

#### Pre-CIT

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active Start</td>
<td>6-8 years</td>
</tr>
<tr>
<td>Fun/Fitness/Fundaamentals</td>
<td>6-8 years</td>
</tr>
<tr>
<td>Gymnastics Foundations Evaluation</td>
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<td>Gymnastics Foundations Evaluation</td>
<td>6-8 years</td>
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#### Competition Stream

<table>
<thead>
<tr>
<th>Competition 1</th>
<th>Competition 2</th>
<th>Competition 3</th>
<th>Competition 4</th>
<th>Competition 5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Introduction</strong></td>
<td><strong>Introduction Advanced</strong></td>
<td><strong>Development</strong></td>
<td><strong>Development Advanced</strong></td>
<td><strong>High Performance</strong></td>
</tr>
<tr>
<td>Required for: LTAD Stages 1+2</td>
<td>Required for: LTAD Stages 2+3+4</td>
<td>Required for: LTAD Stages 3+4+5</td>
<td>Required for: LTAD Stages 4+5+6</td>
<td>Required for: LTAD Stages 6+7</td>
</tr>
<tr>
<td><strong>Building the Skills</strong></td>
<td><strong>Building the Skills</strong></td>
<td><strong>Specialization</strong></td>
<td><strong>Specialization</strong></td>
<td><strong>Winning at All Levels</strong></td>
</tr>
<tr>
<td>7-9 years (females)</td>
<td>7-9 years (males)</td>
<td>10-12 years (males)</td>
<td>10-12 years (males)</td>
<td>13/14-18+ years (females) 15-19+ (males)</td>
</tr>
<tr>
<td>Learning fundamental movement skills and building overall motor skills.</td>
<td>Development of gymnastics skills and overall sport skills. Identification of one or two disciplines. Participation in formal competition may start towards the end of this stage.</td>
<td>All key gymnastics skills well established during this stage and discipline-specific skills developed. Specialization in gymnastics. Competitions reflect specific needs of gymnast.</td>
<td>All key gymnastics skills well established during this stage and discipline-specific skills developed. Specialization in gymnastics. Competitions reflect specific needs of gymnast.</td>
<td>Optimization of performance according to specific goals. Competitions at provincial, national and international levels.</td>
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<td><strong>Specialization</strong></td>
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<td><strong>Winning at All Levels</strong></td>
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</tr>
<tr>
<td>9-11 years (females)</td>
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<td>10/11-13+ years (females)</td>
<td>13/14-18+ years (females)</td>
<td>15-19+ (males)</td>
</tr>
<tr>
<td>All key gymnastics skills well established during this stage and discipline-specific skills developed. Specialization in gymnastics.</td>
<td>Developing and refining advanced skills and routines of increasing complexity and difficulty. High level provincial, national or high performance athletes.</td>
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</tr>
<tr>
<td>Level 1 certified or Gymnastics Foundations trained. Minimum age 16.</td>
<td>Level 2 certified or Competition 1 certified.</td>
<td>Level 3 trained or Competition 2 certified.</td>
<td>Level 3 certified + athlete at Canadian Championships</td>
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</tr>
</tbody>
</table>

### Prerequisites:

- **13-15 years Registered club/PTO members**
- **Minimum age 15.**
- **Minimum 8 hours “gymming”**
- **Part 1 Year 1:**
  - 10 Tutorials (total 5 hours) distributed over the training year
  - 10 hours of in-gym coaching time with Tutor Coach
- **Part 2 Year 2:**
  - 5 hours of in-gym coaching time with Tutor Coach
  - 10 hours of officiating and/or administration tasks

### Delivered by:

- **Clubs**
- **PTO / GymCan**
- **PTO / GymCan**

### Cost:

- **Free**
- **In Development**

### Status:

- **Available**
- **Pending**

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updated March 2019