

**GymCan NCCP Coaching Program - At A Glance**

| Community Sport Stream   |   | Competition Stream  |  |  |  |   |
|--|---|---|--|--|--|---|
| Pre-CIT  | Gymnastics Foundations  | Competition 1<br>(Introduction)   | Competition 2<br>(Introduction Advanced)   | Competition 3<br>(Development)   | Competition 4<br>(Development Advanced)  | Competition 5<br>(High Performance)   |
| <b>Required for:</b>   | <b>Required for: LTAD Stages 1+2</b>  | <b>Required for: LTAD Stages 2+3+4</b>  | <b>Required for: LTAD Stages 3+4+5</b>   | <b>Required for: LTAD Stages 4+5+6</b>   | <b>Required for: LTAD Stages 6+7</b>   | <b>Required for: LTAD Stages 7</b>  |
| Coaching Assistant working under direct supervision of a certified coach.  | <b>Active Start</b><br>0-6 years<br>Making physical activity a fun part of daily life.<br><b>Fun/Fitness/FUNDamentals</b><br>6-8 years (females)<br>6-8/9 years (males)<br>Learning fundamental movement skills and building overall motor skills.<br>Building physical literacy.   | <b>Fun/Fitness/FUNDamentals</b><br>6-8 years (females)<br>6-8/9 years (males)<br>Learning fundamental movement skills and building overall motor skills.<br>Building physical literacy.<br><b>Building the Skills</b><br>7-9 years (females)<br>8-10 years (males)<br>Development of gymnastics skills and overall sport skills.<br>Identification of one or two disciplines.<br>Participation in formal competition may start towards the end of this stage. | <b>Building the Skills</b><br>7-9 years (females)<br>8-10 years (males)<br>Development of gymnastics skills and overall sport skills.<br>Identification of one or two disciplines.<br>Participation in formal competition may start towards the end of this stage.<br><b>Specialization</b><br>9-11 years (females)<br>10-12 years (males)<br>All key gymnastics skills well established during this stage and discipline-specific skills developed.<br>Specialization in gymnastics.<br>Competitions reflect specific needs of gymnast. | <b>Specialization</b><br>9-11 years (females)<br>10-12 years (males)<br>All key gymnastics skills well established during this stage and discipline-specific skills developed.<br>Specialization in gymnastics.<br>Competitions reflect specific needs of gymnast.<br><b>Becoming a Consistent Competitor</b><br>10/11-13+ years (females)<br>12-15+ (males)<br>Developing and refining advanced skills and routines of increasing complexity and difficulty.<br>High level provincial, national or high performance athletes. | <b>Winning at All Levels</b><br>13/14-18+years (females)<br>15-18+ (males)<br>Optimization of performance according to specific goals.<br>Competition at provincial, national and international levels.<br><b>International Excellence</b><br>16+ (females)<br>18+ (males)<br>At highest level of international competition. | <b>International Excellence</b><br>Own The Podium directed funding to support High Performance program and results. |
| <b>Status:</b> Available<br><b>Delivery:</b> Clubs<br><b>Cost:</b> Free  | <b>Status:</b> Available<br><b>Delivery:</b> PTO<br><b>Cost:</b> PTO / GymCan   | <b>Status:</b> Available<br><b>Delivery:</b> PTO / GymCan<br><b>Cost:</b> Determined by PTO / GymCan  | <b>Status:</b> Available<br><b>Delivery:</b> PTO / GymCan<br><b>Cost:</b> Determined by PTO / GymCan   | <b>Status:</b> In Development<br><b>Delivery:</b> PTO / GymCan<br><b>Cost:</b> Determined by PTO / GymCan  | <b>Status:</b> Available<br><b>Delivery:</b> GymCan / NSI<br><b>Cost:</b> Determined by GymCan / NSI   | <b>Status:</b> Available<br><b>Delivery:</b> GymCan / OTP<br><b>Cost:</b> GymCan / OTP                              |
| <b>Content:</b><br><b>Part 1/Year 1:</b><br>10 Tutorials (total 5 hours) distributed over the training year<br>10 hours of in-gym coaching time with Tutor Coach<br>Minimum of 8 hours "gymming"<br><b>Part 2/Year 2:</b><br>5 hours of in-gym coaching time with Tutor Coach<br>10 hours of officiating and/or administration tasks<br>Minimum 7 hours of "gymming" | <b>Content:</b><br><b>GF Introduction Course</b><br>1 day - Multi-sport: history, philosophy, fun and fitness, teaching, learning and class management, fundamental movement patterns.<br><b>GF Theory Course</b><br>4 hours - Making Ethical Decisions and Planning a Practice.<br><b>GF Sport Specific Course</b><br>1 day - Active Start, Aerobic, Artistic, Rhythmic or Trampoline.<br><b>Gym Sport Specific Foundations Evaluation</b><br>Coach's portfolio + video or on-site | <b>Content:</b><br>GymCan Competition 1 (Introduction) course<br>4 days: MAG, WAG, RG, TG, or Acro<br>Includes theory (Nutrition, Design a Basic Sport Program, Teaching and Learning, Basic Mental Skills)<br>Gym Sport Specific Comp 1 Evaluation<br>Coach's portfolio + evaluation (video or on-site)  | <b>Content:</b><br>GymCan Competition 2 (Intro Advanced) course<br>3 or 4 days: MAG, WAG, RG, TG, or Acro<br>Gym Sport Specific Comp 2 Evaluation<br>Coach's portfolio + evaluation (video or on-site)   | <b>Content:</b><br>GymCan Competition 3 (Development) course<br>3 or 4 days: MAG, WAG, RG, TG, or Acro<br>Competition Development Modules<br>Complete these multi-sport modules: Coaching & Leading Effectively, Manage a Sport Program, Managing Conflict, Psychology of Performance *also require MED and DBSP.<br>Gym Sport Specific Comp 3 Evaluation<br>Coach's portfolio + evaluation (video or on-site) (observation in competition)  | <b>Content:</b><br>GymCan Comp Dev Advanced Course and Advanced Coaching Diploma Program<br>2 years to complete.<br>4 Themes: Coaching Effectiveness, Coaching Leadership, Training and Competition Readiness, and Performance Planning.<br><br>Organized with various modules for each theme.                               | <b>Content:</b><br>Coach specific development.  |
| <b>Prerequisites:</b><br>13-15 years<br>Registered club/PTO members  | <b>Prerequisites:</b><br>Minimum age 15.  | <b>Prerequisites:</b><br>Level 1 certified or Gymnastics Foundations trained. Minimum age 16.   | <b>Prerequisites:</b><br>Level 2 certified or Competition 1 certified.   | <b>Prerequisites:</b><br>Level 3 trained or Competition 2 certified.   | <b>Prerequisites:</b><br>Level 3 certified + athlete at Canadian Championships or Competition 3 certified + athlete at Canadian Championships.   | <b>Prerequisites:</b><br>Own The Podium identified coaches.   |
|  | <b>GF Advanced</b><br><b>Status:</b> In Development<br><b>Delivery:</b> PTO / GymCan<br><b>Cost:</b> Determined by PTO / GymCan   |   |  |  |  |   |

