COMPETITIVE COACHES

Developmental, pre-competitive, and competitive programming, focusing on developing the skills required for competition.

Aerobic

Competition 1 (Introduction) Course:

The Competition 1 (Introduction) course provides the coach with the theoretical and technical knowledge required to prepare them to coach athletes in developmental, pre-competitive and competitive programs.

Objectives:

- Learn how to plan a training session
- Learn how to develop a yearly training plan that integrates training priorities and promotes athlete development
- Learn how to give athletes basic nutritional advice
- Learn how to help athletes be mentally prepared for competition
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

Prerequisites:

Coaches 16 years and older, who are trained in Gymnastics Foundations-Aerobic and want to learn how to coach:

- Developmental athletes
- Pre-competitive athletes
- Beginner provincial level competitive athletes

This course is currently in development. Please contact coaching@gymcan.org for more information.

Acrobatic

Competition 1 (Introduction) Course:

The Competition 1 (Introduction) course provides the coach with the theoretical and technical knowledge required to prepare them to coach athletes in developmental, pre-competitive and competitive programs.

Objectives:

- Learn how to plan a training session
- Learn how to develop a yearly training plan that integrates training priorities and promotes athlete development
- Learn how to give athletes basic nutritional advice
Learn how to help athletes be mentally prepared for competition
Acquire the required teaching competencies to apply at this level of gymnastics
Acquire the required technical competencies to apply at this level of gymnastics

Prerequisites:

- Coaches 16 years and older, who are trained in Gymnastics Foundations-Artistic and want to learn how to coach:
  - Developmental athletes
  - Pre-competitive athletes
  - Beginner provincial level competitive athletes

This course is currently in development. Please contact coaching@gymcan.org for more information.

**Men's Artistic**

**Competition 1 (Introduction) Course:**

The Competition 1 (Introduction) course provides the coach with the theoretical and technical knowledge required to prepare them to coach athletes in developmental, pre-competitive and competitive programs.

Objectives:

- Learn how to plan a training session
- Learn how to develop a yearly training plan that integrates training priorities and promotes athlete development
- Learn how to give athletes basic nutritional advice
- Learn how to help athletes be mentally prepared for competition
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

Prerequisites:

- Coaches 16 years and older, who are trained in Gymnastics Foundations-Artistic and want to learn how to coach:
  - Developmental athletes
  - Pre-competitive athletes
  - Beginner provincial level competitive athletes

**Competition 2 (Introduction Advanced) Course:**

The Competition 2 (Introduction Advanced) course provides the coach with the theoretical and technical knowledge required to prepare them to coach advanced competitive athletes.
Objectives:

- Learn how to develop the physical attributes athletes require at this level of gymnastics
- Learn how to develop a detailed yearly training plan
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

Prerequisites:

- Coaches 16 years and older, who are Competition 1 - CERTIFIED in Men's Artistic Gymnastics.

**Competition 3 (Development) Course**

The Competition 3 (Development) course provides coaches with the tools required to help athletes develop more advanced skills.

Objectives:

- Learn how to structure routines in order to maximize athletes' scores
- Learn advanced principles of planning, including multiple peaking
- Learn advanced principles of physical preparation as they apply to this level of gymnastics
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

Prerequisites:

- Coaches must be Competition 2 - CERTIFIED in Men's Artistic Gymnastics.

**Women's Artistic**

**Competition 1 (Introduction) Course:**

The Competition 1 (Introduction) course provides the coach with the theoretical and technical knowledge required to prepare them to coach athletes in developmental, pre-competitive and competitive programs.

Objectives:

- Learn how to plan a training session
- Learn how to develop a yearly training plan that integrates training priorities and promotes athlete development
- Learn how to give athletes basic nutritional advice
- Learn how to help athletes be mentally prepared for competition
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

Prerequisites:
Coaches 16 years and older, who are trained in Gymnastics Foundations-Artistic and want to learn how to coach:
- Developmental athletes
- Pre-competitive athletes
- Beginner provincial level competitive athletes

**Competition 2 (Introduction Advanced) Course:**

The Competition 2 (Introduction Advanced) course provides the coach with the theoretical and technical knowledge required to prepare them to coach advanced competitive athletes.

**Objectives:**

- Learn how to develop the physical attributes athletes require at this level of gymnastics
- Learn how to develop a detailed yearly training plan
- Learn artistic preparation and choreography
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

**Prerequisites:**

- Coaches 16 years and older, who are Competition 1 - CERTIFIED in Women's Artistic Gymnastics.

**Competition 3 (Development) Course**

The Competition 3 (Development) course provides coaches with the tools required to help athletes develop more advanced skills.

**Objectives:**

- Learn how to structure routines in order to maximize athletes' scores
- Learn advanced principles of planning, including multiple peaking
- Learn advanced principles of physical preparation as they apply to this level of gymnastics
- Learn advanced principles of artistic preparation, dance, choreography as they apply to Women's Artistic Gymnastics
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

**Prerequisites:**

- Coaches must be Competition 2 - CERTIFIED in Women's Artistic Gymnastics.

**Rhythmic**

**Competition 1 (Introduction) Course:**
The Competition 1 (Introduction) course provides the coach with the theoretical and technical knowledge required to prepare them to coach athletes in developmental, pre-competitive and basic competitive programs.

Objectives:

- Learn how to plan a training session
- Learn how to develop a yearly training plan that integrates training priorities and promotes athlete development
- Learn how to give athletes basic nutritional advice
- Learn how to help athletes be mentally prepared for competition
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

Prerequisites:

- Coaches 16 years and older, who are trained in Gymnastics Foundations-Rhythmic and want to learn how to coach:
  - Developmental athletes
  - Pre-competitive athletes
  - Beginner provincial level competitive athletes

This course is currently in pilot phase. Please contact coaching@gymcan.org for more information.

Level 3 Course:

Please contact coaching@gymcan.org for more information.

Trampoline

Competition 1 (Introduction) Course:

The Competition 1 (Introduction) course provides the coach with the theoretical and technical knowledge required to prepare them to coach athletes in developmental, pre-competitive and basic competitive programs.

Objectives:

- Learn how to plan a training session
- Learn how to develop a yearly training plan that integrates training priorities and promotes athlete development
- Learn how to give athletes basic nutritional advice
- Learn how to help athletes be mentally prepared for competition
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

Prerequisites:
Coaches 16 years and older, who are trained in Gymnastics Foundations-Trampoline and want to learn how to coach:

- Developmental athletes
- Pre-competitive athletes
- Beginner provincial level competitive athletes

This course is currently in pilot phase. Please contact coaching@gymcan.org for more information.

**Level 2 Course:**

Please contact coaching@gymcan.org for more information.

**Level 3 Course:**

Please contact coaching@gymcan.org for more information.