COMPETITION 1 COACH CERTIFICATION PATHWAY

NCCP Competition 1 (Introduction)

GYMnastics nastique | CANADA

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
- Program Description
- Athlete Descriptions
- Yearly Training Plan
- 1 Lesson Plan
- Skill Development Model
- Emergency Action Plan
- MED Online Evaluation
- Spotting Assessment

Observation in Training (on-site or video)

Debrief with Evaluator

Competition 1 Certified

Maintenance Phase

20 PD points over 5 years

- Active coaching
- Self-reported PD
- CAC NCCP workshops or online courses
- Gymnastics Canada NCCP PD
- Gymnastics Canada non-NCCP PD

Competition 1 Certification Maintained