

COMPETITION DEVELOPMENTAL (C3) STEP 1 - COURSES REQUIRED

Coach Minimum Age: 16 years old
*C2 Certified in the respective discipline

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| <input type="checkbox"/> Standard First Aid and CPR (recommended) <input type="checkbox"/> Back Check with Child/Youth Intervention <input type="checkbox"/> Respect in Sport for Activity Leaders <input type="checkbox"/> <u>Safe Sport</u> - Coach | <input type="checkbox"/> Coach & Leading Effectively <input type="checkbox"/> Manage a Sport Program <input type="checkbox"/> Managing Conflict <input type="checkbox"/> Psychology of Performance <input type="checkbox"/> Leading Drug Free Sport |
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COMPETITION DEVELOPMENTAL (C3) STEP 2 - COURSES REQUIRED

Competition Developmental (C3) Specific Courses: MAG WAG Trampoline

C3 specific courses are in-person courses and can be found on the [AGF Uplifter site](#).
*Availability for these courses are based on Gymnastics Facility availability and Learning Facilitator schedules.

COMPETITION DEVELOPMENTAL (C3) STEP 3 - TRAINED COACHES

Once a coach has completed the courses they will be considered **Trained** and they may work as a coach or assistant coach under **indirect supervision**.
See below for reference and more information:

Indirect Supervision means the coach must:

- Be within reasonable proximity to a **C3 Certified coach who is 18 years or older**
- Remain in sight of the supervising coach
- Not in a separate room

To be considered a Trained Coach, the coach must have completed one of the following courses:

- C3 WAG course
- or
- C3 MAG course
- or
- C3 TG course

Athlete Levels Artistic Trained Coaches can Coach:

- **CANGYM**: All Levels
- **CANJUMP**: All Levels in Tumbling only
- **Competitive**: All Levels, All Levels TUM

Athlete Levels Trampoline Trained Coaches can Coach:

- **CANJUMP**: All Levels
- **Competitive**: All Levels

- **CANNOT** use a trampoline as a training aid for saltos unless the coach has C1 Trampoline or old Level 2 Trampoline. Double saltos can be done when you have C2 Trampoline or old Level 3 Trampoline.

*Note: Once a **coach is certified**, they may coach their own group, with the skills they are **certified** in, **NOT Trained**. To supervise, the certified coach must be 18 years or older.

COMPETITION DEVELOPMENTAL (C3) STEP 4 - CERTIFICATION

Once you are ready to start the evaluation process, follow the following steps:

1. Minimum Age to get Certified is 16 yrs
2. **Go to the Alberta Gymnastics Federation (AGF) website**
3. **Select Coaching & Judging, then choose Evaluations and Certification**
4. **Follow the Evaluation Package to build your coaching portfolio and complete it.**
5. **Create an Account** - This account will be used to communicate with evaluators
6. Select the **correct C3 evaluation** form from the drop-down.
7. Fill out the application form and **upload all required documents**. (Make sure you have everything required when you start the application submission process, because it will not save if you do not complete)
8. **Submit Application and Pay.**

Evaluator Process:

- The evaluator will reach out, introducing themselves
- Portfolio Debrief with Evaluator
- Evaluation of Podium Training at Western's, Elite, Provincials. Please note that if the evaluator isn't going to Western's or Elite Podium Evaluation will have to happen at Provincials.
- Debrief with Evaluator Post Competition
- Evaluation Completed:
 - If successful, it will be entered into Locker.
 - If not successful, the evaluator will advise on next steps.