

COMPETITION DEVELOPMENTAL (C3) STEP 1 - COURSES REQUIRED

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

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| ☐ Standard First Aid and CPR (recommended)
☐ Back Check with Child/Youth Intervention
☐ <u>Respect in Sport for Activity Leaders</u>
☐ <u>Safe Sport</u> - Coach | ☐ <u>Coach & Leading Effectively</u>
☐ <u>Manage a Sport Program</u>
☐ <u>Managing Conflict</u>
☐ <u>Psychology of Performance</u>
☐ <u>Leading Drug Free Sport</u> |
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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 who is certified in the discipline they are coaching in.** (If it is a C3 WAG Trained coach it must be a C3 WAG Certified coach, if it is a C3 Trampoline Trained coach it must be a C3 Trampoline Certified coach).
- 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 in the discipline they are certified in.

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.