

GCG NCCP Coaching Program - At A Glance

Community Sport Stream	
Pre-CIT	Gymnastics Foundations
<b>Required for:</b>	<b>Required for: LTAD Stages 1+2</b>
Coaching Assistant working under direct supervision of a certified coach.	<p><b>Active Start</b> 0-6 years Making physical activity a fun part of daily life.</p> <p><b>Fun/Fitness/FUNDamentals</b> 6-8 years (females) 6-8/9 years (males) Learning fundamental movement skills and building overall motor skills. Building physical literacy.</p>
<b>Status:</b> Available	<b>Status:</b> Available
<b>Delivery:</b> Clubs	<b>Delivery:</b> PTO
<b>Cost:</b> FREE	<b>Cost:</b> PTO / GCG
<b>Content:</b> <b>Part 1/Year 1:</b> 10 Tutorials (total 5 hours) distributed over the training year 10 hours of in-gym coaching time with Tutor Coach Minimum of 8 hours "gymming" <b>Part 2/Year 2:</b> 5 hours of in-gym coaching time with Tutor Coach 10 hours of officiating and/or administration tasks Minimum 7 hours of "gymming"	<p><b>Content:</b> <b>GF Introduction Course</b> 1 day - Multi-sport: history, philosophy, fun and fitness, teaching, learning and class management, fundamental movement patterns. <b>GF Practical Coaching</b> 10 weeks - Workbook. <b>GF Theory Course</b> 4 hrs - Make Ethical Decisions and Plan a Practice. <b>Discipline Specific Foundations Course</b> 1 day - Active Start, Aerobic, Artistic, Rhythmic, or Trampoline. <b>Discipline Specific Foundations Evaluation</b> Coach's portfolio + video or on-site evaluation.</p>
<b>Prerequisites:</b> 13-15 years Registered club/PTO members	<b>Prerequisites:</b> Minimum age 16 if Pre-CIT is not completed. Minimum age 15 if Pre-CIT is completed.

Competition Stream					
Competition Introduction	Competition Introduction Advanced	Competition Development	Competition Development Advanced	Competition High Performance	
<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>	
<p><b>Fun/Fitness/FUNDamentals</b> 6-8 years (females) 6-8/9 years (males) Learning fundamental movement skills and building overall motor skills. Building physical literacy.</p> <p><b>Building the Skills</b> 7-9 years (females) 8-10 years (males) Development of gymnastics skills and overall sport skills. Identification of one or two disciplines. Participation in formal competition may start towards the end of this stage.</p> <p><b>Specialization</b> 9-11 years (females) 10-12 years (males) All key gymnastics skills well established during this stage; discipline-specific skills developed. Specialization in gymnastics. Competitions reflect specific needs of gymnast.</p>	<p><b>Building the Skills</b> 7-9 years (females) 8-10 years (males) Development of gymnastics skills and overall sport skills. Identification of one or two disciplines. Participation in formal competition may start towards the end of this stage.</p> <p><b>Specialization</b> 9-11 years (females) 10-12 years (males) All key gymnastics skills well established during this stage and discipline-specific skills developed. Specialization in gymnastics. Competitions reflect specific needs of gymnast.</p> <p><b>Becoming a Consistent Competitor</b> 10/11-13+ years (females) 12-15+ (males) Developing and refining advanced skills and routines of increasing complexity and difficulty. High level provincial, national or HP athletes.</p>	<p><b>Specialization</b> 9-11 years (females) 10-12 years (males) All key gymnastics skills well established during this stage and discipline-specific skills developed. Specialization in gymnastics. Competitions reflect specific needs of gymnast.</p> <p><b>Becoming a Consistent Competitor</b> 10/11-13+ years (females) 12-15+ (males) Developing and refining advanced skills and routines of increasing complexity and difficulty. High level provincial, national or high performance athletes.</p> <p><b>Winning at All Levels</b> 13/14-18+years (females) 15-18+ (males) Optimization of performance according to specific goals. Competition at provincial, national, and international levels.</p>	<p><b>Winning at All Levels</b> 13/14-18+years (females) 15-18+ (males) Optimization of performance according to specific goals. Competition at provincial, national and international levels.</p> <p><b>International Excellence</b> 16+ (females) 18+ (males) At highest level of international competition.</p>	<p><b>International Excellence</b> Own The Podium directed funding to support High Performance program and results.</p>	
<b>Status:</b> In Development (2016)	<b>Status:</b> In Development (2016)	<b>Status:</b> In Development (2016)	<b>Status:</b> Pilot (2013-2014)	<b>Status:</b> Available	
<b>Delivery:</b> PTO / GCG	<b>Delivery:</b> PTO / GCG	<b>Delivery:</b> PTO / GCG	<b>Delivery:</b> GCG / NCI	<b>Delivery:</b> GCG / OTP	
<b>Cost:</b> Determined by PTO / GCG	<b>Cost:</b> Determined by PTO / GCG	<b>Cost:</b> Determined by PTO / GCG	<b>Cost:</b> Determined by GCG / NCI	<b>Cost:</b> GCG / OTP	
<p><b>Content:</b> Until developed, continue with NCCP Level 2: <b>Multi-Sport Modules:</b> 2 days: Design a Basic Sport Program, Teaching and Learning, Basic Mental Skills. <b>Discipline Specific Technical 2</b> 3-4 days: MAG, WAG, RG, or TG <b>Practical (Discipline Specific)</b> 150-200 hours</p>	<p><b>Content:</b> TBD</p>	<p><b>Content:</b> Until developed, continue with NCCP Level 3: <b>Multi-sport Modules:</b> Complete 4 of 6 modules: Coaching &amp; Leading Effectively, Managing Conflict, Leading Drug-free Sport, Psychology of Performance, Developing Athletic Abilities, Prevention &amp; Recovery. May require MED and DBSP. <b>Discipline-specific Technical 3</b> 3-6 days <b>Practical (Discipline-specific)</b> Minimum 1 year. <b>Evaluation (Discipline-specific)</b> As part of practical.</p>	<p><b>Content:</b> GCG Comp Dev Advanced Course or Advanced Coaching Diploma Program 2 years to complete. 4 Themes: Coaching Effectiveness, Coaching Leadership, Training and Competition Readiness, and Performance Planning.  Organized with various modules for each theme.</p>	<p><b>Content:</b> Coach specific development.</p>	
<b>Prerequisites:</b> Level 1 certified or Gymnastics Foundations trained. Minimum age 16.	<b>Prerequisites:</b> TBD	<b>Prerequisites:</b> Level 2 certified.	<b>Prerequisites:</b> Level 3 certified + athlete at Canadian Championships.	<b>Prerequisites:</b> Own The Podium identified coaches.	

