

GCG NCCP Coaching Program - At A Glance

Community Sport Stream		Competition Stream				
Pre-CIT	Gymnastics Foundations	Competition 1 (Introduction)	Competition 2 (Introduction Advanced)	Competition 3 (Development)	Competition 4 (Development Advanced)	Competition 5 (High Performance)
<b>Required for:</b> Coaching Assistant working under direct supervision of a certified coach.	<b>Required for: LTAD Stages 1+2</b> <b>Active Start</b> 0-6 years Making physical activity a fun part of daily life. <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.	<b>Required for: LTAD Stages 2+3+4</b> <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. <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.	<b>Required for: LTAD Stages 3+4+5</b> <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. <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.	<b>Required for: LTAD Stages 4+5+6</b> <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. <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.	<b>Required for: LTAD Stages 6+7</b> <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. <b>International Excellence</b> 16+ (females) 18+ (males) At highest level of international competition.	<b>Required for: LTAD Stages 7</b> <b>International Excellence</b> Own The Podium directed funding to support High Performance program and results.
<b>Status:</b> Available <b>Delivery:</b> Clubs <b>Cost:</b> Free	<b>Status:</b> Available <b>Delivery:</b> PTO <b>Cost:</b> PTO / GCG	<b>Status:</b> Available <b>Delivery:</b> PTO / GCG <b>Cost:</b> PTO / GCG	<b>Status:</b> Available <b>Delivery:</b> PTO / GCG <b>Cost:</b> PTO / GCG	<b>Status:</b> Available <b>Delivery:</b> PTO / GCG <b>Cost:</b> PTO / GCG	<b>Status:</b> Available <b>Delivery:</b> GCG / NCI <b>Cost:</b> Determined by GCG / NCI	<b>Status:</b> Available <b>Delivery:</b> GCG / OTP <b>Cost:</b> GCG / OTP
<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"	<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 Theory Course</b> 4 hours - Making Ethical Decisions and Planning a Practice. <b>GF Sport Specific Course</b> 1 day - Active Start, Aerobic, Artistic, Rhythmic or Trampoline. <b>Gym Sport Specific Foundations Evaluation</b> Coach's portfolio + video or on-site	<b>Content:</b> <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. <b>Status:</b> RG, TG, Acro in Development MAG, WAG Available <b>Delivery:</b> PTO / GCG <b>Cost:</b> Determined by PTO / GCG <b>Content:</b> <b>GCG Competition 1 (Introduction) course</b> 4 days: MAG, WAG, RG, TG, or Acro Includes theory (Nutrition, Design a Basic Sport Program, Teaching and Learning, Basic Mental Skills) <b>Gym Sport Specific Comp 1 Evaluation</b> Coach's portfolio + evaluation (video or on-site)	<b>Content:</b> <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. <b>Status:</b> RG, TG, Acro in Development MAG, WAG Available <b>Delivery:</b> PTO / GCG <b>Cost:</b> Determined by PTO / GCG <b>Content:</b> <b>GCG Competition 2 (Intro Advanced) course</b> 3 or 4 days: MAG, WAG, RG, TG, or Acro <b>Gym Sport Specific Comp 2 Evaluation</b> Coach's portfolio + evaluation (video or on-site)	<b>Content:</b> <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. <b>Status:</b> In Development <b>Delivery:</b> PTO / GCG <b>Cost:</b> Determined by PTO / GCG <b>Content:</b> <b>GCG Competition 3 (Development) course</b> 3 or 4 days: MAG, WAG, RG, TG, or Acro <b>Competition Development Modules</b> Complete these multi-sport modules: to be determined *also require MED and DBSP. <b>Gym Sport Specific Comp 3 Evaluation</b> Coach's portfolio + evaluation (video or on-site) (observation in training + observation in competition)	<b>Content:</b> <b>International Excellence</b> GCG Comp Dev Advanced Course or NCI 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.	<b>Content:</b> <b>International Excellence</b> Coach specific development.
<b>Prerequisites:</b> 13-15 years Registered club/PTO members	<b>Prerequisites:</b> Minimum age 15.	<b>Prerequisites:</b> Level 1 certified or Gymnastics Foundations trained. Minimum age 16.	<b>Prerequisites:</b> Level 2 certified or Competition 1 certified.	<b>Prerequisites:</b> Level 3 trained or Competition 2 certified.	<b>Prerequisites:</b> Level 3 certified + athlete at Canadian Championships or Competition 3 certified + athlete at Canadian Championships.	<b>Prerequisites:</b> Own The Podium identified coaches.
	<b>GF Advanced</b> <b>Status:</b> In Development <b>Delivery:</b> PTO / GCG <b>Cost:</b> Determined by PTO / GCG					

