

PRE-CIT PROGRAM

Starting at age 13, potential coaches may participate in a Pre-CIT program at their club. The Pre-CIT program was created to allow younger potential coaches to begin training before they are eligible to participate in NCCP courses.

The GCG Pre-CIT program is the **ONLY** recognized program for 13-15 year olds.

Program length

- 13-year-old Pre-CITs should complete the program over two full training years, but can complete it in one year if that is how their club delivers the program (they would still have to wait until they are 15 years old before moving on to Gymnastics Foundations courses).
- 14- and 15-year-old Pre-CITs have the option of completing the program in one or two training years.

Program contents

Part 1: complete five hours of tutorials (covering 10 topic areas), 10 hours of in-gym coaching time with mentor coach, and a minimum of 8 hours of 'gymming.'

Part 2: complete an additional 10 hours of tasks related to coaching, officiating, and administration, 5 hours of in-gym coaching time with mentor coach, and a minimum of 7 hours of 'gymming.'

Pre-CIT eligibility

A Pre-CIT may only assist a certified coach (minimum Gymnastics Foundations certified, Level 2 technical highly recommended) under one-on-one direct supervision (one certified coach can supervise one Pre-CIT at one time).

A Pre-CIT must **NEVER** be given sole responsibility for a group of children.

Check with your club to see if they offer the Pre-CIT program!

[Pre-CIT Workbook](#)

[Pre-CIT Mentor Guide](#)