



# NCCP Competition 1 (Introduction)

## Training Phase

Minimum 16 years old

### Gymnastics Foundations Trained

GF Introduction course

GF Theory course

GF Sport Specific course\*  
Artistic  
Rhythmic  
Trampoline  
Aerobic  
Active Start

*\* Must be trained in their respective discipline*

### Gymnastics Canada Sport Specific Competition 1 (Introduction) Course (4 day course)

Includes sport specific theory content (design a sport program, teaching & learning, basic mental skills, nutrition) as well as sport specific technical content

Competition 1 Trained



## Certification Phase

Register for Evaluation with your Provincial Gymnastics Federation

### Build Coach Portfolio

Coach Profile

Make Ethical Decisions Online Evaluation

Program Description

Yearly Training Plan

1 Lesson Plan

Understand/Teach Model

Nutrition Quiz

Emergency Action Plan

Spotting Assessment (MAG, WAG, TG, Acro ONLY)

Self-Assessment & Action Plan

Observation in Training (on-site or video)

Debrief with Evaluator

Competition 1 Certified



## Maintenance Phase

### 20 PD points over 5 years

Active coaching

Self-reported PD

NCCP workshop or online course

Gymnastics Canada NCCP course

Gymnastics Canada non-NCCP activity

Multi-sport Non-NCCP activity

Competition 1 Certification Maintained

