

COMPETITIVE COACHES

Developmental, pre-competitive, and competitive programming, focusing on developing the skills required for competition.

Aerobic

Competition 1 (Introduction) Course:

The Competition 1 (Introduction) course provides the coach with the theoretical and technical knowledge required to prepare them to coach athletes in developmental, pre-competitive and competitive programs.

Objectives:

- Learn how to plan a training session
- Learn how to develop a yearly training plan that integrates training priorities and promotes athlete development
- Learn how to give athletes basic nutritional advice
- Learn how to help athletes be mentally prepared for competition
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

Prerequisites:

Coaches 16 years and older, who are trained in Gymnastics Foundations-Aerobic and want to learn how to coach:

- Developmental athletes
- Pre-competitive athletes
- Beginner provincial level competitive athletes

This course is currently in development. Please contact coaching@gymcan.org for more information.

Acrobatic

Competition 1 (Introduction) Course:

The Competition 1 (Introduction) course provides the coach with the theoretical and technical knowledge required to prepare them to coach athletes in developmental, pre-competitive and competitive programs.

Objectives:

- Learn how to plan a training session
- Learn how to develop a yearly training plan that integrates training priorities and promotes athlete development
- Learn how to give athletes basic nutritional advice

- Learn how to help athletes be mentally prepared for competition
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

Prerequisites:

- Coaches 16 years and older, who are trained in Gymnastics Foundations-Artistic and want to learn how to coach:
- Developmental athletes
- Pre-competitive athletes
- Beginner provincial level competitive athletes

This course is currently in development. Please contact coaching@gymcan.org for more information.

Men's Artistic

Competition 1 (Introduction) Course:

The Competition 1 (Introduction) course provides the coach with the theoretical and technical knowledge required to prepare them to coach athletes in developmental, pre-competitive and competitive programs.

Objectives:

- Learn how to plan a training session
- Learn how to develop a yearly training plan that integrates training priorities and promotes athlete development
- Learn how to give athletes basic nutritional advice
- Learn how to help athletes be mentally prepared for competition
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

Prerequisites:

- Coaches 16 years and older, who are trained in Gymnastics Foundations-Artistic and want to learn how to coach:
- Developmental athletes
- Pre-competitive athletes
- Beginner provincial level competitive athletes

Competition 2 (Introduction Advanced) Course:

The Competition 2 (Introduction Advanced) course provides the coach with the theoretical and technical knowledge required to prepare them to coach advanced competitive athletes.

Objectives:

- Learn how to develop the physical attributes athletes require at this level of gymnastics
- Learn how to develop a detailed yearly training plan
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

Prerequisites:

- Coaches 16 years and older, who are Competition 1 - CERTIFIED in Men's Artistic Gymnastics.

Competition 3 (Development) Course

The Competition 3 (Development) course provides coaches with the tools required to help athletes develop more advanced skills.

Objectives:

- Learn how to structure routines in order to maximize athletes' scores
- Learn advanced principles of planning, including multiple peaking
- Learn advanced principles of physical preparation as they apply to this level of gymnastics
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

Prerequisites:

- Coaches must be Competition 2 - CERTIFIED in Men's Artistic Gymnastics.

Women's Artistic

Competition 1 (Introduction) Course:

The Competition 1 (Introduction) course provides the coach with the theoretical and technical knowledge required to prepare them to coach athletes in developmental, pre-competitive and competitive programs.

Objectives:

- Learn how to plan a training session
- Learn how to develop a yearly training plan that integrates training priorities and promotes athlete development
- Learn how to give athletes basic nutritional advice
- Learn how to help athletes be mentally prepared for competition
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

Prerequisites:

- Coaches 16 years and older, who are trained in Gymnastics Foundations-Artistic and want to learn how to coach:
- Developmental athletes
- Pre-competitive athletes
- Beginner provincial level competitive athletes

Competition 2 (Introduction Advanced) Course:

The Competition 2 (Introduction Advanced) course provides the coach with the theoretical and technical knowledge required to prepare them to coach advanced competitive athletes.

Objectives:

- Learn how to develop the physical attributes athletes require at this level of gymnastics
- Learn how to develop a detailed yearly training plan
- Learn artistic preparation and choreography
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

Prerequisites:

- Coaches 16 years and older, who are Competition 1 - CERTIFIED in Women's Artistic Gymnastics.

Competition 3 (Development) Course

The Competition 3 (Development) course provides coaches with the tools required to help athletes develop more advanced skills.

Objectives:

- Learn how to structure routines in order to maximize athletes' scores
- Learn advanced principles of planning, including multiple peaking
- Learn advanced principles of physical preparation as they apply to this level of gymnastics
- Learn advanced principles of artistic preparation, dance, choreography as they apply to Women's Artistic Gymnastics
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

Prerequisites:

- Coaches must be Competition 2 - CERTIFIED in Women's Artistic Gymnastics.

Rhythmic

Competition 1 (Introduction) Course:

The Competition 1 (Introduction) course provides the coach with the theoretical and technical knowledge required to prepare them to coach athletes in developmental, pre-competitive and basic competitive programs.

Objectives:

- Learn how to plan a training session
- Learn how to develop a yearly training plan that integrates training priorities and promotes athlete development
- Learn how to give athletes basic nutritional advice
- Learn how to help athletes be mentally prepared for competition
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

Prerequisites:

- Coaches 16 years and older, who are trained in Gymnastics Foundations-Rhythmic and want to learn how to coach:
- Developmental athletes
- Pre-competitive athletes
- Beginner provincial level competitive athletes

This course is currently in pilot phase. Please contact coaching@gymcan.org for more information.

Level 3 Course:

Please contact coaching@gymcan.org for more information.

Trampoline

Competition 1 (Introduction) Course:

The Competition 1 (Introduction) course provides the coach with the theoretical and technical knowledge required to prepare them to coach athletes in developmental, pre-competitive and basic competitive programs.

Objectives:

- Learn how to plan a training session
- Learn how to develop a yearly training plan that integrates training priorities and promotes athlete development
- Learn how to give athletes basic nutritional advice
- Learn how to help athletes be mentally prepared for competition
- Acquire the required teaching competencies to apply at this level of gymnastics
- Acquire the required technical competencies to apply at this level of gymnastics

Prerequisites:

- Coaches 16 years and older, who are trained in Gymnastics Foundations-Trampoline and want to learn how to coach:
- Developmental athletes
- Pre-competitive athletes
- Beginner provincial level competitive athletes

This course is currently in pilot phase. Please contact coaching@gymcan.org for more information.

Level 2 Course:

Please contact coaching@gymcan.org for more information.

Level 3 Course:

Please contact coaching@gymcan.org for more information.