

FROM HERE, WE SOAR

# CanGym Revitalization Update

**April 2021**



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# Welcome to CanGym!

## Gymnastics Canada's official collection of Gymnastics for All Programs

Developed by a group of experienced and passionate Gymnastics for All leaders and experts, and in consultation with clubs and coaches from across the country, **CanGym** has been designed to meet the authentic needs of the gymnastics community.

This is YOUR **CanGym**!



# CanGym Communication & Collaboration

- Representation across Canada
  - Surveys/Interviews
  - CanGym Revitalization Resource Team
  - CanGym Development Team
  - CanGym Pilot Clubs





# Content Team Members

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Karly Miller (MB) – GFA and Ops Council Representative

Meredith Warner (ON) – GymCan

Julie Forget (QC) – GymCan

Denise Alivantov (ON) - GymCan

## Quality sport

based on Long-Term Development in Sport and Physical Activity is...



Figure 15: Quality Sport Elements





# CanGym Philosophy

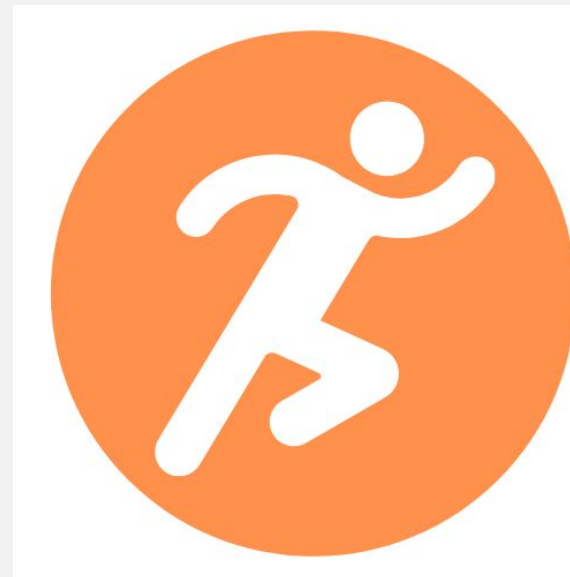
CanGym is a nationally recognized collection of Gymnastics for All programs that unites participants, coaches, clubs, and communities. Utilizing an inclusive and developmentally appropriate approach, CanGym empowers participants to build a foundation of physical competence and confidence to enjoy a lifetime of healthy, active living.



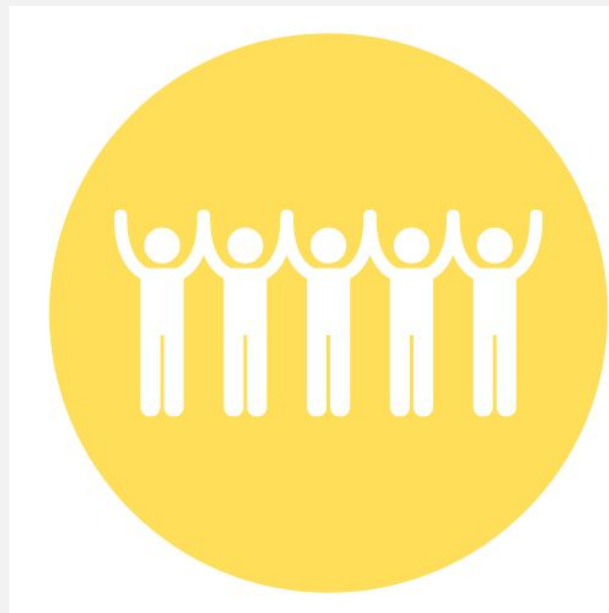
# Benefits of the CanGym Program



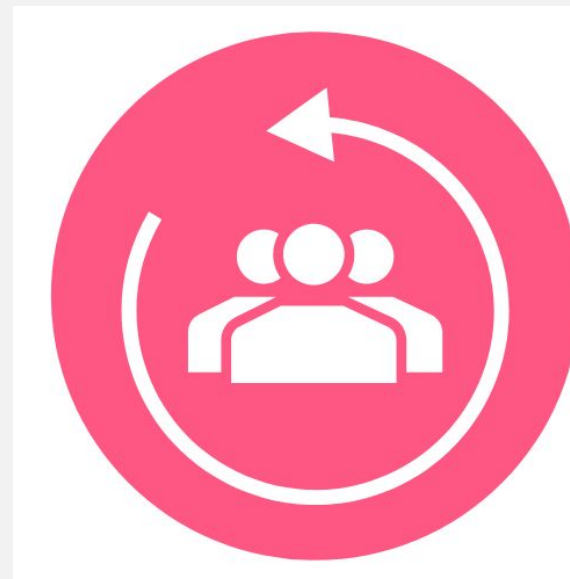
Unite the  
Gymnastics for  
All Community



Develop  
Physical Literacy



Increase  
Participation



Increase  
Retention/Longevity



# UNITE THE GYMNASTICS FOR ALL COMMUNITY

- Programming for ALL ages (0 - 99+)
- Multi-disciplinary with CanGym programing for Men's and Women's Artistic, Trampoline, and Rhythmic Gymnastics
- Flexible and dynamic programming to accommodate club specific aspects including facility type, available equipment, coach certification, and interests of the participants
- Club and coach resources to support the delivery and promotion of the program
- CanGym will encourage the activity of gymnastics utilizing a variety of apparatus, not tied to one particular discipline or gender



# DEVELOP PHYSICAL LITERACY

- Developed in direct alignment with the most recent updates to Sport for Life's Long-term Development 3.0 model
- Inclusion of ALL of the physical literacy stages of development: Active Start, Fundamentals, Learn to Train, and Active for Life, and includes a supplementary resource for the First Involvement stage to help welcome new participants of ANY age to your club programming



# INCREASE PARTICIPATION

- Broaden the appeal for gymnastics by educating the public on the value of gymnastics
- Programming elements included to educate participants and parents on the benefits of gymnastics as a foundation sport and the value of learning the Fundamental Movement Patterns (FMPs) outside of gymnastics
- Increased membership will provide continued growth opportunities for the club by establishing a diverse pool of potential participants (i.e. pre-competitive/competitive athletes, CIT's, coaches, judges, administrators, volunteers, etc.



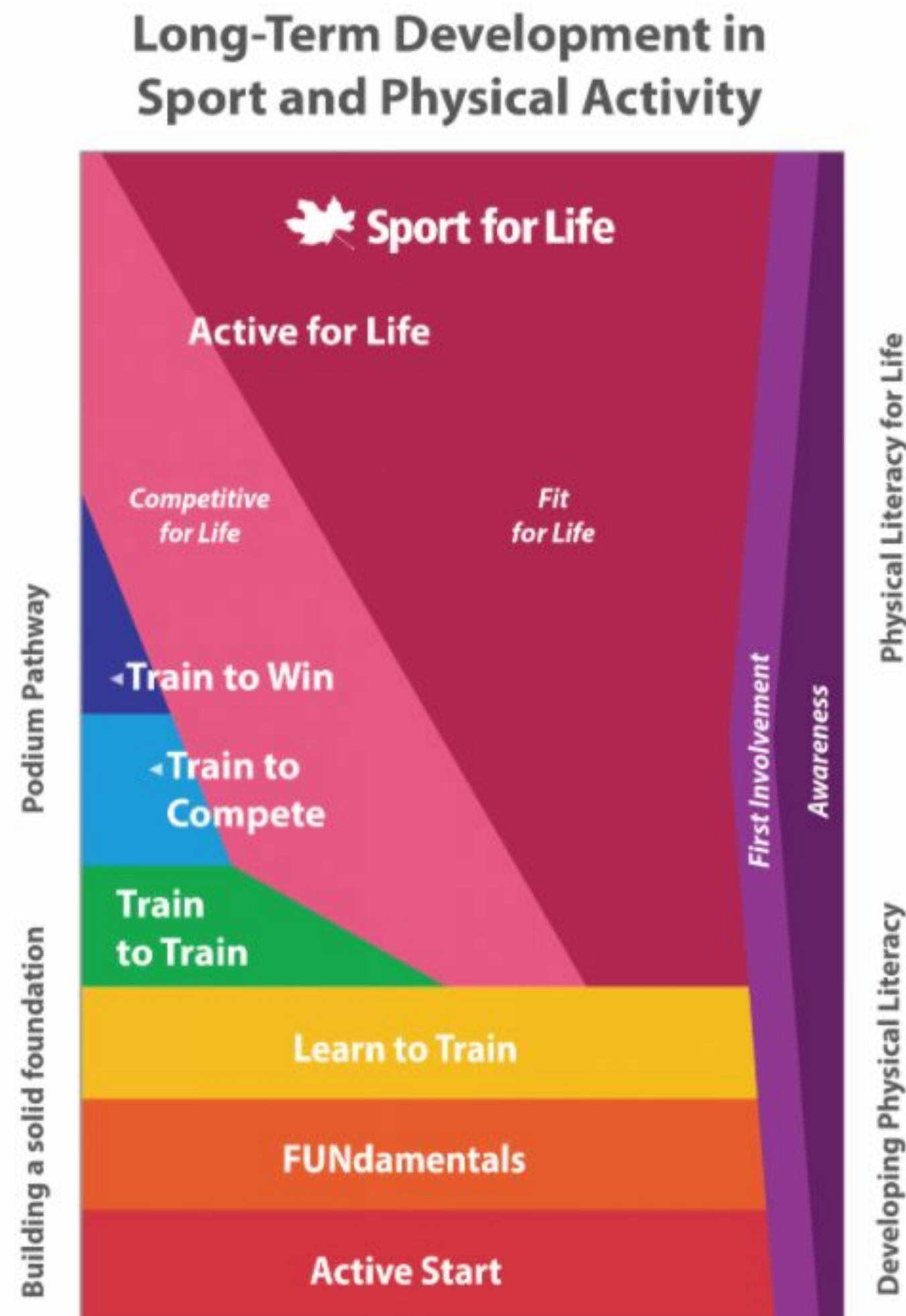
# IMPROVE RETENTION/LONGEVITY

- Focus on stage and domain of human development (*physical, cognitive, personality, social*) to ensure programming is reflective of the age and stage of each participant allowing the opportunity to participate in their chosen activity at any age
- Promotes safe and fun learning opportunities that create positive experiences and inspire a passion for sport and physical activity
- Small step progressions at all stages designed to highlight and reward success and achievement as often as possible
- Modular approach in CanGym: Learn to Train to allow participants to progress at their own pace on each apparatus and encourage retention in the later stages of development



# CanGym Overview Alignment

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The CanGym curriculum's stage specific design is based on the physical literacy stages and is in direct alignment with Sport for Life's Long-term Development 3.0 model.

**Active Start:** Multi-discipline, organized by FMPs

**FUNdamentals:** Organized by FMPs, customizable by apparatus

**Learn to Train:** Organized by apparatus, customizable by discipline

**Fit for Life/Active for Life:** Personal goals and objectives; involvement in pre-Coach In Training (CIT), National Coaching Certification Program (NCCP)



Active Start

Baby  
Toddler  
Independent



FUNdamentals

INTRODUCTION  
Beginner



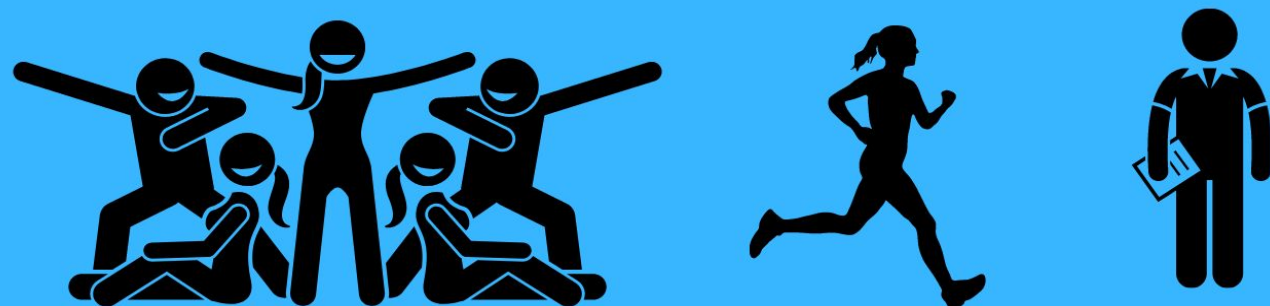
Learn to Train

Intermediate  
Advanced



Active for Life

Personal Goals  
Gymnaestrada  
Give Back to Sport



CanGym Program



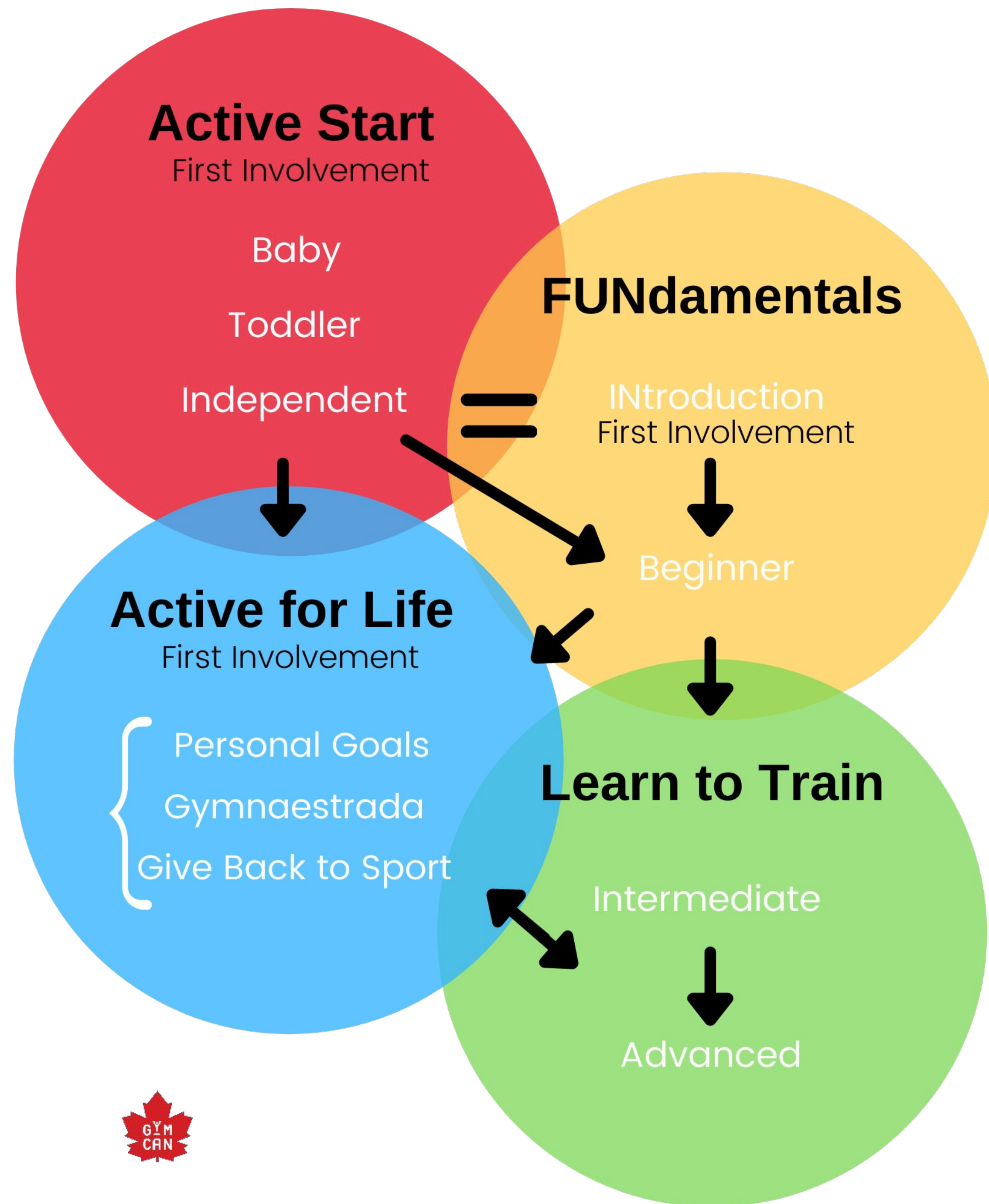


# CanGym Pathway

**CanGym** consists of four complimentary programs that work together to support individual development throughout a lifetime.

**CanGym** recognizes that:

- Each individual's lifelong journey within sport and physical activity is unique. The same can be said for an individual's involvement in **CanGym**.
- 'First involvement' may occur at any age and stage, there are multiple points of first involvement.
- **CanGym** is supplemented by the Core curriculum to welcome new participants and provide a fun, safe, and engaging first experience at ANY AGE.





# CanGym Active Start Program

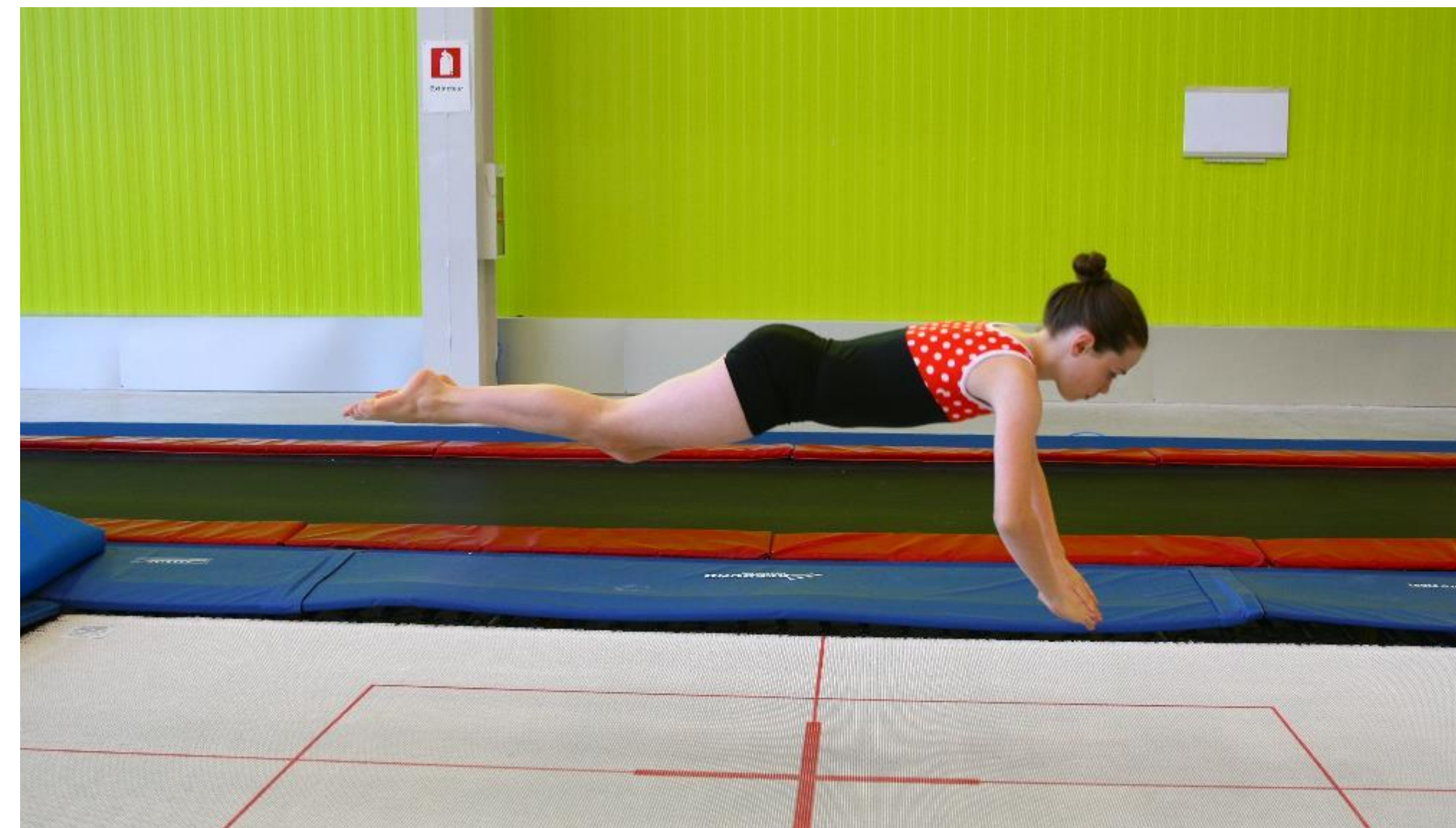
- Multi-discipline
- Organized by Fundamental Movement Patterns (FMPs) and chronological age
- Exploratory approach allows each child to be exposed to as many skills as possible
- Valuable opportunity to educate parents on the wealth of transferable skills and benefits gained from gymnastics as a foundation sport
- Whole child approach with goals for physical, cognitive, personality and social development





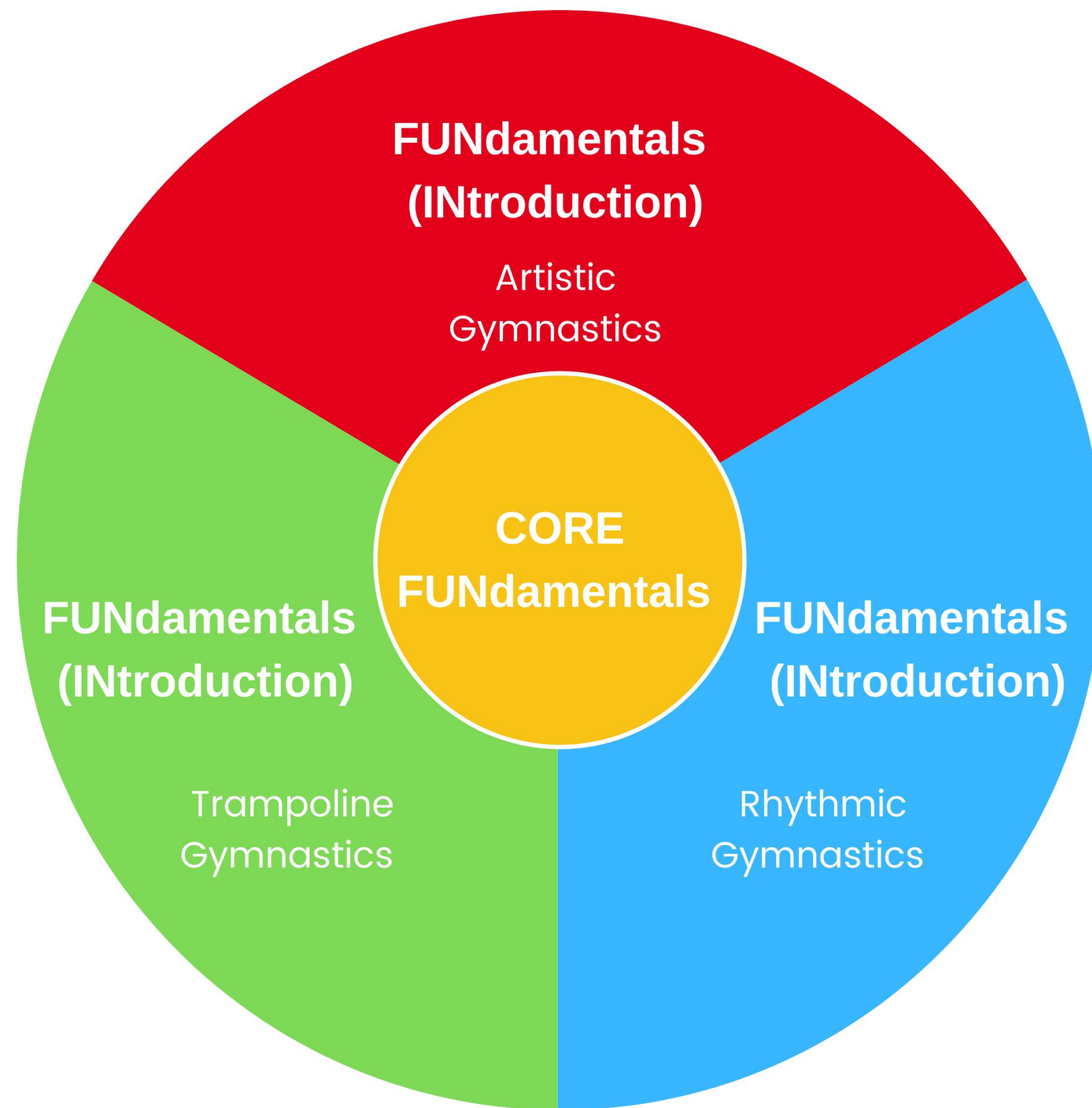
# CanGym FUNdamentals Program

- Designed for participants ages 6+ and includes two sections which are organized by the seven fundamental movement patterns.
  - Introduction – for participants who have not been involved in any previous gymnastics programming
  - Beginner – for participants with previous gymnastics programming experience
- Organized by FMP's and Gymnastics Disciplines:
  - Artistic Gymnastics
  - Trampoline Gymnastics
  - Rhythmic Gymnastics
- Flexible and customizable based on apparatus availability and facility space
- Core curriculum to supplement general skill development





# What is the **Core** curriculum?



The Core curriculum is the common thread in **CanGym** FUNdamentals (Introduction) and is included in this stage for each of the gymnastics disciplines. This curriculum is designed to ensure a base level of the fundamental movement patterns for all ages and fill in the gaps for those who did not participate in the **CanGym** Active Start Program.

The Core curriculum is designed:

- For ALL ages and levels
- To use very little equipment
- So it can be delivered outside of a gymnastics facility to introduce gymnastics activities:
  - To schools as part of a PE module
  - Sports teams for cross training
  - Seniors' facilities to promote Active Living





# CanGym Learn to Train Program

- Designed for participants that have completed FUNdamentals (Beginner) and includes two stages that are organized by apparatus and customizable by discipline
  - Intermediate - builds on the skills completed in CanGym FUNdamentals (*Beginner*)
  - Advanced - builds on the skills completed in CanGym Learn to Train (*Intermediate*)
- Organized by Gymnastics Disciplines
  - Artistic gymnastics (Men's and Women's)
  - Trampoline gymnastics
  - Rhythmic gymnastics
- Flexible and customizable based on apparatus availability and facility space
- Progress on each apparatus to be tracked individually for more opportunities to celebrate success





# CanGym Active for Life Program

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- Designed to allow participants to continue their involvement in gymnastics by focusing on the achievement of personal goals and objectives.
- A safe and respectful environment should be created for participants to develop and maintain meaningful connections to the gymnastics community.
- The activity of gymnastics can contribute to a greater quality of life and enjoyment at any age.
- May include continued involvement in:
  - Skill mastery in other apparatus/disciplines with personal goals/objectives
  - Performance opportunities (Individual or Gymnaestrada)
  - Pre-CIT (Coaches in Training)
  - NCCP coach education
  - Judging





# CanGym Timeline

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## September 2021 – Active Start, Soft Launch

A “soft” launch allows for real life experience from the community to be updated in the program before material finalization

## January 2022 – Active Start, Program Launch

Full launch with all updates included

## January 2022 – Core Curriculum Launch

Supplemental curriculum available for all disciplines to aid in developing FMP's. Core can be implemented with pre-existing programming

## January 2023 – FUNdamentals and Learn to Train, Soft Launch

The FUNdamentals and Learn to Train programs are organized by apparatus and discipline. With a unique modular approach, completed modules will be launched and available for the community to give feedback as they are completed

## September 2023 – FUNdamentals and Learn to Train, Program Launch

It is our goal to have the FUNdamentals and Learn to Train programs ready to launch with all modules for apparatus and discipline by this time

## Ongoing – Active for Life

The “Active for Life” program lives in every aspect of **CanGym**. This stage of development is based on the individual goals and interests of the gymnast which can be incorporated into the appropriate “stage” of skill development. Resources related to performance gymnastics (ex. Gymnaestrada), coaching (CIT), and judging will also be made available to participants in the Active for Life program.



Questions about the  
**CanGym** Program?  
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