



Gymnastics Foundations
“The New NCCP Level 1 Program”

The New NCCP (Please Refer to www.coach.ca for additional information on the new NCCP overall program.)

The Goal: Coaches who can demonstrate their competence.

- “In Training” – prospective coaches who are taking workshops
- “Trained” – coaches who have completed training but have not yet been evaluated
- “Certified” – coaches who have demonstrated competence and been evaluated

Five NCP Core Competencies:

- i) Valuing
- ii) Interacting
- iii) Leading
- iv) Problem-solving
- v) Critical Thinking

The Program: 3 Streams

- i) Community Sport Stream – Working with children, youth or adults in community sport who are playing for personal enjoyment.
- ii) Competition Stream – Working with children, youth or adults who want to develop their competitive abilities.
- iii) Instruction Stream – Working with children, youth or adults who are learning the sport and want quality instruction

Gymnastics Foundations (The Community Sport Stream)

The Gymnastics Foundations program was developed based on the philosophy of:

Know It, Try It, Coach It – The Foundations Program takes more of a problem-solving approach to course delivery to develop critical thinking skills in coaches.

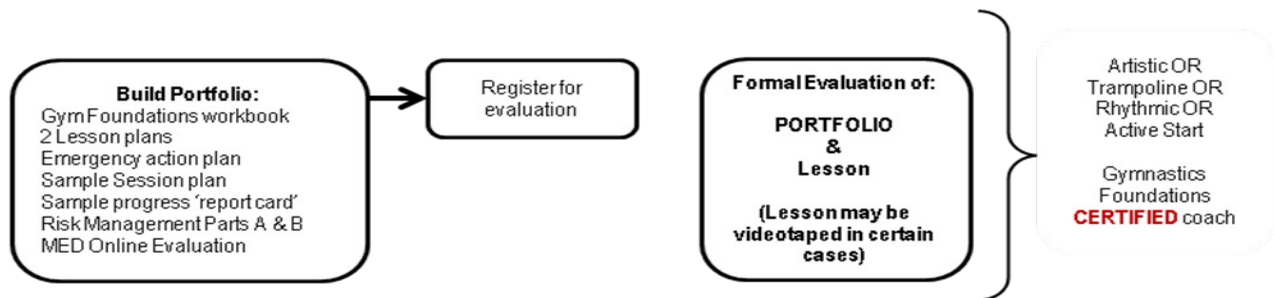
Weekend #1	2 Days (15 Hours Total)	Gymnastics Foundations Introduction Course <ul style="list-style-type: none"> - Fun Fitness, Fundamentals - Elements of teaching, learning and class management - 5 Common Fundamental Movement Patterns (landings, stationary positions, locomotions, rotations, springs) 	\$95
10 Weeks		Practical Coaching In Your Home Gym <i>(under direct supervision)</i> Completion of a Workbook <ul style="list-style-type: none"> - Proof of workbook completion must be submitted to G.O. upon registering for Weekend 2 - The Coach In Training must bring the completed workbook to Weekend 2 – if not complete then participation will be denied 	

Weekend #2	Day 1 (8 Hours Total)	Theory <i>(Making Ethical Decisions, Planning a Practice)</i>	\$95
	Day 2 (8 Hours Total)	Sport Specific Course <i>(Artistic, Trampoline, Rhythmic, Aerobic, Active Start)</i>	\$95
	Day 3 (8 Hours Total) OPTIONAL	Sport Specific Course <i>(Artistic, Trampoline, Rhythmic, Aerobic, Active Start)</i>	\$95
Course Completion	Coaching Title	Coaching Eligibility	
Weekend #1 – 2 Days	Coach in Training	Is permitted to assist a Level 1 Certified Coach (ie. acting as the 2 nd coach for a specific group)	
10 Weeks	Coach in Training	Is permitted to assist a Level 1 Certified Coach (ie. acting as the 2 nd coach for a specific group)	
Weekend #2 – 2 Days	Trained Coach	Able to coach a group on own (skills appropriate to the level trained at); Must have Level 2 certified coach in the gym. Must complete Trampoline Sport Specific Course to be able to utilize the trampoline in recreation program. May advance through the Level 2 NCCP process.	
Portfolio Completed and Lesson Evaluation	Certified Gymnastics Foundation Coach	May advance through the Community Sport Stream. May advance through the Level 2 NCCP process.	

General Information

- The Gymnastics Foundation program will replace the existing Level 1 NCCP Program (Theory, Technical, Practical = Certified) for all Gymnastics Sports (Artistic, Rhythmic, Trampoline and Tumbling, Aerobics and Active Start)
- Ontario will adopt the Gymnastics Foundation program beginning in December 2008. The Foundations program will be the only program offered for Level 1 training.
- Participants may enter into the course at 15 years of age provided that they have been part of the Gymnastics Canada Coach in Training Program (now referred to as the GCG Pre CIT Program).
- **A Change in Terminology:** All coaches completing the Gymnastics Foundations Course will be considered “Trained”. A coach can remain trained for their entire career.
- Certification is not required to move into the NCCP Level 2 training process. A “Trained” Coach may enter into the NCCP Level 2 training program. Certification in Gymnastics Foundations is only required if an individual wishes to specialize in the Community Coach Stream (ie. Become a Recreation Director)
- A coach is only required to complete the Gymnastics Foundations Introduction Course (Weekend 1) and Theory (Day 1 of Weekend 2) once. Additional Sport Specific Sessions may be completed individually.
- In addition to Gymnastics Foundations, coaches will still be required to complete the on-line Making Ethical Decisions Component, Risk Management and Respect in Sport programs to be considered a “Trained” Coach.
- To maintain certification coaches must participate in regular Professional Development or they return to the status of “trained”. Professional Development plan to be developed by GCG.

Certification Pathway



A coach must build and complete their portfolio and submit to Gymnastics Ontario, along with either a video tape of a lesson **OR** a list of available dates for evaluation. Gymnastics Ontario will then coordinate with a Learning Evaluator to evaluate the coach. The fee to complete the evaluation is \$75.

Transition From NCCP Level 1 to Foundations to Gymnastics *(must be completed by January 1, 2010)*

1. Coaches Who have Level 1 Certification

- Will be assigned the status of “Certified” in the Community Sport – Initiation Context (Gymnastics Foundations)
- Coaches who have been assigned “Certified” status must maintain their status in accordance with the NCCP Policies

2. Coaches Who Have Level 1 Technical or Level 1 Technical and Practical

- Will be assigned the status of “In Training” in the Community Sport – Initiation Context
- To Move to Trained the Individual must complete “Introduction to Competition – Part A” or “Gymnastics Foundations Theory” (Day 2 of Weekend 2)
- Coaches with Level 1 Technical only must also complete their practical hours and submit the required form to Gymnastics Ontario

3. Coaches Who Have Level 1 and 2 Theory Only

- Will be assigned no status in the new NCCP; the entire Gymnastics Foundations program must be completed

All Coaches Must Complete the Making Ethical Decisions (MED) On=Line Module by January 2010.

- i) Coaches who are “Trained” and fail to complete this module by the required time will be re-assigned “In Training” status and be restored to “Trained” when the MED training is completed.
- ii) Coaches who are “Certified” and fail to complete this module by the required time will be re-assigned “Trained” status and be restored to “Certified” when the MED training is completed.