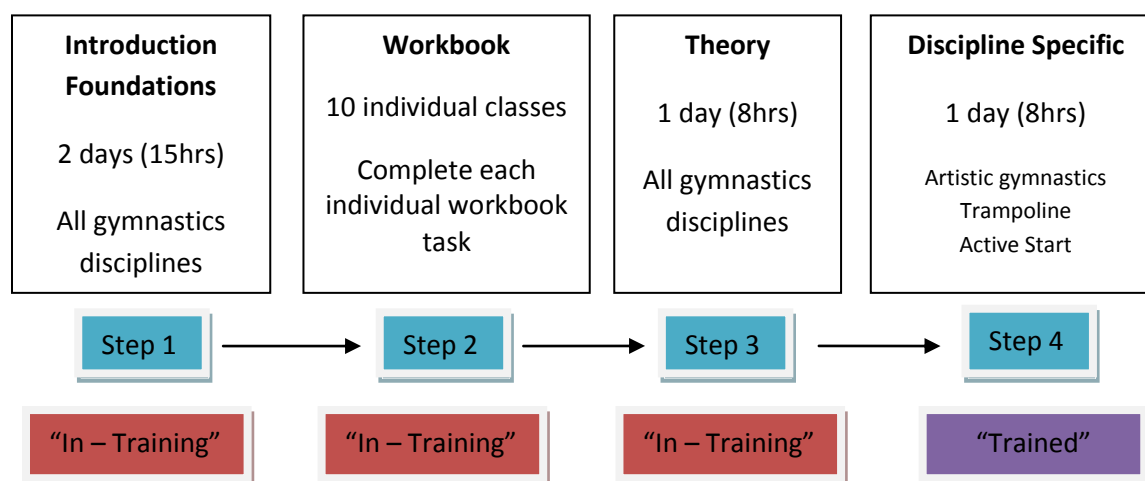


NCCP STRUCTURE – LEVEL 1 GYMNASTICS FOUNDATIONS

There are 5 separate components to the gymnastics foundations course (formerly NCCP Level 1)

These components must be completed in the following order (set by GCG and NCCP)



Video Evaluation

Coaching video submitted to learning facilitator for evaluation



What does this mean?

“In Training” = assistant coach: new coach must be directly supervised by a certified coach (minimum Level 1), coaching the same group

“Trained” = coach: can coach a group on their own but must have indirect supervision by a supervisor (in the gym) with minimum Level 1 certification

“Certified” = coach: can coach with no direct supervision

WHAT TO DO AT/AFTER EACH STEP

After Step 1 – coaches must coach 10 classes with a certified (minimum level 1) coach and complete the workbook

After Step 2 – coaches are still assisting while waiting to take Step 3 (theory)

NOTE: coaches must bring their completed workbook to the theory session

After Step 3 – coaches are still assisting with certified coaches; coaches are not yet able to have their own group

Step 4 - Sport specific: coaches will attend a 1 day sport specific course in either Artistic gymnastics, Active Start, Trampoline, Aerobic gymnastics or acrobatic gymnastics: Coaches can now coach a group on their own with indirect supervision (supervisor in the gym with minimum level 1 certification) in the specific discipline they are trained for.

Step 5 – video: video of training (as per NCCP guidelines) submitted for review. Once reviewed and accepted the coach is CERTIFIED LEVEL 1