

2022-2023



Coach Technical Manual

'Empower and Inspire Champions'

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INTRODUCTION

PURPOSE

The purpose of this document is to provide technical information for Gymnastics Saskatchewan coaches which includes policies regarding minimum coach requirements for trained and certified coach status, policies pertaining to coaches and risk management regulations. This document is a resource for coaches to access when they have questions related to the National Coaching Certification Program and provide guidance to coaches on how to become a Community Sport Stream Gymnastics Coach and/or a Competition Stream Gymnastics Coach. This technical manual will provide information to coaches regarding how they can maintain their certification, provide resources for coaches, and provide grant information for coaches.

LONG TERM ATHLETE DEVELOPMENT MODEL

The Long-Term Athlete Development (LTAD) model is a framework for an optimal training, competition, and recovery schedule for each stage of athletic development. Coaches who engage in the model and its practices are more likely to produce athletes who reach their full athletic potential. LTAD supports the four goals of the Canadian Sport policy and of Gymnastics Saskatchewan and Sask Sport:

- Enhanced Participation
- Enhanced Excellence
- Enhanced Capacity
- Enhanced Interaction

LTAD reflects a commitment to contribute to the achievement of these goals. LTAD is participant-centered, coach-driven, and administration, and sport science supported. Athletes who progress through the stages of LTAD experience instruction, training and competition in programs that have been developed in consideration of their specific biological and developmental needs.

Each sport in Canada has adopted and some have modified the Sport Canada model to fit their specific needs. Follow this link to view our LTAD developed by Gymnastics Canada:

http://www.gymcan.org/uploads/gcg_ltad_en.pdf

It is important for coaches to understand the Gymnastics Canada LTAD and use it to guide their coaching decisions for all the athletes they train from Active Start to Gym for Life. It will help ensure that all the children going through your programs become physically literate, and that they are athletic, healthy, and strong.

PARTICIPANT DEVELOPMENT MODEL (PDM) OF GYMNASTICS

The PDM describes the structure of gymnastics in Canada. It helps us understand the types of participants and their reasons for being involved in gymnastics. The PDM describes how participants can progress according to their age, ability, and level of interest. In the PDM chart on the next page:

- There are 7 different gymnastics disciplines; they are listed in alphabetical order:
 - Acro: Acrobatic Gymnastics RG: Rhythmic Gymnastics
 - Aero: Aerobic Gymnastics TG: Trampoline Gymnastics
 - MAG: Men’s Artistic Gymnastics WAG: Women’s Artistic Gymnastics
 - Parkour
- There are two streams of participation in gymnastics:
 - Community sport stream
 - Competition stream
 - Gymnastics has decided not to use the NCCP Instruction Stream since the Community Sport stream fits better with our sport for recreational gymnastics.
- Within each stream are several contexts, which can be defined by level of performance, age group or other special considerations.
- Dotted lines indicate potential for entry to or mobility between streams.
- Arrows indicate entry opportunities into a stream.
- Ages reflect the “average” entry age for participants in a stream.

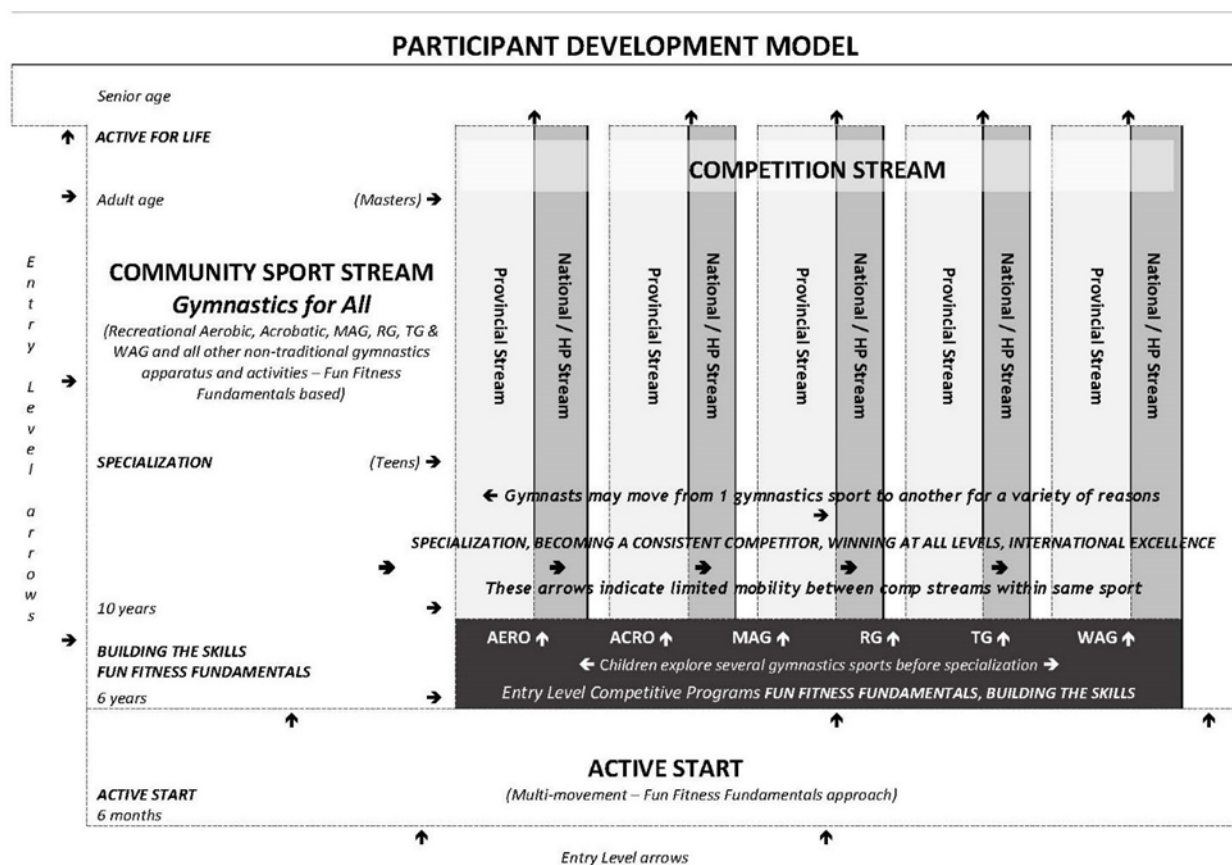
Community Sport Stream:

- Virtually all participants enter gymnastics through a community sport or club Gymnastics for All (recreational) program.
- There is no upper or lower age limit to Gymnastics for All.
- This stream includes Active Start (6 weeks to 5), child (6 to 12), teen (13 to 19), adult, and senior gymnastics, and gymnastics for participants with a disability.
- **Active Start** is considered a subset of Gymnastics for All and is an important entry point for many participants. Active Start gymnasts have unique age-group characteristics and are shown as a separate participant grouping in the model.
- This stream has a large and varied population engaged in many types of activities based on traditional recreational multi-discipline programs and many other non-traditional gymnastics apparatus.
- These activities are not merely feeder systems for competitive gymnastics programs. Rather they are important and justifiable ends in themselves and part of a lifelong active lifestyle.

Competition Stream:

- This stream includes the Provincial Competitive Stream and the National/High Performance Competitive Stream categories, in each gymnastics sport.
- Younger competitive gymnasts may move from one gymnastics sport to another (e.g. from WAG to TG, from RG to Acro) for a variety of reasons (growth, interest, ability, friends, etc.).

- By the age of 10 to 16 (depending on the discipline), competitive gymnasts are normally identified as either provincial, national, or high-performance competitive stream and there is less mobility between competitive streams or gymnastics sports until retirement from competitive gymnast.



ATHLETE PROGRAM DOCUMENTS

Program documents and technical regulations for each discipline and the various levels can be found on the Gym Sask website under the “Disciplines” heading.

THE NATIONAL COACHING CERTIFICATION PROGRAM



National Coaching Certification Program
The Goal: Coaches who can demonstrate their competence



The five core competencies are made concrete through specific coaching outcomes



There are five NCCP core competencies

*Certification is valid for no longer than 5 years and professional development is required to maintain certification.

COACH CERTIFICATION

The National Coaching Certification Program certifies coaches who have demonstrated their ability to apply critically important competencies to coaching situations relevant to the stage of athletes they coach. This means that coaches must not only know about coaching but be able to demonstrate their ability to apply this knowledge in the coaching situation.

Coaches can be trained in any of the following eight coaching contexts, which are specific to the type of athletes they are working with, and can progress through to a "Master Coach" level in any context.

COMMUNITY SPORT

The **Community Sport – Initiation** context focuses on participants who are being introduced to a sport. In many sports this is very young children participating in the sport for the first time. In a few sports, initiation into the sport can occur with youth or adults. Participants get involved to meet new friends, have fun, and to learn a new activity. The role of the coach is to ensure a fun and safe environment and to teach the development of some of the "FUNDamentals" stage skills and abilities for participants.

The **Community Sport – Ongoing participation** context is typically for either youth participating in a recreational environment, or masters participants participating for recreation, fitness, and socialization reasons. The participants are in the Active for Life stage of long-term athlete development. The role of the coach is to encourage participants to continue their involvement in the sport.

COMPETITION

The **Competition – Introduction** context is designed for coaches of athletes moving from the FUNDamentals to the Learn to Train and Train to Train stages of long-term athlete development.

The **Competition – Development** context is designed for coaches of athletes ranging from the Train to Train to the Train to Compete stages of long-term athlete development.

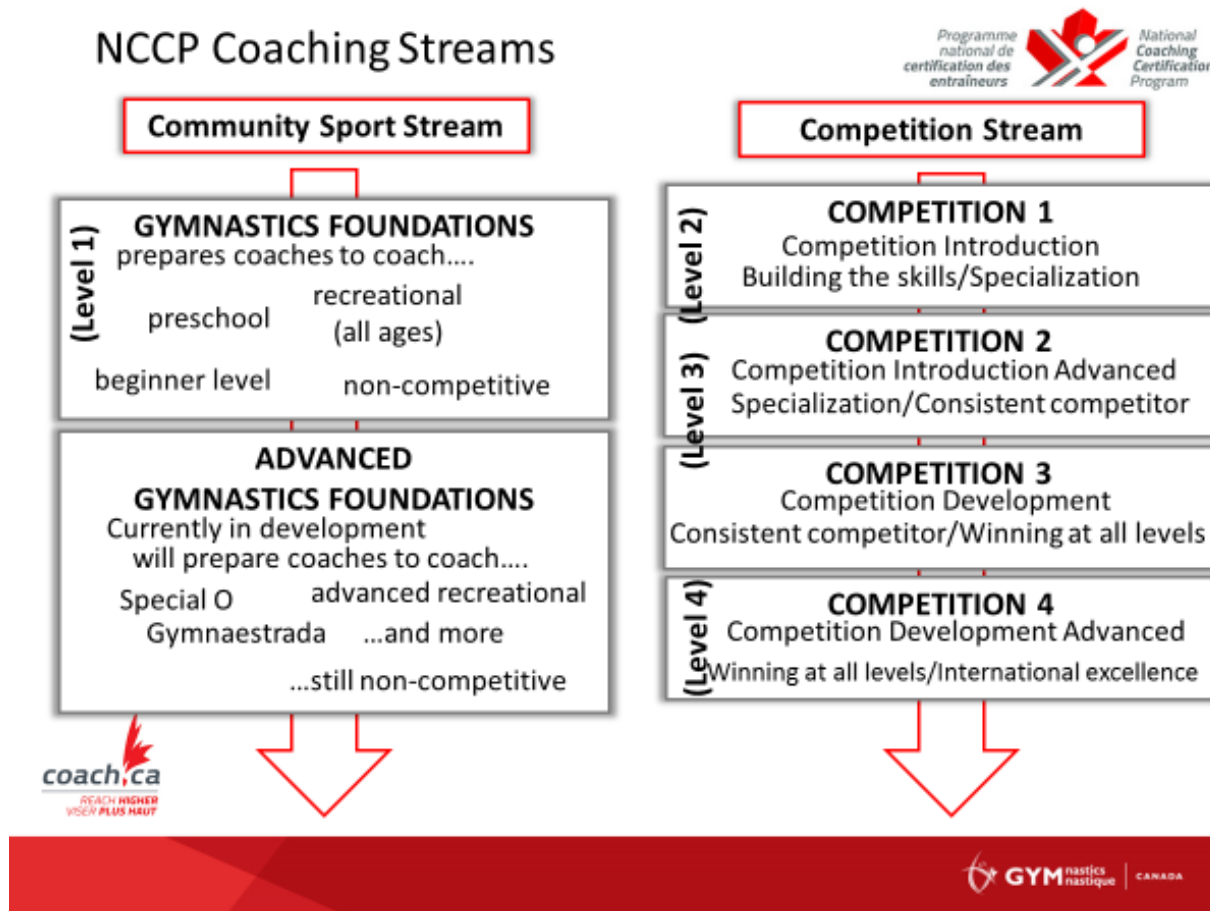
The **Competition – High performance** context is typically reserved for coaches of athletes in the Train to Win stage of long-term athlete development although there is the possibility of some phasing in of a Train to Compete athlete into the High Performance level because of the fluidity of the stages of long-term athlete development. Coaches in this context require specific skills and abilities in order to meet the needs of their athletes.

INSTRUCTION

Instructors in the **Instruction – Beginners** context are usually working with participants who are experiencing the sport for the first time through a series of lessons. Typically there's no formalized competition at this level — it's strictly about skill development and there is a short timeframe of interaction between the instructor and the participant.

Instructors in the **Instruction – Intermediate performers** and **Instruction – Advanced performers** contexts are very specialized and are specifically there to assist athletes crossing over from competitive sport to gain enhanced skills, and in some cases, tactical development specific to their sport.

NCCP GYMNASTICS COACHING STREAMS



THE LOCKER

The Locker is an important tool that supports the efforts of all Canadians involved in coach education. Access to The Locker will provide all coaches with the opportunity to track their progress and guide their development. The Locker has been developed by the Coaching Association of Canada to support its mission of enhancing the experiences of all Canadian athletes through quality coaching. Coaches with an NCCP Account can view/update personal information, coaching records, and access printable transcripts. NCCP Partners (like Gymnastics Saskatchewan) can access coach records in their sport, input coaching courses and personal development credits.

To access The Locker, go to the following link: <https://thelocker.coach.ca>

Prior to attending your first NCCP course, you will be asked to create an NCCP # in the Locker. To do this, you will simply go to the link above and click on “Don’t have an NCCP#? Create one now!”.

It is important to know your NCCP number, since your employer may request it to verify your NCCP training and certifications. You will also need to log into the Locker to complete the Make Ethical Decisions online exam, access e-Learning modules and record personal development points.

NCCP LEVELS ALIGNMENT TO NEW NCCP TO LTAD STAGES

	LTAD Stages	
Level 1 course	Gymnastics Foundations	Active Start, Fundamentals
Level 2 course	Competition 1 (Introduction)	Building the Skills & Specialization
Level 3 course	Competition 2 (Intro Advanced)	Specialization & Becoming a Consistent Competitor
<i>This information gap has been filled by GCG, LFs, experts (not always with the same content)</i>	Competition 3 (Development)	Becoming a Consistent Competitor & Winning at All Levels
Level 4 course	Competition 4 (Dev Advanced)	Winning at All Levels & International Excellence



NCCP TRANSFER OF QUALIFICATIONS

We are excited to announce that coaches with Levels-NCCP qualifications in Artistic Gymnastics have completed the transfer of qualification from the Levels NCCP to our new NCCP programming which places a renewed focus on lifelong learning.

Coaches with Trampoline and Rhythmic Levels-NCCP qualifications will transfer at a later date.

NCCP Transfer of Qualifications (summary for certified coaches):

Level 1 Certified = GF Certified

Level 2 Certified = Comp 1 Certified + Comp 2 Trained and can challenge Comp 2 evaluation

Level 3 Certified = Comp 3 Certified (must complete NCCP Comp 3 transfer course within 5 years of transfer to maintain Comp 3 Certified Status)

Level 4 Certified = Comp 4 Certified

If your coach qualifications include some trained statuses, please see the following chart to determine how your qualifications transferred:

http://www.gymcan.org/uploads/content/coaching/nccp_transfer_en.pdf

SUGGESTED COACH TO ATHLETE RATIO DOCUMENT

SUGGESTED COACHING RATIO							
MAX # OF PARTICIPANTS	Participant Age Group	Competitive Programs 1 Coach to:	Recreational Classes 1 Coach to:	Birthday Parties 1 Coach to:	School Programs (includes Daycare) 1 Coach to:	Performance Groups 1 Coach to:	Gymnastics Drop-In 1 Coach to:
	3 - 18 months	N/A	10 max participants (plus parents)			N/A	Parent & Child Drop-In 20 max participants + parents/guardian (parent/guardian directed)
	18 mths to 3 years	N/A	10 max participants (plus parents)			N/A	
	3 - 5 years old	N/A	6 max participants	10 max participants	15 max participants, Teacher or Parent volunteers for every 5 participants	8 max participants	Parent & Child Drop-In 15 max participants + parents/guardian (parent/guardian directed)
	6 - 11 years old	6-10 max participants The more advanced the skills, the lower the ratio should be.	10 max participants	15 max participants	25 max participants, Teacher or Parent volunteers for every 8 participants	12 max participants	
	12 + yrs	Higher level competitive may reduce the ratio lower than 1 coach to 6 athletes.	10 max participants	15 max participants	25 max participants, Teacher or Parent volunteers for every 8 participants	12 max participants	Teen/Adult Drop-In 15 max participants

Inclusive programs should consider the specific needs of the group or individual. In some cases, one on one with instructor, parent or teachers aid may be required. Please refer to the documents in the athletes with a disability section on the Gymnastics Saskatchewan website. These forms can help in determining the needs of each participant.

COACHING REQUIREMENTS FOR GYM SASK MEMBERS

MEMBERSHIP

All coaches must hold a current Gym Sask membership to coach and attend courses. Coach memberships are defined as follows:

- Coach in Training (CIT) – Has not completed any coaching course except Respect in Sport, or has completed 1 or 2 Gymnastics Foundations courses
- Recreational/Inter-Club Coach – Coach of a Recreational or Inter-Club Gymnast
- Competitive Coach – Coach of Provincial or National/HP Gymnasts

RESPECT IN SPORT

Respect in Sport (RIS) is a one-time course that can be done from the comfort of your own home. It will only take three hours of your time to complete. **All coaches wishing to coach in Saskatchewan as a CIT, trained or certified coach are required to complete Respect in Sport.** Coaches who are just beginning the process toward becoming a coach are required to complete this course as part of their Gymnastics Foundations training. Already certified coaches must complete this course independently to maintain their certified status within the province.

Visit the following website address:

<https://gymnasticscanada.respectgroupinc.com/start.jsp>

This is a guide to help you through the process of signing up and completing the course.

Once at the website

- 1) Please select your language.
- 2) Go to 'Register your Profile Click HERE'.
- 3) To register a new user, click 'Register'. If you think you have already completed a different version of RIS click 'Look up'.
- 4) Put in your registration information. Make sure your Association is set to Gymnastics Canada and click on the '+' to expand the selection, put a check mark beside 'Saskatchewan.' Complete your account information, it is recommended that you allow communication to the NCCP and complete the security captcha and then 'submit registration.'
- 5) Read the instructions that will follow.
- 6) Click the 'Program Access' tab to complete the Modules of the course.
- 7) **Print off confirmation certificate for proof of completion.** You should show this to your club to acknowledge you have completed the program. You do not need to notify Gymnastics Saskatchewan; they are able to access the records of completion.
- 8) Look at the 'Handouts' tab for some great resources.

MAKE ETHICAL DECISIONS

All coaches who wish to become certified must complete the online Make Ethical Decisions exam. Coaches will receive the training to complete this exam by taking the Gymnastics Foundations Theory course.

The MED online exam can be accessed through each coach's Locker profile at:

<https://thelocker.coach.ca>

On the left-hand side of the page, you will need to login with your NCCP# or email address and password. If you do not know your NCCP# or password, click on 'Lookup my NCCP#' or 'Forgot password' to have them send it to your email address.

Once you are logged in, make sure that the Gymnastics Foundations Theory course is showing up in the Certification section of your Locker profile. If it is not yet showing in your certifications please wait until you see it there, otherwise you will be required to pay for the exam. Once your GF Theory course is showing in the Certification section of your Locker profile, click on the 'eLearning' tab. Then select "Make Ethical Decisions Online Evaluation."

Select the stage of athletes from the right that you work with most often, click 'Begin' and complete the evaluation.

There are two parts to the exam: Scenario One and Scenario Two
It will take between 30 and 40 minutes to complete the evaluation. If you exit part way through the exam your answers will be saved, and you can return to where you left off the next time you login.

A passing grade is 75%. Since you took the MED Training within the Gymnastics Foundations Theory course you will have unlimited attempts to pass the evaluation.

Once you have successfully completed the evaluation, your NCCP Transcript in The Locker will be updated automatically.

If you completed the Level 1 Theory module, it did not include the MED module. You have 2 options for completing the MED online exam:

1. Complete the MED module (half day of the GF Theory course = 2 hours), then complete the MED online evaluation for free
2. Go directly to the MED online evaluation – cost is \$85, for 2 attempts at passing. If, after 2 attempts, you have not received a passing grade of 75%, you must complete the MED training module.

MINIMUM COACH REQUIREMENTS

NCCP Coaching Status	Description	Responsibilities & Requirements	Athlete Levels they Can Coach
Pre-Coach in Training (Pre-CIT)	<ul style="list-style-type: none"> Apprentice coach following the GCG Pre-CIT program Intended for 13 to 15 years old 	<ul style="list-style-type: none"> Pre-CIT can act as an assistant to a Certified Coach. Must be under the direct supervision of a Certified Coach (in the same group) Must complete Respect in Sport (RIS) online 	<ul style="list-style-type: none"> Recreational programming Outside User Group programming
Gymnastics Foundations Coach in Training (CIT)	<ul style="list-style-type: none"> Have completed 1 or 2 GF courses and RIS Must be 15+ years old 	<ul style="list-style-type: none"> CIT may have the opportunity to lead warm-ups and coach sections of the lesson. Must be under the direct supervision of a Certified Coach (in the same group) Must complete Respect in Sport (RIS) online 	<ul style="list-style-type: none"> Recreational programming Outside User Group programming
NCCP Gymnastics Foundations Trained Coach (all disciplines)	<ul style="list-style-type: none"> Completed 3 Gymnastics Foundations courses (GF Intro, GF Theory, GF Discipline Specific) Must be 15+ years old 	<ul style="list-style-type: none"> Can coach his/her own recreational group with a Certified Coach present in the gym. Coaches are REQUIRED to take the GF Trampoline course to teach or watch over any trampoline activities. Coaches are REQUIRED to take the GF Active Start course if they are coaching participants under 6 years old. Must complete Respect in Sport (RIS) online & recommended to complete Make Ethical Decisions (MED) online exam 	<ul style="list-style-type: none"> Recreational programming Outside User Group programming CANGYM – Burgundy to Purple (GF Artistic)
NCCP Gymnastics Foundations Certified Coach (all disciplines)	<ul style="list-style-type: none"> Must be 16+ to certify Completed discipline specific portfolio review and video evaluation GF Workbook can be completed for 3 personal development points on certification 	<ul style="list-style-type: none"> Required to be a Head Coach of a Recreational Club Can coach without supervision. (Coaches under 18 required the presence of an adult in the venue.) This is the only certification that coaches may choose to skip if they know they are going to continue to the competitive stream and become certified in Competition 1. Completed both online courses (RIS and MED exam) 	<p><i>Includes levels listed above</i></p> <ul style="list-style-type: none"> Fun Meets & GFA Performances Inter-Club Events <ul style="list-style-type: none"> WAG Inter-Club Levels 1&2 and XCEL Bronze (GF Artistic) MAG JO Levels 1-3 (GF Artistic) Rhythm Cat (GF Rhythmic) FAST Cat Levels 1&2 (GF Tramp) Acro Levels 5&6 (GF Artistic)

NCCP Coaching Status	Description	Responsibilities & Requirements	Athlete Levels they Can Coach
<p>NCCP Competition 1 (or Level 2)</p> <p>Trained Coach (all disciplines)</p>	<ul style="list-style-type: none"> NCCP coaching courses which have replaced the Level 2 courses Comp 1 Theory modules integrated into the discipline specific course & offered separate online Must be 16+ years old 	<ul style="list-style-type: none"> Required to coach at all sanctioned Gym Sask in province competitions. No exemptions will be granted for Competition 1 training. NCCP Competition 1 Tramp or Artistic or Level 2 Tramp Technical is required to coach any inverted skills on the trampoline. Acro coaches can be trained in WAG, MAG or TG until the Comp 1 Acro course is readily available. 	<p><i>Includes levels listed above</i></p> <ul style="list-style-type: none"> CANGYM - Blue to Yellow WAG Inter-Club Levels 3-4, CCP Levels 3-6, XCEL Sliver/Gold/Platinum MAG Provincial 1-2 RG Provincial 1-6, Masters Levels TG FAST Cat Levels 3 & 4 Acro Levels 7-10, Youth, AG
<p>NCCP Competition 1 (or Level 2)</p> <p>Certified Coach (all disciplines)</p>	<ul style="list-style-type: none"> Completed Comp 1 evaluation (portfolio review & on-site or video evaluation) Level 2 Certified Artistic coaches transferred qualifications to receive Comp 1 Certified & Comp 2 Trained status 	<ul style="list-style-type: none"> Required to be a Head Coach of a Competitive club Required to participate in Saskatchewan Championships, trials/selections, or inter-provincial competitions, Westerns, and Saskatchewan Games. Level 2 Tramp or Comp 1 Tramp certification is required to coach at Western Canada Cup Acro coaches must be certified in Comp 1 WAG, MAG or TG to attend Acro Canadian Championships 	<p><i>Includes levels listed above</i></p> <ul style="list-style-type: none"> Levels as listed above attending Saskatchewan Championships, inter-provincial competitions, TG Western Canada Cup & Saskatchewan Games TG Levels 1-4 Western, Canadian & World Gymnaestrada
<p>NCCP Competition 2</p> <p>Trained Coach (all disciplines)</p>	<ul style="list-style-type: none"> Coaching courses which include some of the Level 2 Technical skills & some of the Level 3 Technical skills Theory module is integrated into the course 	<ul style="list-style-type: none"> Some coaching requirements have already changed for WAG & MAG and changes will be coming soon for RG & TG as we align the skills covered in the new coaching courses to the appropriate athlete levels. 	<p><i>Includes levels listed above</i></p> <ul style="list-style-type: none"> CANGYM – Green to Gold WAG CCP Levels 7 & 8, XCEL Diamond, GymCan Youth Program MAG Provincial 3-5
<p>NCCP Competition 2</p> <p>Certified Coach (all disciplines)</p>	<ul style="list-style-type: none"> Completed Comp 2 evaluation (portfolio review, skill development videos & presentation at a workshop) 	<ul style="list-style-type: none"> Competition 2 Certification will be required for Artistic Westerns in 2023 	<p><i>Includes levels listed above</i></p> <ul style="list-style-type: none"> Levels as listed above attending Saskatchewan Championships and Artistic Westerns

NCCP Coaching Status	Description	Responsibilities & Requirements	Athlete Levels they Can Coach
<p>NCCP Competition 3 (or Level 3)</p> <p>Trained Coach (all disciplines)</p>	<ul style="list-style-type: none"> Coaching course which includes some of the Level 3 Technical skills & new skills that have been created since the Level 3 course was made. 4 Competition Development Theory modules (offered separate through CAS): Coaching & Leading Effectively, Manage a Sport Program, Managing Conflict & Psychology of Performance 	<ul style="list-style-type: none"> Required to coach National Stream athletes. Will be required to complete True Sport Clean 101 and CAC Making Headway eLearning module to attend Gym Canada events 	<p><i>Includes levels listed above</i></p> <ul style="list-style-type: none"> WAG CCP Levels 9, 10 & HP, GymCan Novice Program MAG Aspire, Open, Junior, Senior Next Gen, Senior RG National Novice, Junior & Senior TG Levels 5-7, Junior & Senior
<p>NCCP Competition 3 (or Level 3)</p> <p>Certified Coach (all disciplines)</p>	<ul style="list-style-type: none"> Portfolio submission & observation during podium training 	<ul style="list-style-type: none"> Required to coach at Canadian Championships, Elite Canada, Canada Games, Slonny Cup, Planet, and other National level competitions. 	<ul style="list-style-type: none"> All levels in their respective discipline
<p>NCCP Competition 4</p> <p>Trained & Certified Coach (all disciplines)</p>	<ul style="list-style-type: none"> Coaches must complete the Advanced Coaching Diploma as well as a sport-specific component through Gymnastics Canada Certification will include an assessment, evaluation at a National training camp, and developing a National Team Athlete 	<ul style="list-style-type: none"> Required to coach at international competitions 	<ul style="list-style-type: none"> All levels in their respective discipline

POLICE RECORD CHECK/VULNERABLE SECTOR CHECK

All Gymnastics Saskatchewan member coaches who are 18 years old or older are required to submit a Police Record Check/Vulnerable Sector Check to their club to keep on file. A Police Record Check/Vulnerable Sector Check will be valid for Gymnastics Saskatchewan for a period of 3 years from date of issue, unless information is presented to the CEO which shows that there are reasonable grounds for another police record check to be required.

To obtain a Police Records Check the individual must go in person to his/her local police station with appropriate identification and request a Police Record and Vulnerable Sector Check. There may be a charge for the record checks which varies depending upon the municipality. There is also an online program that will do police record checks, but it currently does not have the ability to do the vulnerable sectors check. You can ask to have the enhanced security check which is close to the vulnerable sectors check but not quite the same. This program is called BackCheck and can be accessed by going to:

https://www.sterlingtalentsolutions.ca/landing-pages/c/cac_ace/

Coaches new to Canada or coaches on a temporary work or visitor visa must have a completed check from their previous country of residence (translated) and an up-to-date CV/resume, unless proof can be provided that a police record check was submitted to the Government of Canada upon application for the related work or residency documents.

Responsibility for the implementation of club screening policies, record keeping and the release of information rests with the club President or his/her designate. Periodically, Gymnastics Saskatchewan will request copies of coaches Police Record Check/Vulnerable Sector Check to ensure policies are being upheld. For more information about screening policies refer to the Gym Sask Operational Policies and Procedures Manual: <https://gymsask.com/bylawspolicies/>

GYMNASTICS SASKATCHEWAN POLICIES PERTAINING TO COACHES

GENERAL COACHING POLICIES

- All clubs offering exclusively recreational or non-competitive/performance programs wishing to become members of Gymnastics Saskatchewan must retain the services of a Head Coach with a minimum NCCP Gymnastics Foundations or Level 1 Certification.
- All clubs offering competitive programs wishing to become affiliated with Gymnastics Saskatchewan must retain the services of a Head Coach with a minimum Level 2 certification (Technical, Theory and Practical) or Competition 1 Certified.
- All coaches participating in any sanctioned competition held in Saskatchewan must be minimum NCCP Level 2 Technical or Competition 1 trained. Coaches participating in Performance or Inter-Club events must be certified NCCP Gymnastics Foundations (or Level 1) or higher.
- All coaches participating in Saskatchewan Championships, Trials, or Provincial Selection/Qualifying Meets must be Certified Level 2 or Competition 1 Certified. Exemptions will be granted for one Saskatchewan Championship.

- Coaches 14 years and younger are encouraged to complete the Gym Canada Pre-CIT program. Coaches are permitted to attend and receive credit for Gymnastics Foundations courses when they are 15 years old. Certification cannot be obtained until the coach turns 16 years of age.
- An adult (age 18 or over, no certification required) must be present in the gym at all times, while classes are being held, when there are no coaches of legal age.
- Coaches not meeting the requirements must be working under the supervision of a coach with the appropriate certification.
- If a coach cannot meet the required certification, a request for an exemption detailing the timeline for certification may be submitted in writing to Gymnastics Saskatchewan. This does not guarantee an exemption will be granted.

COACHING ON THE TRAMPOLINE POLICIES – Effective April 1, 2021

For all programs using the trampoline, coaches must position themselves where they can directly supervise the trampoline at all times and coaches must hold the appropriate certification/training for the skills they are teaching.

- **In all membership categories and gymnastics disciplines backyard trampolines cannot be used; the trampolines must be commercial grade for gymnastics.**
- The use of trampolines for online training is strictly prohibited.
- Only one user on the trampoline at a time (with the exception for a trained coach who is spotting).

Recreational Trampoline Activities:

- Must have a minimum of Gymnastics Foundations (GF) Trampoline TRAINED coach directly supervising the gymnast on the trampoline.
- GF Trampoline Trained & Certified coaches are NOT permitted to teach inversions.
- Outside user group activities (including birthday parties) may use the trampoline one at a time, with direct supervision from a trained or certified coach; NO inversions allowed.
- GF Artistic & GF Active Start TRAINED coaches may use mini tramps in accordance with the training they received in each Gymnastics Foundations course.
- Trampolines must be modified with a mat on the bed for use in 0 to 3-year-old Active Start classes.

Inter-Club Trampoline Activities:

- Must have a minimum of GF Trampoline CERTIFIED coach to attend FAST Cat Level 1 & 2 competitions.
- Must have a minimum of Competition 1 Trampoline or Level 2 Trampoline TRAINED coach to attend FAST Cat Level 3 & 4 competitions.
- **OR** Must have a minimum of GF Tramp TRAINED **and** Competition 1 Artistic TRAINED coach to attend FAST Cat Level 3 & 4 competitions.
- A Competition 1 Artistic or Trampoline or a Level 2 Artistic or Trampoline or higher CERTIFIED coach must provide indirect supervision to the trained coach.

Competitive Trampoline Activities:

- Must have a minimum of Competition 1 Trampoline or Level 2 Trampoline CERTIFIED coach for Level 1-4 Trampoline athletes to attend in province Invitationals and Saskatchewan Championships.
- Must have a minimum of Level 3 Trampoline TRAINED coach for Level 5-7, Jr & Senior trampoline athletes attending in province competitions.
- Level 3 Trampoline CERTIFIED status is required for coaches to attend out of province National level competitions.

Using Trampoline as a training aid for Artistic Coaches while teaching inversions:

- Must be a minimum of Competition 1 Artistic CERTIFIED.
- **OR** must be a minimum of Level 2 Artistic CERTIFIED **and** Level 2 Trampoline TRAINED

TEMPORARY CERTIFICATION RECOGNITION

Coaches may apply for temporary certification recognition for certification requirements. The following rules will be applied, or the coach will not be sanctioned to be coaching in the requested capacity or allowed on the competition floor:

- No exemptions will be given for Gymnastics Foundations Introduction.
- A maximum of 18 months will be given once to any individual for Gymnastics Foundations Certification.
- No exemptions will be given for the Competition 1 WAG/MAG/TG/RG course.
- An individual may receive a 1-time exemption for Competition 1 Certification for 1 Saskatchewan Championship. The coach must complete their certification by the next Saskatchewan Championship.
- Some Competition 3 and Level 3 Certification exemptions are considered for Gym Canada events by Gym Canada but require a letter of support from Gymnastics Saskatchewan.

The link for the form to request for temporary certification can be found here:

<https://gymsask.com/forms/>

POLICY FOR COACHES AT COMPETITIONS

All coaches on the floor must have the appropriate certification or Gymnastics Saskatchewan authorized temporary coaching exemption, as defined in the coaching policies, at all sanctioned meets in Saskatchewan, invitational meets, regional and provincial trials, and any other competitions. If the coach does not meet the required expectation for certification than the coach will be removed from the floor.

Coaches on the competition floor shall adhere to the dress codes and any other regulations as stated in this policy or, if different, as stated in their respective technical policies:

The following attire is required for each coach (artistic, acrobatic and T&T) during training, warm-up and competition at any sanctioned event: appropriate training suit (long pants and jacket); top: appropriate T-shirt, polo shirt (i.e. club or provincial shirt, no logos other than gymnastics logos) and/or training jacket; appropriate indoor sport footwear. Excluded items: hats, shorts, midriff tops, tank tops, ripped or torn clothing.

The following attire is required for each coach (rhythmic) during all sanctioned events including Galas and competitions (during training, warm-up and performance/competition): Appropriate bottom: long pants, capris or skirt no more than 1" above the knee; appropriate top: club or provincial shirt, polo shirt, blouse, professional looking blazer or dressy type jacket or track suit jacket. Clothing choice must exclude hats, shorts, midriff tops, tank tops, ripped or torn clothing; no logos other than gymnastics logos; appropriate indoor footwear. High heel shoes are not recommended.

In case of inappropriate clothing, a Gymnastics Saskatchewan representative will issue a verbal warning; if the situation is not corrected in the following 30 minutes, a \$40.00 penalty will be levied; upon a second occurrence at the same meet, the coach may be asked to leave the floor.

Improper or unsportsmanlike behavior at a competition by an athlete, coach, judge or volunteer, which is considered unacceptable according to the FIG Code of Points, or the Code of Conduct as outlined in the Policy Manual or the rules generally accepted in the Canadian society will be immediately sanctioned by the Chief Judge, and/or the CEO, Technical Director, or a member of the Gym Sask Board of Directors. They will also determine if the offence is to be brought forward as a formal complaint under the Discipline Policies.

Improper or unsportsmanlike behavior, including standing behind a judge(s) while an athlete is being evaluated by judges, unfounded or derogatory comments about the judges or the judging, etc. are subject to a sanction. Such an offense may be sanctioned by a verbal or written warning and/or a written reprimand. A series (three or more) of these minor offenses in the same competition will be treated as a serious offence.

The sanctions in case of a serious offence are:

First offence during the entire competition: yellow card;

Second offence during the same competition \$200.00 fine;

Third offence during the same competition: \$300.00 fine, red card and possible removal from gym floor.

A very serious infraction to the Code of Conduct may be sanctioned by immediate removal of access to training, warm-up and competition floor by the Chief Judge and/or the CEO, Technical Director, or a member of the Gym Sask Board of Directors. Additional sanctions may be imposed as per the Dispute Resolution Policy.

If a coach is given a Yellow Card for one offense and then commits another offense, he/she will then be given a Red Card. It is not necessary to have repeated the same offense. If coach has deliberately caused a disruption, they may be Red Carded immediately.

All coaches named to a Provincial Team must be members in good standing of Gymnastics Saskatchewan and must be endorsed by their respective technical committees.

Competitive coaches who are attending national team activities both domestically and internationally must meet the following risk management requirements for Gymnastics Canada:

- Enhanced criminal record check issued within 12 months of the date of the activity being attended - https://www.sterlingtalentsolutions.ca/landing-pages/c/cac_ace/
- Respect in Sport (coaches do not need to redo this, a copy of your completion certificate will suffice) - <https://gymnasticscanada.respectgroupinc.com/>
- True Sport Clean 101 Untracked eLearning module - <http://cces.ca/course-outline>

- Coaching Association of Canada *Making Headway in Sport* eLearning module (complete this through your Locker profile)

Competitive coaches traveling to National events will be required to provide proof of completion of all these requirements to the Gymnastics Canada program manager responsible for their discipline.

OTHER POLICIES

For a complete reference of all of Gym Sask's policies (including Rule of Two, Concussion Policies, etc.) refer to the Operational Policies and Procedures manual which is updated each year:

<https://gymsask.com/bylawspolicies/>

COMMUNITY SPORT STREAM COACH PATHWAY

PRE-COACH IN TRAINING PROGRAM

The Pre-CIT program is intended for individuals who are 13 to 15 years old and would like to act as an assistant coach to a Certified Coach. The Pre-CIT must be under direct supervision of a Certified Coach and must complete the online Respect in Sport training before they start helping on the floor with the athletes. Gymnastics Canada created a Pre-CIT workbook and tutor guide to help prepare these individuals to attend the Gymnastics Foundations courses once they turn 15 years old. Copies of the Pre-CIT program can be obtained by contacting Gymnastics Saskatchewan.

GYMNASTICS FOUNDATIONS COURSE DESCRIPTIONS

Gymnastics Foundations INTRODUCTION – 8 hours

This one-day NCCP course is taught in the gym and is an active course. It is relevant to all gymnastics disciplines (Active Start, Artistic, Trampoline & Rhythmic). The course will cover the Fundamentals of gymnastics while developing Fitness abilities and having Fun.

Gymnastics Foundations THEORY – 4 hours

This 4-hour NCCP course will take place in a classroom setting or online and is applicable to all gymnastics disciplines. It will cover the modules Planning a Practice and Make Ethical Decisions. Upon completion of the THEORY course, all coaches should complete the online MED exam.

Gymnastics Foundations DISCIPLINE SPECIFIC – 8 hours

We are currently running 4 discipline specific NCCP courses. Each of these one-day courses will provide information specific to each discipline and will take place in a gym setting.

Disciplines include:

- **Active Start (AS)**
 - This course is designed for coaches working with preschool age children. Coaches are introduced to the AS approach, the AS child, the AS lesson and the AS program.
 - Coaches will be equipped to coach participants under 6 years old.
- **Artistic**
 - Coaches will learn Fundamental Movement Patterns (landings, stationary positions, locomotion, rotation, spring and swing) and basic skills specific to artistic gymnastics.
 - Coaches will be equipped to coach Recreational Artistic participants 6 years old and older.

- **Trampoline**
 - Coaches will learn progressions and safety tips for teaching basic jumps, body landing skills, adding twist before or after a skill and combination skills specific to trampoline gymnastics. This course does not include any inverted skills.
 - Coaches will be prepared to coach Trampoline participants 6 years old and older.
- **Rhythmic**
 - Coaches will learn about body posture, locomotion, apparatus manipulation for rope, hoop, ball, ribbon and scarves and basic skills specific to rhythmic gymnastics.
 - Coaches will be prepared to coach Recreational Rhythmic participants 6 years old and older.
- **Parkour**
 - Coaches will learn the fundamental skills of parkour (landings, precision, crane, vaults, cat, lache, stride, tac, wall run) and how to incorporate these basics into speed courses, style courses, and skill challenges.
 - Coaches must complete the GF Intro, GF Theory & GF Artistic courses before taking this parkour specific course.
 - Coaches will be prepared to coach Parkour participants 6 years old and older.

Becoming a Gymnastics Foundations Coach

Pre-Coach in Training

- Apprentice coach following the GCG Pre-CIT program (contact Gym Sask to obtain this document)
- Intended for 13-15 year olds

- Pre-CIT can act as an assistant to a Certified Coach
- Must be under the DIRECT supervision of a certified coach (in the same group)

Coach in Training (CIT)

- Have not completed any Gymnastics Foundations (GF) courses or may have completed 1 or 2 courses
- 15 years old and older

- CIT may have the opportunity to lead warm-ups & coach sections of the lesson
- Must be under the DIRECT supervision of a certified coach (in the same group)

GF Trained (15 yrs+)

- Have completed 3 GF courses (Theory, Intro, Discipline Specific)
- GF Tramp course is required to supervise or teach any trampoline activities
- GF Active Start course is required for coaching participants under 6 years old

- Can coach his/her own group with a Certified Coach present in the gym

GF Certified (16 yrs+)

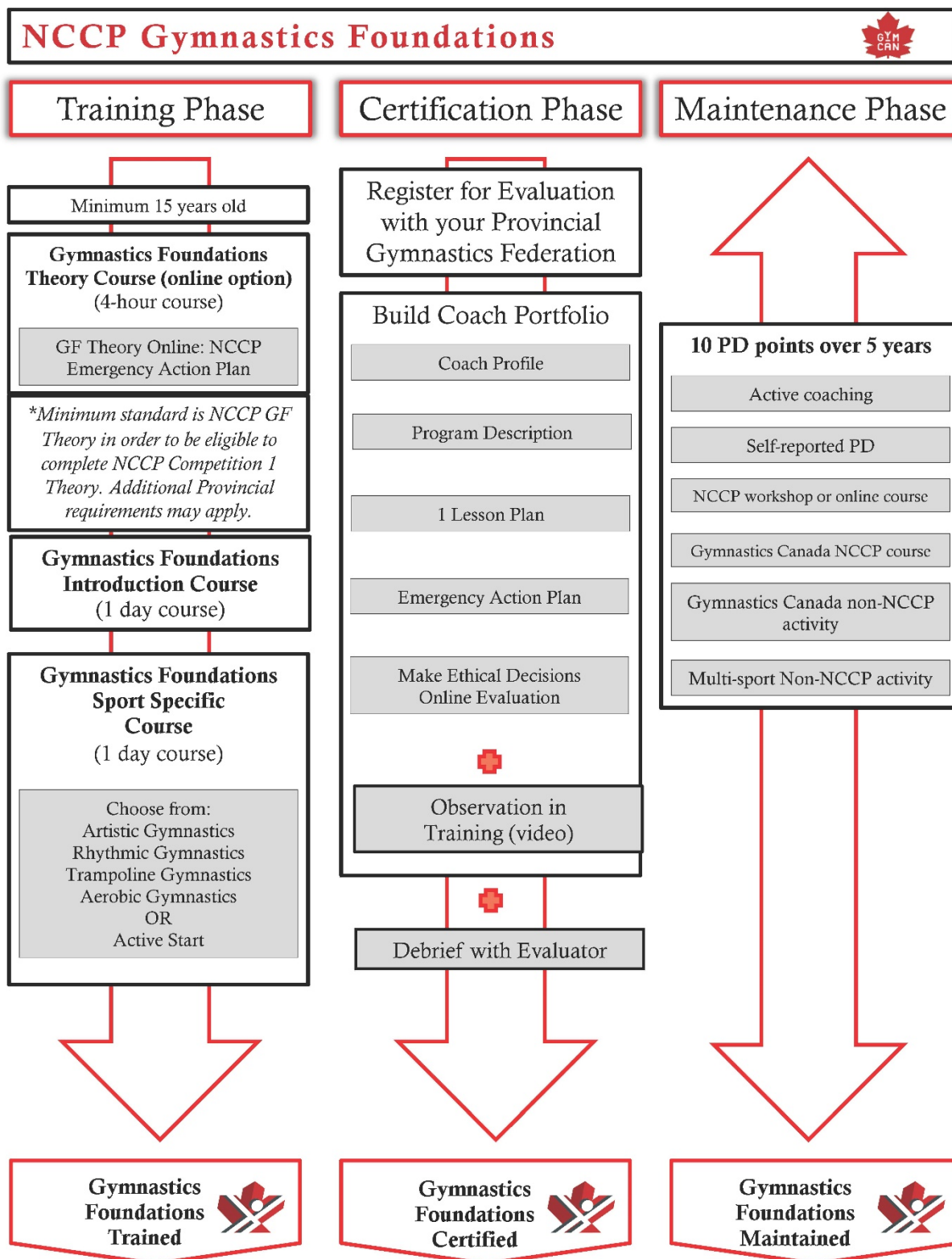
- Completed discipline specific portfolio review & video evaluation (details in the Gymnastics Foundations Coach Evaluation Package)
- Complete 10 week GF workbook for 3 PD points

- Can coach without supervision (coaches under 18 years old require the presence of an adult in the venue)
- Required to be a Head Coach of a Rec club

Important: All Pre-CIT, CIT, Trained, Certified coaches (13 yrs+) must complete the online Respect in Sport (RIS) modules. Trained coaches are recommended to complete the Make Ethical Decisions (MED) online exam. Certified coaches are required to complete the MED online exam.

Gymnastics Foundations Certification is required to coach at Performances, Fun Meets and Pre-Competitive (Inter-Club) events.

GYMNASTICS FOUNDATIONS - COMMUNITY SPORT STREAM FLOW CHART

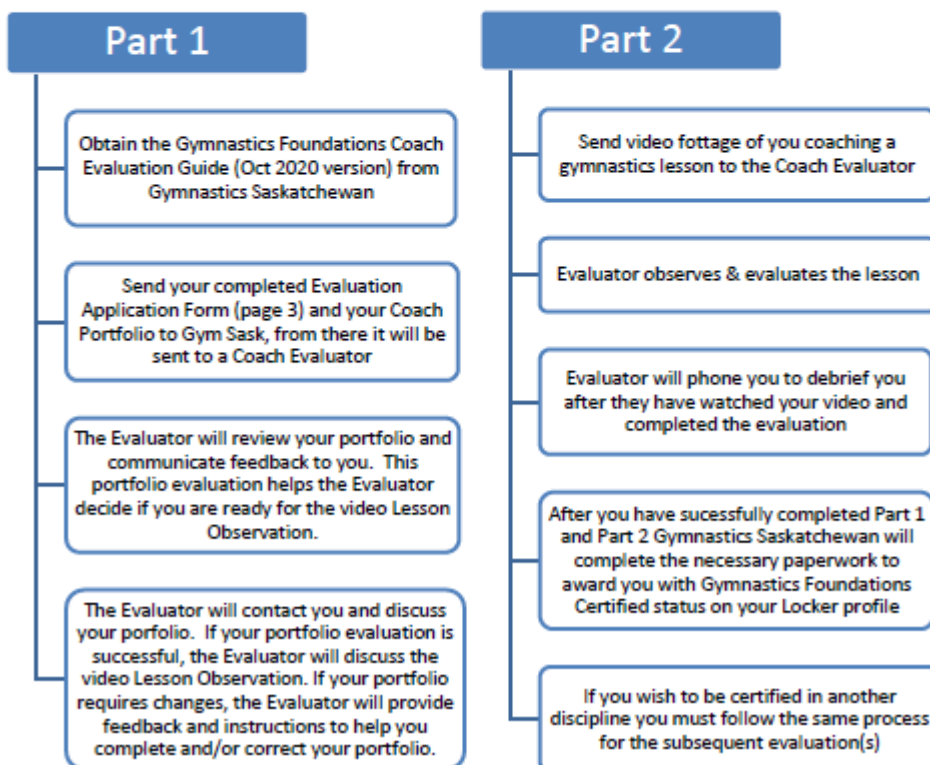


GYMNASTICS FOUNDATIONS CERTIFICATION PROCESS

Who should become Gymnastics Foundations Certified?

- Coaches who will be the head coach (or only coach) at a recreational club
- Coaches who will be designated as the supervising coach in the gym (maybe at a certain time: e.g. Birthday Party supervisor)
- Coaches who will be discipline specialists in their gym (e.g. only Rhythmic coach, Active Start specialist)
- Coaches who will be taking gymnasts to performances, fun meets and/or Inter-Club events. Note: A temporary certification exemption for Gymnastics Foundations Certification will be considered if the coach is planning to continue their coach education and complete the Competition 1 (or Level 2) training and certification.

Remember: Coaches who are aspiring to become competitive coaches may choose to skip the Gymnastics Foundations evaluation and attend the Competition 1 training. They will complete a similar evaluation process once they are ready to become Competition 1 Certified.



GYMNASTICS FOUNDATIONS COACH EVALUATION GUIDE

The link for the GF Coach Evaluation guide is: <http://gymsask.com/wp-content/uploads/2020/10/GF-Coach-Evaluation-Guide-Gym-Sask-Oct-2020.pdf>

GYMNASTICS FOUNDATIONS ADVANCED

The “Advanced Gymnastics Foundations” section of the Community Sport Stream is currently on hold. The first Gymnastics Foundations Advanced course to be developed will be GF Advanced Artistic. This will help bridge the gap between Gymnastics Foundations Artistic and Competition 1 WAG/MAG, since not all coaches intend to become pre-competitive/inter-club coaches but need more training to teach advanced artistic recreational skills.

COMPETITION STREAM COACH PATHWAY

The Competition Stream Coach Pathway has not been completed for all the gymnastics disciplines. Some of the gymnastics disciplines are still in the process of transitioning from the Levels NCCP pathway to the Current NCCP. Eventually, all disciplines of gymnastics will follow the same competition stream coach pathway flowing through Competition 1 to Competition 4.

COMPETITION 1 TRAINING

COMPETITION 1 WOMEN’S & MEN’S ARTISTIC

Coaches who are Gymnastics Foundations Artistic trained OR certified and are aspiring to become pre-competitive coaches or wish to teach advanced recreational skills should attend the NCCP Competition 1 coaching course for Women’s or Men’s Artistic Gymnastics. In the next few years, we hope that the Gymnastics Foundations Advanced Artistic course will be developed in the Community Sport Stream so that advanced recreational coaches will be able to continue their education in that stream instead of having to transfer to the Competition Coach Stream where not all the Competition 1 course content will be relevant to their coaching needs.

The Competition 1 Course is a 4-day course that will include gender neutral modules (tumbling, general bars, vault), gender specific apparatus (WAG – beam, artistic prep, uneven bars & MAG – rings, pommel, parallel bars), the Competition 1 (Competition-Introduction) Theory modules (Teaching & Learning, Designing a Basic Sport Program, Basic Mental Skills, and Sport Nutrition). Prior to attending the Competition 1 course coaches will be required to complete a Pre-Course Workbook that they will receive access to through the online Learning Management System (LMS). The LMS will contain videos and PowerPoint notes for the course that coaches will be required to have access to during the course.

It is recommended that all coaches complete the Gymnastics Foundations Trampoline course prior to attending the Competition 1 WAG or MAG course, but the GF Tramp course is not a pre-requisite to attending this course.

COMPETITION 1 TRAMPOLINE GYMNASTICS

Gymnastics Foundations Trampoline trained or certified coaches who are aspiring to coach inter-club trampoline gymnasts are required to take the Competition 1 Trampoline course. This course has replaced the Level 2 Trampoline Technical course and has integrated the necessary theory requirements for this level. It will be a 4-day course which includes trampoline, double mini, tumbling, and the Competition 1 (Competition-Introduction) Theory modules (Teaching & Learning, Designing a Basic Sport Program, Basic Mental Skills, and Sport Nutrition).

COMPETITION 1 RHYTHMIC GYMNASTICS

Gymnastics Foundations Rhythmic trained or certified coaches who are aspiring to coach inter-club rhythmic gymnasts are required to take the Competition 1 Rhythmic course. This course has replaced the Level 2 Rhythmic Technical course and has integrated the necessary theory requirements for this level. It will be a 4-day course which includes hoop, ball, rope, and the Competition 1 (Competition-Introduction) Theory modules (Teaching & Learning, Designing a Basic Sport Program, Basic Mental Skills, and Sport Nutrition).

COMPETITION 1 ACROBATIC GYMNASTICS

The second pilot of the Competition 1 Acrobatic course is took place in January 2023 and once it receives final approval, we will be able to run this course in our province. Coaches will need to be a minimum of Gymnastics Foundations Artistic trained to be eligible to attend. The Comp 1 Acro course will focus on skills unique to acrobatic gymnastics (balances, agilities, tosses, catches).

COMPETITION 1 CERTIFICATION

To become Competition 1 Certified coaches must complete a portfolio review, receive a pre-brief on their marked portfolio and then complete an on-site or video evaluation of them coaching a lesson and then receive a debrief on their lesson. All coaches will be required to complete the online Make Ethical Decisions exam before they can apply for certification.

To access the Competition 1 Coach Evaluation Guidelines for Success, follow this link:

<http://gymsask.com/wp-content/uploads/2020/04/Comp-1-Coach-Evaluation-Guidelines-for-Success-Mar-2020.pdf>

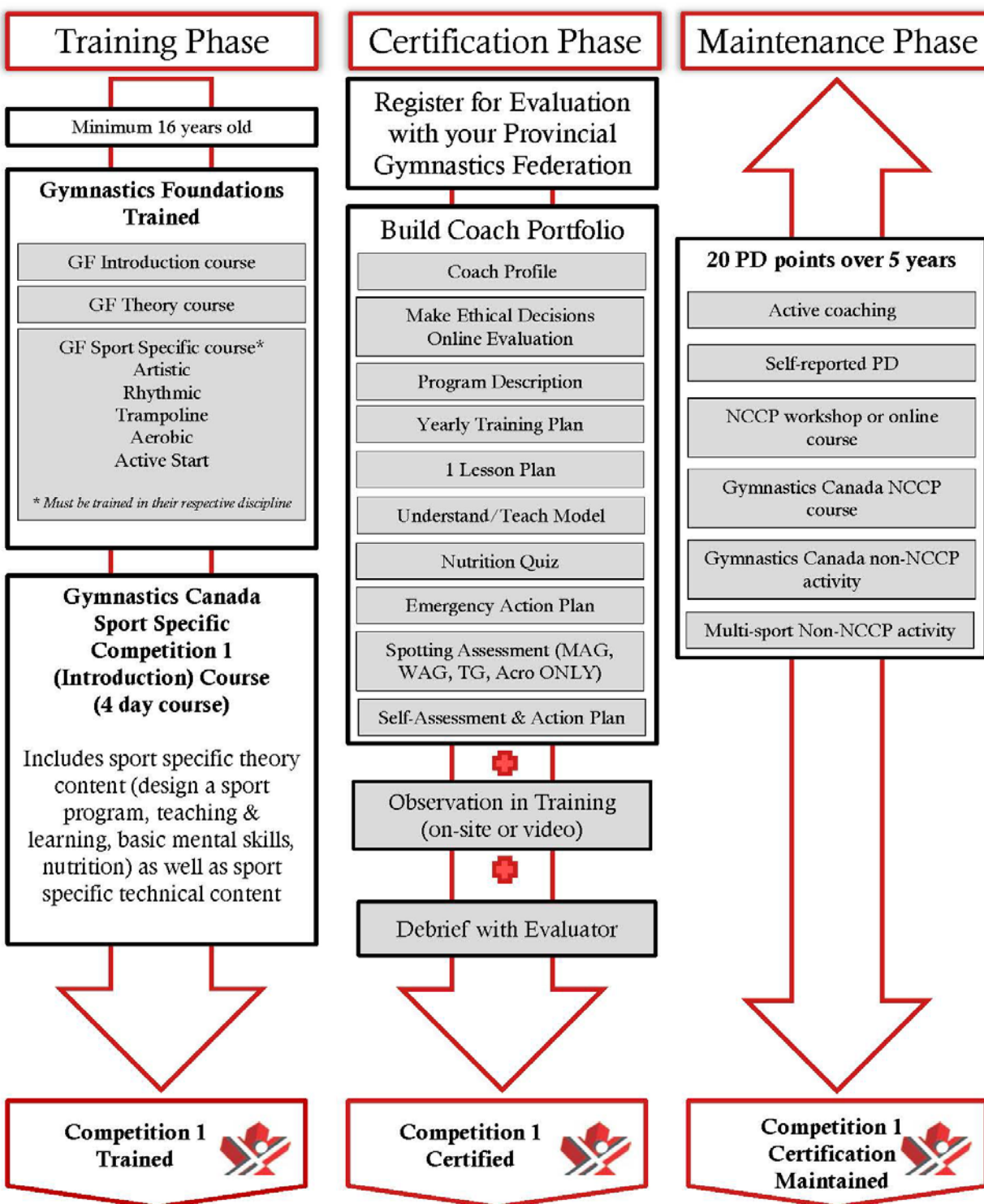
To access the Competition 1 Coach Evaluation Templates, follow these links:

- WAG & MAG: <http://gymsask.com/wp-content/uploads/2020/04/Comp-1-WAGMAG-Coach-Evaluation-Templates-Mar-2020.pdf>
- Trampoline: <http://gymsask.com/wp-content/uploads/2021/02/Comp-1-Tramp-Coach-Evaluation-Templates.pdf>
- Rhythmic: <http://gymsask.com/wp-content/uploads/2021/02/Competition-1-RG-Coach-Evaluation-Templates.pdf>

Competition 1 Certified coaches are required to collect 20 personal development points over 5 years. For more information on personal development points, see the maintenance of certification section of this document.



NCCP Competition 1 (Introduction)



Competition 1
Trained



Competition 1
Certified



Competition 1
Certification
Maintained



COMPETITION 2 TRAINING & CERTIFICATION

WOMEN'S & MEN'S ARTISTIC GYMNASTICS

Coaches who are Competition 1 or Level 2 Certified may attend this 3-day Competition 2 course. It will include some of the more difficult skills from the previous Level 2 WAG/MAG Technical course as well as many of the skills from the previous Level 3 WAG/MAG Technical course.

This course will include an expansion of the Designing a Basic Sport Program theory module covered in the Competition 1 course.

To become certified in Competition 2, coaches will be required to complete a portfolio and skill presentation (like the Level 3 Practical for WAG/MAG, this may be in a workshop format or video submission). To access the Competition 2 Coach Evaluation Guidelines for Success, follow this link: <http://gymsask.com/wp-content/uploads/2020/04/Comp-2-Coach-Evaluation-Guidelines-for-Success-Mar-2020-1.pdf>

To access the Competition 2 Coach Evaluation Templates, follow this link: <http://gymsask.com/wp-content/uploads/2020/04/Comp-2-WAG-MAG-Coach-Evaluation-Templates-Mar-2020.pdf>

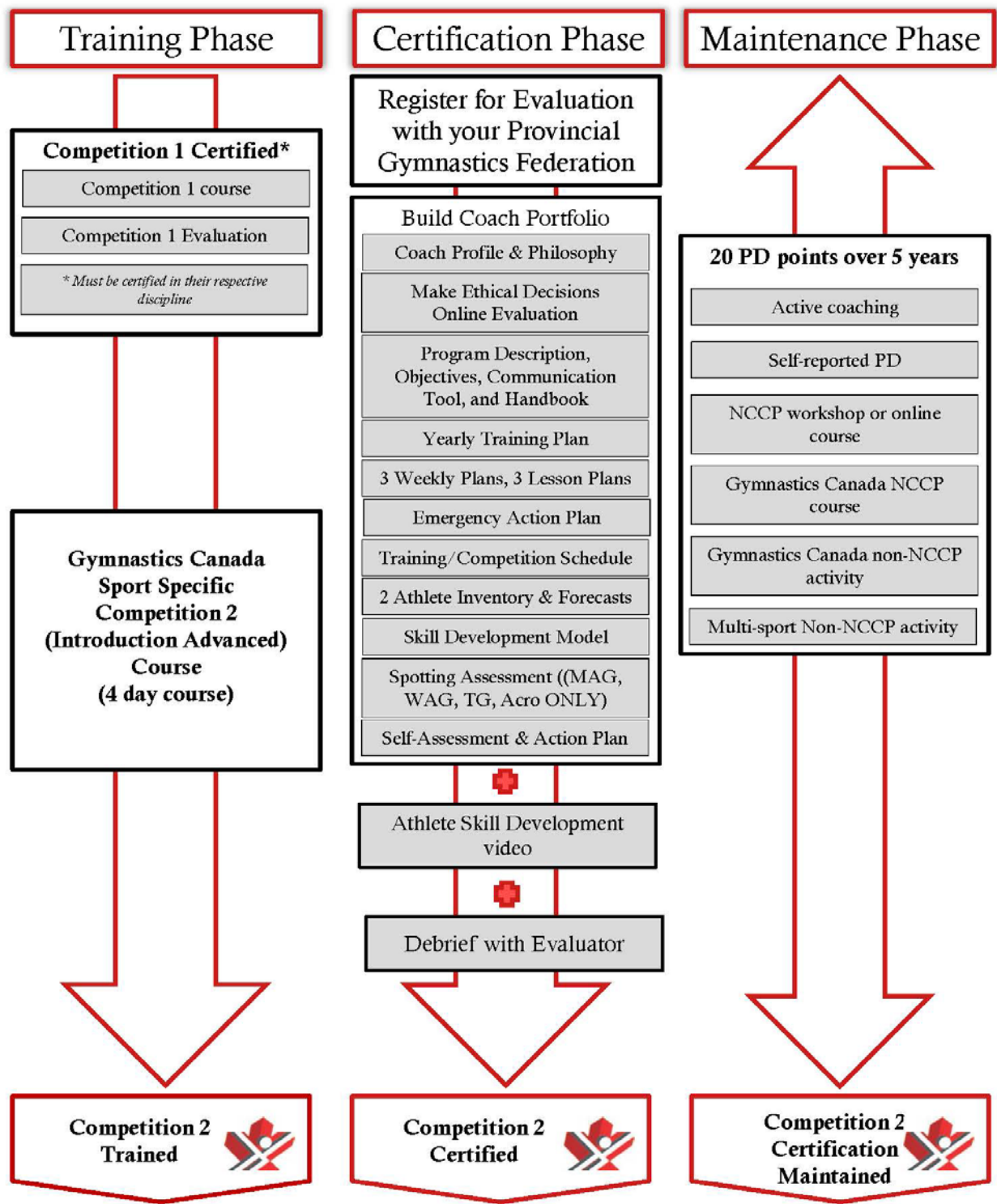
Competition 2 Certified coaches are required to collect 20 personal development points over 5 years. For more information on personal development points, see the maintenance of certification section of this document.

TRAMPOLINE & RHYTHMIC GYMNASTICS

The Competition 2 courses for Trampoline & Rhythmic Gymnastics are finishing up their pilot courses and are transitioning towards receiving final approval. Once final approval is achieved, and we have a fair number of coaches who have completed their Competition 1 Certification we can host Competition 2 Tramp and Rhythmic courses in our province. These courses will follow a similar format to the WAG & MAG Comp 2 course.



NCCP Competition 2 (Introduction Advanced)



COMPETITION 3 TRAINING & CERTIFICATION

WOMEN'S & MEN'S ARTISTIC GYMNASTICS

The Competition 3 course for Women's & Men's Artistic Gymnastics will include the remaining skills from the previous Level 3 WAG/MAG Technical courses and will include new skills that have been invented since that course was created. It will be a 4-day course with content on all the competitive apparatuses for each discipline.

Coaches will also be required to complete the following Competition-Development multi-sport Theory modules through Coaches Association of Saskatchewan:

- Managing Conflict
- Psychology of Performance
- Coaching & Leading Effectively
- Manage a Sport Program

Coaches will need to complete the online True Sport Clean 101 requirement as well.

Once coaches have completed the Competition 3 course and all the required theory modules, they will be eligible to complete the evaluation component for certification. The Competition 3 evaluation will include a portfolio and observation during podium training. This component is currently in development.

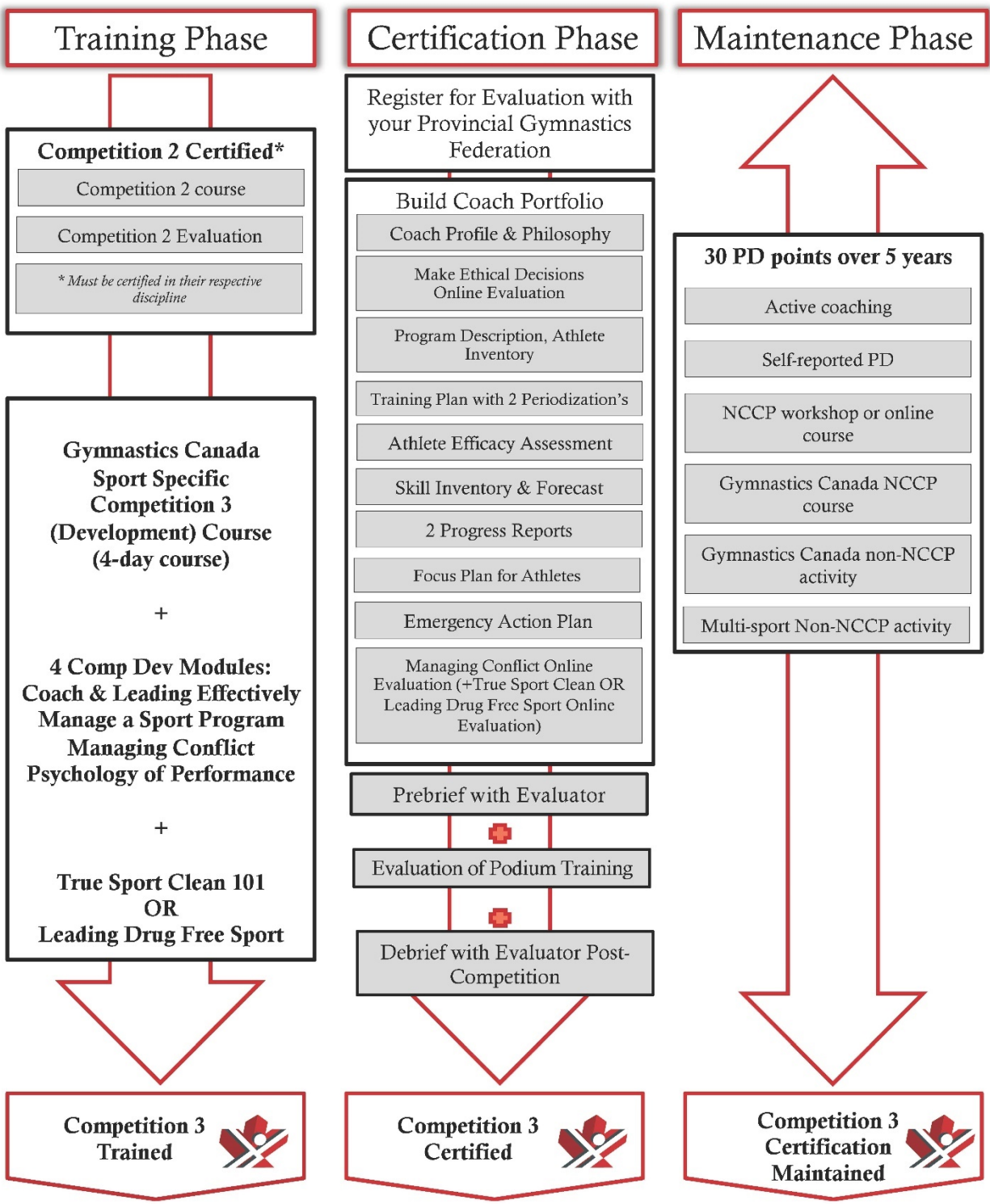
Competition 3 Certified coaches are required to collect 30 personal development points over 5 years. For more information on personal development points, see the maintenance of certification section of this document.

TRAMPOLINE & RHYTHMIC GYMNASTICS

The Competition 3 courses for Trampoline & Rhythmic Gymnastics have not yet been developed. The content in the Competition 2 Trampoline & Rhythmic courses have included most of the skills that were covered in the Level 3 course for each of these disciplines. The Competition 3 course will include all new skills which have been created after the Level 3 course was written.



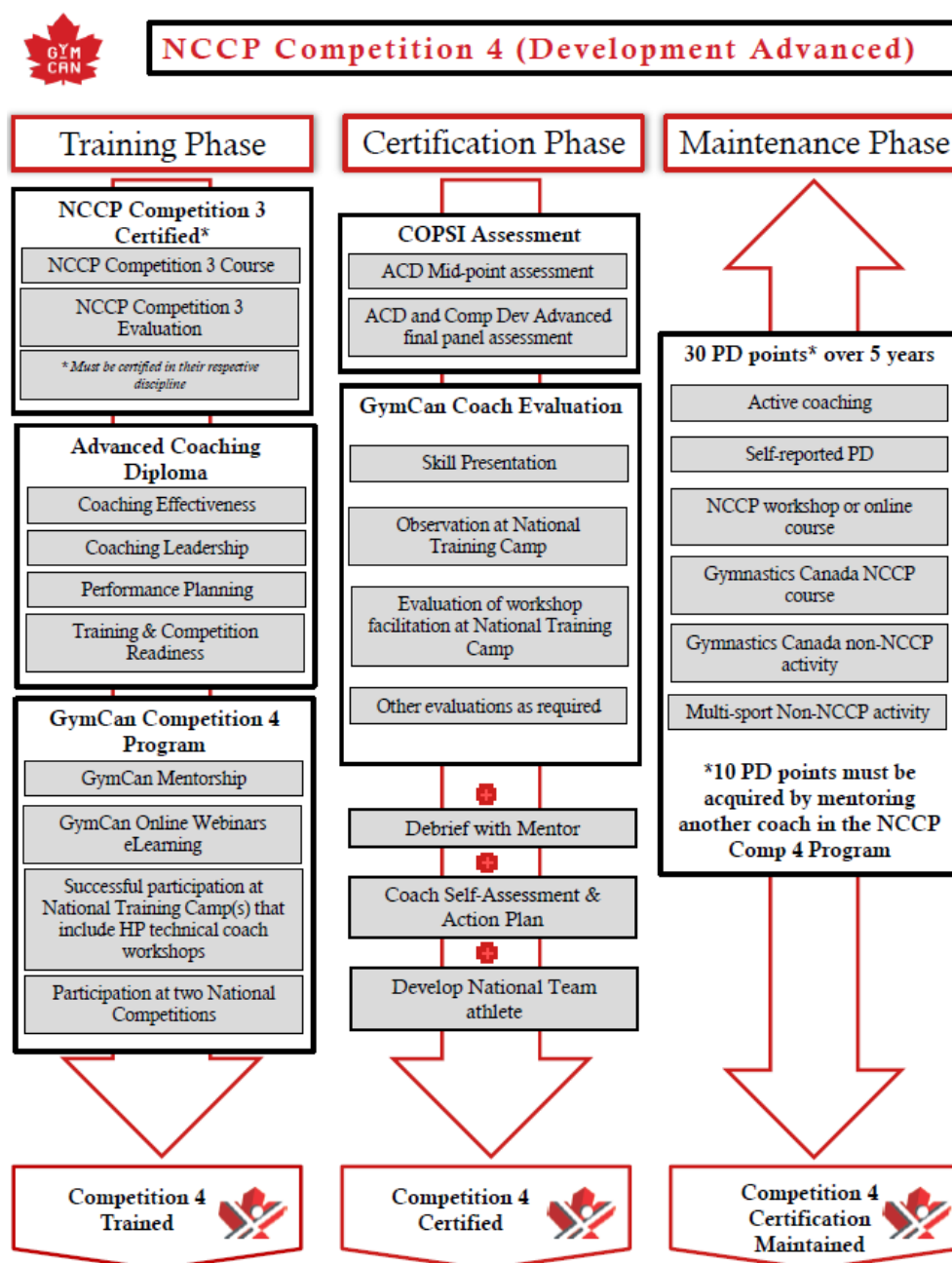
NCCP Competition 3 (Development)



COMPETITION 4

This course always includes the most current content for all disciplines. Coaches will be required to complete the Coaches Association of Canada Advanced Coaching Diploma course. Then they will participate in sport-specific training offered by Gymnastics Canada. The sport-specific training will include mentorship, online webinars, participation at National Training Camps and participation at National Competitions. To become Certified in Competition 4, coaches must complete an assessment, evaluation and develop a National Team athlete.

Competition 4 Certified coaches are required to collect 30 personal development points over 5 years. For more information on personal development points, see the maintenance of certification section of this document. **Flow chart below is a new addition:**



MAINTENANCE OF CERTIFICATION

Coaches Association of Canada has recognized that “maintenance of certification, through proof of ongoing learning (Professional Development) and active coaching is viewed as essential to athlete performance and the integrity of the NCCP. The Levels-NCCP was sometimes criticized because a coach could continue to be “Certified” even if they had not coached for several years or did not keep their coaching knowledge up to date.”

Collecting Personal Development (PD) points is important for certified coaches to stay up to date with current information and trends. As of January 1st, 2014, CERTIFIED gymnastics coaches will have a 5-year certification renewal period after the date they are certified to accumulate their required PD points. **At this time, this policy only applies to coaches who are certified in the current NCCP system.**

Current NCCP Context	Period for Renewal	PD Points Required
Gymnastics Foundations	5 years	10 points
Competition 1 (Introduction) Competition 2 (Introduction Advanced)	5 years	20 points
Competition 3 (Development) Competition 4 (Development Advanced)	5 years	30 points

Gymnastics Foundations certified and Competition 1-4 certified coaches can log into their Locker profile at <https://thelocker.coach.ca/> click on ‘Certification’ at the top of the screen and then ‘Maintenance’ along the left-hand side of the screen to view their PD points break-down.

The transfer of certification has taken place for Artistic Coaches, so as of June 1, 2021, all Artistic certified coaches must collect PD points over a 5-year period.

As of right now, certified Level 1, 2, 3 and 4 Rhythmic & Trampoline coaches are not required to collect PD points, but this will change once the transfer of levels to the current NCCP context has taken place.

If you are certified in more than one discipline (or sport) your accumulated points will apply to all disciplines and sports.

Ways to obtain Personal Development (PD) points include:

	Active Category	Points	How to Record PD Points	Limitations
Sport Specific	Active Coaching	1 point/year for every season coached	Coaches must self-report their Active Coaching in their Locker profile (‘Certification’ ‘Self-Report’ ‘Active Coaching’)	To a maximum number of points equal to the number of years of the certification renewal period, e.g. 5 points, for 5 years
	OR Active Coach Developer	OR 1 point/year for Coach Developer activity (LF, CE, MCD)	Coach Developer Activity is recorded automatically as your name appears on courses and evaluations	

	NCCP Activity	5 points/training module or evaluation event (Any GCG NCCP course/evaluation or GCG Coach Developer Training)	Points will automatically appear when the course or evaluation is approved in The Locker	No maximum or minimum
	Non-NCCP Activity	1 point/hour of activity up to 3 points maximum Examples include: High Five Workshops, provincial workshops, Technical Committee Meetings, congress, symposium or training camp, active judging, judge training	The sport specific learning activity must be submitted by the Provincial Sport Organization (PSO) and approved by Gymnastics Canada and CAC prior to the event. After the event takes place the PSO will record the event in The Locker and credit the attendees	No maximum or minimum
	Coach Self-Directed Activity	3 points for the 5-year certification period Examples include: Safety or First Aid course, University/College course, Officials Training, Conference/Seminar	Coaches must self-report their Self-Directed learning in their Locker profile ('Certification' 'Self-Report' 'Coach Self-Report'). The duration of the activity determines the amount of points for the event with a 3-hour (3 point) maximum.	Maximum of 3 points for the 5-year certification renewal period
	Gymnastics Foundations Workbook	3 points after completion confirmed	Workbook submitted to Gym Sask and evaluated by an evaluator. PSO will record points in the Locker.	May only receive once
	Re-Evaluation in Context	100% of the points required for PD credit in the context	Points will appear automatically when the evaluation is approved in The Locker	No other PD is required if a coach chooses re-evaluation
Multi-Sport	NCCP Activity	5 points/training module or evaluation event Examples include: Comp-Dev Theory modules, eLearning modules in The Locker, Aboriginal Coaching modules	Points will appear automatically when the module is approved in The Locker	No maximum or minimum
	Non-NCCP Activity	1 point/hour of activity up to 3 points maximum	The activity would need to be approved by CAC first, then the event organizer would have to enter the activity in The Locker and credit the attendees	To a maximum of 50% of the required PD credit for the context in the 5-year certification renewal period

Coaches who do not complete their PD points by December 31st of the last year of the cycle as defined by the National Sport Organization and the date the coach was certified will not have their certification renewed in the Locker. Their Locker transcript will be marked with the timeframes when their certification was valid and have "Not-Renewed" added to the status. Having a not-renewed status may make coaches ineligible to coach certain levels or attend competitions. To received certified status again, the not-renewed coach must complete the remaining PD points or become re-evaluated in their context.

For more information about PD points go to: <http://coach.ca/maintenance-of-certification-s16745>

INDIGENOUS COACHES & OFFICIALS PROGRAM

Saskatchewan has a thriving community of Indigenous athletes who compete across the country and around the globe. These athletes are an inspiration to all young people to get involved in sport. At every level of participation, opportunities would not be possible without volunteer coaches and officials.

The Indigenous Coaches and Officials Program is organizing training and developmental opportunities across the province for Indigenous peoples to become involved in sport as a coach or an official. Gymnastics coaches who declare their Indigenous decent may fill out a form at their NCCP Gymnastics coaching courses and have their registration fee paid for by the Indigenous Coaches & Officials Program offered by Coaches Association of Saskatchewan.

COACH MENTORSHIP PROGRAM

Gymnastics Saskatchewan is dedicated to offering coach mentorship to Gymnastics Foundations and Competition stream coaches. The purpose of this program is to connect each applicant with a suitable mentor coach who will address their specific coaching needs, offer continued learning for coaches (outside of the NCCP) and provide participants with opportunities to connect with other coaches. This mentorship program will have two application streams so that virtual learning opportunities may be targeted towards Gymnastics Foundations or Competitive stream coaches.

Who can apply?

This mentorship program is open to any Gym Sask member coaches who are currently employed with a Saskatchewan club, are a minimum of NCCP Gymnastics Foundations Trained, and are in good standing with Gym Sask and their local club. For more information about the program and how to apply see this document: [Gym Sask Coach Mentorship Program 2022-2023](#)

Interested in becoming a mentor?

To make this program a success we will need mentor coaches. Mentors will be matched with a coach applicant and will work with the coach to identify their specific mentorship needs and assign tasks/learning opportunities tailored to support their future aspirations that will be completed during the duration of the program. The mentor coach will meet with the mentee and will be available to provide support and answer questions. Please contact jbenson@gymsask.com if you are interested in becoming a mentor for this program.

COACH RESOURCES

For more coach resources go to the Gym Sask website and click on Coaches and then Coach Resources: <http://gymsask.com/coach-resources/>

GF LESSON PLAN GUIDELINES

Group: _____ Location: _____

Coach: _____ Date: _____

Helpers: _____ Time: _____

GOALS / FOCUS – should direct the content of your entire lesson & fit in your session plan

FUN: 3 Fun Principles: #1 – Participants must be active most of the time, #2 – Children must be successful most of the time, #3 – Children must play most of the time

FITNESS: Focus on (circle): E S P F (choose 1 physical component to focus on per lesson)

A B C S (choose 1 motor component to focus on per lesson)

Cognitive & Psycho/Social focus for Active Start participants

FUNDAMENTALS: Review: Review the Fundamental Movement Pattern from the previous week

New: Focus on one new FMP for this lesson

FMPs = Stationary Positions, Landings, Locomotion, Rotation, Spring, Swing, Object Manipulation

PRE-CLASS PREP

(Organize equipment, wear appropriate coaching attire, prepare music, set-up, inspect facilities, greet each participant, assess each participant's energy level & health, make sure participants know where they should wait before class starts)

Introduction

Time: 1-3 mins

(Greet each participant by name, take attendance, inquire as to their day/their health, inform them about what they are going to be working on in the lesson, review the goal(s) of the lesson and the activities planned, have a specific place for athletes to meet you at the start of the lesson)

Warm-up (Purpose is to prepare the body and mind for the efforts of the main part of lesson)

Time: 5-10 mins

- Assemble participants appropriately to start the warm-up
- Make it FUN!
- Use music
- General exercises or games to loosen muscles and raise body temperature
- Balanced warm-up working all muscle groups
- Games should have purpose – incorporate activities to develop physical components ESPF
- Safe running games
- All participants should be active in the game – all of the time (non-elimination games)
- Games must be age and maturity appropriate
- Tag games can be your best friend
- Play cooperative as well as competitive games
- Quickly change a game if it is not working correctly or if it is not safe
- Stop the game while the children still want to play it
- Progressive dynamic range-of-movement exercises or activities
- Stretching games that appeal to the imagination (avoid prolonged static stretching)
- Circle time activity for Active Start participants (songs, action rhymes)

Specific Warm-up

- Brief activities that mimic the movements of the main part (maybe even the same activity, but at a lower intensity)
- A gradual increase in intensity that will not tire the gymnast
- A quick transition between the end of the warm-up, the explanations/instructions given for the first activities of the main part, and the activities themselves

Main Part (Purpose is to engage in activities that will help the participants to improve sport-specific skills and fitness in a fun context ****FUN, FITNESS, FUNDAMENTALS****)

Time: 25-60 mins

- Remember the 3 Fun Principles throughout your lesson
 1. Participants must be active most of the time (not standing around)
 2. Gymnasts must experience many small successes while doing activities (activities broken down into many small steps)
 3. Children must play most of the time
- Incorporate activities to develop both physical (ESPF) and motor components (ABCS) – remember what you chose as a fitness focus for the lesson on the first page of your lesson plan
- Review FMP from previous week and focus on 1 new FMP for the lesson
- Demonstration of, and instruction for, activities
- Safety instructions specific to activities (as required)
- Teach skills by sequential steps (drills/progressions)
- 3 or more activities linked in the proper order
- Use circuits
- Tasks at stations (don't forget your task cards!)
- Activities provide challenges so that gymnasts learn and improve while enjoying themselves
- Activities that are adapted to the age of the gymnasts
- Activities that are adapted to the fitness level & individual needs of the gymnasts
- Activities that are adapted to the ability levels of the gymnasts
- Activities that are relevant to the Gym Sport
- Activities that ideally serve two purposes at the same time – skill development and fitness improvement
- Gymnasts allowed ample time to practice each activity
- Use supplementary equipment to assist with teaching/learning of skills
- Use equipment (large and small) effectively
- Class Management – establish ways to get your participants attention (“look sharp”), have specific meeting places (“toes on the white line”, “everyone touch this blue mat and sit in the ocean”), have different ways to get into groups (communities – “3 elbows”, “2 backs”, “4 feet”)

KEY COACHING POINTS

- Be able to see all participants in your group at all times
- Correct errors as they occur by providing constructive & specific feedback
- Provide feedback to reinforce effort, trying, etc.
- Use fun ways to switch another event
- Be enthusiastic, stand don't sit and use good body language
- Use different teaching styles (direct, guided discovery & indirect)
- Teach to different learning styles (visual, auditory, kinesthetic)

EASIER/HARDER variations

- Be able to recognize when an activity need to be changed for an individual
- Adjust activities so participants can be within their 'Challenge Zone' (not too hard & not too easy) – if the participant's success rate is approximately 2 times out of 3 tries, then the activity represents a suitable challenge

SAFETY CONSIDERATIONS

- Inspect equipment prior to use
- Use equipment properly
- Assess gymnasts' level of fatigue
- Monitor gymnasts' behavior
- Know your club's Emergency Action Plan
- Gymnasts' attire (hair tied back, no jewelry, etc.)
- Know how to file accident reports

Cool-down (Purpose is to begin recovery)**Time: 3-10 mins**

- Assemble participants appropriately to start the cool-down
- A gradual decrease in intensity
- Involve all participants
- General exercises or games to loosen muscles and lower body temperature
- Relaxation exercises
- Games requiring imagination/imagery
- Stretching, especially of muscles most used
- Stretching games that appeal to the imagination
- End class with an enjoyable activity
- Active Start should include a good-bye song or activity

Conclusion (Purpose is to debrief gymnasts and tell them about the next practice)**Time: 1-2 mins**

- Provide and ask for feedback on what went well and what can be improved
- Tell gymnasts about the next lesson
- Hand out stickers, coloring sheets, etc.
- Lead group cheer
- Say goodbye to each gymnast as he or she leaves

EVALUATION

- How effectively did the lesson incorporate the FMPs you wanted to focus on?
- Did it incorporate other FMPs as well?
- Was there a fitness component (physical & motor)?
- Did the activities allow for movement choices, challenges and discovery?
- Was there continuous activity? Were there any "traffic jams"? If so, how can they be eliminated?
- Were the activities appropriate for the age, ability and size of the group?
- Was the environment safe?
- Was there sufficient time? Too much time?
- Did everyone have fun?
- What do you think worked well in the lesson?
- What didn't work well during the lesson?
- What would you do differently next time?
- If you deviated from your lesson plan, what did you do and why did you choose to do that?

GF LESSON PLAN TEMPLATE

Group: _____ Location: _____

Coach: _____ Date: _____

Helpers: _____ Time: _____

GOALS / FOCUS

FUN:

FITNESS: Focus on (circle): E S P F A B C S

FUNDAMENTALS: Review:

New:

PRE-CLASS PREP (Equipment, music, set-up, inspection, etc.)

Introduction

Time.....

Warm-up (Cardio, ROM, Skill Review)

Time.....

Main Part (backside of this page)

Time.....

Cool-down

Time.....

Conclusion

Time.....

Main Part (Stations, Circuits, Activities, with/without Task Cards, etc.)	Time
	KEY COACHING POINTS
	EASIER/HARDER variations
	SAFETY CONSIDERATIONS
EVALUATION	

GF SESSION PLAN GUIDELINES

Club: _____ Coach: _____

Session (# of weeks): _____ Start & end dates: _____

Class (day & time): _____ Staff meeting dates: _____

		Program Component	Week										Comments...		
			1	2	3	4	5	6	7	8	9	10			
		Physical Abilities													
1 focus per week	Trained 1 st	• <i>Endurance</i>												Developed through games with weight bearing and continuous nature (15+ reps)	
	Trained 2 nd	• <i>Strength</i>												Games/activities that will fatigue the muscles after 10-15 reps (vary the type of muscle contraction – 3 types)	
	Trained 3 rd	• <i>Power</i>												Springing activities from various body parts (strength times speed)	
	End of class	• <i>Flexibility</i>												Increase range of motion about the joints to cool down at the end of class	
		Motor Abilities													
1 focus per week		• <i>Agility</i>												Repetitive activities involving whole body movements as seen in games	
		• <i>Balance</i>												Games holding stationary positions or while moving in a balanced state	
		• <i>Coordination</i>												Skills involving the whole body moving in complex patterns or hand-eye, or foot-eye coordination	
		• <i>Spatial Orientation</i>												Awareness of our body in space. Incorporate safe activities with eyes closed.	
		FMPs (Special focus)													
	Teach 1 st	• <i>Landing</i>												On feet; on hands; with rotation	Review FMP from the previous week and choose 1 new FMP to focus on for the next week.
	Teach 2 nd	• <i>Stationary Positions</i>												In support, in hang, balances	
	Teach 3 rd	• <i>Locomotion</i>												On feet, in support, in hang	
	Teach 4 th	• <i>Spring</i>												Fwd, bwd, swd, longitudinal	
	Teach 5 th	• <i>Rotation</i>												From feet, from hands, both	
	Teach 6 th	• <i>Swing</i>												Long, glide, beat, sole, UB, PB	
	Teach anytime after Loco	• <i>Object manipulation</i>												Projection, reception, manipulation	
		Cognitive and Psycho-Social Skills													
Working on these skills are especially important for participants under 6 years		• <i>Memory, concentration, problem solving skills, decision-making, communication skills, laterality, directionality, patterning, self-esteem, self-confidence, stress/coping, self-expression, cooperation, taking turns, helping</i>												Incorporate an activity during the lesson that will focus on the cognitive or psycho-social skill that you choose to focus on for the week	
		Special Days (list)													
		• <i>Theme Days</i>												There are many themes that can be incorporated to enhance the goals of the lesson	
		• <i>Special Holidays</i>													
		• <i>Gym Buddy Day</i>													

GF SESSION PLAN TEMPLATE

Club: _____ Coach: _____

Session (# of weeks): _____ Start & end dates: _____

Class (day & time): _____ Staff meeting dates: _____

Other information: _____

Program Component	Week										Comments...
	1	2	3	4	5	6	7	8	9	10	
Physical Abilities											
♦ Endurance											
♦ Strength											
♦ Power											
♦ Flexibility											
Motor Abilities											
♦ Agility											
♦ Balance											
♦ Coordination											
♦ Spatial Orientation											
FMPs (Special focus)											
♦ Landing											
♦ Stationary Positions											
♦ Locomotion											
♦ Spring											
♦ Rotation											
♦ Swing											
♦ Object manipulation											
Cognitive and Psycho-Social Skills											
♦											
♦											
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Special Days (list)											
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