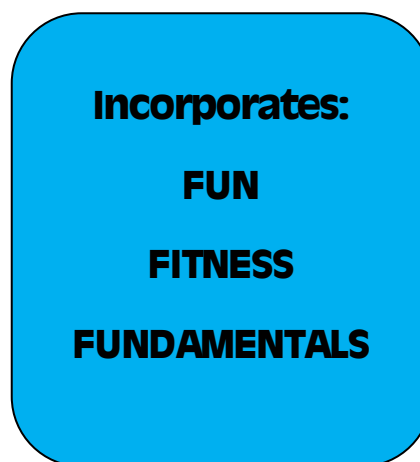


CANGYM

Artistic Badge Program

What is CANGYM?

CANGYM is Gymnastics Canada's National Skill Development and Evaluation Program for Men's and Women's Artistic Gymnastics. CANGYM was developed and tested by coaches working with beginner to advanced recreational gymnasts and with entry level competitive gymnasts. The program is to be used as a progress monitoring tool and a motivational tool.



**CANGYM is divided into 3 levels (Bronze, Silver and Gold).
Each level consists of four badges.**

Below is a brief description of each level and the recommended level of certification coaches should have in order to properly coach athletes at each badge level. The recommended amount of training hours per week according to each badge is also included.

The **BRONZE** level is centered on the 6 fundamental movement patterns (FMPs) of artistic gymnastics.

Badge	Coach Certification	Training Hours per Week
Burgundy	Gymnastics Foundations or Level 1	1 hour
Red	Gymnastics Foundations or Level 1	1 hour
Tan	Gymnastics Foundations or Level 1	1 hour
Bronze	Gymnastics Foundations or Level 1	1 hour

The **SILVER** level is centered on combining the FMPs to learn basic skills on specific Women's Artistic Gymnastics (WAG) and Men's Artistic Gymnastics (MAG) apparatus.

Badge	Coach Certification	Training Hours
Purple	Gymnastics Foundations or Level 1	1 ½ hours per week
Blue	Gymnastics Foundations or Level 1	1 ½ hours per week
Turquoise	Gymnastics Foundations or Level 1	2 hours 2x per week
Silver	Level 2 Technical	2 hours 2x per week

The **GOLD** level is centered on learning more advanced skills that have been designated as WAG and MAG "target skills" for the CANGYM program.

Badge	Coach Certification	Training Hours
Orange	Level 2 Technical	3 hours 2x per week
Yellow	Level 2 Technical	3 hours 2x per week
Green	Level 3 Technical	3 hours 3x per week
Gold	Level 3 Technical	3 hours 3x per week

How many skills must be mastered to pass a badge in each level?

BRONZE Level:
All the skills must be successfully completed.

SILVER Level:
85% of the skills (17 out of 20) must be successfully completed, with a maximum of one unsuccessful skill per apparatus. For the Silver badge the participant must also perform a mini-routine on each event containing 5 to 6 'Tan to Silver' level skills.

GOLD Level:
Gymnast must be able to successfully perform the minimum number of required skills per apparatus (included on the Evaluation Sheet). For the Gold badge the participant must also perform a mini-routine on each event containing 5 to 6 'Turquoise to Gold' level skills.

What is the difference between Mastered, Learning & Attempted?

MASTERED (M):
Complete the skill successfully (4 out of 5 tries) over several classes without help (unless stated otherwise).

LEARNING (L):
Be able to perform the skill 3 to 4 times out of 5 tries sporadically throughout the session or with minimal assistance.

ATTEMPTED (A):
Requires assistance on every attempt or has a success rate of 2 out of 5 or lower.