

2020-2021



Coach Handbook

'Empower and Inspire Champions'

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INTRODUCTION

PURPOSE

The purpose of this document is to provide 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. It will also include Gymnastics Saskatchewan policies regarding coach's trained and certified status, policies at competitions and risk management regulations. This document will provide information to coaches regarding how they can maintain their certification, provide coaching resources and 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 particular 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 6 different gymnastics disciplines; they are listed in alphabetical order:
 - Acro: Acrobatic Gymnastics
 - Aero: Aerobic Gymnastics
 - MAG: Men’s Artistic Gymnastics
 - RG: Rhythmic Gymnastics
 - TG: Trampoline Gymnastics
 - WAG: Women’s Artistic Gymnastics
- 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.

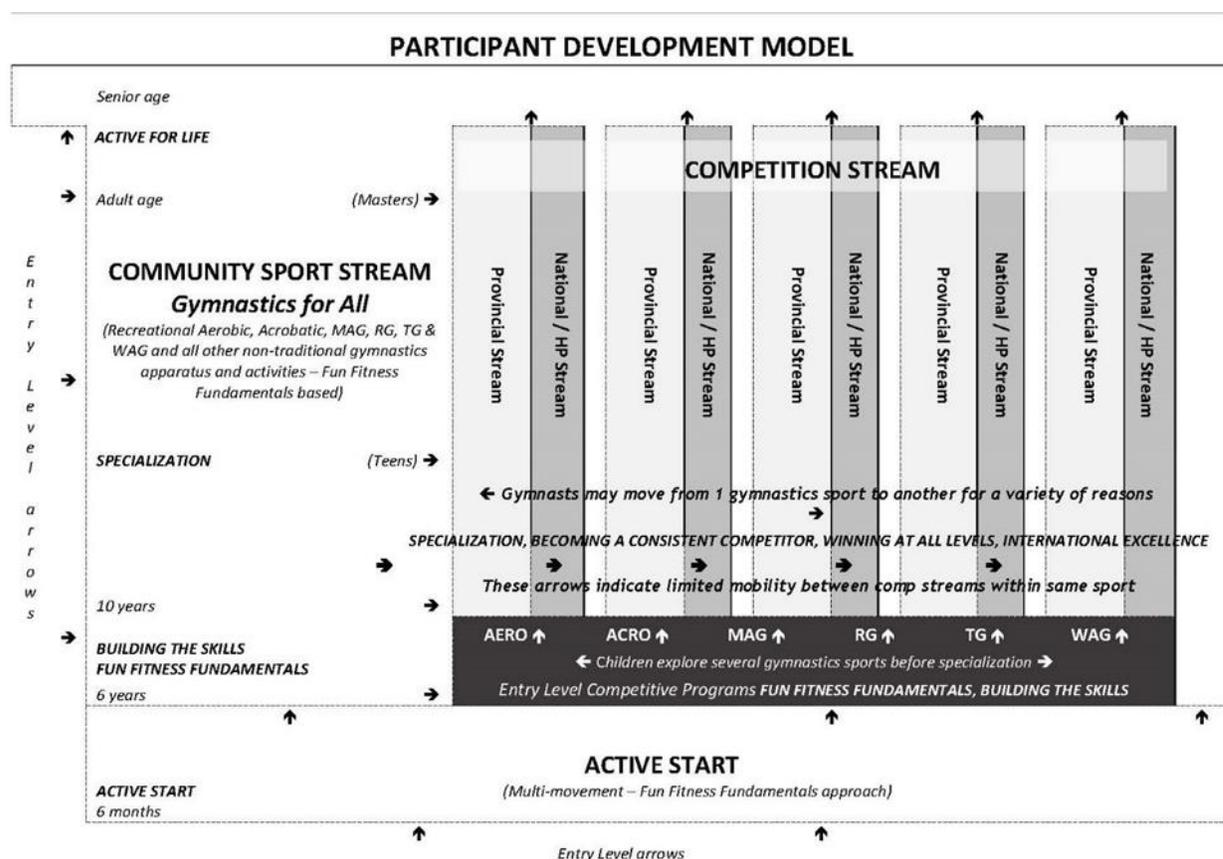
Community Sport Stream:

- 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: <http://gymsask.com/program/>

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 athlete 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.

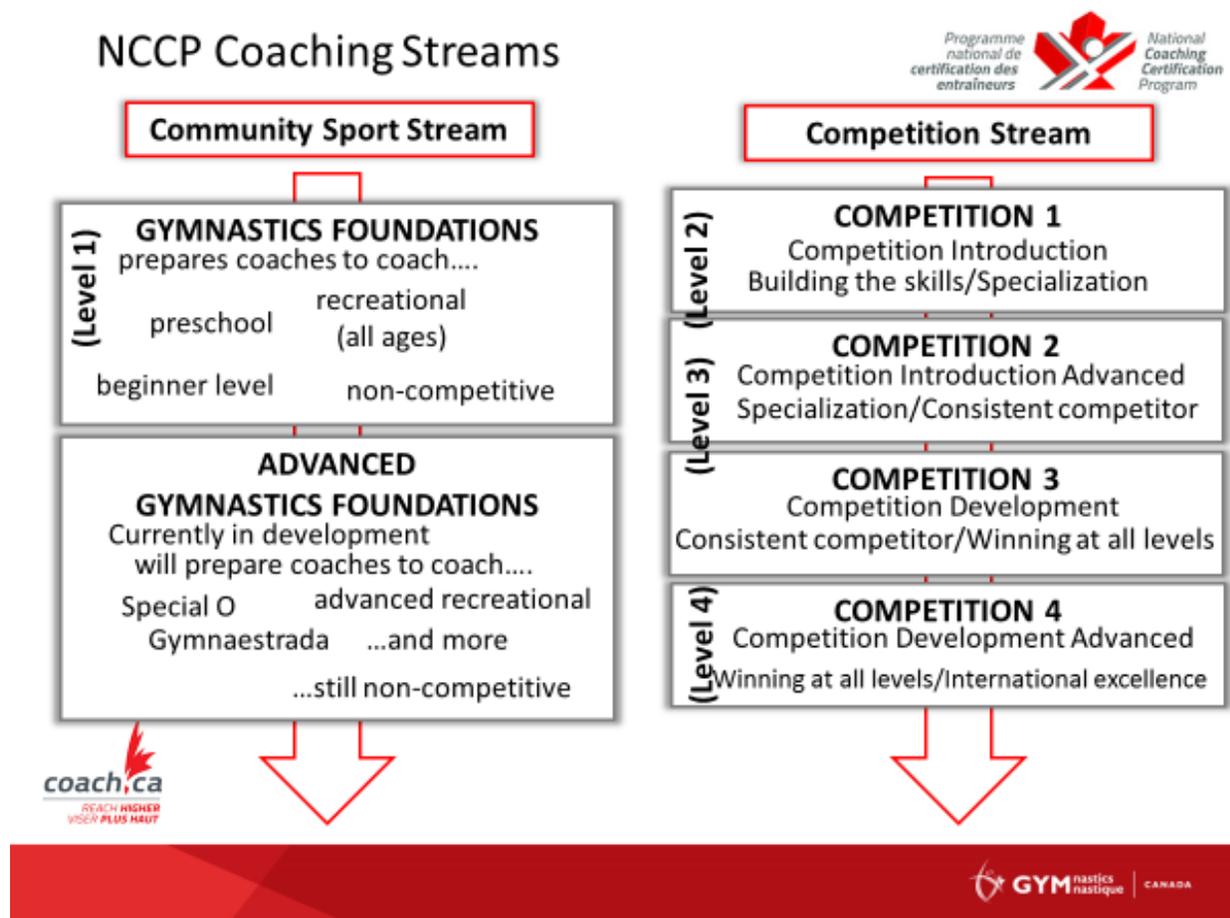
The **Competition – High performance** context is typically reserved for coaches of athletes in the Train to Win stage of long-term athlete development although there is the possibility of some phasing in of a Train to Compete athlete into the High Performance level because of the fluidity of the stages 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>

A few weeks after you complete your first NCCP course, your information will be entered into The Locker database and a NCCP number will be created for you. At first you won't know your NCCP number, so you can look it up by clicking on "Lookup my NCCP#" then type in your email address. The system will send you a password reset link and you can create a password. In situations where no email address has been listed in The Locker with your profile or if your email address has changed or was typed incorrectly, please contact Gymnastics Saskatchewan.

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

If you went through the NCCP Levels program and are wondering how your qualifications transfer to the current NCCP, please see the following section on our website:

http://gymsask.com/nccp-transfer-of-qualifications/?et_fb=1

NCCP Transfer of Qualifications (summary for certified coaches):

Level 1 Certified = GF Certified

Level 2 Certified = Comp 1 Certified + Comp 2 Trained

Level 3 Certified = Comp 3 Certified

Level 4 Certified = Comp 4 Certified

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.

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 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 Recreational 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.

Becoming a Gymnastics Foundations Coach



RESPECT IN SPORT

Visit the following website address:

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

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.

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) Take a look at the 'Handouts' tab for some great resources.

MAKE ETHICAL DECISIONS

Upon completing your Gymnastics Foundations Theory course, you now have the knowledge and information that is required to take the Make Ethical Decisions online evaluation as a required part of your coach training.

To login you need to go to <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.

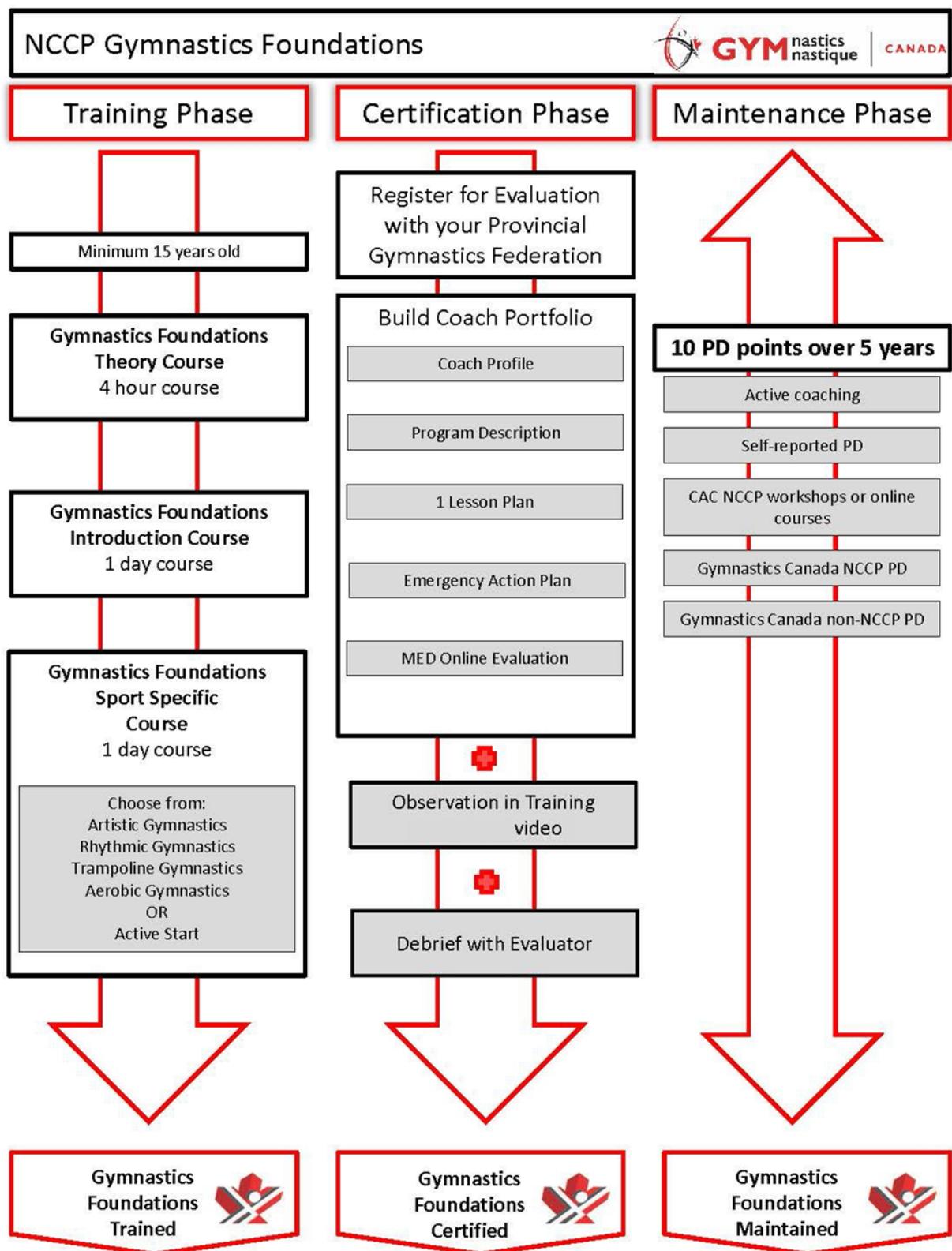
A passing grade is 75%. Since you took the MED Training within the Gymnastics Foundations Theory course you will have unlimited attempts to pass the evaluation.

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.

GYMNASTICS FOUNDATIONS - COMMUNITY SPORT STREAM FLOW CHART

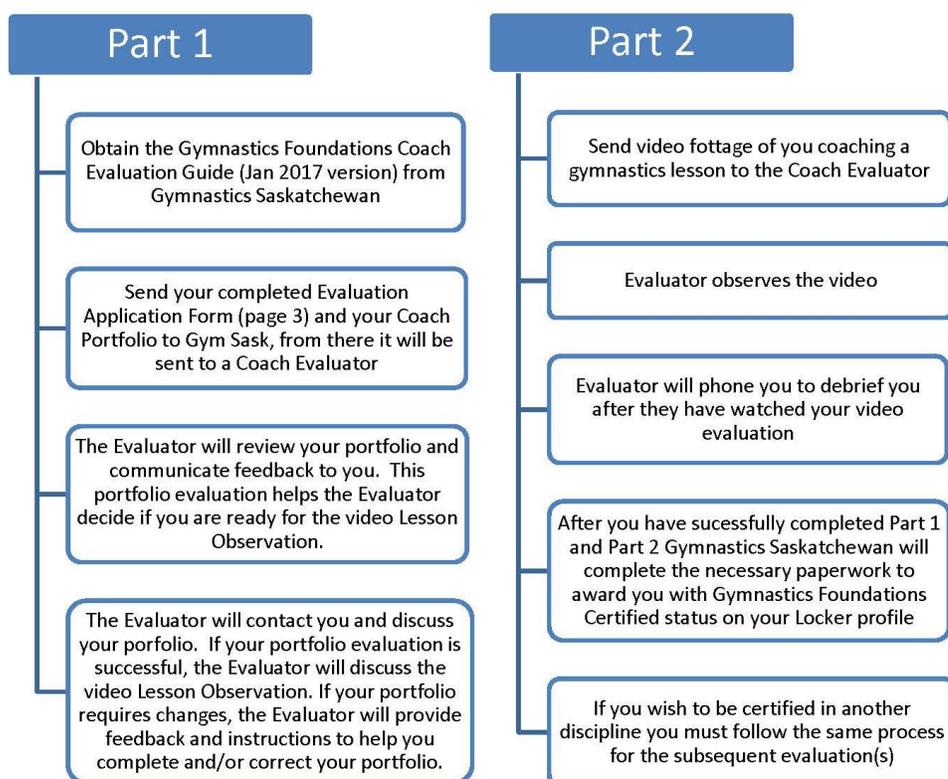


GYMNASTICS FOUNDATIONS CERTIFICATION PROCESS

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 (or Level 2) 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>

MAINTANCE OF CERTIFICATION

Gymnastics Foundations **Certified** coaches must collect 10 personal development (PD) points over 5 years. The GF Workbook in the back of the GF Intro manual can be completed as part of the evaluation, coaches who choose to complete and submit it for evaluation will receive 3 PD points. See page 34 for more information regarding maintenance of certification.

GYMNASTICS FOUNDATIONS ADVANCED

The “Advanced Gymnastics Foundations” section of the Community Sport Stream are currently in development and we are excited to see some of these new courses in the next couple of years. 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.

The Gymnastics Foundations Trampoline course is currently being revised and piloted. The plan is divide the course into two parts, include 2 hours of online pre-course learning prior to attending each part and cover trampoline safety and trampoline basics in part 1 and building acrobatic ability and introducing inversions in part 2.

There has also been a lot of talk about creating a Gymnastics Foundations Special Olympic course, a GF Gymnaestrada course and eventually a GF Parkour course. Keep in mind it takes time to create these courses, but it will be exciting to see these in the future.

GYMNASTICS SASKATCHEWAN COMMUNITY SPORT STREAM COACH REGULATIONS

NCCP Certification	Description	Gym Sask Affiliation	Responsibility Level	Equivalent / Exemptions
Pre-CIT (Pre-Coach In Training)	<ul style="list-style-type: none"> Apprentice coach following the GCG Pre-CIT program Intended for 13 to 15 years old 	<i>Coach in Training</i> RIS Required 13+	<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) 	<ul style="list-style-type: none"> Only GCG Pre-CIT program will be accepted
Gymnastics Foundations Coach In Training (CIT)	<ul style="list-style-type: none"> Have completed 1 or 2 GF courses Must be 15 years old and older 	<i>Coach in Training</i> RIS Required	<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) 	<ul style="list-style-type: none"> No exemptions will be granted for GF Intro
Gymnastics Foundations Trained Coach	<ul style="list-style-type: none"> Completed 3 Gymnastics Foundations courses (GF Intro, GF Theory, GF Discipline Specific) 	<i>Recreational /Inter-Club Coach</i> RIS Required MED Requested	<ul style="list-style-type: none"> Can coach his/her own group with a Certified Coach present in the gym. Coaches are REQUIRED to take the GF Trampoline course to supervise or teach any trampoline activities. Coaches are REQUIRED to take the GF Active Start course if they are coaching participants under 6 years old. 	<ul style="list-style-type: none"> NCCP Level 1 Technical and Theory (Competition-Introduction Part A)

Gymnastics Foundations Certified Coach	<ul style="list-style-type: none"> Completed discipline specific portfolio review and video evaluation Completed both online courses. GF Workbook can be completed for 3 personal development points on certification 	<i>Recreational / Inter-Club Coach</i> RIS Required MED Required	<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.) Required to coach at Fun Meets, GFA Performances, Inter-Club (Cat) events and JO Levels 1 & 2. 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 (MAG or MAG) or Level 2 (RG or TG). 	<ul style="list-style-type: none"> NCCP Level 1 Technical + Theory + Practical. An exemption will be granted for a maximum of 18 months for Gymnastics Foundations Certification.
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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 5 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 [Operational Policies and Procedures Manual](#).

GYMNASTICS SASKATCHEWAN COACHING GENERAL POLICIES

1. 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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.
7. Coaches not meeting the requirements must be working under the supervision of a coach with the appropriate certification.
8. 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.

GYMNASTICS SASKATCHEWAN COACHING ON THE TRAMPOLINE POLICIES

For all programs using the trampoline, one coach with the appropriate certification must directly supervise the trampoline when in use. Direct supervision means a or in the trampoline area and focused on trampoline supervision.

All Competitive Trampoline Gymnastics Activities must have an NCCP Level 2 or Competition 1 (or higher) Trampoline Certified coach providing direct coaching of a Competitive Member.

All Competitive Artistic Gymnastics Trampoline Activities must have an Artistic Competition 1 (or higher) or Artistic Level 2 (or higher) Certified coach providing direct coaching of a Competitive Member.

All Structured Recreational and Camp Trampoline Activities must have an Artistic Competition 1 (or higher) or Artistic Level 2 (or higher) Certified coach supervising the appropriate Gymnastics Foundations Trampoline Trained coach.

Definitions:

Competitive Trampoline Gymnastics Activities are defined as Competitive Member activities on trampolines, including but not limited to trampoline tumbling floors, single and double mini trampolines occurring within a recognized full member club facility or sanctioned host facility during practice or competitions.

Competitive Artistic Gymnastics Trampoline Activities are defined as Competitive Member activities on trampolines, including but not limited to trampoline tumbling floors, single and double mini trampolines occurring within a recognized full member club facility or sanctioned host facility during practices and/or cross training for artistic gymnasts.

Structured Recreational or Camp Trampoline Activities are defined as activities on trampolines, including but not limited to trampoline tumbling floors, single and double mini trampolines occurring within a recognized full member club facility or sanctioned host facility during regularly scheduled classes held over multiple weeks or multiple days in one week that teach progressive skill development.

***Competitive Member** is defined as members registered in the Development Stream, the Provincial Stream and/or the National Stream.*

COACHING CERTIFICATION TEMPORARY EXEMPTIONS

Coaches may apply for temporary exemptions 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 WAG/MAG Competition 1 course or TTG & RG Level 2 Technical.
- A maximum of 1 time per Saskatchewan Championships will be given to any individual for WAG/MAG Competition 1 Certification and TTG & RG Level 2 Certification.
- Some Level 3 Certification exemptions are considered for GCG events by GCG but require a letter of support from Gymnastics Saskatchewan.

The link for the form to request for temporary certification can be found here: <http://gymsask.com/wp-content/uploads/2019/11/Request-for-Temporary-Certification-2019-2020.pdf>

COMPETITION STREAM COACH PATHWAY

The Competition Stream Coach Pathway is currently complicated since we are in the process of transitioning from the Levels NCCP pathway to the Current NCCP. Refer to page 9 for information regarding transfer of qualifications. Eventually, all disciplines of gymnastics will follow the same

competition stream coach pathway flowing through Competition 1 to Competition 4. Women's and Men's Artistic Gymnastics are the first to transfer to the Current NCCP, so that structure will be described first then the Levels NCCP pathway will be described for Trampoline & Rhythmic Gymnastics.

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 couple of 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-Introduction Part B Theory modules (Teaching & Learning, Designing a Basic Sport Program, Basic Mental Skills), and the Nutrition Theory modules (from Competition-Introduction Part A Theory). 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.

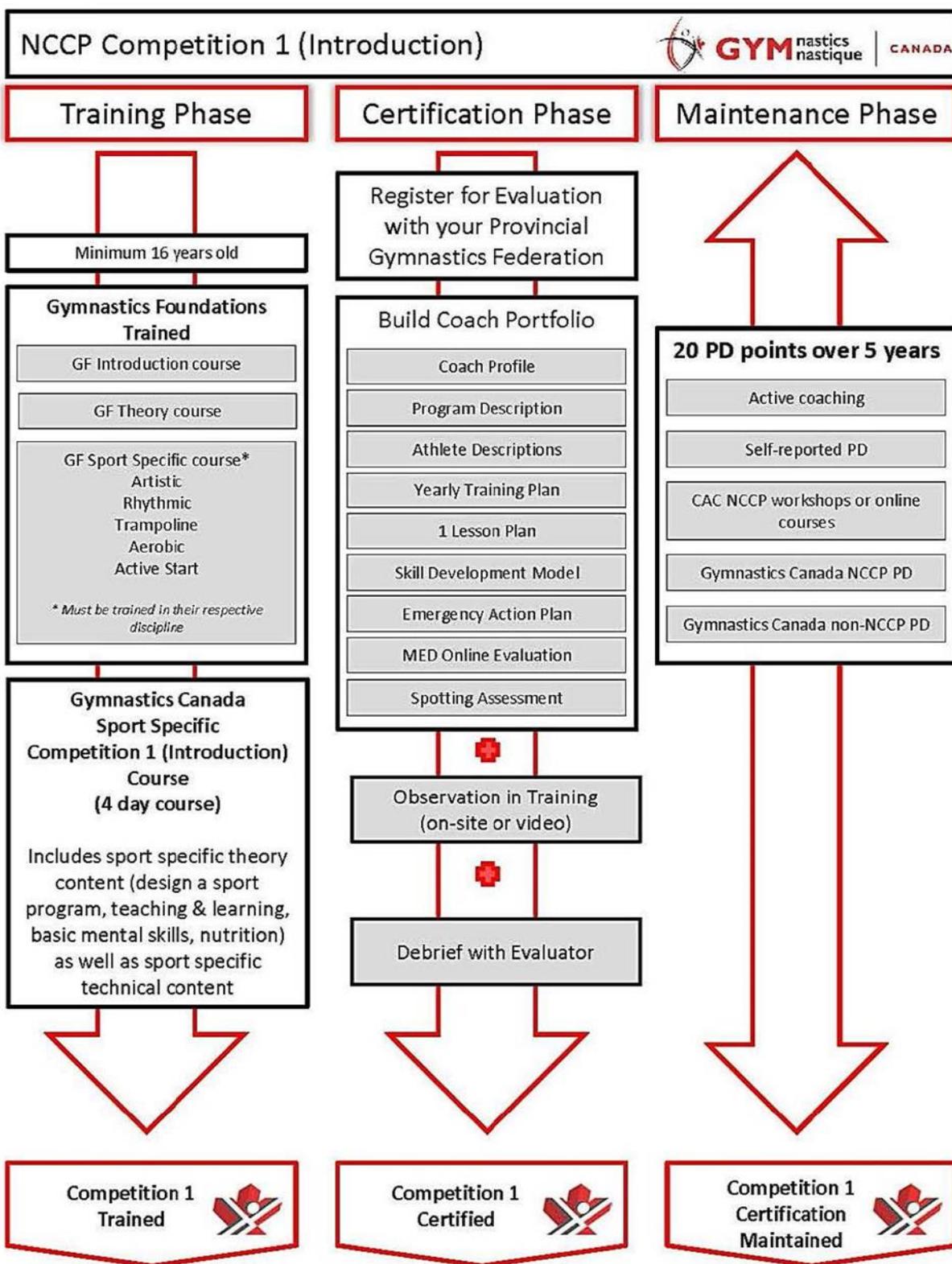
Currently it is recommended that all coaches compete the Gymnastics Foundations Trampoline course prior to attending the Competition 1 WAG or MAG course. This may become a requirement in the future since it is under review at Gymnastics Canada.

All coaches will be required to complete the online Make Ethical Decisions exam before they can apply for 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. 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 this link: <http://gymsask.com/wp-content/uploads/2020/04/Comp-1-WAGMAG-Coach-Evaluation-Templates-Mar-2020.pdf>

Competition 1 Certified coaches are now required to collect 20 personal development points over 5 years. See page 34 for more information regarding maintenance of certification.



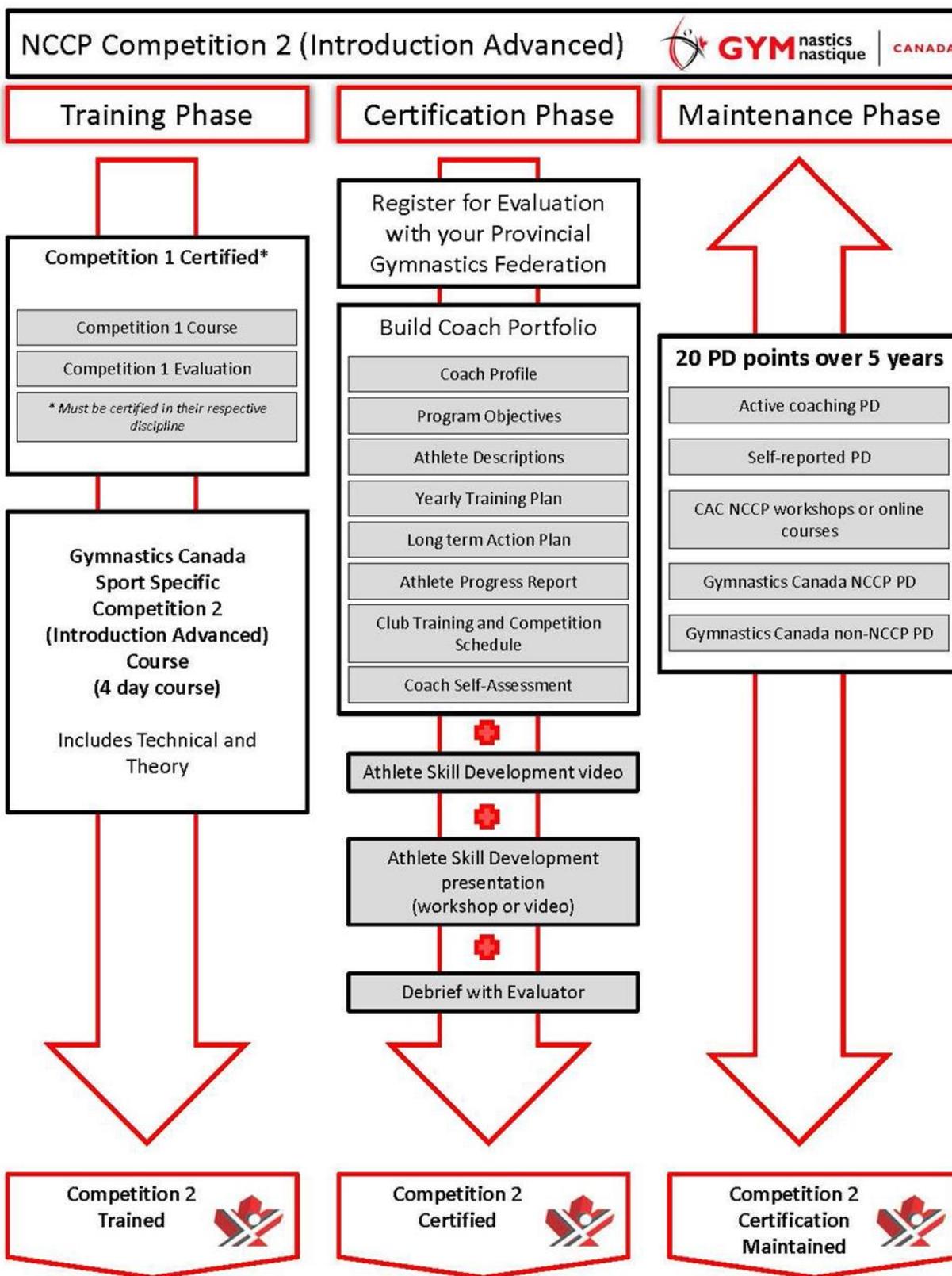
COMPETITION 2 (WOMEN'S & MEN'S ARTISTIC)

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 (similar to 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 3 (WOMEN'S & MEN'S ARTISTIC GYMNASTICS)

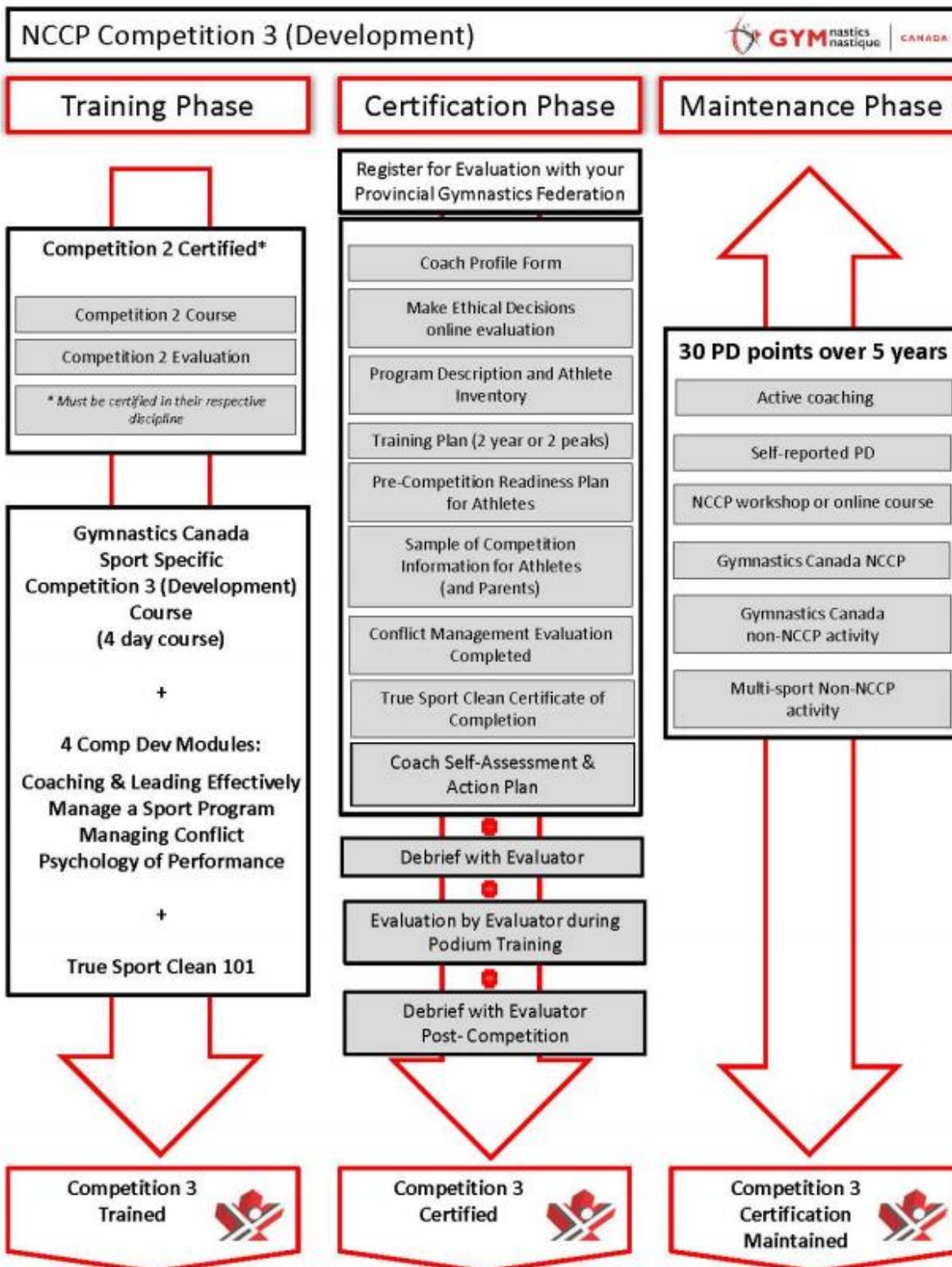
The Competition 3 course will include the remaining skills from the previous Level 3 WAG/MAG Technical courses and will include new skills that have been invented since that course was created. It will be a 4 day course.

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 Certification component. The Competition 3 evaluation will include a portfolio and observation during podium training. This component is currently in development.



COMPETITION 4 (ALL DISCIPLINES)

This course always includes the most current content for all disciplines. It includes four, week-long intensive sessions over two years and preparation of extensive assignments. Coaches are accepted into the program by application to Gymnastics Canada at the start of a new cycle. Coaches who are accepted will combine the principles and technical elements for more sophisticated gymnastics. To become certified in Competition 4, coaches must train an athlete who makes it onto a Canadian National Team.

GYM SASK COMPETITION STREAM COACH REGULATIONS (WAG & MAG)

NCCP Competition 1 Artistic (MAG & WAG) Trained Coach	<ul style="list-style-type: none"> NCCP coaching course which has replaced most of the Level 2 MAG/WAG Technical & includes Theory modules Will be offered annually by Gym Sask 	<i>Competitive Coach</i> RIS Required MED Requested	<ul style="list-style-type: none"> Required to coach at all sanctioned Gym Sask competitions. Required to coach WAG JO Levels 3-8 and MAG JO 4-7 and Provincial 4 & 5. 	<ul style="list-style-type: none"> NCCP Level 2 MAG & WAG Technical No exemptions will be granted for Competition 1 (Level 2 Tech) training
NCCP Competition 1 Artistic Certified (MAG & WAG)	<ul style="list-style-type: none"> Completed Comp 1 evaluation (portfolio review & on-site evaluation) 	<i>Competitive Coach</i> RIS Required MED Required	<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-prov. competitions such as Westerns, and Saskatchewan Games. Required to be an assistant coach at Canada Games. 	<ul style="list-style-type: none"> NCCP Level 2 MAG & WAG Technical + Theory + Practical An exemption will be granted a maximum of 1 time for a coach to attend Sask. Championships without certification completion
NCCP Competition 2 Artistic (MAG & WAG) Trained Coach	<ul style="list-style-type: none"> New coaching course which includes some of the Level 2 Technical skills & some of the Level 3 Technical skills Theory modules are integrated into this course Gym Sask will offer this season if there is enough demand 	<i>Competitive Coach</i> RIS Required MED Required	<ul style="list-style-type: none"> Requirements for this level of training are still being finalized but will likely include some of the levels which are currently being covered by Competition 1 training. 	<ul style="list-style-type: none"> Parts of the NCCP Level 2 MAG & WAG Technical & Level 3 MAG & WAG Technical
NCCP Competition 2 Artistic (MAG & WAG) Certified Coach	<ul style="list-style-type: none"> Completed Comp 2 evaluation (portfolio review, skill development videos & presentation) 	<i>Competitive Coach</i> RIS Required MED Required	<ul style="list-style-type: none"> Requirements for this level of certification are still being finalized but could include Westerns in the future. 	

<p>NCCP Competition 3 Artistic (MAG & WAG) Trained Coach</p>	<ul style="list-style-type: none"> • New coaching course which is still in the pilot phases and includes some of the Level 3 Technical skills & new skills that have been created since the Level 3 course was made • Competition Development Theory modules will be separate from this course (offered by CAS) 	<p><i>Competitive Coach</i></p> <p>RIS Required</p> <p>MED Required</p>	<ul style="list-style-type: none"> • Requirements for this level of training are still being finalized but will likely include National Stream athletes. 	<ul style="list-style-type: none"> • Parts of the Level 3 Technical & new skills
<p>NCCP Competition 3 Artistic (MAG & WAG) Certified Coach</p>	<ul style="list-style-type: none"> • Portfolio submission & observation during podium training 	<p><i>Competitive Coach</i></p> <p>RIS Required</p> <p>MED Required</p>	<ul style="list-style-type: none"> • Requirements for this level of certification are still being finalized but could include Nationals, Elite, Canada Games and other National level competitions. 	
<p>Competition 4 (all disciplines)</p>	<ul style="list-style-type: none"> • Offered by GCG on a 2 years cycle • Must be recommended to the program by Gym Sask and accepted into the program by GCG 	<p><i>Competitive Coach</i></p> <p>RIS Required</p> <p>MED Required</p>	<ul style="list-style-type: none"> • Required to coach at international competitions 	<ul style="list-style-type: none"> • NCCP Level 4

ACROBATIC GYMNASTICS

Gymnastics Canada ran one pilot course for the Competition 1 Acrobatic Gymnastics course. The development of this course has currently been put on hold due to Covid-19.

NCCP LEVELS PATHWAY FOR TRAMPOLINE & RHYTHMIC GYMNASTICS

For the time being, Trampoline & Rhythmic Gymnastics will continue to run under the NCCP Levels Pathway. The Competition 1 course for each of these disciplines are currently in development. This document will be revised as new content is received.

NCCP LEVEL 2 (TRAMPOLINE & RHYTHMIC)

Technical + Theory + Practical = Certified

Coaches are required to complete a Level 2 Trampoline (TG) or Rhythmic (RG) Technical course and they are required to complete the Competition-Introduction Part B Theory course (including the Teaching & Learning, Designing a Basic Sport Program, Basic Mental Skills modules), offered by Coaches Association of Saskatchewan. Once coaches complete the Level 2 Technical course, they can begin collecting practical coaching hours under a supervising coach to receive their Practical component. As a substitute to completing practical hours for trampoline coaches can receive their Level 2 practical training component by completing the L2 TG Evaluation Guide portfolio and lesson observation [L2 TG Coach Evaluation Guide EN 2018 \(003\).pdf](#). All coaches will be required to complete the online Make Ethical Decisions exam before they can be certified. Practical hours must be submitted to Gym Sask using the appropriate form:

- [Level 2 Trampoline Practical form](#)
- [Level 2 Rhythmic Practical form](#)

NCCP LEVEL 3 (TRAMPOLINE & RHYTHMIC)

Technical + Theory + Practical = Certified

The Level 3 TG Technical course is offered at various times and locations throughout Canada. The Level 3 RG Technical course is offered by Gymnastics Canada only, typically once a year or once every two years. Please contact Gym Sask if you are interested in attending either of these courses.

Coaches will also be required to complete the Competition-Development multi-sport Theory modules offered by Coaches Association of Canada. Currently, gymnastics coaches are required to complete 4 of the 9 modules for Level 3, but this will increase when the transition to the new NCCP courses is complete.

The Practical component for Level 3 TG includes collecting 300 practical coaching hours and acquiring 25 points outlined on the [Level 3 TG Practical form](#).

The Practical component for Level 3 RG includes collecting 120 practical coaching hours submitted using the [Level 3 RG Practical form](#) and completing an assignment designated at the Level 3 RG Technical course.

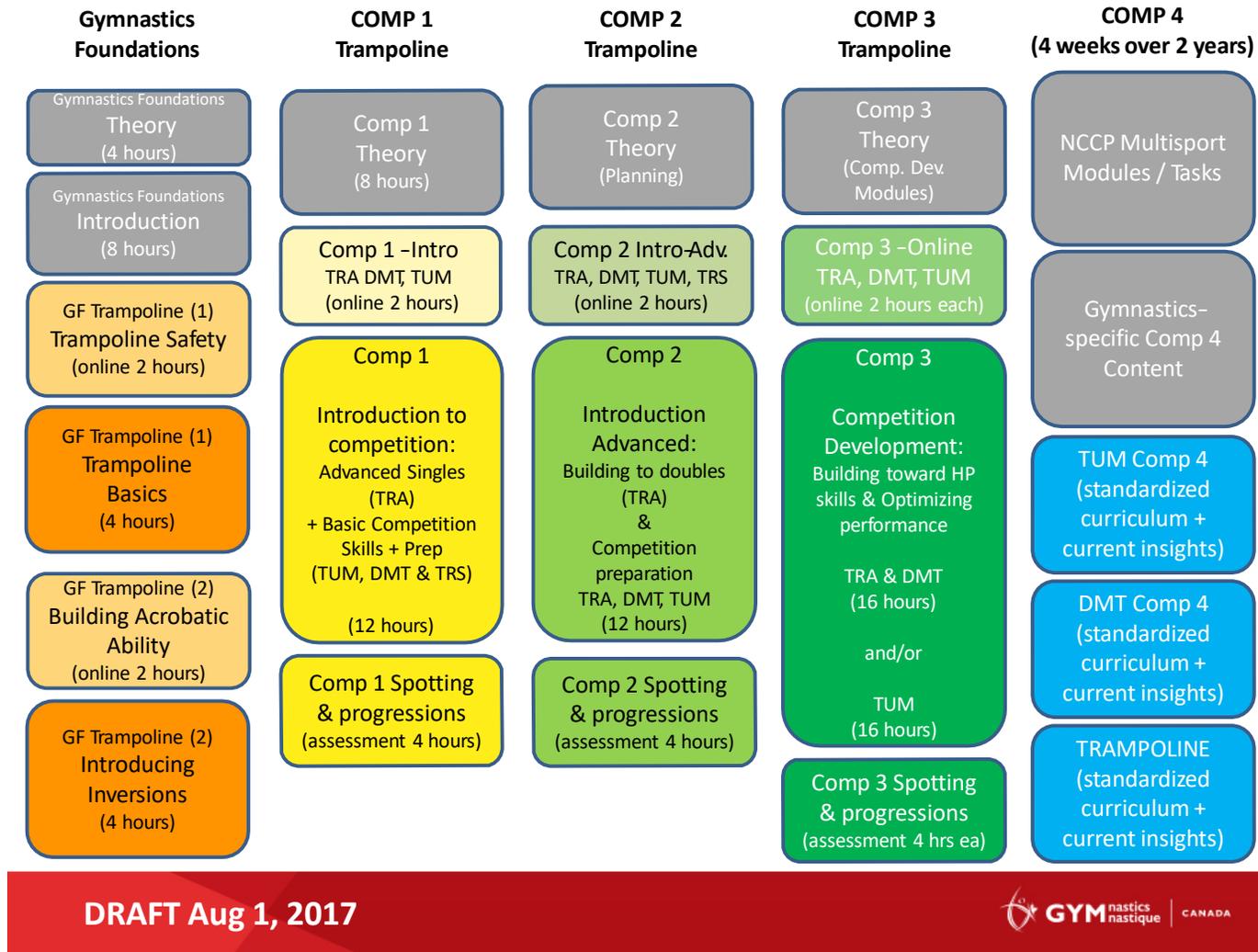
COMPETITION 4 (ALL DISCIPLINES) – See page 26

GYM SASK LEVELS PATHWAY COACH REGULATIONS (TRAMP & RHYTHMIC)

<p>NCCP Level 2 Technical (RG & TTG)</p>	<ul style="list-style-type: none"> • Level 2 TTG Technical offered annually by Gym Sask • Level 2 RG Technical offered every 2 years by Gym Sask 	<p><i>Competitive Coach</i></p> <p>RIS Required</p>	<ul style="list-style-type: none"> • Required to coach at all sanctioned Gym Sask competitions. • NCCP Level 2 Tramp Technical is required to supervise or teach any trampoline inverted skills (saltos) • Required to coach RG Provincial 1-6 and TTG Provincial 1-4 	<ul style="list-style-type: none"> • No exemptions will be granted for Level 2 Technical training
<p>NCCP Level 2 Certified (RG & TTG)</p>	<ul style="list-style-type: none"> • Technical + Theory (Competition-Introduction Part B) + Practical Hours • Form available from Gym Sask 	<p><i>Competitive Coach</i></p> <p>RIS Required</p> <p>MED Required</p>	<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-prov. competitions such as Westerns, and Saskatchewan Games. • Required to be an assistant coach at Canada Games. 	<ul style="list-style-type: none"> • An exemption will be granted a maximum of 1 time for a coach to attend Sask. Championships without certification completion
<p>NCCP Level 3 Technical (RG & TG)</p>	<ul style="list-style-type: none"> • Offered periodically by Gym Canada and other provinces 	<p><i>Competitive Coach</i></p> <p>RIS Required</p>	<ul style="list-style-type: none"> • Required to coach National Stream athletes • NCCP Level 3 Trampoline Technical is required to coach at Western Canada Cup. 	<p>N/A</p>
<p>NCCP Level 3 Certified (RG & TG)</p>	<ul style="list-style-type: none"> • Certification offered periodically by Gym Sask and other provinces • Technical + Theory (Competition Development modules) + Practical (hours & other activities by discipline) TTG: first aid certificate & 25 points; RG: supervisor sign off & assignment 	<p><i>Competitive Coach</i></p> <p>RIS Required</p> <p>MED Required</p>	<ul style="list-style-type: none"> • Required to coach at Elite Canada, Canadian Championships, Canada Games, Canada Cup and other National level competitions. 	<p>N/A</p>

SNEAK PEAK INTO THE NEW NCCP TRAMPOLINE STRUCTURE

This is a draft version of what you can expect to see for the new NCCP Trampoline Gymnastics coaching course structure.



DRAFT Aug 1, 2017



GYM SASK POLICIES FOR COACHES AT COMPETITIONS

1. All coaches on the floor must have the appropriate certification, as defined in the coaching policies, at all sanctioned meets in Saskatchewan, invitational meets, regional and provincial trials and any other competitions.
2. 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:
3. The following attire is required for each coach (artistic 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.
4. 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.
5. 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.
6. 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.
7. 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.
8. 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.
9. 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.

10. 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 a coach has deliberately caused a disruption, he/she may be Red Carded immediately.
11. 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.

For a complete reference of all of Gym Sask's policies refer to the Operational Policies and Procedures manual which is updated each year: <http://gymsask.com/bylawspolicies/>

RISK MANAGEMENT FOR COMPETITIVE COACHES

Step 1: Follow the Rule of Two

This rule serves to protect minor athletes in potentially vulnerable situations by ensuring that more than one adult is present. Vulnerable situations can include closed doors meetings, travel, and training environments. Organizations are encouraged to create and implement policies and procedures that limit the instances where these situations are possible.

Ultimately, the Rule of Two states that there will always be two screened and NCCP trained or certified coaches with an athlete, especially a minor athlete, when in a potentially vulnerable situation. This means that any one-on-one interaction between a coach and an athlete must take place within earshot and view of the second coach, with the exception of medical emergencies.

In the event where screened and NCCP trained or certified coaches are not available, a screened volunteer, parent, or adult can be recruited. In all instances, one coach/volunteer must reflect the genders of the athletes participating or be of an appropriate identity in relation to the athlete(s)*. *Organizations are encouraged to ensure that those individuals in supervisory roles are appropriate for, and acceptable to, the individual athlete.

Step 2 & 3: Complete Background Screening & Complete Ethics Training

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.

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 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.

As of right now, certified Level 1, 2, 3 and 4 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.

When the Competition 2 and 3 courses have been finalized by Gymnastics Canada and approved by Coaches Association of Canada (CAC), CAC will transfer all the Levels NCCP courses into the Current NCCP context. When the transition has been completed in the Locker CERTIFIED Level 1, 2, 3 and 4 coaches will be required to collect PD points. Gym Sask will update you when we hear more details about when this will occur.

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	OR		
	Active Coach Developer	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 receive 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 descent 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 GRANTS

Objective:

Coach mentorship grants are intended to provide member coaches with the opportunity to learn from an experienced mentor coach to improve the quality of gymnastics within their own club and within the Province.

Eligibility:

The applicant must be currently employed with a Saskatchewan club and be a member in good standing with Gymnastics Saskatchewan and their local club. Applicants who have no direct contact with more experienced coaches and have limited resources within their club or sport district will take precedence.

Priority Order for Funding:

1. Rationale for mentorship request
2. Commitment to the mentorship program and future coaching intentions
3. Distance from a large gymnastics club
4. NCCP courses completed

Qualifying Expenses:

- The Mentor coach will receive honorarium/hour during the visit(s)
- Travel expenses (based on **gas receipts**) will be paid to the Mentor coach or the applicant (depending on who is traveling)
- Photo copying of resources supplied by the Mentor coach (copying will be completed by Gym Sask)

Mentor Coach Responsibilities:

- Have a preliminary phone conversation with the applicant to discuss what the applicant would like to learn from the mentor coach
- Plan learning opportunities and provide resources to the applicant
- Share his/her expertise and help the applicant grow as a coach
- Ensure the applicant has a positive and beneficial learning experience

Process for Funding:

1. Gymnastics Saskatchewan must receive the completed Mentorship Program Application Form by **October 31, 2018**. Mentorship opportunities must take place between November 1st & June 30th.
2. Gymnastics Saskatchewan will review the submitted applications. Eligible applications will be organized according to the described priority order for funding. Applications that do not meet the criteria or are incomplete will be removed and the applicant will be informed in writing of the application denial.
3. Gymnastics Saskatchewan will determine the funding amount and details of the mentorship opportunity based on budget allocations, the number of applicants, availability of the Mentor coach and applicant and the amount of travel required. Post Event Reports and expense forms must be submitted after each Mentorship activity. All reports and expense forms must be received by June 30th.

The full application and post-event form can be found on the Gym Sask website:

<http://gymsask.com/coach-mentorship-grants/>

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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