

Training Phase

Minimum 16 years old

Gymnastics Foundations Trained

GF Introduction course

GF Theory course

GF Sport Specific course*

Artistic
Rhythmic
Trampoline
Aerobic
Active Start

** Must be trained in their respective discipline*

Gymnastics Canada Sport Specific Competition 1 (Introduction) Course (4 day course)

Includes sport specific theory content (design a sport program, teaching & learning, basic mental skills, nutrition) as well as sport specific technical content

Competition 1 Trained



Certification Phase

Register for Evaluation with your Provincial Gymnastics Federation

Build Coach Portfolio

Coach Profile

Program Description

Athlete Descriptions

Yearly Training Plan

1 Lesson Plan

Skill Development Model

Emergency Action Plan

MED Online Evaluation

Spotting Assessment

Observation in Training (on-site or video)

Debrief with Evaluator

Competition 1 Certified



Maintenance Phase

20 PD points over 5 years

Active coaching

Self-reported PD

CAC NCCP workshops or online courses

Gymnastics Canada NCCP PD

Gymnastics Canada non-NCCP PD

Competition 1 Certification Maintained

