

Pre-Coach in Training

Apprentice coach following the GCG Pre-CIT

program

Intended for 13-15 year

olds who are interested in

becoming a Gymnastics

Foundations Trained

Coach.

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).

BECOME A COACH

National Coaching Certification Program (NCCP) Gymnastics Foundations Pathway

Coach In Training (CIT)

Have not completed any or have completed 1 or 2 foundations courses.

CIT may have opportunity to lead warm-ups & coach sections of the lesson.

Must be under the <u>DIRECT</u> supervision of a certified coach (in the same group). Minimum 15 years old



Gymnastics Foundations Theory Course
4 hour course (in person)
5 hour course (online option)

Emergency Action Plan (online)

Make Ethical Decision Online Evaluation



Gymnastics Foundations Introduction Course

1 day in-person course



Gymnastics FOundations Sport Specific Course

1 day in-person course

Choose from:

Artistic Gymnastics (GF AG)

Active Start (GF AS)

Trampoline (GF TG)

Foundations Trampoline (GF TG)

The GF TG course is required to supervise or teach any trampoline, fast track, and rod floor activities.

Foundations Active Start (GF AS)

The GF AS course is required for coaching participants under 6 years old.



Gymnastics Foundations TRAINED

Can coach your own group with a Certified Coach present in the gym.