

RECORD OF LEVEL **THREE** PRACTICAL COACHING HOURS

Must be Level 2 Certified prior to submitting practical hours

1. Please print clearly
2. Complete **ONE** form for **EACH** discipline for which you are submitting practical hours for
3. Ensure all requirements are attached (ie. copy of coach transcript, first aid certificate)
4. When **FULLY** completed fax or mail to: Gymnastics Ontario – 2950 Keele Street, Suite 202, North York ON, M3M 2H2 Fax: 647-344-4816

PLEASE NOTE: Practical hours must be completed in a facility that is a REGISTERED & ACTIVE member of Gymnastics Ontario. The hours must be signed off by a head coach with a MINIMUM certification of NCCP LEVEL 2 in Gymnastics. The head coach must also be a REGISTERED & ACTIVE member of Gymnastics Ontario.

Personal Data	Name:	NCCP#:		
	Address:	Date of birth (dd/mm/yyyy):		
	City:	Province:	Postal Code:	Phone number:

	ARTISTIC	TRAMPOLINE	RHYTHMIC
Discipline	ALL PRACTICAL HOURS MUST BE COMPLETED FOLLOWING THE COMPLETION OF THE THEORY & TECHNICAL 3 COURSES.		
	MEN'S REQUIREMENTS: <input type="checkbox"/> Minimum of 1 year of practical coaching with 1 athlete after the completion of Theory and Technical <input type="checkbox"/> Please refer to the Gymnastics Canada Level 3 Practical Evaluation Guidebook.	REQUIREMENTS: <input type="checkbox"/> 300 hours of coaching at the competitive level <input type="checkbox"/> Basic first aid and CPR <input type="checkbox"/> Earned 25 points as per the GCG Level 3 Practical requirements	REQUIREMENTS: <input type="checkbox"/> 120 hours <input type="checkbox"/> All practical hours must be completed within a 24 month period following the completion of the THEORY & TECHNICAL 3 courses.
	WOMEN'S REQUIREMENTS: <input type="checkbox"/> Minimum of 1 year of practical coaching with 1 athlete after the completion of Theory and Technical <input type="checkbox"/> Please refer to the Gymnastics Canada Level 3 Practical Evaluation Guidebook.	ATTACHED DOCUMENTS: <input type="checkbox"/> Must include a copy of your basic first aid and CPR certificate IMPORTANT: Your hours will not be processed unless this certificate is submitted. <input type="checkbox"/> GCG Trampoline Level 3 Practical Form	

	Artistic	Trampoline	Rhythmic
Coaching History	FILL IN THE DATE (MONTH/YEAR) YOU COMPLETED YOUR NCCP THEORY AND TECHNICAL COURSE (PROOF must be attached)		
	THEORY:	THEORY:	THEORY:
	TECHNICAL:	TECHNICAL:	TECHNICAL:

Practical Hours	Start date:	Date completed:	Total # of weeks:	# of classes/week:	Duration of class:
	Age range of participants:		Participant level: (Preschool/Recreational - specify CanGym levels/Interclub/Competitive)		

Approval	Name of Head Coach (printed):		NCCP #:	Club:		
	Signature of Head Coach:		Address:			
	Signature of Applicant:	Date:	City/Province:		Postal Code:	

PLEASE KEEP A COPY FOR YOUR RECORDS