

# HOW TO BE A **TRAINED** GYMNASTICS COACH

## Coach education starts with three foundational courses:

Foundations Introduction  
Foundations Theory  
Foundations Sport Specific

You need all three courses to be a trained gymnastics coach, but before you get started:

- Make sure you are a Gymnastics Ontario Member. Check with your current gymnastics club or our Membership Services Manager: [membership@gymnasticsontario.ca](mailto:membership@gymnasticsontario.ca)
- Create a profile in [The Locker](#) through the Coaches Association of Canada. This profile houses all of your personal coaching qualifications. You will be granted an NCCP (National Coaching Certification Program) number that will stay with you throughout your career.
- Complete the online [Risk Management Course - Part A](#).

You are now ready to register for your Foundations Introduction Course. An exciting and inspiring career starts with one step...



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# STEP 1:

## FOUNDATIONS

# INTRODUCTION

(\$100 + hst, 8 hours)

### Who can take this course?

- Must have completed online [Risk Management Course - Part A](#) (no cost)
- All gymnastics disciplines
- Must be 15 years of age or older (no exceptions)
- Must be a Gymnastics Ontario member

### What will you learn?

You will be introduced to teaching the primary elements of artistic and rhythmic gymnastics, trampoline and active start through the “fun, fitness, fundamentals” philosophy.

### Why is this important?

This nationally recognized course is a springboard to a successful coaching career.

### Are you ready to coach on your own?

No, there are still 2 more Foundations courses to go.

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## STEP 2:

# FOUNDATIONS THEORY

(\$50 + hst, 4 hours)

### Who can take this course?

- Must have completed the Foundations Introduction course
- Must have completed online [Risk Management Course - Part A](#) (no cost)
- All gymnastics disciplines
- Must be 15 years of age or older (no exceptions)
- Must be a Gymnastics Ontario member

### What will you learn?

You will be taught effective lesson planning, ethical decision making, problem solving and leadership skills.

### Why is it important?

By going beyond the technical elements of gymnastics, Foundations Theory teaches coaches to plan effectively and think critically in challenging situations.

### Are you ready to coach on your own?

No, you still have to complete your sport(s) specific course(s). But you are a Coach In Training! This means you can assist a class under the direct supervision of a trained foundations coach with a certified Level 2 coach in the facility.

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## STEP 3: FOUNDATIONS **SPORT SPECIFIC**

(\$100 + hst, 8 hours)

There are 4 separate Sport Specific Courses:  
Artistic Gymnastics • Trampoline • Rhythmic Gymnastics • Active Start

### Who can take this course?

- Must have completed the Foundations Intro and Theory courses
- Must have completed online [Risk Management Course - Part A](#) (no cost)
- Must be 15 years of age or older (no exceptions)
- Must be a Gymnastics Ontario member

### What will you learn?

You will learn practical knowledge unique to each gymnastics discipline.

### Why is it important?

Upon completion of this final course, you are nationally recognized as a trained coach in your specific discipline.

### Are you ready to coach on your own?

Yes, you are ready to coach independently!

*Note: there must always be a minimum of two adults (at least 18 years of age) in the facility. One of these adults must be in the gym, Foundations trained, and certified in Risk Management (Parts A & B) and First Aid.*

### Next Steps

- Remain a Foundations trained coach instructing recreational classes
- Proceed to any NCCP Comp Intro or Level 2 course in your specific gymnastics discipline
- Become a Foundations Certified coach (not necessary to proceed to Competition Stream)

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