

TRAMPOLINE LEVEL 3 PRACTICAL FORM

Return to Gymnastics Ontario
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Mandatory Level 3 Practical Tasks	Date Completed
300 Level 3 Coaching Hours	_____
First Aid certificate, which includes CPR	_____

OPTIONAL TASKS (must complete at least 25 points for L3 Practical)

<i>Optional Level 3 Tasks*</i>	<i>Points Allocated</i>	<i>Points Claimed</i>
Coach 1 or more athlete(s) who qualifies to attend Nationals in T&T	5 points	
Coach 1 or more athlete(s) who qualifies to the National T&T AG team	10 points	
Coach 1 or more athlete(s) who qualifies to the National Y/Sr. team	15 points	
Presenter at a coaching clinic (PSO and/or GCG approved)	10 points	
Be a current OR become a NCCP Trampoline Course Conductor	15 points	
Attend a coaching clinic (PSO and/or GCG approved)	5 points	
Be a current OR become a provincial level judge in trampoline	5 points	
OR be a current OR become a national/international level judge	10 points	
Complete 40 hours as a volunteer at provincial and/or national level	5 points	

You MUST submit proof of earning points

Possible Optional Opportunities equaling 75 points

**** Points for each task can only be claimed once**

Minimum point Total
Your Point Total

I herby certify that I have completed a minimum of 25 points and would like my name entered in the CAC database as having completed my Level 3Practical.

Signature

Date

Print Name

Date

LEVEL 3 PRACTICAL REQUIREMENTS FOR TRAMPOLINE SPORTS

A. Mandatory requirements:

- Complete 300 hours of coaching (applying level 3 skills)
- Hold a valid first aid certificate, which includes CPR (2 day course)

B. Earn 25 points using any of the following options:

- Coach 1 or more athlete(s) who qualifies to attend Nationals in T&T * 5
*(*For L3 Practical, different athletes must attain these points; can count once for L3 P)*
- Coach 1 or more athlete(s) who qualifies to the National T&T Age Group team * 10
*(*For L3 Practical, different athletes must attain these points; can count once for L3 P)*
- Coach 1 or more athlete(s) who qualifies to the National T&T Youth / Senior team * 15
*(*For L3 Practical, different athletes must attain these points; can count once for L3 P)*
- Presenter at a coaching clinic organized by PSO and/or GCG OR GCG approved clinic 10
*(Presentation must be a minimum of 3 hours; can count maximum 1 clinic for L3 P)
(The activity must be approved by the P/T coaching chair & signed)*
- Be a current OR become an NCCP Trampoline Course Conductor 15
(Attend CC Training, complete CC mentoring process and give at least 1 NCCP course)
- Attend a coaching clinic organized by PSO and/or GCG OR attend GCG approved clinic 5
*(Can count maximum of 2 clinics for L3 Practical)
(The activity must be approved by the P/T OR GCG coaching chair & signed)*
- Be a current OR become a provincial level judge in trampoline ** 5
*(** Can count EITHER 5 or 10 points for L3 Practical)*
- OR be a current OR become a national / international level judge ** 10
*(** Can count EITHER 5 or 10 points for L3 Practical)*
- Complete 40 hours as a volunteer at provincial and/or national level 5
(TT Committee, meet organizer, organize clinics, camps, etc.; can count once for L3)

NOTE: To claim “athlete” points, the coach must have been the designated coach for that particular athlete for a minimum period of 2 years.