NCCP Level 1- Gymnastic Foundation

Date: January 4 and 5th

9am – 5pm

Location:

Creekside Community Center

1 Athletes Way, Vancouver, BC V5Y 0B1

Cost: $150.00

Learning Facilitators: Marta Kroupa and Kate Kloos

Contact: Sashka Gitcheva

Phone: 604-333-3485

Email: **bcrsgf@rhythmicsBC.com**

If you are not currently registered BCRSGF, a $11non-member fee will be assessed at the time of payment. This fee includes a 1 year membership with BC Rhythmic Gymnastics and is valid until August 31, 2014.

*The New* ***Gymnastics Foundations*** *Program replaced the old Technical Level 1 course in January 2009.*

**Age Requirements**

1. Coaches must be 16 years of age (at the time of the course) to receive credit for completing the course
2. Coaches who have completed the two-year Pre-CIT program, may take the course at 15 years of age and receive credit
3. Coaches who are 14-15 who have not completed the Pre-CIT program, may take the course at full price, but they will NOT receive credit for it and will need to complete it again when they are 16  years of age to get credit (they only have to pay 25% of the fee when they 'Audit' the second course - no manual will

**Important Tips:**

1. Please wear comfortable clothing
2. Bring snacks and lunch

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| **Course Fees and Hours** | **Gymnastics** **Foundations  Replaced the Level 1 Program** |
| Hours per course | Part 1: 15hours   Part 2: 7.5 hours Part 3 RG: 7.5 hours |
| Registration Fee for BCRSGF Members   Non-members must pay member fee ($25) | Part 1: $150    Part 2: $80    Part 3: $80 |

**NCCP Level 1 Registration Form**

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Course Date and Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Home Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Club:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please email **bcrsgf@rhythmicsBC.com** or Fax: 604.909.1749 your registration by December 1st . Payment can be submitted by December 20th 2013.